

Basic Anchoring for Self Healing

Anchoring: setting up a stimulus and a controlled body of knowledge

Video: shows using finger nails as the anchor point

Important: if you loose your train of thought stop stimulating the anchor until you return to the issue or incident you wish to change

This is best done in a setting where you are not likely to be disturbed.

Keep your material believable but feel free to draw on things from the best of your inner world. Using your imagination is good so long as it is a possible resource. Re-writing history, bending time, saints, hero's, champions, moments of love or grace and so forth are your resources so long as you believe it is possible.

Finger #1: gently rub while remembering your initial experience that seems to be the beginning of your challenge-allow yourself to go as deeply into the experience as you can comfortably. If you have a blank spot continue expecting the correct material to be anchored there on that stimulus. Blank spots are the Unconscious protecting you from the full experience. Think of this as a way of preventing further damage or re-injury and know the material will be there for you.

Finger #2: gently rub this finger while you creatively re-write your history in a way that would leave you healthy and free of pain. Also, add additional resources such as seeing in your mind doing a therapy that heals you or being better prepared for your experience in a way you are fully prepared and able to go through it in a healthy strong way. Last, deepen this by seeing yourself completely free of limitation and having a healthy pain free life.

Behavior modification: set the #1 anchor as the habit or behavior such as smoking then set #2 anchor as a life as though you never tried this and ask yourself how would my life be if I had never

Focus on seeing yourself in a life where you never wanted or started this behavior and have no need or use for it now then hold this feeling for a few minutes.

Last step-merge the information: rub both fingers at the same time and as you do this, in your own words, affirm you would be very happy if this was healed in a healthy way even if you did not fully understand how it happened. While still rubbing both fingers ask yourself how you would feel if you were completely healed. Allow this feeling to overtake you and stay there holding it gently as long as it is comfortable.

As the process takes hold you will feel released and renewed then as you move forward through time you will forget the original experience as you live in your new consciousness. Healing will follow the new mental pattern.

If you feel or think there is more to this than the areas you are addressing pay attention to any dreams or intuitive feedback you get over the next few days. Remember you have gone in and stirred the inner mind giving it a new set of instructions it may reply by giving you a memory or drawing your attention to something. When this happens it is asking you do you want to replace this information so it is important that through your daily thoughts and any actions you confirm the new consciousness. If you feel the need go back in and do it again but with an even better plan that leaves you feeling great about being healed and healthy. Some major things may need to be chunked so to speak because the Unconscious needs to accept what you anchor in so it must be believable to you. However, there is no time in the inner world so six months of therapy can happen in seconds complete with all the benefits if it is done in a believable manor. There is no limit to how many times you can do this but remember to do it respectfully because your Unconscious will treat it with the same level of importance that you do.