

Five Step Integrity Check Up  
By Dr. Georgina Cannon, Master Hypnotherapist

Summer is definitely here where we live! I walked outside this morning and broke out into a sweat! The birds were singing, the sun was out and my poor plants really need some more water. This reminds me of my business. Sometimes, I forget that it needs some pruning, water, and care as well. I sometimes forget that it is not a well oiled machine.. if I forget to oil it!

Re-organizing the office, cleaning out old files, contacting customers and letting them know that I have not forgotten them and that we are still excited to help them. Dusting off the cobwebs of my mind and sweeping the floors free of physical inactivity... ahhh! Almost like spring cleaning... only this is to rejuvenate me and the work I do, and to get me to remember why I am alive and why this work is fun!

Summer sunshine after dreary winter is like a shot of energy into the system. And if you have a hard time remembering that your work can be fun, consider using your personal value system to make some changes about how you see yourself, how others see you and the job you do.

There is no question, if your values aren't clear to you, and your boundaries aren't based on your values, how can your customers, your colleagues, even your family possibly know how to treat you, when you don't know what's important to you.

Look at the important areas of your life and ask yourself "is my life at this level working". And do that in your Personal, Business, Physical and Spiritual parts of your life. Remind yourself that at every moment you make a choice how you live your life and if you live your life according to your values. And talking of values.....What ARE your values? Being aware of your values and using them as the guidelines for your life means being aware and willing to interrupt yourself when you are repeating inappropriate patterns of behaviour and/or reactions to people, conditions and things. So when you see or hear yourself behaving in ways that are not aligned with your values simply interrupt yourself in the middle of learned behaviour that doesn't bring you what you want.

When I work with clients around their personal value system, there are 10 most common values, and we work together to make sure these values reflect firstly, on how you treat yourself, and what you expect from yourself before looking at others.

The top ten are:

Integrity. Humour. Education. Physical Fitness. Kindness/compassion.

Family, Nature/Outdoors, Health, Honesty, Love. But there are lots more.

Because your boundaries – or lack of them – come directly from your values, write down your values .... do it now..... and then ask yourself this question.

Do I have this – or do this – for myself. Do I treat myself with kindness? With integrity? Do I take care of myself? Am I totally honest with myself? Can I laugh at myself? Do I love myself?

You should be saying ‘yes’ when checking off your values towards yourself. That way you and others know what you stand for.

For instance, when your boss dumps things on your desk at the last minute, before a long weekend, instead of sitting and stewing about it, do you bring your values into play? Is Integrity one of your values? Kindness? How do you handle that type of stress? Do you freak out? Do you complain to your friends or partners and do or say nothing to your boss. Or do you plan how you’re going to bring it up next week so that it doesn’t happen again?

So.....write down your values.....explain each one in one or two lines and then imagine how each one looks. If honesty is one of your values, how does honesty look? Does it look like a person, or a shape or colour? Or is it an action of some kind? Then do that with all of your values.

When that is finished, find a quiet place, turn on some soothing music, preferably without vocals.....and close your eyes. Follow your breath and count down to 20 with each out breath so that your mind, body and spirit relax.

Now imagine in front of you, on the floor, a large golden circle, and step into that circle.....allow yourself to feel the magic of that circle. Step into that circle. Now bring in your values, and line the inner rim of the circle with them, bring them in, one after the other, in all their shapes, colours and sizes, and let them take their place inside the golden circle with you. Now slowly, very slowly, make the circle smaller, until it just circles your feet and your values are surrounding you.

Breathe in the energy of your values and the circle, and feel the energy flowing through your body, so that you take on the energy of these values into every cell of your body, mind and spirit. Feel the golden circle sending light up through your feet and throughout your body, and out of the top of your head. The energies of your values move with the light. And finally connects to the universal energies out through the crown of your head. If you simply do this exercise two or three times a day for a minimum of 21 days you will feel as though you have been re-born! And others will notice the change in you. You will feel more energised and much more comfortable in your own skin.

Now isn’t that a great way to start summer!!!

Georgina Cannon, is Board Certified Hypnotherapist, a Doctor of Metaphysical Counselling, NLP Master, Timeline practitioner, Past Life Regression Therapist and

accredited Instructor for the National Guild of Hypnotists, the Medical and Dental Hypnotherapy Association and the International Board of Regression Therapies.

She is recognized by many in the media as “The Source” for expert opinion in the field of hypnotherapy and issues around complementary wellness treatments, and she regularly meets with medical and wellness professionals to enhance their knowledge and awareness of hypnosis and the dynamic healing potential of soul, or past life journeys.

She is also on the Advisory Board of the National Guild of Hypnotists. Georgina specializes in enabling clients to achieve major life changes, healing personal and emotional issues, and she facilitates Past Life Research and Regression sessions.

Dr. Georgina Cannon has been featured in many national print and broadcast news articles and television programs, including a three-part, one-hour series on CBC Television, broadcast in the fall of 2004.

Her book *Return: Experience the Power of the Past, Past Life Regression and You* takes the reader on a personal journey of exploration through past life research and regression.

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