

Integration Assignment

May 23, 2025

One: Listen to the hypnosis recording daily until Wednesday May 28th, your first regression hypnosis session. Listen twice daily - if time permits.

Two: After your live session today, you are invited to listen to the recording with your eyes open and pen and paper ready. **Do this only once. All other sessions are eyes-closed hypnosis.** We want your conscious critical faculties to be fully aware of this preparatory process.

Three: In the days ahead, adopt this morning readiness practice:

1. Upon waking, press your safety anchor: thumb-finger press and think, 'Safe to explore.'
2. Tap into your visual anchor: envision the green glow at your third eye.
3. Whisper your invitation: 'Open safe door.'

Four: Immediately after, spend two minutes in quiet reflection—eyes closed—feeling the combined effect of these anchors. Notice any sensations, images, or thoughts arising. There is no need to analyze; simply observe.

Five: Throughout each day, remain attuned for subtle signals: a fleeting memory image, a sensation of warmth, or a quiet tug of curiosity. When you notice these, pause briefly to press your anchors and affirm your readiness. Jot down any fleeting impressions in your journal, noting the date, time, and a single descriptive word.

Six: Evening Reflection Ritual

Each evening, before sleep, sit quietly for five minutes. Press your triple anchors and take a series of slow, deep breaths, inhaling to a count of four, holding for two, exhaling to six. As you breathe, ask internally, ‘What message does my subconscious offer tonight?’ Let any images or feelings surface, then write a brief entry in your journal: date, anchors used, and one line describing the essence of what emerged.

This ritual cements your subconscious mapping, ensuring that by the time you begin full regression sessions, your mind stands fully prepared—attuned, receptive, and confident.

Imagine standing at the threshold door, triple-anchored, lantern in hand, orb glowing, shield at the ready. You turn the knob, step through, and a soft glow illuminates a memory that brings valuable insight. You recognize it, feel gratitude, and understand how it guides your next steps in life. This is not distant—it is the natural outcome of our preparatory work.

Feel the anticipation of that moment build in your core, knowing each rehearsal brings you closer.

Your subconscious now eagerly awaits the next session, primed to deliver clarity and healing.
