

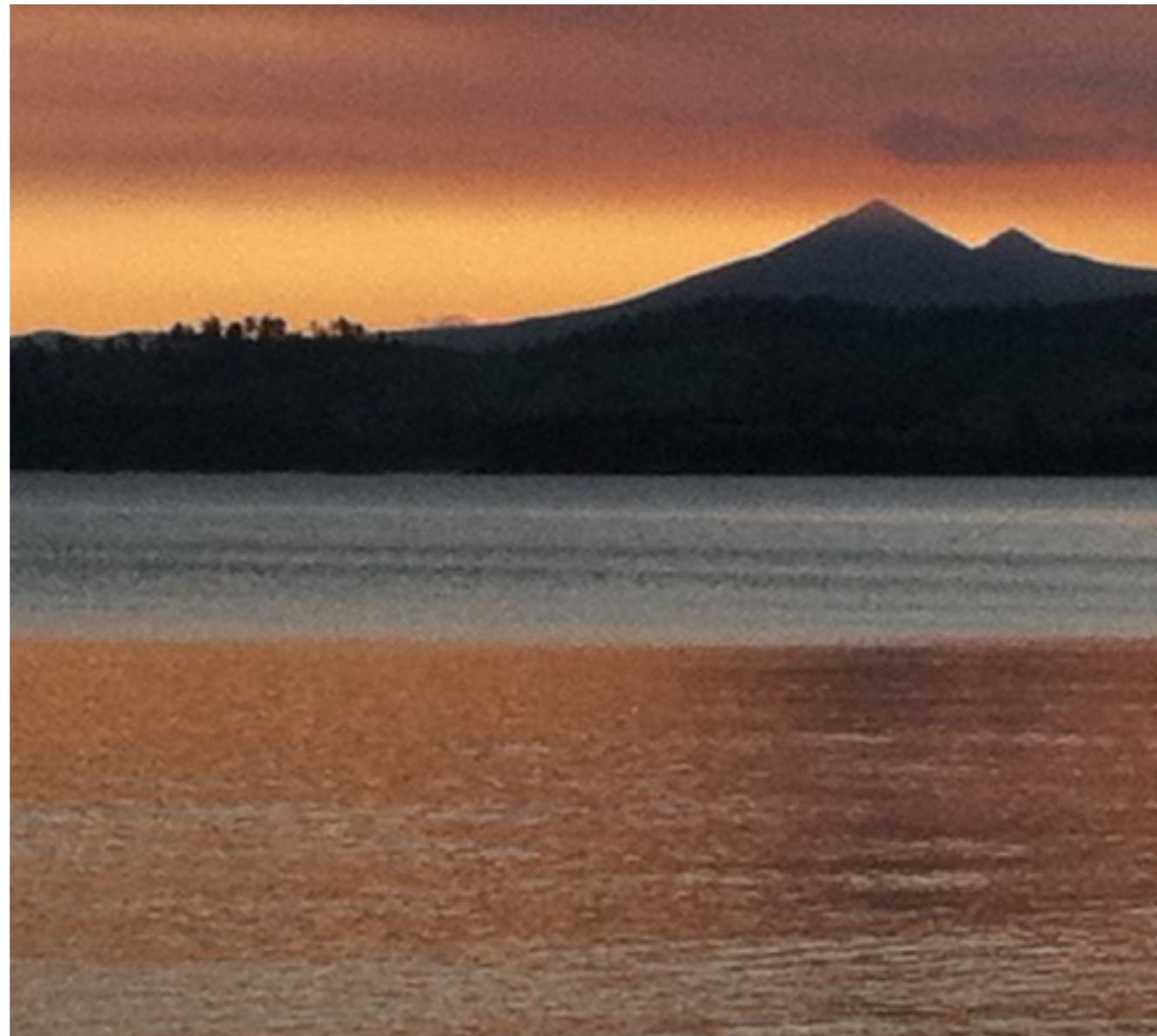
AN ENHANCED EBOOK

Connecting Hypnosis 3

After Erickson

Demonstrations of the Experience of Hypnosis

Robert McNeilly



Dedication

*This book is offered as a humble gesture of appreciation of the continuation of
Milton Erickson's heritage into the future.*

RM

Foreword

These series of demonstrations with transcripts are offered to add texture to the principles in the first in this series Connecting Hypnosis 1 The fundamentals and Connecting Hypnosis 2 Demonstrations of the fundamentals.

I'd recommend downloading those eBook as references, and then as you watch the following demonstrations, or read the transcripts, to look for examples of what is written in the text, or make your own observations.

These demonstrations are offered so that you can have your own direct experience, make your own observa-

tions, allow your own learning in any way that can add to your effectiveness with clients as well as your own personal satisfaction.

The short version is that we are never creating dissociation, time distortion, age regression etc - we are always engaging a client in a search for their own individual experience that they have overlooked, or not thought of making use of to allow a problem to transform into a solution.

Enjoy the process!

“... Schooling stuffs the brains of our children with trivia.

The more the trivia, the more the anxieties.

They indoctrinate the children to believe that the consequences are grave

when they fail to distinguish “good” from “evil”, and agreement from disagreement.

What gross nonsense!”

Tao Te Ching #20

connecting



To watch this demonstration

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A transcript:

Rob: Yeah? That's very kind of you.

Client: **[inaudible]**.

Rob: So, is it okay if we make a recording of this for teaching purposes? Thanks for that. So, what have you been up to, Declan? What have you been doing that's been fun, enjoyable, pleasing?

Client: I've been working around the garden and I have a -- I'm doing some art stuff. I've discovered a new way of doing something. I came across this nice resource one day. I like to go to the auction room and on a Thursday and have a look and see what's going to come up and if things appeal to me, I, I'll put a paper bid in and then go home and ring up on Monday to see if I got it. I don't hang around for all the hammer bits, you know.

And I happened to score a box of rolls of all these different gauge copper wires and stuff like that for \$100 and thought, this is good. I'm happy with this. It would be useful for something when I want to do it. So, so I think in the back of my mind was that it would be some part of my art or something like that. So I had this idea that I would do all these complicated Celtic knots and things, but when I started to try and do it, I thought no, I think I'm a bit of, sort of out of my depth here.

So I, but then I just left it there for a while and then I just, I started to, you know, I just a piece off one day with a pliers and I'd sit down in front of the TV or something and just twiddle it and bending it. And then I noticed it was turning into all sorts of shapes and just, you know, mm this is interesting. And then that then evolved into putting it onto, onto a board and I had to figure out some mechanical aspects of it.

And so the whole journey was about -- so when I actually had finished, I had four pieces of work that told me a lot about what this can do, you know, what I can use it for. And so I've been [up] buying extra little tools and things because now I went and bought whole heap of new board and I've got all of these ideas in my head for things that are, you know, these art pieces. So it will probably manifest into about 30 or 40 pieces of work.

Rob: Oh, my goodness. And this started with a collection of copper wire.

Client: Just started with me just walking around the auction.

Rob: Yeah. Not knowing how it was going to develop.

Client: I didn't know what I was looking for.

Rob: Yeah. What is about that? There's something about that not knowing what you're looking for that you, that appeals to you.

Client: I think it's just like a -- it's just going and being somewhere and then, you know, things happen [now and things] because it was my lunch break and I didn't want to go back to the office. I wanted to walk around and [some] just to be in life and look at all things and whatever, you know. I just think I was **[inaudible 02:53]**. So that's how it started.

Rob: Yeah, so you weren't, you weren't kind of trying to achieve anything. You're just in the experience of life and wondering and exploring and there it is.

Client: It just sort of evolved.

Rob: And it's still evolving.

Client: It's still evolving, yeah. And my belief in the future is that it will evolve into something else again.

Rob: Yeah, it does. Okay.

Client: So that's what's **[inaudible 03:16]**.

Rob: And you said you've been doing some gardening too. What have you been up to?

Client: Gardening, yeah. My wife and I, we -- she does a lot of, a lot of -- grows food and stuff like that and I do a lot of the donkey work for her, like building things and, you know.

Rob: Yes, yes.

Client: Structural stuff and...

Rob: She's the brain, you're the brawn, yeah?

Client: Yeah, yeah, yeah. So and it's all part of a, you know, like a big canvas. You know, it's real crazy around this whatever it is, that's evolving, you know. So it's just sort of happening.

Rob: Oh, so the garden's evolving too?

Client: Yeah, well it always does, doesn't it?

Rob: It does, hopefully. Otherwise it stays the same.

Client: Well, it's a lot of mowing and, you know, that type of thing. Cut the trees down, there are overgrown bushes and, you know, chopping wood, whatever, you know.

Rob: Yeah, so you're in that too, by the sound of it. And that's evolving and you don't know exactly how it's going, but it's...

Client: Just sort of happens, yeah.

Rob: Just happens.

Client: Everyday it just happens.

Rob: Everyday it just happens, yeah. Well, that's great. So some problem that you wanted to do something about?

Client: Yeah, I -- it's not really a problem. It's more of a concern, really, you know. And it's niggling me, it's been niggling me for quite a while, okay. It's just about remembering stuff, you know. And then I thought, well okay, well I'll try, you know. What is it? Then I ask -- started to ask myself questions and then all of a sudden, it dawned on me I should ask myself the question, what was missing. And then I discovered what was missing was a voice recorder.

Rob: Well, you've got one of those.

Client: Got it.

Rob: So next. We've got that problem solved. What else have you got? **[Inaudible]** a voice recording, you got a voice recording.

Client: And the problem I've got with it now is because I'm, you know, I'm not brilliantly technical with computers and things like that, you know, loading it up into the

system and so. And last my battery on my computer decided it would die or something. So that really annoyed me. So, yeah so I suppose, yeah, I'd like to -- I would like to be able to feel confident that I can remember better.

Rob: How come this is an issue for you? I mean some people say, I can't remember and who cares, you know.

Client: Yeah, well it's -- I kind of worked it out that when I was growing up as a kid, I used to shut myself off because my mum used to say negative stuff all the time, you see. So I didn't want to hear it so I learnt to cut it out, you know.

Rob: To forget that.

Client: I didn't want to hear it, you know, because it was negative talk. It didn't mean I didn't love my mom or any of that sort of stuff. It just meant that it was uncomfortable. I didn't want it, you know -- what happened was that it's become like a pattern in my life that where I can just completely zone out and not hear somebody talking to me. The fact that a person can introduce themselves to me and say, hello, I'm James so-and-so and in five minutes, I forget what James' name was.

Rob: Yeah, okay.

Client: You know, within that flash, you know, so and I don't know why, you know.

Rob: If it's tuned off for you or if you shut it out, how could you possibly remember it? If you didn't hear it, how could you remember it?

Client: Yeah.

Rob: Okay. And it's important for you to be open to that, to hear someone's name, to connect with that experience, to be in that experience because otherwise you what? You're disconnected from them or from...?

Client: Yeah, I feel it's -- I feel it's disrespectful because I work with people, you know. My job is to work with people and give customer service, for a want of words, and to pay attention, you know.

Rob: Oh, right.

Client: And if I'm not doing that then why my [ethics] are a challenge.

Rob: Okay, and that feels disrespectful to you. If you respect someone, you should be listening to them, you should remember their name.

Client: Yeah.

Rob: Oh, okay. So that's important to you.

Client: Yeah, it is important to me, yeah.

Rob: So you said that what was missing for you was a voice recorder. But what I'm starting to wonder about is, not so much recording, but having yourself hear what's happening, be present to what's being said so that, if you were present, if you're open to hear it, maybe there's a chance that you're remembering it because, if you don't hear it then how can you remember it? That's what I'm thinking. I don't know whether that fits for you, or not.

Client: It fits very logically, yes.

Rob: Does it?

Client: I think it does.

Rob: Sounds logical.

Client: Sounds logical, yeah.

Rob: Well, if you were more present or you were more open to hear what someone says and hear their name and hear, you know, what they're about in a respectful way, do you think that would make it more likely that you'd remember or less or wouldn't make any difference? What's your guess about that?

Client: I would have to agree with the statement that, if I heard what they said then I would remember.

Rob: Okay.

Client: [Inaudible 09:02].

Rob: Okay. So that seems respectful to you then to notice that what's missing for you isn't remembering, but hearing.

Client: Mm. I didn't think of it that way before.

Rob: Alright. Well now can we do a little bit of copper work. Is this copper wire that you use?

Client: Copper wire, yeah. Just old telephone wires.

Rob: Telephone wires, okay. So if you were to allow yourself to remember the feeling, the experience of working with that copper wire, not necessarily trying to create something intentionally, but more just listening to the wire respectfully with the pliers and with those other tools that you're accumulating.

And then as you listen to the wire and the way it responds and you're respectful to it and the tools that you've got, if you were to somehow begin to focus on that experience and I don't know whether it would be a matter of remembering some recent experience or whether it really happened or whether you could just imagine that you are doing that now. And you're working with that wire, different thickness, different characteristics and you're listening to how, and responding to how, it bends and doesn't want to bend and how tight or I don't know what I'm saying.

But if you're just to be in that and really pay attention, really be present to the wire and the shape that begins to happen and if you can allow yourself to be in this experience and I don't know whether it may be almost at the same time, you could be in the garden, building this, adding that, cutting this, trimming that. Not necessarily planning, but when you're cutting an overgrown bush, to somehow listen to that.

I remember a rose that I used to prune, a climbing rose I used to prune every year, a very vigorous plant, a beautiful plant. Oh, but, it had vicious, vicious thorns on it. And what I found was that if I listened to that rosebush and paid attention to where it was and how it was and what it didn't want me to do, I could prune it and not get scratched. But if I forgot and didn't pay attention to the rose and just kind of went in there, I just about needed a blood transfusion. Do you know what I mean?

So as you trim an overgrown bush, as you mow that grass, as you cut that tree down, as you cut that tree up, as you make this or that or some other garden bed, as you're doing that, perhaps you can notice how you can start to listen to the bush, to the tree, to the saw, to the lawnmower, to the piece of wood that you're working with or whatever it is. And I don't know whether that's something that you

could enjoy or whether it might be more the wire that you can start thinking, you know what you want to do, you want to make Celtic knots.

And then you discover, when you're not trying to do anything, but you're just there with the wire, you're just there with that experience, that somehow you can respect that wire. Somehow, you can respect that garden. Somehow, you can respect those pliers or whatever the tools are that you're using. And as you respect them and as you really listen to them, as you really connect with them, you can allow that to evolve, you can allow it to develop, to take shape and already expect that, although you've made some, there's a lot more to follow. And you don't know exactly how they're going to be, but you can look forward to listening to them and with them and working with them respectfully.

And I'm just wondering, Declan, if as you could imagine working in the garden or, if you could imagine working with that wire, playing with that wire, dancing with that wire, to notice how it is for you to be in that experience, in life with that experience and just let it evolve. How does that feel for you to be in life with that wire, with that garden, with that experience? What does it feel like?

Client: I keep feeling like there's a telephone.

Rob: You keep feeling...

Client: Like there's a telephone.

Rob: A telephone?

Client: I keep seeing a black telephone.

Rob: Okay.

Client: And for some reason, the wire on the phone is connected.

Rob: Okay, so could you imagine that you've got a black telephone and that somehow could be part of the, I don't know what you call it, a sculpture. I don't know what you call it, but whatever it is, it doesn't matter what you call it, but if you were to incorporate that black telephone with the wire, can you watch that happen?

And if you listen to the shape of the phone, the telephone and you listen to the way that wire wants and doesn't want to go. It can and is reluctant to and just

stay with that, play with that. Let that evolve as if that work that you're working on has a life of its own, you can be in that life. Now what's happening as you do this?

Client: The [inaudible]. The phone rings.

Rob: Yeah?

Client: I hear everything.

Rob: Yes.

Client: The person on the other end says stuff and I can hear it.

Rob: You can hear it?

Client: And I notice that when I get phone calls at home or work or anywhere, I pay attention to what's being said.

Rob: Okay.

Client: And I didn't notice that before.

Rob: Okay. So you can always ask someone when you want to remember a conversation, to sit in front of you and ring you and you could speak on the phone even though you're in the same room.

I remember reading about a woman, who was complaining about her husband who's a therapist. He would never talk to her. They could never have a conversation. He was always too tired after work, too busy. Eventually she got the bright idea, she rang his receptionist and made an appointment to go and see him. That way, she had an opportunity to speak. They had an opportunity to speak to him. They had to create that. She had to create that.

And I don't know if they continued to do that or once they'd done that, they somehow knew how to listen to each other. But in any case, if you can imagine that you and I are here having a conversation, could you imagine that? And could you imagine that you and I are talking on the phone, that I'm talking not to you, but on my phone to you on your phone. And then to notice how you can hear that almost as if there were some wires connecting what I say to what you hear, what you hear to what you can experience to what you can experience connected to

your remembering, to your experiencing, to you being present because you can really hear that.

And what's it's like for you to be here, knowing that you and I are talking and imagine that we're talking on the phone.

Client: It's pretty good.

Rob: Pretty good? Okay? And is the reception clear enough? You can hear what I'm saying clear enough?

Client: It's really clear.

Rob: Yeah, good.

Client: Very clear. No static, nothing.

Rob: It's almost like we're in the same room together.

Client: It's like we're in the same room, yeah.

Rob: Yeah. Telephones are wonderful these days, aren't they, the way you can have that experience as if you're right next to someone as they're talking and you can hear that clearly? And could you enjoy that? Can you enjoy listening and hearing and knowing that you're remembering this?

Client: Mm. I feel really quite confident that everything you say to me is getting through.

Rob: Yeah, well it is because you're listening.

Client: Mm. because I'm being receptive.

Rob: You're receptive, yeah. And if you can somehow pay attention to your experience of being receptive, I can't know exactly how that is for you, but if you can -- and you don't need to put it into words, but just notice how it is for you to know very confidently that, at this moment, you are receptive. And to notice that feeling, learn it. Really pay attention to it.

And just like plants can be receptive to a no-dig garden and just like a bush that's got out of hand can be receptive to being pruned, so cutting down a tree if

you are receptive to the tree, you can cut it down easily. Do you use a chainsaw to cut the tree down?

Client: Sometimes I use it [inaudible 21:04].

Rob: Sometimes you use it.

Client: For living, you know, like big, big -- my wife doesn't like the noise of machines so [inaudible 21:13] use a bit of excess power.

Rob: I don't even know what that is. But you know what it is and you know how to be receptive to it. When you're receptive to it, it works well. We've got a little electric chainsaw and I notice when I'm not receptive to that chainsaw, it doesn't carve or kicks or it does I don't know what, but when I'm tuned into it and I'm receptive to the chainsaw and to the wood and everything goes smoothly, easily, nicely. Does that make sense?

So I don't know, Declan, whether it's going to be useful for you to actually imagine that you are talking on the phone to someone when you're not or whether you might like to actually hold a phone up to your ear, as someone's talking to you, even though they're not on their phone or whether you can imagine that you're on a phone and they're on a phone or whether you could just allow yourself to have that experience of really being receptive.

It might be some combination or something quite different that I can't know about and that you might not even discover until afterwards. And I'm wondering what's happening as you're in this experience.

Client: I just have this feeling that I could, when people are talking to me, I could imagine that we're on the phone.

Rob: Yeah.

Client: And that I feel comfortable.

Rob: Okay.

Client: I wouldn't have to act it. I just have to just imagine it.

Rob: Okay. And that way, anytime they start to say something that's negative or that you don't want to hear, you can just imagine that you've taken the phone away

from your ear. You don't have to be receptive to everything, just the thing that you're interested to remember. Would that be agreeable?

Client: Very agreeable, thank you.

Rob: And you said before you feel confident that you could do that and play with it. You don't have to get it perfect right away. You might not get it right every time, straight away. But the more you play with it, the more likely it is that you're even more confident about being receptive. Is there anything else that would be useful for you to say or for me to say or for me to do?

Client: No, I think that's pretty good. That fits very well.

Rob: Well done. And I think we can even wonder where did that telephone come from, but it came from you. When you mentioned telephone before **[inaudible 25:00]**.

Client: I made a connection to the copper wire because the copper wire is all Telecom wire. It's, you know, it's prime, it's in its prime condition. It's unused. Some has even got fabric all wrapped around it and stuff like that.

Rob: But you were receptive to what that wire was telling you

Client: **[Inaudible 25:26]** copper wire phone, hearing natural flow of, you know, that's why I must have went down to their **[inaudible 25:37]** because I was looking for a telephone.

Rob: And it was communicating with you. It was calling you, saying, Declan, I've got your number. Come and buy me.

Client: So if you see me standing around like this -- I'm sorry.

Rob: Or one of those things that people wear on their ears.

Client: Actually, that's not a bad idea. I could get one of those. Could you put that on while we have a conversation?

Rob: And like you said, you probably wanted to do that, but it -- you could imagine it or you could do it if you needed to and you can play with it.

Client: No, it's just there's a beautiful connection between the copper wire and the phone.

Rob: It is a beautiful connection.

Client: My worry that I wasn't hearing so I think there's a lovely -- it's absolutely beautiful that it all fits together like a well-engineered cog.

Rob: Exactly. And like a Gaelic knot, once you've made it, you can't untie it.

Client: No.

Rob: No, you've made that

Client: I have.

Rob: A mission to get it. Alright, is that a place we might stop?

Client: That's very good, Rob. Thank you very much.

Rob: Thank you for being willing to play.

Client: Yeah, that was, that was very useful. I like that I have a completely different idea and this whole thing just went, you know.

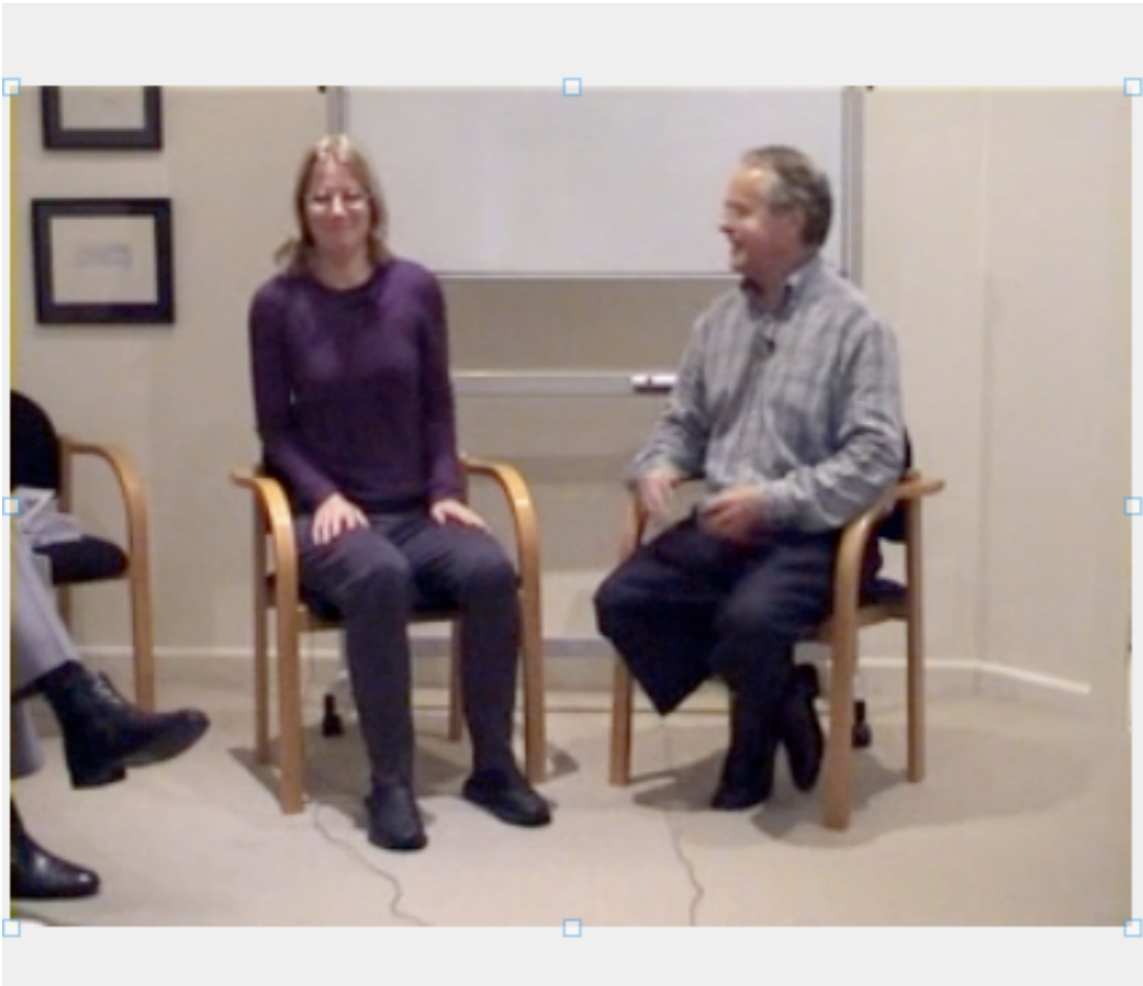
Rob: And it makes perfect sense to me, just an example of what Erickson said that when a client comes with a problem, they bring the solution and yet they don't know they're bringing the solution. So have a nice time talking with them and help them to discover the solution they brought, which you did, without knowing it. And you discovered it.

Client: There was another thing that sort of popped into my head too was that this is the right time to be discussing this. You know, for some reason, I know why that can't -- this is the right time for me to discuss this.

Rob: Okay. It's like it was the right time for you to go looking at the auction.

Client: Yeah. Like a natural order of or a sequence or something, you know. That was very good, just definitely what **[inaudible 27:58]** the electric chair.

time distortion



To watch this demonstration

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A transcript:

Rob: Thanks for saving the day, Trisha.

Client: That's alright.

Rob: It's always, we know that the Brits are always...

Client: That's right. The little flags waving.

Rob: Is it okay to video this and use it in the feature for teaching?

Client: Yeah, that's fine. As long as you edit the Brit comment out.

Rob: No, I'm not going to.

Client: Okay.

Rob: You can take the comment out of the Brit, but you can't take the Brit out of the comment. So could you tell us what sorts of things have been happening for you recently that you -- that have been fun or enjoyable?

Client: Moving into my new flat with my new flatmates has been very good fun.

Rob: Okay.

Client: Yes.

Rob: Alright. And was this -- had you not done that before or is there something different about this or with different people?

Client: It's nice because I've been travelling around for two or three months and it was nice to know that this was going to be home.

Rob: Oh, okay.

Client: Yeah, there are a couple of good people that I'm going to be spending the next few months.

Rob: Okay. What is it about them that makes them good people? What are good people for you?

Client: Generous, smiley people. They are happy in their lives. They are willing to welcome you into their home. Basically, give me some space to be me, which was nice.

Rob: And is there something you can speak about here, do something about, maybe in hypnosis that will be helpful?

Client: Yes, maybe...

Rob: Have any problems?

Client: No, maybe, maybe just for me to keep being aware of the fact that they have been there for two years and I've moved in. So, just aware of any problems if there are any there, you know, that we're not getting in each other's space or not doing something that irritates them terribly.

Rob: Oh, yeah, okay. And do you have a particular way that you like to go into hypnosis or is there a...

Client: Yes. Normally we take our glasses off. Put them there. And then just focus.

Rob: Focus?

Client: Yeah.

Rob: Okay. And perhaps you could take your time to do that. And you can focus more easily with your glasses off?

Client: Uh-mm.

Rob: That's interesting.

Client: That's Brits for you, hey.

Rob: And as you're focussing whatever way you are, whatever that means to you, you might like to welcome that experience so that you can feel at home doing whatever is helpful for you. That's right.

And as you're inevitably moving [go] towards that experience, you can settle into that and as you breath and as you continue, you can do whatever you need to do so that you can feel more and more at home in this experience with yourself. And you might like to take a moment to just notice how it is for you in this experience for you. And to look around in your experience and just see how your hands are, your legs, your body, your thoughts, your feelings.

And to somehow allow yourself to be aware of how all those parts of you can let you settle in and whether your body makes your feelings welcome, whether your feelings or your thoughts allow your body to settle or whether it's your thinking in the way your body can be comfortable that can allow your feelings to feel welcome.

I was in [inaudible 04:47], as I mentioned, the other day and I hadn't been there for some time, 18 months, two years. And I was sitting down with those friends and said it's all that time since I've been here and yet it feels like just yesterday. And that was on the Monday and I had a paper to present on the Wednesday. By Wednesday morning, I felt I'd been there for years.

And it seemed that the closer that time came, the slower time went, but there was something about that experience, about the people already in the room when I came into it, about the mood, about the relationship there, that it was easy to feel very much at home. And it also seemed easy to look around and see if I was going too fast. Were their eyes getting too wide? Was I going to slow? Were they looking sleepy? [To] somehow fit in.

And I wonder how in other situations, in other places, you've been able to fit in with other people's situations in other situations where you've been able to let someone else fit in with your situation. And how, when that happens, it can seem to take such a long time until it happens, then it's as if that times just disappears.

What have you found helpful yourself in other situations of fitting in or helping other people to fit in? Is there something you can say about that?

Client: Mm.

Rob: Don't need to speak, but just wondering.

Client: I'm paying attention to people's needs.

Rob: Oh, yeah. How do you do that?

Client: Usually by looking and, if I'm not sure, asking. Is there something they need? Is there something I am doing or not doing, is there something that I've done that they may have misinterpreted, say the washing up? If I've done it all, do they feel guilty? Do they think I was trying to make a point? Just, you know, explaining a bit about me and getting a bit about them back in return.

Rob: And do you notice that sometimes that seems to take a long time? Sometimes it happens very quickly and the time it actually takes isn't necessarily related to how it feels differently on some occasions from how it actually is different.

Different people on other occasions, it can be so obvious or on other occasions, but there's something there. And I wonder if, in your imagination, somehow you could feel as if you have been in your new flat, however many days or weeks you actually have been there, if you could feel as if you've been there for such a long time, almost like you feel at home there, as if you belong there. Could you imagine that?

Client: Yeah.

Rob: How does that feel to feel like you've been there? You know these people so well, you can read them, you can observe them. You can know how they can have certain areas where you need to be a little more careful, some areas where you don't. Like a pair of shoes that you have put on that feels comfortable. Could you imagine that that learning has happened? And you're smiling. Are you enjoying that? Are you welcoming that?

Client: Yeah.

Rob: Are you letting that feeling feel at home in your experience?

Client: Mm.

Rob: How long have you been in that new flat?

Client: Two weeks on Thursday.

Rob: Two weeks on Thursday?

Client: Mm.

Rob: So that's only one week last Thursday. And no weeks the Thursday before and the Thursday after will be three weeks. And I wonder just how soon you will lose track of how many weeks. It'll just be, ah, that's where I live for the moment. Are you counting the number of weeks before you leave?

Client: No.

Rob: No, why should you? It's so far away into the distance, that it doesn't -- you don't need to be bothered by that. You can start to think about that when the time comes, can't you? You can be unconcerned about that, can you not? Knowing that the time is just that.

And I also wonder if sometimes you might even find some uncertainty, some discomfort, a slight awkwardness and you can make all those feelings welcome. And somehow, when you feel some of those feelings or you notice them in other people, you can even smile within yourself, that those are all too human experiences. Do you know what I mean? Would that be okay?

Client: Mm-mm.

Rob: It's a relief to know that it can be okay. And as I mentioned before, and everybody already knows anyhow that you can be sitting and just like that clock the other day in a chair, in a seat, sitting, listening to someone talk about a subject that is so unbelievably irrelevant that the time drags. You look at the clock and you think, is that a second hand or is that an hour hand?

And that chair punishes you. You can't get comfortable. You can sit in the same seat, the same chair and listen to something interesting, of relevance. And you look at the clock and you think, is that an hour hand or is that a second hand? The time goes so quickly. All you did was sit down, blink your eyes a moment or two and already all that time is gone.

We've all had that experience of the way time is elastic. It can be stretched. It can be compressed. It's good to know that we've had that experience and can make use of it. Don't need to know just how you can, but you can make it welcome because you already are even more at home with that experience, than you'll find out later, looking back that you were.

Now, you didn't really have a pressing problem. You didn't really have an issue that was requiring an urgent intervention, but it's good to know that you can find something that is real and relevant. And even though it's real and relevant,

even though it's not urgent, you can learn something, you can discover something that you already knew and you can, in some way, let you know that at the right time, when the time is right for you, you can make really good use of that learning because it's already an experience that you are very much at home with.

It's already an experience that has been residing within you for a long time and one that's very transportable. Some people will say that a flat is a place where you live, yet sometimes a flat is a stretch of land. Sometimes it's a way of speaking. It has different meanings. The muscles in your face can be flat. It's a way of letting you know that you feel at home in this experience.

And I'm wondering if there might be something that you would like me to say or something that will be helpful for me to do or something that you would like to ask and whether you would like to just enjoy knowing? And I'm allowed to wonder.

You don't have to say anything. So perhaps you could sit there for a time and just how long you sit there is very unimportant because you could be quiet for a moment or two and you could feel as if you've been soaking that experience up, learning and letting it settle in as if it's been happening for hours because the actual time is very unimportant. All that's important is that you can learn what you need and then you know that you've done that.

That's right.

And you can move your feet and your hands.

Client: And my hands.

Rob: Yeah. They are able to be moved.

Client: They are.

Rob: Yeah, even though they are trying to convince you to the contrary.

Client: Yes.

Rob: Where did you put your glasses?

Client: Just here.

Rob: Oh right.

Client: Thank you.

Rob: Now how long does it seem that you've been sitting in that chair?

Client: About five minutes.

Rob: Five minutes? Would it surprise you if it was two or three minutes?

Client: Mm.

Rob: Would it surprise you if it was two or three hours?

Client: Definitely.

Rob: Yeah. **[Inaudible 21:36]**. So it feels like five minutes. What's your guess? You can be comfortable with that feeling, yeah?

Client: Mm.

Rob: It's okay to feel like it's five minutes?

Client: Mm.

Rob: Have you got any other comment about the time, how long your guess is? It might be five minutes, I don't know, but what do you think?

Client: I don't know. Logically, I'd say 20 minutes or so.

Rob: Logically 20 minutes, yeah. It's good to have those two different experiences and know that they are both welcome and you can be at home with both of them.

Client: That's true.

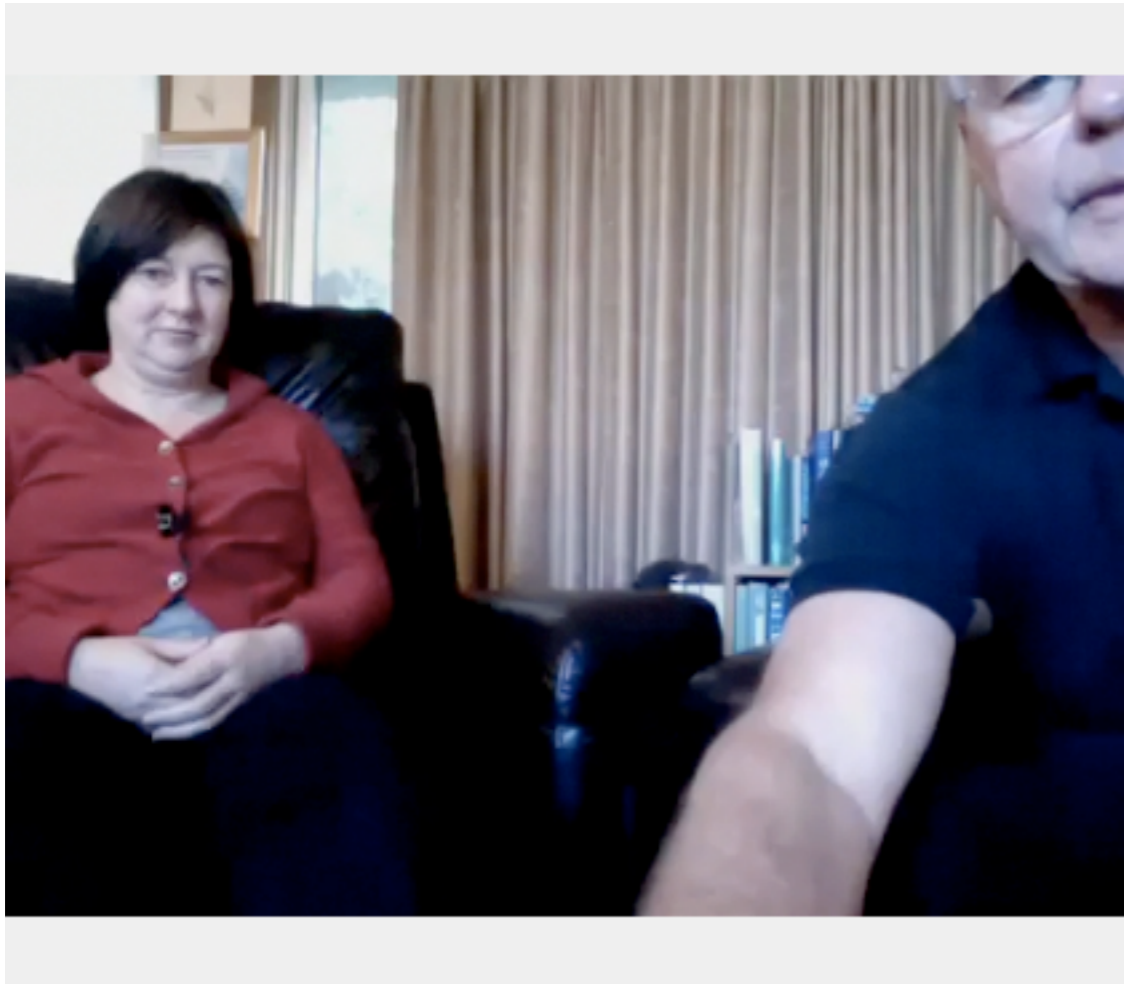
Rob: You don't need to resolve them. You don't need to compromise. You don't say, oh well, five **[inaudible 00:23]** actually, you know, seven and a half or 12 or something. I don't know. Anything more that you might want from this before we stop?

Client: No, thank you.

Rob: Thanks for being willing to have the conversation.

Client: That's fine, thank you.

age regression



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A transcript:

Rob: So Jacqui, thanks for being willing to play. And I want to just emphasize that I wanted to show how this might play out. And I'll do what I can to make it useful.

Client: Okay, thank you.

Rob: Is it okay if we make a video on this for future teaching?

Client: Yeah.

Rob: Thanks for that. So what have you been up to that's been fun that's been enjoyable.

Client: Well, in the cold weather, I like going bushwalking. So I try and head out about every second weekend. And, you know, maybe drive a couple of hours out of Melbourne and just, just go trekking...

Rob: Whereabouts? Where do you go?

Client: All sorts of places. When it's been raining a lot, I tend to go north and inland. So the last weekend I went round the Pyrenees mountains. That was beautiful. And when the weather's a little bit drier, I'll go to some of the mountain ranges in coastal areas, around South Gibson. I love it around there.

Rob: Oh, [inaudible 01:01]?

Client: Yeah, yeah.

Rob: What do you like about that? There's something about the...

Client: It's the fact that you're active, you're outside and, like for example, last Saturday we were walking up a dry creek bed and there were all these massive boulders we had to scale. We had great fun just for hours, scaling boulders and just working out, you know, where the crevices were and where the things to grab onto and pull on to. And it was just really nice and just being in a natural setting, it's peaceful, it's quiet, but we're also having fun and laughing, probably making quite a bit of racket, actually, so just as well no-one was around.

Rob: You were making the racket, so, yes.

Client: Yeah.

Rob: Different when...

Client: Yeah. It was just, it was just lovely. And I just, I like being out in nature and I like [garden] walking. And so to me, going for a bushwalk, it's two lovely things coming together.

Rob: What is it about walking? Is it just that you're being active, you like the idea of being active?

Client: It's being active, but also your, when you're walking, you've got the chance -- you're moving, but you're also taking in what's happening in your environment.

Rob: Okay.

Client: And really just, you're observing the colours, you're observing the sky, you're observing the rock formations. And when you're walking, you've got the chance to do that. If you're running or cycling, you kind of got the...

Rob: Okay. The time or it's too fast.

Client: Yeah. The landscape's just whizzing past you so you don't get to see it.

Rob: Okay.

Client: So you've got the chance to kind of just take it in. It's really nice.

Rob: Okay.

Client: And just hear sounds you wouldn't normally see and look at, look at these, you know, scraggily trees that might be growing out the side of a rock, but they'll have a beautiful trunk formation, all that kind of thing.

Rob: Okay. Beautiful, beautiful. So is there something that you might be willing to do something about, some problem, some issue that's been troublesome?

Client: Yeah, yeah. It's I, it relates to family stuff and I grew up in an environment -- I have a sister that's four years older than me and a brother that's quite a bit older and he left home. And it was really my sister and I in my family, being together.

And my sister used to lose her temper a lot and use that as kind of like a lever or a way of controlling the environment. In fact, her angry outbreaks were so bad, that the whole household used to just tiptoe around all the time.

Rob: Okay.

Client: It was just, don't upset your sister, don't say anything to your sister. And what's happening now is she's living with my mother and I take my son over to see my mother. So -- and I don't hate my sister or anything like that. I'm...

Rob: Maybe she's taught him to tiptoe around.

Client: I don't know.

Rob: That's a poor attempt at a joke.

Client: Poor attempt at a joke. But so when, when I take my son, Nick, over to see my mother, my sister's there and she has her moodiness and, you know. And I feel like I'm re-experiencing that every time I go there and see it. And I'm -- part of me is cross about it because I think, oh, come on, come on, just let it go, let it go. But, we were literally taught when we were growing up, you know, don't upset your sister. The whole thing was about not upsetting your sister in case you get one of her wobbles. So, yes. So it -- I feel like even now that I'm 45, it's still hanging around. I really would like to move on from it.

Rob: Well, if you were to move on from it, what would you move on to? What would [inaudible 04:59].

Client: If I went to, if I went to my mother's place and my sister was there and she was, you know, having another one of her episodes, I'll call it, that I'd be more impervious to it.

Rob: Oh, okay.

Client: That I'd just be, oh, that's it. So it affects me by making me -- it doesn't make me, but I feel uptight.

Rob: Yeah, it doesn't make you, but it feels like it makes you. It's just like it just happens, doesn't it?

Client: Yeah.

Rob: It doesn't seem like a choice, it's just there, waiting for you.

Client: Yeah, so it triggers, it triggers some of the stuff I used to experience as a teenager. And I'm at a point where I'm thinking, look, I really need to move on, you know.

Rob: Okay.

Client: This is years ago.

Rob: So, would it be okay to have some hypnosis around that?

Client: Yeah, yeah. That will be fine.

Rob: Alright. So maybe we can start by going to do some bushwalking. Would that be good?

Client: Okay, yeah. That would be great.

Rob: And I don't know whether you'd like to go up that dry river bed? Remember the feeling of, the experience of those rocks, noticing that sometimes it's easy, sometimes those rocks look like there's no way and then you find a way to clamber up them and over them, maybe get around them.

And then as you find yourself so easily focussing on some part of that, that's it, and then just letting yourself become naturally more absorbed and maybe a memory, an experience for laughter and fun and maybe the sound of the feet clambering on the clonking rocks. I don't know what would be there.

And as you are in this experience and simply letting yourself take your own time to become as focussed, that's good, taking your time, that's right, become as absorbed so that you are not in a rush, you're not in a hurry. You can really take in the whole scene. Then there's that very obvious stillness in your body and breathing, the muscles of your face smoothing out. There's a gentle smile because you're enjoying this, a slight nod of your head. And your eyelids showed that [inaudible 08:15] before you let them close.

And as you're in nature, in wherever, in whatever way you are, I mentioned that those rocks that you've mentioned, I can't know where you are and I'm wondering, [inaudible 08:45] at the moment, Jackie.

Client: I'm just at this ledge and there's a couple of -- even though the river bed's dried out, there's still some pools of water. There's all these frogs. I'm trying to find frogs.

Rob: You can hear them?

Client: Yeah.

Rob: You can't find them?

Client: Every time we step near them, they go quiet and then the ones behind us go off. So it becomes this game. We're trying to find these frogs.

Rob: Find the frog.

Client: Find these damn frogs. But we're also laughing.

Rob: Any other sounds around, apart from the frogs and your laughter?

Client: There's the odd bird, but it's quite still there.

Rob: Quite still?

Client: Mm.

Rob: And what's the air like? Is it warm or cool?

Client: Oh, like, like today, that cool, crisp, sort of that dampness in it, but lovely. It's still, it's sunny. It's just beautiful, a beautiful, sunny winter day.

Rob: Can you feel that sun on you?

Client: Mm.

Rob: On your face?

Client: Yeah.

Rob: Yeah. Something about the feeling of the warmth of the sun and the contrast with the air. And how are you feeling? How are you in yourself in this?

Client: I'm just feeling just a sense of like abandonment, just happy abandonment.

Rob: Happy abandonment, yeah. Well, as you continue to do that, I wonder if you can soak up some of that abandonment, just really gather some up. Breathe it in, that freshness of the air, that experience of abandonment. And as you continue to do that, it could be that some of your thoughts could begin to drift back through time, knowing that you can get back to that ledge any time you want.

And then you might be able to imagine, perhaps at first like remembering what it was like, as a little girl, maybe five, maybe younger, maybe a bit older, I don't know, but something about that age. And remembering and then re-experiencing, doing something where you felt that abandonment and what are you doing?

Client: We had this huge, huge backyard.

Rob: Yeah.

Client: And I always used to love to run and jump and climb. I was like that since a little kid. So I'd set up this obstacle course around the backyard and I'd just go leaping over it. And I'd have such a good time doing it.

Rob: Yeah. And are you laughing or are you just silently enjoying it or what?

Client: Silently enjoying it.

Rob: Okay.

Client: And I'm trying to see if I could jump this way or that way. I can shave a little bit of time off.

Rob: Okay.

Client: But it's just the joy of being able to leap and...

Rob: Yeah. And I wonder if it might be fun for you to imagine that one of those obstacles is your sister? She's just lying there or maybe she's standing there, having a nervy, having a turn. You may be totally losing it. And with that same sense of abandonment, how could you jump over her, go around her or somehow have her as part of one of the obstacles in the obstacle course? What is she doing?

Client: I'm seeing her lying there.

Rob: Yeah.

Client: She's almost like this big rock.

Rob: Yeah. Is she lying still?

Client: Yeah, lying still, but glaring.

Rob: Glaring. Mm, okay. And when you look at the way she's glaring.

Client: Mm.

Rob: How come you smiled at that?

Client: Because it's -- I'm seeing myself just stepping over her like I would a boulder.

Rob: Okay.

Client: And not being particularly careful either, where I'm putting my feet.

Rob: Oh, dear.

Client: Just plop, plop, plop.

Rob: You're not treading on her, are you?

Client: Yeah.

Rob: Oh, my goodness. She might have a real, real nervy if you do that. You're not tiptoeing there.

Client: I'm too quick and agile for her.

Rob: Ah. That's good to know. So is it like a circuit? You're going to go round and you're going to come back again?

Client: Mm.

Rob: See if you can find another way of jumping over her this time, this way or that way.

Client: This time I just, I leap straight over.

Rob: Okay. How does that feel? Good? Okay, let me know when you're around again so that you can find another way because you're so agile. What can you do this time?

Client: This time I've crawled under.

Rob: Crawled under?

Client: Mm.

Rob: How does that feel?

Client: Good fun.

Rob: Yeah, it is good fun. It's just an obstacle that you can crawl under, you can jump over, you can walk on, you can tread on, but you don't need to tiptoe around her, do you?

Client: No.

Rob: Now, remembering that feeling, see if you can let your attention go forward in time a bit to a time around when you were 10 or 12 or something like that. And again, your sister is glaring.

Client: Mm.

Rob: Everybody is tiptoeing. But you're going to bring some abandonment to this. What are you, what's happening, what's coming to your mind?

Client: We're inside.

Rob: Yeah.

Client: She's upset about something.

Rob: Yeah. How unusual.

Client: I didn't pay too much attention to what she got upset about because there's always something.

Rob: Yeah, yeah. What have you got, yeah.

Client: And she knows that her glaring makes me feel uncomfortable. So she uses that to good effect.

Rob: Ah, okay.

Client: She can do that.

Rob: So she thinks that's going to make you uncomfortable.

Client: Yeah, so she can use that.

Rob: She's going to be in for a surprise. And what happens when you, you're going to bring some abandonment to this. She's glaring and what are you doing this time?

Client: I'm just walking round and it's like she's not there. I'm ignoring it.

Rob: Ah, okay. And what does she do when you ignore it?

Client: Tries to glare even more, but it's not working.

Rob: Mm, good. And how do you feel, just walking around, ignoring her? How does it feel to you?

Client: A sense of -- I'm almost gloating, actually. In fact, I am.

Rob: Why not just abandon yourself into a good bit of gloating?

Client: It's like, ha-ha, it's not working.

Rob: Ha-ha.

Client: Stew away.

Rob: Mm-mm. Looks pretty good. Now, sometime a bit later, when you're 15 or 16 or something like that, what can you imagine what's happening now? She's still glaring at you?

Client: Oh, yeah. She's come home from uni and she's upset about something else.

Rob: Yeah, yeah, of course. And what are you doing this time?

Client: Yeah, she's started to take to throwing things.

Rob: Mm. Is she going to throw them at you?

Client: Oh, yes. That's what she used to do.

Rob: Excellent. What's she able to throw?

Client: A can.

Rob: Oh, yeah. What are you like at catching?

Client: I'm very good at dodging.

Rob: At dodging. Okay.

Client: So I just dodge.

Rob: This sounds like fun. Throwing a can, you dodge it. What's she throwing now?

Client: She's angry she's missed, so she's trying to work out what else she can find.

Rob: Yeah. What could she find? She'll find something.

Client: She's looking at the furniture.

Rob: Yeah. What can she pick up now?

Client: She looking at things like a lampshade, but she knows if she breaks those, she'll get in an awful lot of trouble, so she's thinking twice.

Rob: Oh, yeah. Alright so she's not doing that. Looking around, is she finding anything?

Client: No.

Rob: No. But anything she finds, you can dodge because you're quick on your feet. What does that feel like for you to know that you can dodge that?

Client: Gleeful, if that makes sense. I just feel glee.

Rob: Alright. Very good. Let's go a bit further forward, maybe into something quite recently. And you go and visit your mother and your sister and you have your son. Don't tell me your sister's glaring. Is she glaring?

Client: What she does is, if she's in one of her moods, she stomps around and she doesn't come out to say hello. But she makes it very clear, through her stomping.

Rob: Okay, so you can hear her stomping in the background.

Client: Yeah.

Rob: And your mother's there and your son's there and you are there.

Client: Yeah.

Rob: And what are you doing with her stomping?

Client: I'm thinking, how pathetic.

Rob: Ah. Yeah, it is pathetic.

Client: But I'm also, also just shutting it out.

Rob: Yeah. Yeah.

Client: And reminding myself that I'm not there to see her. And that really, you know, she's like...

Rob: Like a frog that doesn't want to be found.

Client: Yeah. Or like a...

Rob: Just stomping in the background.

Client: Yeah, or a bit of nuisance background noise like when someone's got a chainsaw or something, you shrug your shoulders and you think, oh, it'll stop soon. Like that, just a bit of nuisance background noise. That's all it is.

Rob: At home when there's a chainsaw or something like that going on, we often quite [inaudible 20:21]. Do you know [inaudible] when they go up to Bonnie Doon and the motorbikes roaring up and down there and the father says, ah, the seren-

ity. He's not listening to the -- ah, the serenity, of your sister stomping in the background. Ah.

Client: So I'm just treating it like noise you get around the neighbourhood.

Rob: Yeah, yeah. Well, that's what it is. That's what it is. It's just noise around the neighbourhood, being there with your son to see your mother. And what happens when you allow your sister's stomping to just be a noise that's in the background? How can you then be more attentive to your mother, your son in a new experience.

Client: Part of me is sitting there, enjoying the fact that I'm not reacting and that I'm sure it's annoying her. And I'm enjoying the fact that I'm annoying her.

Rob: Mm. Payback time. And you've still got that smile on your face.

Client: Mm.

Rob: You're still enjoying it.

Client: Mm. It's fun.

Rob: Yeah. It's fun. And like the obstacles in the backyard when you were five, if there weren't obstacles, you wouldn't have the fun. So your sister's just another obstacle.

Client: Mm.

Rob: Now climbing up that, onto that ledge, those rocks, if there weren't rocks to climb up, that wouldn't be as much fun. If it was just a flat track, it wouldn't be anywhere near as much fun. And your sister's just another one of those boulders, something that's along the way. You don't have to be careful with the boulder. You don't have to go around it necessarily. You can just ignore it or climb over it or whatever so that you can get onto the ledge, which is where you want to be.

And it sounds like there's a lot of glee, a lot of fun, a lot of freedom in that, a lot of abandonment if you're not reacting.

Client: Mm. Yeah.

Rob: And so could you memorise this feeling? There's plenty of it. The next time you go visit your mother, could you -- and you take your son, can you also take this feeling with you?

Client: Mm.

Rob: Sounds very nice to me.

Client: Yeah.

Rob: How does that feel to you?

Client: Oh, great. I had quite a lot of fun with that one. That was really good.

Rob: And where is the ledge? Where is the river? Is that near Melbourne or where?

Client: It's near Avoca, near the Pyrenees Mountains.

Rob: Okay.

Client: It's very dry and scraggly. So it's a good place to go when there's been a lot of rain.

Rob: You know, it's good to know where to go. You can go to a wet place when it's raining or it's been raining, as long as you know that. You can take a raincoat or something.

Client: Yeah.

Rob: I've been in East Gippsland when it's been raining, you know, and you have a raincoat.

Client: Yeah.

Rob: You know, on [inaudible 23:53] with, when it's got some snow and [inaudible 23:57]. Do you know those places?

Client: Yeah. I've been. It's just beautiful there. It's absolutely -- it's God's country I call it.

Rob: Yeah, me too.

Client: It's really nice. But thanks. I've just, I really enjoyed having fun with that. That was just -- and fun's the operative word. I had really fun with it.

Rob: I'm wondering whether we should warn your sister that, you know, there's going to be trouble because she's not going to get the reactions she had.

Client: Yeah.

Rob: Do you think she'll be able to cope? Do you think she'll manage?

Client: Oh, it's not [inaudible 34:30].

Rob: She might be very grumpy.

Client: Yeah, it doesn't matter. She can do what she wants.

Rob: Fair enough. So how are we doing? Is that a place to stop or is that...?

Client: Yeah, that's a great place to stop. That her image of her being a boulder and just having fun with different ways of clambering over her, I was having a great time with that.

Rob: Well, just because we've stopped, you don't have to finish that. You can continue with that in your own time. That was fun for me too. So thank you for that.

Client: Thank you.

Rob: Can we stop?

Client: Yeah.

another age regression



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A transcript:

Rob: Hi and thank you for being willing to have this conversation. I always say that, you know, but it can seem like, a have a nice day, but generally I'm very grateful that you're willing to have the conversation, so we can play.

Client: That's great.

Rob: Yeah. And for the record, is it okay to videotape this for teaching purposes in the future.

Client: It's okay, mm.

Rob: Thanks for that too. Tell us about some things that you like to do.

Client: I like swimming. I like walking along the beach.

Rob: There's two early learning sets.

Client: I like walking in the forest.

Rob: Ah-ha.

Client: I like reading.

Rob: Reading?

Client: Reading.

Rob: Okay, three learning sets.

Client: I like...

Rob: We've got swimming, walking and reading. What sort of books do you like to read?

Client: Esoteric book mostly, yes. Book that will teach me about the infinite possibilities [rather].

Rob: Okay.

Client: Yeah.

Rob: And what could we do here that would be helpful?

Client: Well, in 1986, I had a car accident and I feel that it's still in my body, to an extent in that sense that I still get headaches. And I, like today, I felt a pain on the right. I said, I felt, because the pain is not there [there], but on the right side of my body, and so...

Rob: And your body, how far down your body [in your] head, the right side of your head?

Client: Well, along the neck right down to the shoulder and scapula there and over here [inaudible].

Rob: Okay. And it feels to you as if somehow that accident is still there in your body.

Client: Yes. At least, because I think it's in my mind, so I believe that...

Rob: Okay.

Client: That it is still there, yes [inaudible] which is creating it.

Rob: Yeah, I mean the body has its place. I mean, we have a body and if you have a car accident and you lose a leg, you don't have a leg, you know, the absence of the leg is real. It's not just in your mind.

Client: Yeah, that's right, yeah. That's right.

Rob: I mean, sometimes with a physical injury, there are physical changes.

Client: Yeah, definitely.

Rob: So, you can't just wave a magic wand and have them go away. But I'm wondering whether...

Client: Yeah, unfortunately not.

Rob: You're wondering if there may be something in your mind, something that you...

Client: Yeah, that's right.

Rob: Okay.

Client: Yeah. Mm.

Rob: Alright. So if we could do something here that would be helpful to that so that that car accident was not in your body. It might -- some bits of it might be there physically, but it wouldn't be there in your mind. Would that be agreeable or not?

Client: Why not get rid of the lot?

Rob: Huh?

Client: Why not get rid of the lot?

Rob: I don't know. Do you want to get rid of the lot?

Client: Mm.

Rob: Okay.

Client: After the limitation it has given me.

Rob: Okay, well reality has its limitations, you know.

Client: Yeah, that's right and it has -- it's given me a chance in many other aspect of expanding, so yes.

Rob: So I'm not promising that, that, you know, there'll be some dramatic change physically. I'm not. I'm not promising there won't be, but would that be okay if there was something -- whether something happens physically or not, if you were able to feel more the way you'd like to feel? Would that be...?

Client: Yes.

Rob: How would that be, if the car accident were to leave your body, what would be different for you?

Client: There wouldn't be that negative anticipation of a pain.

Rob: Okay. Yeah.

Client: Sometimes I slightly feel it coming and I just see it worse, you know, and maybe that's creating it, I don't know.

Rob: Okay.

Client: It's because I anticipate the worst when I feel this slightest sign of it.

Rob: What was that?

Client: I anticipate the worst when I feel the slightest inkling of a headache or of a pain.

Rob: Okay. And would it be okay if you were to just let yourself go just a little further into hypnosis?

Client: Mm, be fine.

Rob: Be fine?

Client: Mm.

Rob: Okay. Then it's good to know that you can make any adjustments that you need to your physical body, to your thinking, to your feeling, to your experience in any aspect of your experience. And even before you closed your eyes, you're probably able to anticipate going into hypnosis. And by recognising the slightest hint of going into hypnosis, you are able to absorb and digest that experience and allow to evolve so that you can experience it more fully in your anticipation of that hypnotic hint.

And it may be something like the experience of picking up a book, maybe on a subject that's of interest to you or from a writer that's of interest to you. And you read a few words and already you start to really anticipate the pleasure, the learning, the experience of reading about those possibilities that can emerge from that reading. Even before you've read much of the book, you can start to really anticipate that learning in ways that when you first learnt to read.

Now you had to learn the different letters and sounds that you learnt and the difference between a grave and acute, you probably didn't even know that until after you did. But at a certain point that became so much a part of your experi-

ence that you didn't need to think about it. You didn't need to have a problem about it. It would be possible early on, when you see an E coming up, to start to think the worst and by getting it wrong and then to put the wrong accent on it. And then get it wrong because that's what you're anticipating. I think we've all done that.

And then discovering that, as that learning settles, something, I don't know, that E comes and goes and you haven't even noticed that you have put the right accent on it because it's so important to put the right accent on something. You didn't know when you were learning that that one day you would be reading books about esoteric subjects. And if someone had said to you when you were learning that language that you're going to be reading esoteric books, you might have thought it had something to do with petrol or ripping paper or something because esoteric wouldn't have meant anything, you didn't know then.

And so we'll learn things and then we use them later in different ways, sometimes after two days, sometimes after 16 years, sometimes longer. And I don't know how thoroughly you can remember learning your native language. I'm sure you can still speak it, can you not? Is your native language French? That's just my assumption. You haven't forgotten how to speak French? Le petite [**inaudible 10:06**].

And what was it like for you 20 years ago, 30 years ago to be doing what you're doing. If you were to go back and revisit that person that you were 30 years ago and if you were to look at that person and look at her in a way that's not obtrusive because sometimes looking can be staring and obtrusive, but if you could find a way of looking and if you could look very closely at the left side of her face and look just as closely at the right side of the face, knowing that when you look at someone in that way, sometimes there's confusion about -- it's like looking in a mirror? Is the left really on the left? Is the right on the left? Is the left, is that the right? Is the right, is that all that's left?

But if you were to look at how your left side of your body used to be and look and see how your right side of your body used to be, when you look at that, what do you see?

Client: Balance.

Rob: Balance, yes. And at the same time, if you look more closely, you'll see that the balance is not perfect. One eye is always just a little wider open than the

other, one eyebrow just a little higher than the other, one shoulder just a little lower than the other. There's always those, which is why when you look in the mirror or see a photograph of ourselves, you think, is that really me? It looks interesting, amusingly different.

And if you were to look at that balance, which is a kind of balanced imbalance, just the right amount of imbalance, or the right amount of imbalance then because imbalance changes with time. And if you were to look at that balance and somehow memorise, I don't know whether it'll be easier for your to memorise the feeling of balance, the visual appearance of balance or whether, as you look at that experience, you can somehow sense, and really sense, the feeling, tremendous feeling of comfort that might be interesting for you to notice.

And you shouldn't have to be alarmed about the fact that you might notice even more comfort on the right side than on the left. And I don't know whether that would seem strange to notice that, but somehow to notice the feeling of comfort on the right side of that face, the right side of that neck, right shoulder, scapula [**inaudible**], so much comfort there.

And when you look at that situation, that person, that person that you once were, that is there, how do you look? As if you were absorbing that, as if you were somehow remembering that, reconnecting with that, how do you feel?

Client: Good.

Rob: Yeah. And you said that something beneficial has changed for you as a person since that car accident, some learning, something. Now I wonder if, without losing track of that, if you could somehow wrap that learning up like a gift and make sure that that is with you back there, 20 years, 30 years ago, that sense of moving balance, shifting balance, maybe like a Tai Chi kind of balance, I don't know, rather than a static balance. And make sure that that person that you once were knows that she's going to be okay, that things happen to knock us off balance.

Like when you were a little girl learning to walk, things happened that knocked you off balance and you got a new balance. You had to get a different balance when you started to wear shoes, different balance when you started to walk on frozen -- have you ever been skiing? Different balance when you put skis on. It's a very different balance, a totally different way of balancing. And the way that you balance changes with time, it's different experiences.

Now, as you sit with that and somehow let that person know, here, have this balance, have this learning, have this, my experience, but have it before the accident. And in exchange, you can have some of her balance, physical feeling, visual feeling, emotional feeling, memorise some of that comfort. Can you do that?

And I may have mentioned it, but Bill [Hanlon] was asked to see someone for hypnosis because this was a man who had recurrent migraine. I may have mentioned this. And he came to see Bill and Bill said, you can go into hypnosis, you don't need to know what it is or worry about how deep you go, or whatever. You can find your own way of doing what you need to do.

And he told him that every person's got a lot of abilities to notice things, to not notice things, to learn things, to unlearn things; a lot of possibilities there. And one of the things that Bill reminded this man about was how expert he was at getting over migraine because in order to get a migraine, he had to have got over the last one so he must really know how to get over those headaches.

Then he said, you don't need to go through them, you know. Once you notice that one is starting, you can push the fast forward button because you know how to get over it so you can go straight to that. You can miss out the middle bit. And you can become more sensitive and more aware of the very beginnings of the increasing comfort so that, as you begin to sense the comfort beginning, then you can anticipate the way the comfort can spread and intensify.

And this particular man came back to see Bill totally unimpressed, free of headache. Unimpressed with Bill, unimpressed with hypnosis, unimpressed with the whole lot and said that he had gone from Bill, down to the car park, felt a headache starting and it stopped almost before it started, but that had nothing to do with Bill and nothing to do with hypnosis. And it seems he was right because we all have connections waiting there and buzzing away in the background of our awareness. There's always some comfort there, trying to connect with us.

And for various reasons, good reasons or whatever reasons, sometimes we don't allow those connections, but there's always a lot of comfort there just waiting to be connected with us, trying to get through to us. Sometimes we don't have answer that call, but comfort is always there.

Now I don't know what it will be like for you once you will have connected with that increasing comfort, whether you'll notice a slight hint of the headache beginning and then you can really tune in and really notice and anticipate the comfort

so that you get a lot of that. I don't know what new kind of balance you can appreciate, that you can enjoy, that you can value.

When Erickson was a medical student nearing the end of his training, a professor of psychiatry said to him, I don't know where you got your lip, but if you ever thought of going into psychiatry, it would be very useful for you because men won't feel threatened and someone might feel sorry for you. It will add to the rapport. It can be a very useful thing.

And he also told me that a very attractive woman was there, disturbed by a scar that she had on her cheek. She felt disfigured by it. She felt, nobody will want me because of it. And Erickson said to her, do you know there's a Rachel for every Reuben and a Reuben for every Rachel? Just stand on any street corner and look at the weird creatures that women marry. Stand on the same street corner and look at the weird creatures that men marry.

And he said the person that wants to be with you, will want to be with you because of who you are, not in spite of it. And he, in his amenable way, kind of wore her down and somehow she agreed to organise a date. She went out with someone. And Erickson, as a grandfatherly figure, was able to ask how the date went. He said, when he kissed you good night, where did he kiss you? And she blushed. Where do you think he kissed her?

Client: On the scar.

Rob: On the scar. I'm not sure whether it was that same woman that Erickson interested in doing some anthropological study to see what things that men and women did to their faces to add to their beauty. And people do strange things to their nose, to their ears, yeah. In New Zealand, people actually have bits of their skin chiselled away to make them more beautiful. You've seen those?

Client: Mm.

Rob: Yeah. Some Maori artwork is tattooed, but some is actually chiselled. They use a chisel. It seems weird to us.

Client: Mm.

Rob: Yeah, but they do. Now, while I've been talking, you've been doing what you've been doing and some of what I've been saying may have seemed very, very relevant and I can only wonder what it might be from back then 20, 30 years

ago, you're going to find yourself feeling more connected with so that some of that feeling before the accident can stay in your body, some of that pre-accident balance can stay in your body.

There's a physical experience in your thinking and your emotions, in whatever way that it will. And just how it will, you may already have a little hint of and it wouldn't surprise me if you're already starting to anticipate just how you're going to do that in a way that can be enjoyable for you. Would it be okay for you to discover that?

Client: Mm.

Rob: And can you have some fun with it?

Client: Mm.

Rob: I'm wondering what else you might like to have happen in this experience **[inaudible 25:31]**.

Client: It's okay. Nothing else.

Rob: Uh-huh. Okay. C'est tout?

Client: C'est tout.

Rob: And c'est tout can be -- it might be heard as someone asking someone to speak a number. Say one, say two, say three. C'est tout can mean different things in different places, yeah?

Client: It means I know everything as well **[inaudible 26:18]** that's all.

Rob: **[inaudible 26:26]**.

Client: **[inaudible 26:27]**.

Rob: Your understanding of bad French is really quite excellent.

Client: Yes.

Rob: You forget that you're wired up there.

Client: That's right **[inaudible 26:43]**.

Rob: That's a wire that links directly to your past.

Client: Wonderful. And that's me over there.

Rob: Ah-hah. That's how you were. And it's a two-way thing. You can...

Client: Back and forth.

Rob: Back and forth. So you can have any of that that you want. You can just **[inaudible 27:04]**.

Client: Excellent.

Rob: Yeah, it is.

Client: Can I have them both?

Rob: Yeah, why not? They're both you.

Client: That's good.

Rob: And that provides the balance, now and then, now and in the future, here and there, you and her. There's always that shifting balance. And you're smiling?

Client: Yes, I am.

Rob: What are you smiling about? What have you got to smile about?

Client: Well, I feel good.

Rob: Ah-hah.

Client: I feel balanced and just think it's so funny.

Rob: Well, I'm not disagreeing. Shall we leave it at that?

amnesia



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A transcript:

Rob: Thanks for being willing to partake.

Client: You're welcome.

Rob: Is it okay to videotape this for teaching. Thank you. Can you tell us about some things you've been doing lately that have been enjoyable or fun that you **[inaudible 00:15]**.

Client: Yeah, I've been swimming recently, which has been nice.

Rob: Good.

Client: Yeah.

Rob: Swimming in a pool, in a...

Client: Yeah, Howard hot pool.

Rob: Okay. It always seemed a bit of an irony, irony to me.

Client: Yeah.

Rob: But, have you been doing any kind of laps or are you **[inaudible 00:32]**.

Client: Yeah, I've been doing laps.

Rob: Oh, yeah. Like over arm and backstroke or breast stroke?

Client: Yeah, I sort of...

Rob: A bit of this and a bit of that.

Client: Yeah.

Rob: Okay. And that's a fairly regular thing or what?

Client: Uh, I'm tempted to say yes, but it wouldn't be true. I've been recently, I've had a little flurry.

Rob: Okay. And you like the experience of it or how you feel afterwards?

Client: Yeah, both.

Rob: Oh, okay.

Client: Yeah, both, yeah. I like to do breaststroke and imagine I'm a turtle. And I like to get into the breathing when I'm doing it.

Rob: Okay.

Client: Over arm and...

Rob: A bit of meditation.

Client: Him, him.

Rob: It's a way of thinking about it. What can we talk about that would be helpful?

Client: Well, I didn't think about that before I came out.

Rob: Oh, okay. Well, that doesn't matter. Maybe something that comes to mind as you just let yourself do whatever you need to do.

Client: Yeah, I guess I'm anxious about -- I'd like to take a group -- do a group hypnosis with one of the groups I'm taking.

Rob: Yeah.

Client: But, I'm anxious about doing that so I guess that's something.

Rob: How would you rather feel?

Client: Rather just feel a little comfortable with it and I guess...

Rob: Like you're starting to feel now. I noticed you just...

Client: Yeah, yeah. I'd rather sort of feel -- I'd rather feel open to the possibility of it not working, rather than feeling anxious about it not working.

Rob: Okay.

Client: I guess.

Rob: Alright. Well now, would it be okay if, as you're going into hypnosis now, you can just notice that you can somehow find yourself feeling increasingly comfortable? Would that be okay?

Client: Mm.

Rob: And perhaps you could just let that comfort to be something that you don't need to succeed at necessarily, but just open to the possibility of that. And then, however you notice that, perhaps as you breathe, that's it, you can just find yourself letting go into that comfort.

And then as this experience continues, it may be as if you can just let yourself kind of get into it and even pretend that you're hypnotised and enjoy that experience. Whether you are or not, doesn't matter, you could just pretend and enjoy the experience. Would that be okay?

As when you first learnt to swim, I don't know how it was for you, but many people feel somewhat anxious. They worry are they going to sink, are they going to drown, are they going to do this, they going to do that, I don't know what, won't be able to breathe or something. And then part of that experience of learning to swim is the experience of learning to feel increasingly comfortable to such a degree that you can feel comfortable simply thinking of going for a swim.

And I remember that when I was in Phoenix for that first conference in 1980, the idea of standing up in front of all those people would I say the right thing, would I say the wrong thing. And first of all, it was supposed to be a couple hundred people and I was in sheer terror at the idea. By the time it happened, it was more than 2,000. And to make it worse, when I stood up to be a discussant for someone, he hadn't spoken about what he was supposed to speak about so I had nothing to say.

He sat down and I stood up in front of the microphone and looked out and here were all these faces, listening. And I had nothing to say. But somehow I remembered what one of the other speakers had said, a lovely man called William Handley, who said that sometimes you don't know what you are going to say until after you will have said it. And somehow those words were in the background of my thinking.

And also in the background was a letter that I had from David Calof, who when I wrote to him and said, I didn't know about what was happening, what was it going to be like, I didn't know. Could you give me some idea? He wrote me this letter saying, my advice for December is to pretend that you are a shitty therapist with no internal resources.

And I read that, some people might think it was arrogance, but I read that and I felt better in any case. And with all that in the background, I just did the only thing that I knew to do, given that I had nothing to say, because I just opened my mouth and listened to the sounds that came out. And I had some good comments made to me afterwards.

We were in Singapore in March and one of the fun things that we did was we went to a reservoir. I don't remember the name of it. And there were monkeys playing in the trees and when we looked in the water, there were these little turtles and there were so many of them swimming around there, having such a good time.

But one of them, it looked like a little baby turtle, it was really quite small. And it was trying to get the attention of one of the larger turtles. I don't know whether it was its mother or its father. I just wish I'd had a camera because it would swim around and it would get just in front of this turtle's face. And it's two front legs you could see like fingers on it and that the fingers were going **[inaudible 08:03]** to this other turtle's lips. So here was this little turtle going **[inaudible]**, trying to get that -- it was the, it was the -- I'll never forget that. It was such a sight.

Now, I don't know in this experience whether it's going to be easier for you to remember a comfortable feeling to somehow, as you get into that breathing, like getting into a group experience and just swim through that group hypnosis or whether somehow you'll find that as you start, you can't guarantee that it's going to be successful. But you can enjoy the comfort of knowing that that is possible and you can look forward to that unfolding.

And whether you'll feel more comfortable knowing that beforehand or whether maybe it'll only be after you start that you will really start to settle in to that comfortable feeling. As you kind of shift around in that experience and find a way of somehow reminding yourself that you can be comfortable and you can make any adjustment, if you get hot under the collar about something, you can enjoy doing whatever you need to do. And it can be so lovely to watch the way other peo-

ple are showing all the signs of becoming more comfortable, almost independent of your comfort.

But there's the little, that little turtle, every time the big turtle moved around somewhere to try and get away from him, it would swim around, but not flat, it was swimming around kind of vertical. And it would get around in front of this turtle again and it did that for I don't know how many times. And these tiny little fingers would come up onto the lips of the turtle, doing that kind of thing on the lip that I said. I just wish I had a movie of that. It was the cutest thing.

And I don't know whether it was trying to get its attention or trying to annoy it. I don't know what it was doing. And I really don't know what it's like to be a turtle, but I certainly enjoyed watching that. It was a lovely experience.

And I've been back to several congresses after that 1980 one and there have been more numbers and different workshops, but there was something about that experience for me of having that letter from David and somehow hearing him handle his words. You don't need to know or you mightn't know what you're going to say until after you've said it. It's very comforting, somehow, very reassuring. There was something about that.

And you can get into the pool now and go swimming and feel more comfortable when you come out of that pool, having been in that pool. And the thought that you used to feel uncomfortable or anxious beforehand, when you look back now, it can be pleasing or amusing or quite charming to think how anxious you used to be because now you can go swimming as a way of increasing your comfort.

Now just as you can find yourself, allow yourself to feel increasingly comfortable, as you let yourself go into this experience so, as you begin to remind yourself, you can bring that comfort with you. And I think it might be really charming if in a moment, you were to open your eyes and see just how comfortable you can feel. And it can be really delightful for you to notice that comfort.

So just as soon as you're ready. I know you're getting pretty comfortable there. It's like you don't -- when you get into the pool and you've been swimming, you don't want to get out too soon, but you can come out of the pool and know that you can get back into it again. And how would you say you are feeling now, Jane? How are you feeling?

Client: Good.

Rob: Yeah?

Client: Thank you.

Rob: Yeah, you're welcome. Do you know, you look more comfortable now than you were when we started? Is that the case or is it just my...?

Client: Yeah, I would say so.

Rob: Yeah, you'd say so, but can you feel so, also?

Client: Definitely, yeah.

Rob: Yeah.

Client: But I did have a moment of discomfort.

Rob: Oh, good. You had a moment of discomfort.

Client: Yeah.

Rob: And to know that there's more than enough comfort to take care of that because we all feel moments of discomfort. It's called being alive, as far as I'm concerned. But knowing that you can take that, those moments and then still be comfortable. Now when you think about that., doing that group experience now, what's different for you?

Client: Well, I sort of have an image of swimming through it.

Rob: Okay.

Client: And I think it'll be okay.

Rob: Yeah.

Client: I feel more that it will be okay now than I did before.

Rob: And you might be okay more afterwards, as a result of that because when you do something like that and it's not only will other people will get to feel more comfortable, you can get to have some of their comfort. Do you think that's possible?

Client: Yeah.

Rob: Yeah, I think it's likely.

Client: Yeah.

Client: So, I really appreciate you willing...

anaesthesia



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A transcript:

Rob: And just to emphasise again that I'm happy I'm doing -- I'm keen to do what I can, but primarily, I'm wanting to show some ideas.

Client: Okay.

Rob: And for the record, is it okay to video this for future teaching?

Client: It is, yeah.

Rob: Thank you for that. Tell us about some things you've been up to, apart from late-night drinking, that have been enjoyable.

Client: I've been gardening. I went for a walk around the golf course the other day in the morning. That was lovely. It's actually nobody was there. It was foggy. All the gardeners were there, but it was getting -- well, it's always green, but there are bits that aren't green where it's sort of greener. And it's not flat so it was up and down and there's ducks and geese and, you know, it's really interesting because you just look at different vantage and it looks different. So that was good and I was all on my own so I was lost in my own thoughts.

Rob: It was foggy? Yeah.

Client: Yeah, it was foggy. I was kind of a bit disappointed with the fog because I wanted to see, but it was good, good all the same and crisp.

Rob: Crisp.

Client: Yeah.

Rob: Something about that, you like that crispness?

Client: It wasn't my chosen, but I was warm enough to not notice it and by the end of the walk, because I usually do a round, I can do a longer round if I want, but it takes a fair sort of walk to get around that on the buggy track because it's concrete. And I say hello to the gardeners as I pass and they're doing their business. And yeah, it was, it was nice. So by the end of the walk, I was pretty warm and it

was good. I had to sit on the back porch and cool down and, you know, got myself a drink and just sat there.

Rob: Okay.

Client: It was a can of Coke. It wasn't [also] the Champaign or anything. **[Inaudible 02:06]**.

Rob: Yeah, I think you need to wait until at least 10am before you can drink **[inaudible 02:10]**.

Client: I reckon, yeah.

Rob: Yeah.

Client: Maybe 11 **[inaudible 02:12]**.

Rob: Maybe eleven.

Client: Yeah.

Rob: And you said you had something in your shoulder or back or something that was, that's been troubling you.

Client: Yeah, I've, I've always had a kind of a stiff neck or, when I say always, always meaning from time to time, since my 20s, probably. I just sort of get some kind of tightness around my shoulders and I feel like I'm kind of get knotty up here.

And I remember when I was pregnant, I had some back pain and I had some massage at that time to sort of unknot it, if you like. And I didn't know at the time whether or not it would -- it didn't -- my back sang. It was just wonderful. It just felt the first time, it just sort of felt like it was, you know, floating and it was just wonderful. But I'd see somebody different each time I went and some of them were really sort of hard and firm and the other ones felt like they were doing nothing at all, but it never was really sort of...

Rob: Not as good as that first one.

Client: No, as good as the first time. And then Christmas came and I didn't go for that period and it just went away. So I thought that's good. But I tend -- in the last couple of years, I've had some it's kind of like a pain just there on my shoulder and

sometimes it goes up to my neck, but mainly it's just I don't really think about it unless it's sort of just set into that little niche and then it might free itself.

But the last year it's kind of been more in that niche. So I thought, well, I went to the doctor and that's when I went about my hands, you see. And he said we had some X-rays and it didn't show anything like osteo or anything like that so that was good news. So I figured, well, maybe I have to do some exercise and actually free it up. But it's kind of like that's my head talking. My heart's not in it yet. I've got to work up to that one.

Rob: Exercise sounds like hard work, like...

Client: Oh, yeah, that's what I think. I'm a bit of a couch potato so exercise doesn't sound like something I'd really just want to rush out and do.

Rob: I wonder whether you've thought of some massage, given that that helped your back.

Client: I could. I have only just recently actually gone to see the doctor so I'm at liberty to -- it's been bothering me for that long, but I'm at liberty to tune into that as a kind of thing to do, but massage might be a good start to actually free myself up. If that might be enough, who knows?

Rob: Could be, could be.

Client: Yeah.

Rob: If you were to look at the situation at the moment, do you have some discomfort at this moment?

Client: I do, yeah.

Rob: And if you were to make some kind of guess at just how intense that is on a scale from zero to 10, where zero is nothing, like there's just nothing there like your right shoulder or your left foot or something. And 10 is like as intense as you can imagine.

Client: Yeah.

Rob: Where would you -- how would you describe it?

Client: Well, when I just think of the 10 as, you know, as hard as you can imagine it, it would probably be around a three.

Rob: Three?

Client: It's kind of a...

Rob: Okay.

Client: Yeah. It's kind of just there all the time, but you know, I don't have to necessarily pay attention to it.

Rob: That's right, yeah. And if you were to again look at the sensations and make a guess about how much it's bothering you, and independent of how severe or how intense it is, zero would be it's very tense [or not] and it's not bothering me at all and 10 would be, independent of the intensity, it's like it's just so irritating.

Client: It's probably a one because as long, as I'm -- probably as long as I'm busy, if I'm busy, that's fine. And I find that at night time sometimes it's a problem because I'm aware, especially if I'm not sleeping.

Rob: Okay.

Client: So and I tend to get out of bed now and I feel stiff so I don't like that. I feel like my body's older than I'm ready to accept, but maybe it's just **[inaudible 07:07]**. We have to coordinate...

Rob: I wish you hadn't reminded me of that.

Client: Oh okay. Sorry, how is your back?

Rob: It's not my back. It's more general than that.

Client: Oh okay, just the whole kit and caboodle. Okay, yeah.

Rob: Okay, so I don't know, the intensity is about a three and the botheredness is about one.

Client: Yeah.

Rob: Okay. Alright. So can we see what happens if we do some hypnotic work, something that might you know and I know that we can't be sure about anything,

about just how quickly that can start to alter, just in what way it can begin to change? And when David was here the other time and was talking about going into those sensations, but there might be another way that you could explore as well as that or instead of that.

And just finding your own way into hypnosis can be like going for that walk, can be like settling into the rhythm of walking, even though that mist didn't allow you to see everything that you might want to have seen. There may have been some things that were there that you even knew were there, even if you couldn't see them and you missed seeing them because there was something in the way, until you did see them. And then when you did, then you knew that you could.

And I'm wondering if it might be okay for me to lift your left hand? Would that be alright? And perhaps lift your elbow a little. Would that be okay? And it may be that, as this is happening, there may be something that you could begin to notice about your breathing, about your experience of breathing, about the sensations of breathing and that in many situations you wouldn't be bothered to even notice that you are because you busy yourself with other things.

And you don't really need to pay attention to the sensations and breathing during the day, during the night. The sensations can be there, but you don't need to notice them at all. And on that walking, the short walk or the long walk and sometimes a clear walk and sometimes a misty walk and sometimes a cold walk, other times a warm walk. And even though the pathway is hard, it can be easy for you to not pay attention to that walkway. The stiffest concrete, but you don't need to attend to it, even though you could. You can just enjoy the sensations of walking.

And I wonder if you could imagine on the one hand, the feeling of having your back massaged that time, that first time, where the massage wasn't overly hard and it wasn't nothing, but there was somehow just the right degree of connection. And imagine that it might be part of remembering the feeling of having your back massaged, but this time imagine that somehow that massage spreads upwards to your right shoulder and the muscles from your right shoulder up to your neck, muscles of your neck, so that there is that sense of almost like a floating feeling that could feel so good.

And also I wonder if you could imagine, just imagine that you could be somewhere outside of your body while that massage was happening and if you could look at the contours of your back, of your shoulders, of your neck. And as you

looked at the contours of your shoulders and your neck, your back, if you could imagine that somehow you could see as if in some way a kind of mist could lift and you could see areas of comfort and some areas that are not so comfortable.

And I wonder, this might seem a really strange thing to say, but to imagine that the comfortable areas with this vision could be green and the areas and the contour of your back and your shoulders and your neck that are not so comfortable, could be less green. Does that seem a weird thing to imagine? Maybe green is not the right colour. It might be pink or a kind of a -- some warm colour might be nicer, I don't know, but somehow green came into my thoughts. Can you imagine looking at your back like that?

Client: Mm.

Rob: What colour do you see the comfort is?

Client: Green was...

Rob: Green?

Client: Yeah, okay.

Rob: Okay. And could you imagine then that, somehow as this massage is happening or whatever else is happening, who knows, it doesn't really matter, but somehow the green starts to spread so that the areas that weren't as green start to become greener. Could you imagine that? And that over time, that greenness could spread and cover that whole area until it was all a very fresh, lush kind of green. Very comfortable.

Can you imagine? There's a slight smile when I say that? Are you enjoying that?

Client: Mm.

Rob: It doesn't have to happen all at once. Just like on a golf course, that green-ing doesn't have to happen all at once, but you can see and even each day or each week, you could perhaps notice just a little bit more, when sometimes you might be surprised to notice a lot more. And I'm wondering what's happening with your left hand. What do you notice about the sensations in your hand?

Client: It's kind of a bit numb.

Rob: A bit numb?

Client: It's kind of not really there much either.

Rob: It looks paler than your right hand.

Client: Mm-mm.

Rob: And to my touch, I think it feels a little cooler. And I don't know whether that's your experience or not. But it certainly looks paler.

Client: Mm.

Rob: But in any case, there's awareness of numbness and you're just kind of not there, you're not -- it's just something that you're not paying attention to.

Client: Yeah.

Rob: And that's something that can happen when someone's asleep and you might even in the experience of that, have a lot of fun, a lot of -- it might be so pleasurable like a pleasurable tickling that might almost make you laugh.

Client: A tickling.

Rob: That you could feel so comfortable that it might almost feel like that green is singing you a lullaby or that green is somehow soothing you, is somehow inviting you. And it can be so good, it could be even hard to control those feelings sometimes. And you might feel just so almost out of controllably comfortable.

It's so funny that that can happen sometimes and you can enjoy the numbness in your hand that was there without you needing to notice and you could even allow that numbness to spread to any area of your body that would be useful for you without you needing to notice. And it doesn't need to happen in a moment, but it can take its own time.

And I'm just interested if you could, without disturbing anything, just notice what you could be aware of around that area that you described as a three before. And I wonder if you can notice any alteration in that.

Client: Well, it's actually, it does feel kind of numb.

Rob: It feels kind of numb.

Client: And it, and it feels kind of invisible.

Rob: It's kind of invisible?

Client: Yeah.

Rob: Yeah, because you're not there. The numbness is there, but you are not. Now, it's an experience and you kind of smiled when you said that and your eyelids are fluttering as if somehow that's a new experience for you to feel that way. Is that so?

Client: Mm.

Rob: Mm. And there's a slight smile that lets me get an idea that maybe it's enjoyable for you?

Client: It's pretty good.

Rob: It's pretty good. Well now, I wonder if, as I put your hand down, you could notice that somehow, as I'm lowering your hand that that feeling of numbness, the feeling that you're not there and that can somehow intensify or just be there in some way more obviously or more naturally or more almost like you kind of settle in, like when you're gardening and you plant something. You plant it and after a while it kind of settles in, takes root.

I don't know whether it will be more of the numbness or whether it will be more of the you're just not there in that part of your awareness or whether it will be something else that can happen from this moment as you're learning this or it may be there on and off for a while. And every now and again, you might find that there's a kind of a mist that can get in the way of you really seeing the comfort that's there, but it's there, nevertheless.

And just as that air was brisk, actually cooler than you might have chosen and then you found that you were warmer than you might have wanted. So it can be useful for you to not have to go too far and too fast with this, but simply to, in relation to learning this, to relax. And any time that pain tries to divert you, you can calm yourself.

You really don't need very much information about what's happening just there if you continue and feel more comfortable as that learning. And as the pain

in your alternation in your experience a brand new shoulder since your left hand is down?

Client: No, it's quite, well, no really.

Rob: So perhaps it would be useful for you to just play with the idea of seeing how you can let your eyes open and still have that sense of comfort.

Client: Mm.

Rob: And enjoy finding a simple way of experiencing that. Any time anything tries to divert you into that, you can come back to where you want to be going with that. And what are you noticing about yourself, Joy? What's different now than when we started?

Client: I feel like I've had a massage.

Rob: Like you've had a massage?

Client: Yeah.

Rob: Oh. What is that feeling?

Client: It's kind of warm and tingly and kind of like [I'm] radiating. Yeah, nice.

Rob: Well, it's nice to know that that memory is very accessible to you. Time sometimes seems to have put a mist over our memories, but actually they're there. And you know how this memory that's even closer to you so it's easy, even easier for you to...

Client: It's amazing. It's quite a number of years since I've had that massage.

Rob: Yeah, but the memory is there.

Client: Yeah.

Rob: As if it was just yesterday or today.

Client: True.

Rob: Yeah. Memories are like that.

Client: Yeah.

Rob: They're always fresh. Is that a place we could leave it?

Client: I think so. Thank you.

Rob: I appreciate your willingness to kind of play along with this and whether you and Ryan know if this will be useful to you or not, but at least there's a possibility of that, that's apparent.

Client: Mm. Thank you.

Rob: Thanks.

Resources

Websites www.cet.net.au

Email rob@cet.net.au



Other enhanced ebooks by Robert McNeilly

Utilisation in hypnosis - building on an Ericksonian approach

Utilising hypnosis with children - a girl returns from a dog phobia

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Connecting Hypnosis 1 After Erickson the Fundamentals

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Connecting Hypnosis 4 After Erickson Demonstrations of Clinical Applications

Thanks

I'm grateful to the people who have agreed to share their experiences so generously.