

Lesson 003 Workbook

"The Gift" — Changing How the Past Feels

WHAT THIS LESSON IS ABOUT

"The Gift"

Hypnotic Secrets For Changing Your Past

One of the fastest ways to create deep emotional transformation is to reconnect someone with the most powerful resource they already possess: their own joyful experiences.

KEY TAKEAWAYS

- "The Gift" is a state-amplification and regression technique built around joyful memory recall.
- Instead of focusing on trauma or problems, you begin with the most joyful childhood experience the subject can remember. From there, you amplify the emotional energy in the body using sensory engagement, visualization, and energetic metaphors.
- Once the state is intensified, the subject is guided back to the earliest joyful memory connected to that feeling.
- At that moment, something extraordinary happens.
- You introduce the idea that the adult version of the subject can return to that childhood moment and deliver a powerful message — a gift of wisdom, safety, and love from the future.
- The result is:
 - emotional integration
 - increased resilience
 - a powerful shift in identity
- This process works because the unconscious mind responds to emotionally charged symbolic experiences. When the subject feels deeply safe, joyful, and connected, suggestions become far more powerful and meaningful.
- In short:
 - You amplify joy !'you access the past !'you deliver wisdom from the future
 - That's The Gift.

PRACTICE ASSIGNMENT

1. Practice the Joy Amplification Sequence with a partner.
2. Ask your partner to recall a joyful childhood experience.

3. Have them notice where the feeling exists in their body.
4. Ask them to imagine a color associated with the feeling.
5. Guide them to gather that energy with both hands.
6. Ask them to notice which direction the feeling is spinning.
7. Instruct them to double the intensity of the sensation.
8. Continue amplifying the feeling several times.
9. Then guide them back to the earliest joyful experience connected to that feeling.
10. Do not deliver “The Gift” yet.
11. For now, focus on becoming comfortable amplifying emotional states.

INSTRUCTOR NOTE

Most hypnotists try to fix problems.

That’s backwards.

Your subject’s unconscious mind already contains incredible resources — joy, safety, resilience, strength.

When you help them reconnect with those states, the unconscious does the healing work automatically.

Your job isn’t to force change.

Your job is to create the conditions where change naturally happens.

NEXT STEP

Now that you understand how to amplify powerful emotional states, the next lesson will show you how to use those states to deepen trance and deliver transformational suggestions.

Review this video at least three times practice with at least three different people this week or before you begin your next lesson.

Your next lesson is on its way!

Practice log — Lesson 003

What you did, what you noticed, what changed. Write it down while it is fresh.
