

Somatic Liberation: The Deep Intelligence Healing System

Readiness Self-Assessment

For each statement, score yourself:

1 = Not at all true for me

2 = Somewhat true for me

3 = Mostly true for me

4 = Very true for me

Practice Readiness

- I can consistently dedicate 20-30 minutes daily to healing practices
- I follow through on commitments I make to myself, even when challenging
- I have successfully committed to something in the past, that resulted in beneficial change for me
- I have the patience to persist with practices even when results aren't immediate
- I understand that the relationship between practices and results isn't always linear
- I am willing to change life habits when necessary to meet my body's fundamental needs

Experience and Expectations

- I understand that healing is a journey rather than a quick fix
- I'm at a point in my healing journey where I'm ready for a new approach
- I have realistic expectations about the time required for deep transformation
- I'm prepared to work through resistance and challenges

Hypnosis Readiness

- I'm open to experiencing my own capacity for altered states of consciousness
- I feel comfortable with the idea of accessing my unconscious mind
- I'm willing to explore limiting beliefs and patterns that lie below my current conscious awareness
- I'm open to learning new levels of self-agency and flexibility, in partnership with my own immense unconscious capacities

Spiritual Openness

- I'm curious about the connection between healing and spiritual evolution
- I can approach spiritual concepts and experiences with an open mind, even if they're new to me
- I recognise that my body may hold wisdom beyond rational understanding
- I'm interested in accessing deeper states of awareness and presence
- I'm interested in developing spiritual traits such as equanimity

Somatic Awareness

- I am willing to learn how to tune into subtle sensations in my body
- I'm willing to listen to my body's signals rather than override them
- I can distinguish between different emotional states in my body
- I'm open to viewing my symptoms as meaningful communications
- I'm prepared to develop a new relationship with bodily sensations

Score Your Readiness

Total your score:

- 80-+100: Excellent readiness *for Somatic Liberation*
- 60-79: Good readiness with specific areas to strengthen
- 40-59: Moderate readiness—consider addressing key areas first
- Below 40: This approach may be challenging at this time