

R.E.N.E.W. Cheat Sheet

The 5-Part Formula for Lasting Transformation

R.E.N.E.W. is also built into your **Somatic Intention Setting** Cheat Sheet.

Now that you have the R.E.N.E.W. Formula, you can infuse these elements into any hypnosis protocol to unlock transformation.

I invite you to go through your favorite scripts and protocols and notice if they have all 5 elements, then come up with creative ways to add any that might be missing.

R – Resource into Support

- **The Goal:** To feel supported and resourced in this present moment.
- **The Action:** Direct focus to the physical sensation of being supported by the surface beneath the body.

E – Enter the Problem State

- **The Goal:** Show the Unconscious Mind (aka Highest Self) the somatic signature of the problem they're ready to shift
- **The Action:** Guide the client to a **recent specific moment** where the problem occurred (avoiding original trauma). Notice where the problem lives in the body *while staying grounded* in the resource state.
- **HINT:** It's ok to guess or pretend to know where the problem is in the body.

N – Notice Neutrally

- **The Goal:** Acknowledge without judgment or analysis.
- **The Action:** Inhale space. Observe the sensation as if it's a color.
- **HINT:** Dr. Jill Bolte Taylor's research shows that the sensation shifts within 90 seconds of neutral noticing.

E – Enter the Desired State

- **The Goal:** Experience the desired state in this present moment
- **The Non-Action:** The body naturally shifts into a place of blissful neutrality. There's nothing to force here because the unconscious mind unlocks it after neutrally noticing.

W – Weave into the Timeline

- **The Goal:** Identity-level integration and future-pacing.
- **The Action:** Direct the Unconscious Mind to "weave" the new desired state backward through past memories and forward into future triggers.
- **HINT:** This step is all about intention. Simply imagine that you are speaking directly to their unconscious Highest Self and you will be.

Tips for Success

- **The Simple Pre-Talk:** *"This is just a fun experiment that lets your highest self show your unconscious mind what you're ready to shift."*
- **The Power of Groups:** Experience the "witnessing field" to amplify support
- **The 15-Minute Rule:** Transformation happens during Somatic Intention Setting before the formal hypnosis even begins.