

Haven Dispatch

HYPNOSIS
HAVEN



July 2025



What If It Didn't Take Years?

July's Quiet Healing Invitation

July is a strange threshold — half the year behind us, half still unfolding. It's the season when buried frustration bubbles up.

Quiet emotions, hidden urges, old habits that show their teeth when you're tired.

This month's Dispatch is your reminder:

Healing doesn't have to take years in a chair, retelling the same old story.

When we work with the subconscious — when we calm the nervous system and meet the deeper pattern — what talk therapy does in years, hypnosis can do in hours.

Steady doesn't mean stuck.

Anger doesn't mean broken.

Your urges don't mean you're a lost cause.

This is your Steady Ground.

Suzana

In this newsletter you can expect:

Can Hypnotherapy
Regulate Your
Nervous System?

Rewiring from
Within

An Intro to the
Healing Lexicon

Coach, First Class,
or
"Fieldwalker"

Quiet Science, Real
Repair

New Videos on
Youtube!

The Quiet Work That Speaks for Itself



Can Hypnotherapy Regulate Your Nervous System?

Discover how hypnotherapy works with your body's own biology to calm anxiety, regulate stress, and bring your nervous system back into balance.



Rewiring from Within

Break free from the cycle: how hypnosis taps the subconscious to quiet urges, reset your mind, and reclaim your self-control.



An Intro to the Healing Lexicon

Learn the difference between sad, crestfallen, and sullen—and how naming emotional nuance can unlock healing and self-understanding.



Coach, First Class, or "Fieldwalker"

A Christian reflection on quantum reality, free will, and hypnosis—exploring faith, multiverse theory, and the field of unseen possibilities.

What We're Talking About This Month



Quiet Science, Real Repair

Sometimes the body needs more than willpower — it needs help at the cellular level.

Peptide therapy is showing promise for stroke recovery:

- ✓ Reducing inflammation that blocks progress
- ✓ Supporting your brain's natural rewiring
- ✓ Boosting BDNF — the nutrient for new neural pathways

Curious how it works?

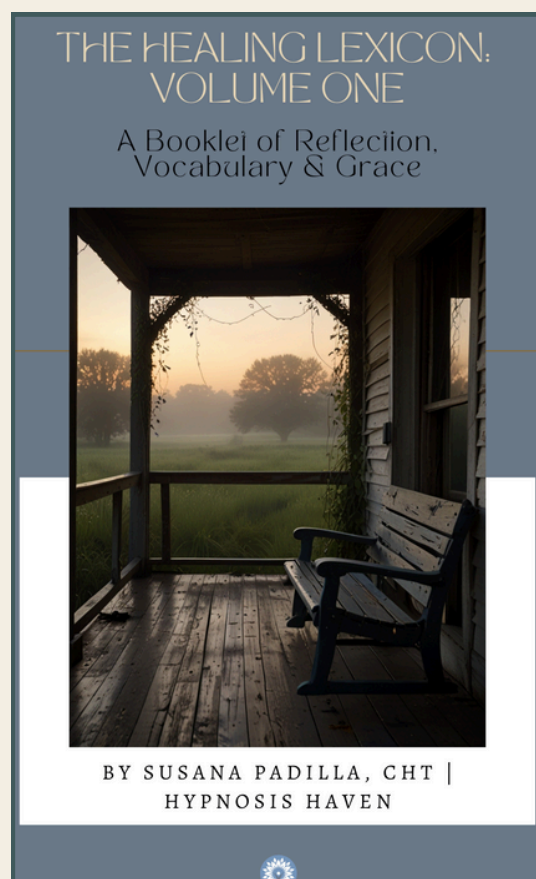
Explore what the science says and why it's now available through our trusted Port of Resilience program.

The Healing Lexicon Volume 1: Sadness in Layers

Your feelings deserve words that do them justice. The Healing Lexicon explores deep emotions layer by layer — so you can name what hurts and loosen its hold.

Each booklet includes gentle reflections, sensory hypnosis prompts, and practical ways to soften what you carry.

👉 Download the latest volume and begin your quiet study.



New Videos on Youtube

Every step you take is more than movement — it's a message to your brain, your breath, and your buried memories.

This clip is a simple sensory reminder: the ground under your feet can help you rewire what you once did on autopilot.

When we guide your subconscious in hypnosis, each step, each texture, each shift in pressure becomes a signal of what's possible — no matter how stuck you've felt.

You're not just walking.

You're remembering.

🌿 Hypnosis Haven:
Always more than a script.

Watch the clip & reflect on what
“steady ground” could mean for you today.

**FEEL IT.
REMEMBER IT.
WALK AGAIN**



**THE CONVERGENCE
OF HEALING +
SCIENCE WITH
PEPTIDE THERAPY**

Many stroke survivors feel stuck when traditional rehab ends — but what if your brain could keep repairing itself for years to come?

The truth is, your body knows how to heal.

Peptides don't add anything unnatural — they support what's already there, waiting to repair.

When you combine cellular repair with gentle movement, sensory cues, and subconscious retraining, you create the kind of steady ground that helps recovery stick.

Small steps add up — from the cells out.

In this video, you'll discover how peptide therapy supports stroke recovery by strengthening your brain's pathways, reducing inflammation, and guiding hidden cellular repair.



Every vote you cast is a ripple of kindness that helps more people find steady ground here.

I'm so grateful for every click, every share, and every bit of good word-of-mouth.

And because Jon (my son) said I should — if you send me proof that you voted, ***you'll get 10% off your next session... or even 5% off a discounted series, because good things should add up.*** ✨

It's my way of saying thank you for being in this with me.



🌿 A Note Before You Go

This season is often loud with life — heat, family, work, memories, and the world's constant noise.

But healing?

Healing doesn't have to shout to work. Sometimes it's as quiet as a single new thought — a moment you choose to stay curious instead of defeated, steady instead of stuck.

If you've been opening doors this month — to healing, to letting go, to imagining what's possible — I see you.

May you hold onto what's working, and release what never did.
May you remember, you're not broken — you're becoming.
And you never have to do it alone.

Until next time —
with gratitude for every brave step you take,

Susana