

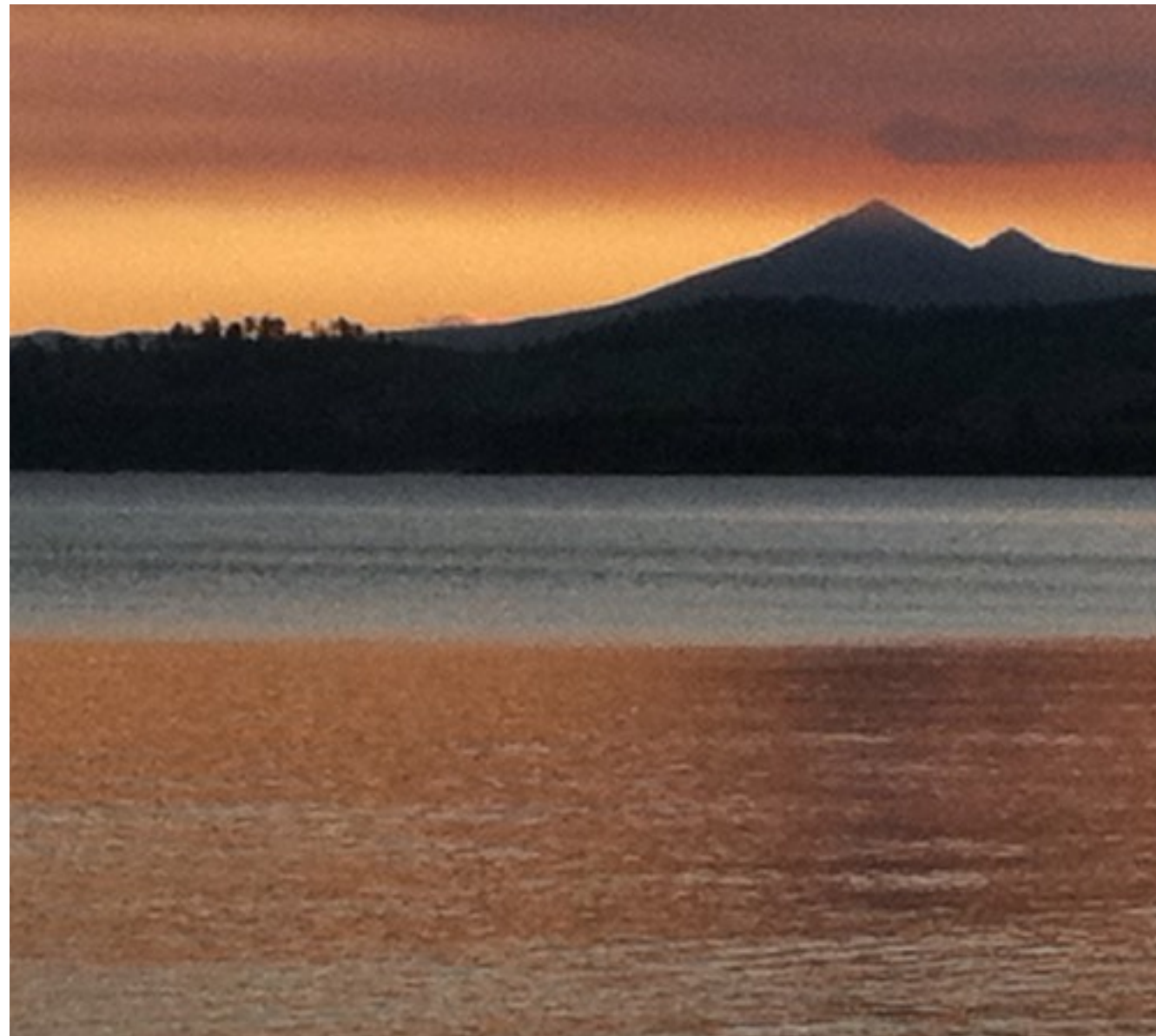
AN ENHANCED EBOOK

Connecting Hypnosis 4

After Erickson

Demonstrations of clinical applications

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, which is available free from iTunes Store.

I'd recommend downloading that eBook as a reference, 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 observations, 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 treating anxiety, depression, trauma, pain, 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

anxiety



To watch this demonstration

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A transcript:

Rob: We'll just, we'll just ignore it, okay.

Client: Okay.

Rob: So can you tell us what sorts of things you've been doing that you like to do?

Client: That I like to do?

Rob: Yeah, that kind of thing.

Client: Well, I've been teaching some really nice kids.

Rob: Oh, okay.

Client: Yeah. That's been fun.

Rob: Good. Been fun?

Client: Yeah.

Rob: And fun is something you appreciate.

Client: Yes, yeah.

Rob: Things go better when you're having fun.

Client: Yeah. And yeah, and it's been rewarding.

Rob: Okay.

Client: And...

Rob: That's always nice.

Client: Yeah, yeah. So that's, that's been good.

Rob: Okay. Alright and what can we talk about that would be helpful to you?

Client: My level of anxiety.

Rob: Okay. So if you didn't feel anxious, would you -- how would you rather feel? Just a bit less anxious or a bit more something else or what?

Client: Just sublime contentment would be enough.

Rob: Sublime contentment. Just that? Okay. So you don't want [inaudible 01:10]. Well then we can do that easily and then we can move on to something substantial. So if we couldn't get to sublime contentment, what would you settle for?

Client: I just -- I guess just being able to, when I get anxious, to reflect on, I don't really need to be this anxious.

Rob: And then if you did that and you were less anxious, what would be different? What would you notice?

Client: I'd be more inclined to have more fun.

Rob: Okay. So if you had the choice between anxiety and fun.

Client: I'd choose fun.

Rob: It wouldn't be a difficult decision.

Client: No.

Rob: Okay. Yeah, sometimes we don't see that option so it's hard to take it and to be able to see that option might be useful. So anything else that you might want to speak about before you, before you go into hypnosis?

Client: That what I might be anxious about?

Rob: No, I don't know, just anything else that you might say. I'm -- you've told me enough for me to start, but I'm wondering if there's something else that you might want to say.

Client: There's only -- well, this is -- I don't know if I'm introducing a new problem, but I need some motivation. I'm feeling I'm not structuring my time very well at the moment.

Rob: Oh yeah, okay. Alright, so as you're sitting as you are and looking, that's it, perhaps you could just continue to do that. And as you are looking for where you are and as you are, there may be something about that experience that you could allow yourself to become just that little bit more absorbed in. And that's it, you've already closed your eyes.

And as you allow that experience of becoming even more absorbed to continue, you can continue in your way, allowing this experience to be an experience that you can touch on some aspect of your learning. And you could, in this experience, allow yourself to enjoy this, to even have some fun in this experience or I guess it would be possible if you wanted to feel anxious, thinking about what might go wrong, what people might see, what, something, I don't know. You could take that if you wanted or perhaps you could just let yourself enjoy this experience and find it, in some way satisfying, in some way fun because when you first started teaching, a person

can stand up in front of a class and feel very anxious, very scared, very worried.

And somehow, as that teaching progresses, that anxiety begins to settle, begins to lessen, begins to diminish. And sometimes it diminishes rapidly, sometimes gradually, sometimes intermittently. And at just what point have you learnt to have fun teaching. Just at what point you learnt to have that sense of satisfaction teaching. Probably something less than sublime, but nevertheless, satisfaction and the fun can be there.

And try and think of a client who was anxious and decided to have fun instead and the only person I can think of is an old friend who had to give a talk at a parent-teacher's. And she was very nervous and very anxious about having to talk in front of a group of parents. And in the experience in our conversation, she became very interested to enjoy the experience of looking forward, as she was talking, to looking at the faces of the people and seeing who was going to be trouble, who was going to be interesting, who was going to ask early questions, who was going to start to go to sleep, who was going to start to wake up.

And she had a very nice time that evening, really enjoyed the experience. She had some fun. So instead of being anxious talking to them, she had fun looking at their faces. And reported that the experience was satisfying and hoped that she'd have the opportunity to do the same the next year.

And I'm wondering, if you were to think of something else that you like doing, other than teacher, what that might

be that you could say. What else have you been doing that you like because I'm wanting to generate a metaphor for you that's not related to anything clinical.

Client: Well, I went and saw some friends.

Rob: Saw some friends?

Client: Performing music last night.

Rob: What sort of music?

Client: A Jewish, what's it called, something music, with a piano, accordion and a fiddle and...

Rob: Okay. And that was enjoyable?

Client: Yeah, it was, it was fun.

Rob: It was fun?

Client: Yeah, it was fun.

Rob: Were you dancing?

Client: No.

Rob: Listening?

Client: Yes.

Rob: Singing?

Client: No, clapping.

Rob: Okay, so you were enjoying it.

Client: Yeah.

Rob: Okay.

Client: And drinking Vodka.

Rob: Huh? Drinking Vodka, okay. Now we know why you confuse the [inaudible 08:18]. If you drink enough Vodka, you don't want to get confused. So when you think about how that experience was last night, just before you started clapping, before you joined in, before that fun really started, if you look back, was there any way that you could have felt anxious about being there like was it the right place, was it the right time or were you the right person?

Client: I suppose, yeah.

Rob: You could have? If you gritted your teeth and clenched your fist or something, you could have dredged up some kind of anxiety?

Client: Absolutely, yeah.

Rob: Okay.

Client: I could dredge it up at the drop of a hat.

Rob: Okay. Could you dredge some up now?

Client: Oh, yes.

Rob: Oh, yeah. You don't feel motivated now?

Client: No.

Rob: No. It's good to lack motivation sometimes.

Client: Yeah.

Rob: I want to get anxious, but I don't know, I'm just too disorganised, I can't. I don't have the motivation to do this.

Client: That's just...

Rob: Isn't it funny to think that that's a possibility, just couldn't be bothered? So last night, you could have managed to dredge up some anxiety, but instead of that, you just had some fun. And you enjoyed the music and joining in with your friends and clapping. And that was fun, yeah?

Client: Mm.

Rob: Now I wonder if you could memorise that feeling. It's not too far away and even through the Vodka haze and the hangover, there may be some, enough of that memory to -- it looks like there's a pretty good memory of how that felt.

Client: Mm.

Rob: Yeah? And I wonder how much motivation it would take for you to feel that sense of fun. I wonder if you realise just how difficult it would be if you had to try not to enjoy yourself in a situation like that. We probably all know people who could manage to make the tremendous effort to not have fun in such a situation. But it could be an effort.

And I wonder if you could let yourself imagine sometime in your near-distant future, something that's going to happen that you have the potential, the choice to feel anxious. Can

you think of something later today or the next few days where you could get anxious?

Client: Oh, yeah.

Rob: Yeah? Now, if you were to imagine that, as you're coming into this, this situation, there's the potential to feel anxious and there's also the potential to have fun. And I just had an image of you going into that situation and suddenly breaking out into song, singing [inaudible 11:22] or something, instead of, instead of getting anxious.

Client: [Inaudible 11:25].

Rob: Huh?

Client: [Inaudible 11:28].

Rob: [Inaudible 28], okay, alright. So whatever the -- that you think that, that's a good feeling, yeah? Just imagining dancing in and clapping as you went into that situation. I mean, you wouldn't do that.

Client: No, I'm afraid it might feel like hysteria.

Rob: Yes. I wouldn't do that, but it might be fun to think of doing that. A woman told me that she was very anxious about going to the dentist because she felt trapped. She was lying there with stuff coming out of her mouth and people leaning on her and whatever and she [looked] like there was no way out.

And I told her that she could, if she wanted any time just fling her arms in the air and all of the dental instruments

would go flying and the dentist would be very upset. She thought that was pretty neat. Now when she went to the dentist, she could leave her arms still, but she knew, anytime she wanted, she could just move her arms and disrupt things totally. And the idea of doing that was sufficiently fun for her, so that she didn't have to feel anxious. Does that make sense when I say that?

Client: Mm.

Rob: So in telling you the story, I'm wanting to illustrate that at any point, we can feel anxious, we can have fun and, once you know how to have fun, for her it was the thought of throwing her arms in the air. For you, it might be the thought of clapping and breaking out into a Hebrew song or it might be something else that you'd rather do. But you can have some fun. You don't have to tell other people, you keep it secret, although sometimes it's hard to keep a chuckle in, isn't it? You know, you get that feeling of fun starts to well up in your body and it's hard to contain it sometimes. So you might even need to be just a little bit anxious that too much fun might [inaudible 13:34].

And I also wonder, and this is just something I'm wondering, if as you find yourself feeling more enjoyment and satisfaction, having more fun and less anxiety, if somehow as that happens, there might be just a natural tendency for you to have more order and greater clarity of what you're doing and what's to do. So that whereby just feeling, having more satisfaction and fun, it might be that much easier to do things and to see what there is to do so that a natural order could just emerge. You could see it. And then act on it easily. I don't

know whether that might be compounding the solution or bringing in an additional one, but that could be connected in some way. Do you think that's possible?

Client: To compound the solution?

Rob: Yeah. And as you feel more fun and, and satisfaction, so there may be more motivation and order. [Inaudible] go together, I think.

Client: Yeah, there's not so much time wasted on anxiety.

Rob: Yeah. When I get the kind of -- in a fluster, you know, [Cheri said] I'm like a chook with its head cut off. You know, I go around and around in circles and I get nowhere. And sometimes if I just sit and do nothing then things settle and what to do and the motivation is just there.

Now, you're very responsive to these ideas. It's easy for you to be in this experience, it's easy for you to have some fun. And whether you're aware of how or not, you are very good at learning. You've learnt how to teach, you've learnt how to have fun with your -- with those kids in a way that perhaps it might surprise some people.

You've learnt how to clap in time. You've learnt how to have fun with your friends. You've learnt a lot of things. And so learning to bring that sense of fun to this area can be just one more expression of that learning. It doesn't have to happen all at once. It could take it's time. It can happen as it will, but it might be nice for you to watch the way that anxiety subsides and in a balanced, organised way, that sense of fun and

satisfaction just takes its place. You could find that there's just more of that around. Would that be agreeable?

Client: Yeah.

Rob: Yeah. Are you sure? Why do you smile when you say that? How come you don't get anxious and think maybe it won't happen. How come you can have fun thinking that it might? How do you do that?

Client: Well, I'm actually having fun listening to you having fun.

Rob: Okay. So you don't think I'm too anxious?

Client: No.

Rob: No. But if you were to train me how to feel anxious, what would I need to do now?

Client: You'd have to start feeling a bit sick in the gut.

Rob: Sick in the gut?

Client: Yeah.

Rob: Yeah? What would I need to think?

Client: You'd have to have sort of recurrent neurotic thoughts.

Rob: What sort of neurotic -- you're being too technical. What sort of thoughts?

Client: About the future, things...

Rob: Oh, yeah.

Client: About...

Rob: That things are going to go wrong or bad or that things could happen.

Client: Yeah.

Rob: So if I get a sick feeling in the stomach and think that things are going to go bad in the future, would that do it?

Client: Yeah. No, you'd have to have a little bit of bad temper as well.

Rob: Oh, what sort of, what, that it shouldn't be like that?

Client: Yeah.

Rob: Oh, okay. So I'm not going to accept that the world is the way that it is.

Client: No.

Rob: And I'm going to expect that it's going to go bad.

Client: Yeah.

Rob: Oh, okay. Oh well, it's good to know how to do these things. And you don't have any, need any instructions about how to have fun. That's natural for you. You just bring on the violins and the piano, the accordions and the clapping and you, you're into it. Bring on the Vodka and you're away, yeah.

Okay, well it's nice to know that you know how to do anxiety. It's nice to know that you know how to do fun and satisfaction. And it's particularly important to know that you have a choice, that at any moment you can go this way or that way. It's up to you.

Now, I think it would be terrible if you had to always have fun. It would be terrible if you could never feel anxious. That will be terrible because anxiety is a legitimate emotion, yeah. We all need to feel it from time to time. But perhaps it would be acceptable for you to feel just a bit more fun and less anxiety. Would that be agreeable?

Client: Mm.

Rob: Okay. Was there anything else that you might want to experience and -- I'm a bit worried about staying in this experience too long. That smile is going to get, you know, the wind might change and you might be stuck with it.

Client: I could Botox it out.

Rob: Anything else that you want, might want to have happen in this experience?

Client: No, thank you.

Rob: No? So, how will you know how to just bring it to a natural, easy kind of completion so that you can feel satisfied with that fun that you had? You don't need to be in a hurry. You don't need to generate some motivation. Your eyes will open when they are ready. And it can be fun for you to not need to

open your eyes and know that that will happen in its own good time. That's it. Just like that.

Thanks for being willing to play.

Client: Thank you. That was fun.

Rob: It was fun. It was fun. And a person might expect to feel anxious, sitting here in front of a group of people. Oh, did I tell you, you know about the Truman Show. Did you see the film?

Client: Yeah.

Rob: Well that video camera.

Client: What, this is my life?

Rob: Global television. The whole world is watching. So what's different now?

Client: I may have had a paranoia condition.

Rob: What's different now than when you sat in the chair.

Client: I don't feel as tired.

Rob: Okay.

Client: Yeah.

Rob: More motivated.

Client: Yeah.

Rob: And what about your anxiety? How anxious do you feel?

Client: Not very.

Rob: No? Just a bit?

Client: It's still there.

Rob: Oh, good. I'm glad it hasn't gone away totally yet. You know, nothing is worse than someone who is not anxious. No truly. Our eldest daughter, when, when I was giving her driving lessons, she got in the car and she says, oh, this is great. How fast can I go?

Client: Oh, okay.

Rob: I got anxious. She wasn't slightly. It scared the hell out of me. So a bit of anxiety is alright. It's healthy. Now, how can you, how can you make use of this? What's -- how can you apply this? It's all very well to feel fun here and motivate it here and be -- feel good here, but how can you take that into your life. Next time you have the possibility of feeling anxious, what can you do?

Client: Well, I could actually work instead of feeling anxious.

Rob: Oh, okay.

Client: Yeah because I'm sort of finding work quite fun.

Rob: Okay.

Client: So, it's just that I have to do the hard bit before I get to the fun bit. So, it's the hard bit I avoid so I get to the fun bit.

Rob: Okay, well that might be the opportunity for you to do a bit of dancing and have an [inaudible 22:59], the clapping. Not necessarily that bit of music, but you know, but I wouldn't necessarily recommend Vodka. That might make the hard work even harder.

Client: Yeah.

Rob: Or [vaguer] shall we say? It might be harder for other people.

Client: I didn't drink a lot.

Rob: So how can you do that? How can you make use of this?

Client: Well, I think if I don't feel anxious about the actual starting of it then, once I've started it, I enjoy it, but...

Rob: So then, if you don't feel anxious, how are you going to feel?

Client: Well, I guess I'll feel good.

Rob: How are you going to do that? What can you -- what will be helpful to remind you that you can feel good?

Client: I guess I could put some music on, but I find it hard to concentrate with music.

Rob: Oh, well. And if there's anxiety around and you find it hard to concentrate on the anxiety, that might be useful.

Client: Okay, so maybe, maybe I'll put some music on and then, once I feel good, then I'll start

Rob: Okay. Maybe you can even dance and clap, you know.

Client: I could, yeah.

Rob: Yeah.

Client: And then my family will feel anxious.

Rob: Well, why not share it around? Why should you have all the fun, you know? Goodness, you greedy person, trying to keep all the anxiety to yourself. Spread it around.

Client: Yeah, yeah. No, I'll do that. I'll put some music on before I start.

Rob: Now, it wouldn't be so naive as to say, that's fixed the anxiety.

Client: No.

Rob: But it seems like that in that experience, you've got some options now. You've got some ways of having some influence over that. So that might allow you to feel more in control and more -- be clearer about what to do so that it's easy to do it. Have some more fun.

Client: Yeah.

Rob: Or satisfaction.

Client: And just acknowledging it, I suppose.

Rob: Yeah.

Client: Then you can...

depression [loss]



To watch this demonstration

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A transcript:

Rob: [Inaudible] thank you for being willing to have the conversation.

Client: Thank you to you.

Rob: And it's nice as a way for you to kind of be here and arrive here. And is it okay to videotape this for future teaching?

Client: Yes, of course, yes. Yes, of course.

Rob: Well, thank you for that too.

Client: Mm-mm.

Rob: So can you tell us, first of all, about some things that you've been doing recently that have been satisfying to you, pleasing to you, comforting to you?

Client: No. With -- together with [Ruskar], you know, being with Ruskar is the most happy thing to do, you know. But there is also, we were talking about just 15 minutes ago, there is also a lot of loss in my life, you know. I'm maybe grieving about that because I really can't go back to do those things, maybe several years, you know, until she become maybe five years old or six years old.

Rob: So there's some things that you want to do.

Client: Yes, but I can't.

Rob: That you can't do.

Client: Yeah.

Rob: What sorts of things? Is it study or?

Client: Yeah, for example, I can't concentrate and study very well. I can only study after she sleeps, go to sleep.

Rob: Yes.

Client: Just two hours. But it doesn't enough for me. And the other things, a lot of things, like reading books. I like reading books, you know, especially the parapsychology, science books, but...

Rob: Yeah and Ruskar's probably not that interested in you reading those to her.

Client: Yes.

Rob: They might be boring enough for her to put her to sleep instead of fairy stories, I don't know. But you could always read her some of [Hodger's].

Client: Yeah, just read the Hodger. She knows.

Rob: She knows about Hodger? Yeah. Others may not be so aware of Hodger as being [inaudible 02:07].

Client: Yes. And also I, I like to be alone very, very much. Now I never can be alone, except before she goes to, you know, bed. I like to walk around in the city, walk around in the bush. I can't do those kind of things. I like to watch movie, the very good movies.

Rob: There are a lot of things that you can't do.

Client: I can't do, I can list a lot of things that I can't do.

Rob: Yeah, yeah, we could, we could spend a long time.

Client: Yeah.

Rob: And there are things that you can't do and -- until Rosco, Ruska?

Client: Ruskar, yeah.

Rob: Ruskar. Before Ruskar came along, you could do those things.

Client: Yes.

Rob: And so there is a very real loss there.

Client: Mm-mm, yes. A very big loss.

Rob: So maybe you should adopt her out, you know, give her -- get rid of her. Then you wouldn't have to put up with her and you'd have the time to do your -- don't hit me, don't hit me.

Client: No, I gave her up today.

Rob: She's not alone though. She's coming back.

Client: No, she's playing at home with herself.

Rob: One of the American family therapists said that he wouldn't part with any of his children for a million dollars. But he wouldn't pay 10 cents for another one.

Client: Yeah, I don't think I am going to have another one.

Rob: Don't you?

Client: I don't think so.

Rob: Okay. And you expect me to believe that?

Client: Yes.

Rob: Okay.

Client: You can believe it.

Rob: Oh, okay. Well, I can believe it or not, that's up to me. I can hear what you're saying, but...

Client: I also gave up my physical appearance.

Rob: You did?

Client: I still can't lose this weight. There is another grief.

Rob: Yeah.

Client: Yeah.

Rob: Yeah. And it's interesting that what you've lost is something that you've gained. I mean, you've gained some weight.

Client: Yeah.

Rob: And that's a loss for you.

Client: Yes.

Rob: Yeah. It's one of those...

Client: Yeah.

Rob: Topsy-turvy things. Alright. Well now...

Client: But I am dealing it, you know, almost well because you love your daughter a lot, you know. You, you, you love to spend time with her, you love to do anything for her then you just, you know.

Rob: Well, I think the, the answer for this situation is very simple. You just need to find out through your parapsychology how to live two lives at the same time.

Client: Oh, yeah, parallel lives.

Rob: Yeah, you can have parallel lives and then everything will be solved.

Client: Yeah.

Rob: So, but apart from that, it's, you know, you can be sitting here and we can talk about things and it can be enjoyable to speak together and it can also be enjoyable to go into hypnosis. And so there is that dilemma. You know, if you close your eyes and go into hypnosis that changes the possibility of what we might otherwise speak about in a more animated kind of way. But if we stay talking about things like we've been talking about them, then that prevents you from going into hypnosis. So there's always this dilemma, isn't there?

Client: Yes.

Rob: If you do one thing, then it gets in the way, if you're doing another, it actually prevents another. But if you were to do the other, that would prevent you from doing the other, which would also be a loss. So, as you somehow in your own way, find yourself now going into hypnosis, even though you know that you didn't need to, didn't have to, but you found that that is what you are doing.

I wonder if, as this experience continues, you can find yourself feeling somehow more peaceful, knowing that at any moment, you are doing exactly what you are doing, even to the extent of perhaps taking a moment to notice what it's like to breathe in and then to breathe out. And knowing that when you breathe in, you can only breathe in when you're breathing in and when you breathe out, you can only breathe out when you're breathing out.

If you're breathing in, you can't breathe out while you're breathing in. When you're breathing out, you can't breathe out while you're breathing in. You can only breathe in when you're breathing in and breathe out when you're breathing out. And you mentioned that you like walking in the bush. Did you say the bush, you like walking?

Client: Mm-mm.

Rob: And it makes me wonder about when you first went to walk, about how you might've found yourself ready to walk, that you might have somehow dragged yourself onto your feet, you may have been hanging on to the arm of a chair, piece of furniture, someone's hand.

And how did you actually let go of what you were doing and take that step because when you take that step, you are no longer doing what you were doing. You no longer have what you had; the arm of the chair, furniture, holding someone's hand, whatever it was that you had. But you somehow took that step and then you took another step, and then you took another step and that uncertainty and that indecision and then having started that, you might've fallen over and you might've thought at some, in some way, however a small child experiences this, if I hadn't done that, I wouldn't have hurt myself.

You might have fallen over and bruised yourself and now you [inaudible 09:08] even put a Band-Aid on something that you hurt yourself. And if you hadn't done that, you wouldn't have had that bruise, you wouldn't have had that Band-Aid. But you did take that step. You did let go of what you had, the arm of the chair or whatever. That's right.

And you did take the step that you took and now you walk and it's as if the walking happens all by itself. Where do you like to walk, any particular part of the bush? Is there somewhere around where you live that you like walking, along the creek, Merri Creek? Is that where you like to walk?

Client: Yes. There's a park, Coburg Park.

Rob: Ah, yeah. And there's a lake there.

Client: Mm.

Rob: Yeah. And you like walking around that park?

Client: Yeah and also in the city as well.

Rob: Mm?

Client: Also in the city as well.

Rob: In the city?

Client: Mm.

Rob: You like walking around in the, in the streets in the city?

Client: Mm.

Rob: Now, if you walk around the park, you'll have all the experiences that happen when you walk around the park. Do you walk on a path or a concrete path or is it on a grass path.

Client: Grass or earth.

Rob: Grass?

Client: Or earth.

Rob: Or earth.

Client: Yeah.

Rob: And if you walk in the city, you're walking on a footpath.

Client: Mm.

Rob: And you can't walk in the city and in the park at the same time.

Client: Mm.

Rob: When you walk through the city, there are shops, there are crowds and there are all the things that whatever they are that you like about walking in the city. And when you walk in the park, there are no shops there and there's grass, there's earth under your feet.

Client: Mm and birds.

Rob: Birds?

Client: Mm.

Rob: Yeah. There's that experience. And when there's birds, you're not so close to the traffic like you are in the city. And in the city, you're not so close to the birds as you are when you're in the park. And you can't be in both places, but you can be in the place that you are. And you can enjoy walking in the city, knowing that it's the city. And appreciating and being glad that it is the city. And you can walk in the park, knowing that it's the park and appreciating that it's the park and being glad that it's the park, feeling the earth under your feet and the birds, different from the city.

Client: Especially the smell.

Rob: Mm?

Client: Smell of trees.

Rob: Yeah. What's the difference?

Client: Flowers.

Rob: Yeah.

Client: Pine trees, especially.

Rob: Yes. And even though you know there are no pine trees, there are no flowers, there are no birds, there are no earth under your feet in the city, you can still go there and enjoy it, knowing that that is where you are.

Client: Mm.

Rob: And also, I want to remind you of something that I know is very well known to you. And that is that time is very elastic. It can be stretched, it can be com-

pressed and that you can be walking in the park and it can feel like you've only been there for a moment, but you've been there for a long time. Or you can be walking on the other side of the lake and it can feel like you've been walking for a long time and it's only a very short time. Sometimes we can find that time can expand.

And there may be some way that you can read a book. And you don't need to read it rapidly, you don't need to read it hurriedly, but you can enjoy reading the book for five minutes, for ten minutes. And you can enjoy reading that and it can feel like it's been happening for such a long time.

Client: Mm.

Rob: I have an interesting, I think it's an interesting, demonstration; Joseph Barber working with a young man who was at university. And he said he had an issue about deciding, would he do this or would he do that. And often when he'd made a decision, he regretted the decision or had some doubts about the decision or had some upset about the decision.

And he liked walking through the bush and what Barber suggested to him was that he could imagine walking along a path and he could be walking along this path and there could be a fork in the path. And if he went one way, he'd have one experience. If he went another way, he'd have another experience. And even if both paths went through the same general area, the paths would be very different.

And he also mentioned that sometimes it can be the same path, but there can be a fork in the path in time, you go down that path now, you go down that path later. And there was something about that idea for that person that there was always a choice and he could choose this path or that path. He could choose the path now or he could choose the path later. There's always that choice. And as part of that choice, there is the ability to choose the choice that is chosen.

A woman came to see Milton Erickson and said that she was sick of doing housework, tidying up after her messy family. She would vacuum the floor, put all the furniture straight, tidy up all the magazines, put everything in its place. Everything would be just how she wanted it. Then the family would come and they'd leave bits of stuff here and bits of food there and they would move the -- so messy. She was sick of it.

And what Erickson asked her to do was to imagine, to just imagine that she could do the housework and would never ever have to do it again. And she sat

there peacefully, just smiling, really enjoying the fact that she would never have to clean up again. And then something happened to that smile because she realised that if she never had to clean up, that the family that she loved so much, wouldn't be there.

And it was very amusing for her to say that actually that was something preferable for her. She chose the mess. She thought that she'd lost the tidiness. She thought that she'd given up something. But somehow she realised that although the tidiness wasn't there, she'd actually gained something and was very pleased with the bargain.

Now in relation to your physical experience, you don't need to know how your body will do what it needs to do. And you are a woman and your body is different as a woman than it was when you were a child. And your body changed during pregnancy, exactly how it needed to. And your body will do exactly what it needs to do and you don't have to have the body of a little girl because you're not a little girl. And you don't have to have the body that you had before you got pregnant because you now have a child.

But you can have the body that you have and you can allow your body to become the way it really is. And that may involve letting go of losing something, like a tummy. And it may be that, as you find yourself gaining that sense of peace and acceptance that something will happen to your tummy.

Now I mentioned before you arrived about a man that had a gambling problem. And he tried to get rid of the gambling problem unsuccessfully. And he eventually did succeed when I said that I thought his gambling problem was in his moustache. He shaved his moustache off and his gambling problem went. I think your dilemma of loss is something that you hold in your tummy. And as you learn as your tummy, I think you'll gain that sense of acceptance and energy and looking forward because you are a person who can look forward to things. That's an ability that you've shown again and again.

And I'm wondering what's happening at the moment for [inaudible 22:23]. What are you experiencing in yourself at this moment? There's some awareness buzzing away in the background there that you're trying to connect to. Is there something disturbing that you just want to turn off in your awareness so that you -- what's happening for you?

Client: I like, I like to not to think anything.

Rob: Oh, okay. That would be nice. You're not thinking anything? What are you doing when you're not thinking anything?

Client: Stuff like, stuff like in the air.

Rob: In the air.

Client: Yeah or in space, or something. There's nowhere to go.

Rob: Yeah.

Client: Everywhere is the same.

Rob: Yeah. And whether you're up or down or left or right or in the city or in the, in the park or with Ruskar or not, this body, that body, reading this book or reading that book or not reading anything, everything's the same. That's a relief, isn't it?

Client: Mm.

Rob: And time is the same too. Fast, slow, everything is the same. There's plenty of time. Now as you are in that experience, I wonder if you could somehow memorise it. Somehow, as you begin to learn to notice how good that feels, to not have to think and to just be exactly where you are, exactly how you look.

Client: Mm.

Rob: And I remember someone telling me that I had all the time I needed in the past to do everything that I did do and that I will have all the time that I will need in the future to do everything that I will do. There is always plenty of time to do what you are going to do. There's never enough time to do what you might want to do because we might always want to do more, but there's always enough time for you to do everything that you will do and somehow giving yourself the space, giving yourself that sense of being in the air. And what else would be helpful for you in this experience?

Client: I just feel...

Rob: Just...

Client: I just feel very relaxed.

Rob: Very...

Client: Relaxed.

Rob: Relaxed. Okay. Is that okay?

Client: Mm.

Rob: Yeah. Relaxed enough for you to be where you are, how you are? Is that okay?

Client: Mm.

Rob: Are you sure?

Client: Mm.

Rob: Are you positive?

Client: Mm.

Rob: Is that a yes?

Client: Yeah.

Rob: Mm nah. Sounds a bit like a no.

Client: Mm.

Rob: You're not sure?

Client: Yeah.

Rob: Yeah. But if you relaxed, could you be tense at the same time as being relaxed?

Client: No.

Rob: Don't think so. Perhaps you can just be as relaxed as you are. Do you want to accept that? Do you think that's possible?

Client: Mm.

Rob: Yeah. Yeah. Because being relaxed and being tense are not that different, like being in space. Everything is the same.

Client: Yeah.

Rob: Yeah.

Client: Yeah.

Rob: Yeah. It's just the same. And when you're ready to bring that feeling of everything is the same. When you're ready to bring that feeling of acceptance, that feeling of I am having to do everything that I'm going to do. And there is time for me. I can't be in two places at once, but I can be where I am. When you're ready to be where you are, that's good, that's when you can get ready to, good, bring your attention back to this room. Let your eyes open. That's good. Take your time.

There's no need to rush it. You'll only open your eyes when you do. You can't open them until you do. Yeah. But when you open them, then they'll be open. That's right. They'll open, that's all right, don't rush them. I was trying to remember your niece's name. I can't remember.

Client: Asge. Asge.

Rob: Asge. And how old was she? I couldn't remember, was she eight or was she 11?

Client: Now she's 13.

Rob: Thirteen, so she must've been 11.

Client: Yeah, yeah.

Rob: And she's still sleeping okay?

Client: Yeah.

Rob: Yeah.

Client: She's sleeping okay, but...

Rob: No trouble with sharks?

Client: But she has got a lot of problem.

Rob: Oh, has she?

Client: Because she's becoming teenager.

Rob: Sorry I asked. Becoming what?

Client: That's why -- a teenager.

Rob: A teenager, ah, well.

Client: But that's why...

Rob: But she doesn't have a problem with sharks.

Client: No.

Rob: No.

Client: She doesn't have.

Rob: And the parents don't have a problem with her trying to...

Client: No.

Rob: No, that's all right.

Client: Not anymore.

Rob: Yeah. Thank you for being willing to have this conversation.

Client: Thank you, very much. Oh, my God.

Rob: Are you back here, yet? Partly, partly. You're a bit here and a bit there.

Client: It was look like I wasn't in this body.

Rob: No. What body were you in?

Client: I didn't have any body.

Rob: Okay. You didn't have any body. Now you've got some body. Or perhaps you are somebody, I don't know. How does your body feel now, now that you're back in it?

Client: Yeah.

Rob: Does it feel okay?

Client: Yeah.

Rob: Yeah.

Client: Okay.

Rob: You'd be -- you might think that your body would be better if it was a bit less or a bit different or something, but I tell you what, you'd be in big trouble if you didn't have a body.

Client: Yeah. Of course.

Rob: You should be grateful for the body that you've got. There are some people that don't have a body, you know.

Client: Yeah. I couldn't hug Ruskar.

Rob: Yeah.

Client: If I didn't have a body.

Rob: That's right, exactly. So I think it's always easy for us to be critical of the body that we have.

Client: Yes.

Rob: But it's nice to be more appreciative...

Client: It's very primitive, but it's still very good.

Rob: Very good, very good.

Client: Yeah.

Rob: Yeah, very good.

Client: Okay, thank you very much.

Rob: Is that a place to stop?

Client: Yeah.

Rob: Yeah. Thanks very much for [inaudible 31:29].

Client: Thank you very much.

post trauma



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A transcript:

Rob: [Inaudible] thank you for being willing to have the conversation.

Client: Thank you to you.

Rob: And it's nice as a way for you to kind of be here and arrive here. And is it okay to videotape this for future teaching?

Client: Yes, of course, yes. Yes, of course.

Rob: Well, thank you for that too.

Client: Mm-mm.

Rob: So can you tell us, first of all, about some things that you've been doing recently that have been satisfying to you, pleasing to you, comforting to you?

Client: No. With -- together with [Ruskar], you know, being with Ruskar is the most happy thing to do, you know. But there is also, we were talking about just 15 minutes ago, there is also a lot of loss in my life, you know. I'm maybe grieving about that because I really can't go back to do those things, maybe several years, you know, until she become maybe five years old or six years old.

Rob: So there's some things that you want to do.

Client: Yes, but I can't.

Rob: That you can't do.

Client: Yeah.

Rob: What sorts of things? Is it study or?

Client: Yeah, for example, I can't concentrate and study very well. I can only study after she sleeps, go to sleep.

Rob: Yes.

Client: Just two hours. But it doesn't enough for me. And the other things, a lot of things, like reading books. I like reading books, you know, especially the parapsychology, science books, but...

Rob: Yeah and Ruskar's probably not that interested in you reading those to her.

Client: Yes.

Rob: They might be boring enough for her to put her to sleep instead of fairy stories, I don't know. But you could always read her some of [Hodger's].

Client: Yeah, just read the Hodger. She knows.

Rob: She knows about Hodger? Yeah. Others may not be so aware of Hodger as being [inaudible 02:07].

Client: Yes. And also I, I like to be alone very, very much. Now I never can be alone, except before she goes to, you know, bed. I like to walk around in the city, walk around in the bush. I can't do those kind of things. I like to watch movie, the very good movies.

Rob: There are a lot of things that you can't do.

Client: I can't do, I can list a lot of things that I can't do.

Rob: Yeah, yeah, we could, we could spend a long time.

Client: Yeah.

Rob: And there are things that you can't do and -- until Rosco, Ruska?

Client: Ruskar, yeah.

Rob: Ruskar. Before Ruskar came along, you could do those things.

Client: Yes.

Rob: And so there is a very real loss there.

Client: Mm-mm, yes. A very big loss.

Rob: So maybe you should adopt her out, you know, give her -- get rid of her. Then you wouldn't have to put up with her and you'd have the time to do your -- don't hit me, don't hit me.

Client: No, I gave her up today.

Rob: She's not alone though. She's coming back.

Client: No, she's playing at home with herself.

Rob: One of the American family therapists said that he wouldn't part with any of his children for a million dollars. But he wouldn't pay 10 cents for another one.

Client: Yeah, I don't think I am going to have another one.

Rob: Don't you?

Client: I don't think so.

Rob: Okay. And you expect me to believe that?

Client: Yes.

Rob: Okay.

Client: You can believe it.

Rob: Oh, okay. Well, I can believe it or not, that's up to me. I can hear what you're saying, but...

Client: I also gave up my physical appearance.

Rob: You did?

Client: I still can't lose this weight. There is another grief.

Rob: Yeah.

Client: Yeah.

Rob: Yeah. And it's interesting that what you've lost is something that you've gained. I mean, you've gained some weight.

Client: Yeah.

Rob: And that's a loss for you.

Client: Yes.

Rob: Yeah. It's one of those...

Client: Yeah.

Rob: Topsy-turvy things. Alright. Well now...

Client: But I am dealing it, you know, almost well because you love your daughter a lot, you know. You, you, you love to spend time with her, you love to do anything for her then you just, you know.

Rob: Well, I think the, the answer for this situation is very simple. You just need to find out through your parapsychology how to live two lives at the same time.

Client: Oh, yeah, parallel lives.

Rob: Yeah, you can have parallel lives and then everything will be solved.

Client: Yeah.

Rob: So, but apart from that, it's, you know, you can be sitting here and we can talk about things and it can be enjoyable to speak together and it can also be enjoyable to go into hypnosis. And so there is that dilemma. You know, if you close your eyes and go into hypnosis that changes the possibility of what we might otherwise speak about in a more animated kind of way. But if we stay talking about things like we've been talking about them, then that prevents you from going into hypnosis. So there's always this dilemma, isn't there?

Client: Yes.

Rob: If you do one thing, then it gets in the way, if you're doing another, it actually prevents another. But if you were to do the other, that would prevent you from doing the other, which would also be a loss. So, as you somehow in your own way, find yourself now going into hypnosis, even though you know that you didn't need to, didn't have to, but you found that that is what you are doing.

I wonder if, as this experience continues, you can find yourself feeling somehow more peaceful, knowing that at any moment, you are doing exactly what you are doing, even to the extent of perhaps taking a moment to notice what it's like to breathe in and then to breathe out. And knowing that when you breathe in, you can only breathe in when you're breathing in and when you breathe out, you can only breathe out when you're breathing out.

If you're breathing in, you can't breathe out while you're breathing in. When you're breathing out, you can't breathe out while you're breathing in. You can only breathe in when you're breathing in and breathe out when you're breathing out. And you mentioned that you like walking in the bush. Did you say the bush, you like walking?

Client: Mm-mm.

Rob: And it makes me wonder about when you first went to walk, about how you might've found yourself ready to walk, that you might have somehow dragged yourself onto your feet, you may have been hanging on to the arm of a chair, piece of furniture, someone's hand.

And how did you actually let go of what you were doing and take that step because when you take that step, you are no longer doing what you were doing. You no longer have what you had; the arm of the chair, furniture, holding someone's hand, whatever it was that you had. But you somehow took that step and then you took another step, and then you took another step and that uncertainty and that indecision and then having started that, you might've fallen over and you might've thought at some, in some way, however a small child experiences this, if I hadn't done that, I wouldn't have hurt myself.

You might have fallen over and bruised yourself and now you [inaudible 09:08] even put a Band-Aid on something that you hurt yourself. And if you hadn't done that, you wouldn't have had that bruise, you wouldn't have had that Band-Aid. But you did take that step. You did let go of what you had, the arm of the chair or whatever. That's right.

And you did take the step that you took and now you walk and it's as if the walking happens all by itself. Where do you like to walk, any particular part of the bush? Is there somewhere around where you live that you like walking, along the creek, Merri Creek? Is that where you like to walk?

Client: Yes. There's a park, Coburg Park.

Rob: Ah, yeah. And there's a lake there.

Client: Mm.

Rob: Yeah. And you like walking around that park?

Client: Yeah and also in the city as well.

Rob: Mm?

Client: Also in the city as well.

Rob: In the city?

Client: Mm.

Rob: You like walking around in the, in the streets in the city?

Client: Mm.

Rob: Now, if you walk around the park, you'll have all the experiences that happen when you walk around the park. Do you walk on a path or a concrete path or is it on a grass path.

Client: Grass or earth.

Rob: Grass?

Client: Or earth.

Rob: Or earth.

Client: Yeah.

Rob: And if you walk in the city, you're walking on a footpath.

Client: Mm.

Rob: And you can't walk in the city and in the park at the same time.

Client: Mm.

Rob: When you walk through the city, there are shops, there are crowds and there are all the things that whatever they are that you like about walking in the city. And when you walk in the park, there are no shops there and there's grass, there's earth under your feet.

Client: Mm and birds.

Rob: Birds?

Client: Mm.

Rob: Yeah. There's that experience. And when there's birds, you're not so close to the traffic like you are in the city. And in the city, you're not so close to the birds as you are when you're in the park. And you can't be in both places, but you can be in the place that you are. And you can enjoy walking in the city, knowing that it's the city. And appreciating and being glad that it is the city. And you can walk in the park, knowing that it's the park and appreciating that it's the park and being glad that it's the park, feeling the earth under your feet and the birds, different from the city.

Client: Especially the smell.

Rob: Mm?

Client: Smell of trees.

Rob: Yeah. What's the difference?

Client: Flowers.

Rob: Yeah.

Client: Pine trees, especially.

Rob: Yes. And even though you know there are no pine trees, there are no flowers, there are no birds, there are no earth under your feet in the city, you can still go there and enjoy it, knowing that that is where you are.

Client: Mm.

Rob: And also, I want to remind you of something that I know is very well known to you. And that is that time is very elastic. It can be stretched, it can be com-

pressed and that you can be walking in the park and it can feel like you've only been there for a moment, but you've been there for a long time. Or you can be walking on the other side of the lake and it can feel like you've been walking for a long time and it's only a very short time. Sometimes we can find that time can expand.

And there may be some way that you can read a book. And you don't need to read it rapidly, you don't need to read it hurriedly, but you can enjoy reading the book for five minutes, for ten minutes. And you can enjoy reading that and it can feel like it's been happening for such a long time.

Client: Mm.

Rob: I have an interesting, I think it's an interesting, demonstration; Joseph Barber working with a young man who was at university. And he said he had an issue about deciding, would he do this or would he do that. And often when he'd made a decision, he regretted the decision or had some doubts about the decision or had some upset about the decision.

And he liked walking through the bush and what Barber suggested to him was that he could imagine walking along a path and he could be walking along this path and there could be a fork in the path. And if he went one way, he'd have one experience. If he went another way, he'd have another experience. And even if both paths went through the same general area, the paths would be very different.

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And what Erickson asked her to do was to imagine, to just imagine that she could do the housework and would never ever have to do it again. And she sat

there peacefully, just smiling, really enjoying the fact that she would never have to clean up again. And then something happened to that smile because she realised that if she never had to clean up, that the family that she loved so much, wouldn't be there.

And it was very amusing for her to say that actually that was something preferable for her. She chose the mess. She thought that she'd lost the tidiness. She thought that she'd given up something. But somehow she realised that although the tidiness wasn't there, she'd actually gained something and was very pleased with the bargain.

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But you can have the body that you have and you can allow your body to become the way it really is. And that may involve letting go of losing something, like a tummy. And it may be that, as you find yourself gaining that sense of peace and acceptance that something will happen to your tummy.

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And I'm wondering what's happening at the moment for [inaudible 22:23]. What are you experiencing in yourself at this moment? There's some awareness buzzing away in the background there that you're trying to connect to. Is there something disturbing that you just want to turn off in your awareness so that you -- what's happening for you?

Client: I like, I like to not to think anything.

Rob: Oh, okay. That would be nice. You're not thinking anything? What are you doing when you're not thinking anything?

Client: Stuff like, stuff like in the air.

Rob: In the air.

Client: Yeah or in space, or something. There's nowhere to go.

Rob: Yeah.

Client: Everywhere is the same.

Rob: Yeah. And whether you're up or down or left or right or in the city or in the, in the park or with Ruskar or not, this body, that body, reading this book or reading that book or not reading anything, everything's the same. That's a relief, isn't it?

Client: Mm.

Rob: And time is the same too. Fast, slow, everything is the same. There's plenty of time. Now as you are in that experience, I wonder if you could somehow memorise it. Somehow, as you begin to learn to notice how good that feels, to not have to think and to just be exactly where you are, exactly how you look.

Client: Mm.

Rob: And I remember someone telling me that I had all the time I needed in the past to do everything that I did do and that I will have all the time that I will need in the future to do everything that I will do. There is always plenty of time to do what you are going to do. There's never enough time to do what you might want to do because we might always want to do more, but there's always enough time for you to do everything that you will do and somehow giving yourself the space, giving yourself that sense of being in the air. And what else would be helpful for you in this experience?

Client: I just feel...

Rob: Just...

Client: I just feel very relaxed.

Rob: Very...

Client: Relaxed.

Rob: Relaxed. Okay. Is that okay?

Client: Mm.

Rob: Yeah. Relaxed enough for you to be where you are, how you are? Is that okay?

Client: Mm.

Rob: Are you sure?

Client: Mm.

Rob: Are you positive?

Client: Mm.

Rob: Is that a yes?

Client: Yeah.

Rob: Mm nah. Sounds a bit like a no.

Client: Mm.

Rob: You're not sure?

Client: Yeah.

Rob: Yeah. But if you relaxed, could you be tense at the same time as being relaxed?

Client: No.

Rob: Don't think so. Perhaps you can just be as relaxed as you are. Do you want to accept that? Do you think that's possible?

Client: Mm.

Rob: Yeah. Yeah. Because being relaxed and being tense are not that different, like being in space. Everything is the same.

Client: Yeah.

Rob: Yeah.

Client: Yeah.

Rob: Yeah. It's just the same. And when you're ready to bring that feeling of everything is the same. When you're ready to bring that feeling of acceptance, that feeling of I am having to do everything that I'm going to do. And there is time for me. I can't be in two places at once, but I can be where I am. When you're ready to be where you are, that's good, that's when you can get ready to, good, bring your attention back to this room. Let your eyes open. That's good. Take your time.

There's no need to rush it. You'll only open your eyes when you do. You can't open them until you do. Yeah. But when you open them, then they'll be open. That's right. They'll open, that's all right, don't rush them. I was trying to remember your niece's name. I can't remember.

Client: Asge. Asge.

Rob: Asge. And how old was she? I couldn't remember, was she eight or was she 11?

Client: Now she's 13.

Rob: Thirteen, so she must've been 11.

Client: Yeah, yeah.

Rob: And she's still sleeping okay?

Client: Yeah.

Rob: Yeah.

Client: She's sleeping okay, but...

Rob: No trouble with sharks?

Client: But she has got a lot of problem.

Rob: Oh, has she?

Client: Because she's becoming teenager.

Rob: Sorry I asked. Becoming what?

Client: That's why -- a teenager.

Rob: A teenager, ah, well.

Client: But that's why...

Rob: But she doesn't have a problem with sharks.

Client: No.

Rob: No.

Client: She doesn't have.

Rob: And the parents don't have a problem with her trying to...

Client: No.

Rob: No, that's all right.

Client: Not anymore.

Rob: Yeah. Thank you for being willing to have this conversation.

Client: Thank you, very much. Oh, my God.

Rob: Are you back here, yet? Partly, partly. You're a bit here and a bit there.

Client: It was look like I wasn't in this body.

Rob: No. What body were you in?

Client: I didn't have any body.

Rob: Okay. You didn't have any body. Now you've got some body. Or perhaps you are somebody, I don't know. How does your body feel now, now that you're back in it?

Client: Yeah.

Rob: Does it feel okay?

Client: Yeah.

Rob: Yeah.

Client: Okay.

Rob: You'd be -- you might think that your body would be better if it was a bit less or a bit different or something, but I tell you what, you'd be in big trouble if you didn't have a body.

Client: Yeah. Of course.

Rob: You should be grateful for the body that you've got. There are some people that don't have a body, you know.

Client: Yeah. I couldn't hug Ruskar.

Rob: Yeah.

Client: If I didn't have a body.

Rob: That's right, exactly. So I think it's always easy for us to be critical of the body that we have.

Client: Yes.

Rob: But it's nice to be more appreciative...

Client: It's very primitive, but it's still very good.

Rob: Very good, very good.

Client: Yeah.

Rob: Yeah, very good.

Client: Okay, thank you very much.

Rob: Is that a place to stop?

Client: Yeah.

Rob: Yeah. Thanks very much for [inaudible 31:29].

Client: Thank you very much.

chronic pain



To watch this demonstration

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A transcript:

Rob: Thank you for being willing to play [inaudible].

Client: Yes.

Rob: Running the risk of entering this interesting twilight zone. And is it okay if -- is it okay if Lynne trips up on the wires.

Client: We almost had a flying nun.

Female voice: I was just about to promise that we wouldn't laugh through this one.

Client: Oh, okay.

Rob: Well, that's just one of Lynne's bad habits. So, if we're wanting to explore this, this issue, if that's okay with you, about the headaches that you've had for some time, that they've been...

Client: Yeah.

Rob: Part of you -- your experience for what, is it just recent or years or how long have they been?

Client: Oh, years.

Rob: Years?

Client: Yeah.

Rob: Okay. And you found ways that are getting some relief from, you know, ways of helping them. We've done some work here and I think you did a -- had a conversation with Damian or am I hallucinating something, no?

Client: That was over irritable bowel syndrome.

Rob: Oh, okay. Well you said there was shit in the bag of your head.

Client: Yeah, yeah.

Rob: It might be related in some way. The bowel bone's connected to the neck bone somewhere. So, there's, there's something here that you, that you have some worry about it coming and you said you were concerned about a migraine or some -- you know, you don't want that to happen.

And you found some ways of lessening the headache and some ways of actually dispersing it at times and yet, it keeps coming back. Now it may be that this is just something for you to live with, you know, like it's just something that keeps coming back and it's a matter of finding how to have as little as possible or, you know, just manage it as well as possible or something. But I'm also wondering if there may be some other area that we could explore. Would that be okay to...

Client: That'd be alright.

Rob: To wonder about that.

Client: Yeah.

Rob: And it might be useful if you could maintain just a little bit of wariness where you don't want to do anything to create any discomfort. And it might be also useful if you had some -- a little bit of wariness even about the possibility of doing something because you don't want to raise your hopes and then have them dashed again.

Client: Okay. Yeah.

Rob: So, if you could be a little bit -- I'm trying to find the right words [inaudible 02:40] resigned about that might be helpful too. If you were to think about the headache and think about it in some way that you could recognise you've had had an already recurrent way of relating to it. You know, you already [inaudible 03:10] when you have those headaches. And then when you get them, what's your relationship with them would you say? How do you, how do you think of them? How do you...?

Client: Usually - strange question - something to be endured.

Rob: Okay.

Client: Yeah. But there's a time limit on the headache.

Rob: So you kind of get -- you know, it's a matter of getting through it and then you get to the...

Client: Yeah.

Rob: And do you get them very often? Are they...?

Client: Oh, once a week.

Rob: Once a week?

Client: Yeah.

Rob: Okay.

Client: But I used to get them more often, but less now.

Rob: Okay. How often did you used to get them?

Client: Oh, at one stage I'd get a headache a day.

Rob: Oh really? So you've already managed to reduce that somehow. Then how long do they last, just typically, I'm **[inaudible 04:13]**.

Client: Yeah, they do vary, but they may last four, five hours.

Rob: Oh, okay.

Client: Yeah.

Rob: And are they lasting less now or more than they used to?

Client: Less.

Rob: So they're fewer and they last a lesser time.

Client: Yeah.

Rob: And the intensity, is that also decreased or is that...?

Client: It generally has, but when I get a whopper, it's a whopper.

Rob: Okay and is there anything about that? Can you say, like if you get -- is this is a matter of getting too long and then you get a whopper or do they just come randomly or...?

Client: Every few months, every two, three months.

Rob: And a whopper is what, like intensity or duration or...?

Client: Yeah, usually a day and just, yeah, feeling intense.

Rob: Okay. So it's a matter of somehow -- whatever you're doing, something is happening. Yeah?

Client: Yeah.

Rob: Only instead of getting it every day, you're getting it once a week. Instead of it lasting as long as it did, now it's down to four or five hours. And you do get a whopper of one occasionally, but also the intensity of the every day, the kind of normal once a week headache, so.

So if you were to just watch that. If you just imagine that that's a sort of a -- something is happening there. It was this and it's now this. Where is it headed when you -- where would you anticipate? What do you see the future of this if it were to just evolve the way that it is? Where, what's happening in five years, for example?

Client: I suppose the possibly is that it's just diminished.

Rob: Diminished?

Client: So if I have a headache, it might last for a few minutes.

Rob: A few minutes.

Client: Yeah. I've been reading up about distorting that, time distortion.

Rob: Oh, yeah. A few minutes and maybe would it be still once a week or would they be less often?

Client: It would be nice to have them less often.

Rob: Do you think it might happen? I mean that's...

Client: Yeah.

Rob: The, the general...

Client: That's the trend if you look at it.

Rob: Trend?

Client: Yeah.

Rob: Less often, less intense, less duration.

Client: And maybe once a month, yeah.

Rob: Once a month, a couple minutes. And intensity, would you anticipate that they may be less?

Client: Yeah, much less.

Rob: Less?

Client: Yeah, yeah.

Rob: Alright. Now, I'm just wondering and it might be helpful for you to go only as deeply into this experience as you already have started to do something. And to just wonder in whatever way might be useful to you, perhaps by looking at how you are relating differently to the headaches now than you used to. Whether there is less dread or less fear or less resentment or less I don't know what, that if you were to watch the gradation of that and to wonder what is different in your relationship with the headaches now that they are shorter, less intense, less frequent. Is there a lessening of the endurance or...?

Client: Probably just in the experiencing of them and awareness of them.

Rob: So there's a difference for you.

Client: Yeah.

Rob: Can you say what the difference is?

Client: I suppose just the intensity so that the pain is, isn't that distracting. So it's a headache, but it's no big deal.

Rob: It's no big deal. So instead of enduring it, it's something that's become more irrelevant?

Client: Yeah.

Rob: Or less relevant...

Client: Yeah, less relevant

Rob: Less intrusive.

Client: Yeah. A bit like shifting my awareness of it away from it so it's still there, but not consciously.

Rob: Yeah. And I can imagine that it could seem that, as it's less intense, it's easier for you to shift your attention away from it.

Client: Yeah, very much so.

Rob: But I also can't help wondering if part of the decrease in intensity is being brought about by you shifting your way of attending to it. If there's -- and that may be that.

Client: Yeah.

Rob: Though I can imagine that it would seem that at the beginning or years ago, it was of such intensity that it would be hard to distract yourself from it. But I can't help wondering if, at that time there'd been some way of distracting yourself that may have reduced the intensity. It may have, I don't know. Just wondering whether that might have changed the...

Client: Yeah, it would have been harder back then.

Rob: Yeah, it would have been harder, it would have been harder. It's easier now, but even though it was harder, I'm just wondering, obviously it can only be a speculation, wondering if you found a way back then of being less captivated by, less taken over by, more able to distract yourself from it, whether that may have in fact, allowed this process to [have been]. I'm just wondering about that. But in any case, would you say that the headaches have been useful to you in any way? Do they...?

Client: Yeah, usually a signal.

Rob: To...?

Client: Slow down.

Rob: Oh, okay.

Client: Yeah, either to slow down or pay attention to something. Something's going on.

Rob: Okay. And is that a recent recognition?

Client: Yeah.

Rob: Okay. And I'm just wondering if we were to speculate that, in a metaphoric way, that those headaches have been a little bit like [Ross'] client, where there are aliens there. In the way that, you know, we could make up a story in relation to that woman, that she was doing her best to ignore and distract herself from the aliens because she didn't want them for very understandable reasons.

But we could imagine that somehow if, instead of been blocking them out or been avoiding them, if she started to listen to them and listen to the way they were singing to her, perhaps wanting to communicate something very helpful to her, that maybe that if she were to listen to those aliens, she might hear some things that would be very helpful for her singing career.

And it may well be that one of the things that they were wanting her to hear is, you don't need to try so hard. It's okay to just kind of settle into your voice and allow that voice to express itself without having to endure the effort of trying to force the sound out. One can imagine that the aliens might be trying to tell her.

And if you were to listen now to, in whatever way you can, to the memory of those headaches or the memory of the voice of those headaches or the memory of what they may have been with increasing success, wanting you to hear about slowing down, about paying attention to something that needs to be attended to.

And I may have mentioned a man, who saw Joseph Barber for some pain relief for his hips, you know. Remember me telling you about him? You may know that Barber is regarded as something of an expert in relation to pain. He's written a couple of textbooks and many papers about this.

And a man who'd been told that he had to have a hip replacement because he had arthritis in his hip. He had a lot of pain. He didn't want to have the operation. So he went to see Barber to get some assistance. And Joe worked with him over some time, trying to help him to deal with the pain, which he was just enduring. And he actually got no benefit from that.

So, he then decided, oh well, if I can't get any help with the pain, it looks like I need to have the operation, need to do something about this, need to attend to this, instead of be distracted or ignore it. And so he decided to go ahead with the operation. And the next day, he woke up and found that his hip felt just fine. Somehow, the pain had gone.

So he then found himself thinking, well, if the pain's gone, maybe I don't need the operation. So he rang the surgeon, cancelled the operation. The next morning he woke up and the pain was back. And he was a bit mystified by this until he thought, well, maybe the pain's trying to tell me something. So he rescheduled the operation. The next morning, the pain had gone. He then persisted with listening to the message of that. Had the operation and it went very well. He healed very nicely afterwards and had no pain, post-operatively. He got a very good result.

And I wonder also whether, in your experience, you can think of people that you've spoken to face to face or on the phone, where there's been some part of their experience that you've been trying to get their attention and it's been trying to get them to listen and when they have listened to it. Can you think of anyone that's, fits into that category?

Client: Yeah.

Rob: Even while you're wondering who that might be, there -- the idea is familiar enough to you, I think.

Every evening, when we're having our evening meal, our dog sits very patiently while we're having the meal. And as we're getting towards the end of the meal, she starts to back away from us and starts to make a sound. She's letting us know, well, if we're having some dinner, she should have some too.

If we ignore her, she'll sometimes make quite a loud bark or come and bonk you with her nose, trying to get our attention. And as soon as she gets a bit of something, a bit of whatever it is, you know, it doesn't need to be much, just a bit of gravy or a little bit of meat or something, she has that very enthusiastically and

then she's quiet and peaceful. So is there someone that comes to mind, that you can think of that...?

Client: Yeah, there is. It's somebody, actually, that I was trying to help with migraines, interestingly enough, but who's -- I haven't had much chance or much luck in hypnotising. She's being very resistant to it.

Rob: And you're smiling as you're recounting this. It's starting to make sense to you.

Client: Yeah. And yeah, for her that the migraines are very frequent and are quite regular in terms and there are triggers to a migraine that she started recognise and look at and found that it wasn't -- it was interesting, we didn't -- because we couldn't use hypnosis in a sense, we looked at what was happening around the migraines and what were the triggers. What was she doing?

Rob: Okay. And was there something in the recognition of those triggers that she found helpful, not just in avoiding the migraine, but in attending to something?

Client: Yeah, her awareness is there, her migraines are still there, but she hasn't changed her behaviour.

Rob: Not yet.

Client: Not yet.

Rob: And it would be a shame if she changed her behaviour before she learnt what she needed around those triggers.

Client: Yeah, also makes sense.

Rob: Well, I mean it is tempting to say, ah, if I eat chocolate, I get migraines so I won't have chocolate, you know, like that's a trigger.

Client: She does eat chocolate and get migraines.

Rob: Yeah. But, it might be also nicer, instead of saying, well, that's a trigger so I need to avoid it, to wonder what potential learning there is there. What is it that the migraines are doing for her? What is it that, like you said about, you know, needing to slow down, what is it that that's doing for her?

Client: Yeah, well we even looked at ways she eats chocolate.

Rob: Okay.

Client: And what was before, before that.

Rob: Okay. And a lot of people eat chocolate as a kind of nourishment or a self-soothing kind of self -- I was going to say indulgent, that sounds bad, but like a self -- doing something just for themselves.

Client: Yeah.

Rob: So does she have trouble doing things just for her? Is she someone who likes to do things for other people or...?

Client: Yeah, she does have trouble doing things for herself, yeah.

Rob: So it may be that a migraine is being, in an indirect way, trying to remind her, you can do things just for you. I'm not saying that's the case, but it may be.

Client: Yeah.

Rob: So I'm wondering if you might want to just close your eyes for a moment. And just let all that -- and perhaps, if you would, just take a moment and not try and make sense of anything. Perhaps if, for a moment, you just put aside any natural tendency to want to understand, to want to resolve, to want to find an answer to this, a solution to this. Put aside the natural tendency to wanting to find out anything that will help you to feel comfortable in your head, instead of having a headache.

But if you would just put all that aside for the moment and just wonder, just wonder what might be there that could be useful for you. You mentioned already slowing down, you mentioned already paying attention to some things that need to be attended to. But even if you put those aside, then just look, as it were, beyond them or through them or around them. And just looking, wondering what it might be, what might emerge, what might come into your awareness that doesn't even necessarily need to make sense or even have any obvious relevance. So when you're looking at the moment, what do you see?

Client: Well, it's a bit about --it's a strong word, but not abusing myself.

Rob: Okay. Now, when you're not abusing yourself, that is a strong word, what would be an equally strong word that you would be doing when you're not abusing yourself?

Client: Nourishing.

Rob: Nourishing?

Client: Mm.

Rob: Good. And when you look at that and you start to sense that, how that is for you to nourish you, can you sit with that?

Client: Mm.

Rob: As you wonder about that, as you explore that, what happens for you?

Client: I feel more peaceful.

Rob: Okay.

Client: Calmer.

Rob: Okay. And as you let yourself experience that peaceful, calmer feeling, if you were to look around in your experience, if you were to look through your body, if you were to look around in your life, is that okay?

Client: Mm. Yeah.

Rob: Now, it might seem a very large step to move from such a strong word as abusing yourself to this other experience of nourishing yourself with that peaceful, calmer, you know, when you look at that, when you look at those two experiences, how does that seem to you, how it can be useful for you to move from one to the other? Does it seem like an easy thing or does it seem like a long process that you have to endure? What do you -- when you look at that, what's your response?

Client: I feel easy, I think.

Rob: Easy?

Client: Yeah.

Rob: Oh, okay. You think it's -- you're not sure. And it might be useful for you to hang on to just a little bit of that uncertainty so that you don't think, oh, this is easy. Oh yeah, I can do this, you know, which might be trivialising it or it might be -- you might miss the opportunity to thoroughly -- and talking about nourishing, you know, if you eat too quickly, it sort of doesn't touch the sides, it might be nice to give yourself time to digest the, and fully absorb that, not only the peaceful, calmer feeling, but also that transition from one to the other. Do you have a sense of how you can go either way across that transition? Are you feeling more peaceful now?

Client: Mm. I'm just thinking it's nice not to have a headache now.

Rob: Okay. Well, I wonder if, instead of focussing on the headache, if you could just notice the peaceful, calmer feeling?

Client: Mm.

Rob: And if you could somehow, don't worry about the headache. I'm not interested in that, for the moment. But if you could just notice how you could get back to that previous experience of being harsh on yourself, what you call using that, that harsh word of abusing yourself, if you need to go back to that, to notice the feeling, not the headache now, but the feeling of that. Do you have a sense of how to move back to that?

Client: Yeah.

Rob: Okay. Are you back there now?

Client: Mm.

Rob: And now can you move over? What does it, what does it feel like? In my image, I've got an image of a bridge going over something, I don't know. How do you, how do you experience moving from one to the other?

Client: It's like a line.

Rob: A line? Okay. What's the line like?

Client: Or a band.

Rob: A band?

Client: Yeah, just a straight band going from one end to the other.

Rob: What's, what ends. What's the end? And what -- how do you experience the ends? Is there something you see or feel or see, feel?

Client: Yeah, it's a feel, it's a feeling, a feeling, yeah.

Rob: Okay. You don't have to put it into words unless it's helpful, but can you get some sense of noticing those ends?

Client: Yeah.

Rob: And noticing that band with the feeling that you can go either way. It's a two-way. The distance between the two ends is the same from whichever end you move. And can you have the opportunity to let yourself notice how it is to just move to and for across that?

Client: Yeah.

Rob: And feel how that is for you and getting to know that feeling of moving this way and that way and backwards and forwards, this way, so you get to know how to do that. You've done that unknowingly and you've done that with increasing efficacy.

And it may well be that, as you learn how to do that with even greater feeling of fluidity of just being able to move this way, that way then that could be very helpful for you. And it may even be that, as you can learn to move from one end to the other and learn how to do that, you won't need the headache to remind you. You might be able to do that independently. Do you think that's possible?

Client: Yeah.

Rob: Not sure?

Client: Not sure.

Rob: No. Now we can't be sure about that, but it's possible. And I think it would be a terrible thing if you were to pin your hopes on this, but you can see that it's possible and possible enough for you to be willing to play with a bit. Okay. So would it be okay if, over the next while, you were to find yourself playing with that a bit?

Client: Yeah.

Rob: And maybe even, in a kind of semi-regular kind of way, to practice that?

Client: Mm.

Rob: It might be like a kind of meditation maybe. You could practice moving from one end to the other. And it might make a lot of sense to you if I were to say that it would be really helpful if you would not let the headaches diminish until you have found out whether doing this will help or not because you wouldn't want to lose your headaches totally, only to find that they come back or to lose your headaches totally, only to find that something else comes back as a way of pushing you from one end to the other. Does that make sense for me to say that?

So it might be nice if you could avoid letting the headaches go. It might be nice if you didn't diminish the intensity, duration and frequency of the headache. It would be nice if you didn't totally lose those headaches just yet because you want to make sure that you're on solid ground, that that learning really has, really is and so that it will.

Now, you can do that intentionally, practicing moving from here to there. You can dream about moving from here to there. You can allow that to happen outside of your awareness. I don't know and don't need to know, even after you will have succeeded at this, just how you will have done that, but it can be an area for exploration, for curiosity, for learning. And you do appreciate learning.

So then part of that movement, part of that unfinished business about the peaceful calmness can then come into the foreground and be completed before it just dissolves into the background of, in general, comfort and peaceful feeling. And that's why trying to attend in any effort for a way, being concerned about the time, allowing this experience to be something that didn't need to be endured, but you could even in some way feel nourished by the opportunity for you to feel peaceful, calmer.

And without needing to have anything special in your awareness, just that you're here, perhaps you can, I don't know, when you're ready, let your eyes open and just let yourself have the experience that you're having. It might be nice if you could be peaceful and calmer, but we know that we live in the real world and can't be peaceful and calmer all the time, but it's nice to know that there are ways of getting back to that.

So, what have you been up to since we were here last? What have you been doing? Have you been doing a lot of night work or **[inaudible 37:11]** last night?

Client: No, I've been, been on holiday.

Rob: Oh really? How excellent. So you weren't, you weren't on the phone last night

Client: No, no. I was on the grog.

Rob: Was it good grog?

Client: It couldn't have been that good. I think it gave me a headache, yeah. It was non too much.

Rob: Oh, yeah. Too much of a good thing.

Client: Yeah.

Rob: Well, is that a place that we could stop?

cigarettes



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A transcript:

Rob: Thanks for being willing to play. And is it okay to record this for future teaching?

Client: Yeah.

Rob: It might even be interesting for you to look at it later.

Client: Over a cigarette.

Rob: Maybe, maybe. Over, under, behind, instead of, yeah, whatever. So I want to write down the structure as we're going. so that will be a little bit strange, but I hope you can bear with us. What sort of things do you like to do?

Client: Yeah, just going out for dinners and being with friends and, you know, like sort of reading, playing the guitar.

Rob: Okay, I'm going to go with reading and guitar because that's going to fit in with an early learning set. It's the going out with friends, maybe, but this is, these are going to be easy. What sort of guitar music do you like? You play the guitar, you said?

Client: Yeah, well I like sort of playing anything. I've...

Rob: But like an acoustic guitar or electric?

Client: Yeah, I -- all I've got left now is an acoustic, really.

Rob: Acoustic.

Client: So I've gone from sort of having rooms fulls of guitars to one guitar that I had originally. So my oldest one's still there, I suppose.

Rob: Okay.

Client: So it's just an acoustic.

Rob: Yeah and what sort of music do you find yourself playing, pop music, jazz or...?

Client: Yeah, I've been playing a lot of classical lately.

Rob: Classical?

Client: So yeah, quite a lot of classical and just mucking around with friends on guitars and stuff.

Rob: Okay. Yeah. Alright and the problem that you want to do something about here?

Client: Well, I'd quite like to stop smoking or at least cut down.

Rob: Or at least not increase.

Client: Well, that's it, yeah.

Rob: Stop smoking, at least cut down. Why do you want to do that? What's -- what is it that, that's the problem with you? Why is it that you want to? What's missing for you that you want to stop?

Client: What could be missing would be one lung, I guess. I don't know, you know. I guess my health is starting -- I'm starting to notice that a bit more.

Rob: What are you noticing?

Client: Well, you know, I'm not as fit as I used to be.

Rob: Okay.

Client: I feel that's sort of due to cigarettes.

Rob: So there's something that's starting to be missing. What else?

Client: It's a lot more antisocial than what it used to be as well, you know, I think, so.

Rob: You want to fit in socially.

Client: No, I'm -- I guess it's not fitting in socially, but I guess, yeah, it'd be nice not to have to duck out and have a cigarette all the time in the middle of things and, yeah.

Rob: Do you? Alright. Well now, we'll have a -- let's have an invitation about -- we might get him -- because where smoking is a dissociative experience, we might want to have an as- sociative -- we want to get Brandon to, to pay attention to some part of his body. He talks about lungs so let's have breathing.

I might ask him to notice his breathing and as he breathes, to feel that the air is doing him good, making him fitter or something. So I have a body induction, awareness in-

duction about breathing. We're going to have an early learning about -- let's have two and have reading and have playing the guitar and see where that leads.

And then we'll have a clinical metaphor perhaps about someone who wanted to stop smoking might be okay? So what story can we have? Somebody, some story about someone who wanted to stop smoking or cut down. I'll tell you a story about my stopping, but I won't say it was me. I'll say I know someone who -- and then we have a life metaphor, something about something that's there. You get away with it for a while and then after a while you -- it starts to interfere and then you stop it. I can't think of anything there. I don't know what we're going to do there.

And then I'll have some suggestions here and they'll be about benefits of being a non-smoker. There's something about feeling fit and some, some can say it's going to be interesting for you to find out if you stop smoking or whether you just cut down before you stop or whether it will happen slowly, gradually, intermittently at first or, you know, blah, blah, blah, benefits of being a non-smoker and how will you stop.

Then I don't know what this one's going to be because we don't know what the first one was, but I'll say some more about that. Then I'll say something about the guitar. We could say that he's cut down on guitars and, as far as the electric guitar, he's given up electric guitar. He's given that up and reading. When he wondered whether he'd ever be able to succeed at it, he might have trouble stopping.

And maybe some reading that he does or that he might want to like reading about hypnosis or reading about epilepsy or something that, that you, once you start reading it, it's hard to stop, but you, you can maybe at least think about cutting down.

Then as a reorientation, we'll come back to the breathing and then also some more about feeling healthy and then what do you notice that's different and then maybe some more conversation about music that you're playing and blah, blah, blah.

So here we've got a sort of -- you see there's sort of a structure? One thing that's missing here is the life metaphor. And if I -- you know I might think of something along the way down, but if not, then I'll ask Brandon and he might come up with something. Did I turn that on or not? Yes, I did.

So it's no good me saying forget all about that because it's, it's actually just something behind you that you don't need to pay attention to, but I can use that to look at. It might be helpful to remind me.

And would it be okay that, if you would just take some time to start to notice your breathing? Okay. And as you are still noticing that, that's it, there may be something about the experience of breathing that, as you open yourself to that experience, you can close down some other experiences, as if you're getting ready to shut them out so that, even as you breathe that air, there may be something about the experience of breathing, that's right, that you could enjoy, you could appreciate.

And as you allow that to continue, I don't know when you'll be ready to let your eyes close or whether you might want to keep them open, I really don't know. It really doesn't matter because when you first learn to read, you had to keep your eyes open then. But now of course, as you have learnt to read, that's it, there are some things that you've read, that you've learnt that you could recall with your eyes closed, as the saying is.

And there may have been times when you wondered, as you were learning to read, if you would ever manage that. You might have tried and not succeeded and tried and then when you were ready, when the time was right. And as you continue to breathe, you can continue to allow my voice to be in the background, so that anything that I say that doesn't quite fit, you can adapt it so it becomes relevant to you because this is an experience for you.

When you first learnt the guitar, you had to find out how to hold the guitar, what to do with the thumb, with your left hand, how to stretch your fingers across those strings and tuning it and learning a new piece of music.

The first time you hear it or see it, you really don't know even how to begin, but you did. And finding the right stops and finding the way to not only play the note, but how to stop playing that note, when you get to the end of a piece of music or something that you took your own time. And when you were learning the guitar, did you learn by ear, did you play from music?

Client: Yeah.

Rob: By ear?

Client: Yeah.

Rob: Okay.

Client: Yeah.

Rob: And you use music now.

Client: No, not really because I just pick things I want to play.

Rob: You pick things that you want to play. Yeah. And when you want to play them. Now, I know someone who is working in this field. And someone came to see him again and he wanted hypnosis to stop smoking. And this person helped him to go into hypnosis and to look at the options of continuing to smoke and to look at the experience of becoming and being a non-smoker.

And that man sat there for a while and, without trying to do the right thing or trying not to do the right thing or trying to not do anything, something began to shift in his experience. And he left that session, enjoying his breathing. The person, who was doing the hypnotic work, went around, it was morning tea. He'd have a cup of coffee and a cigarette because he was smoking and was very surprised to discover that he couldn't manage it.

And I've mentioned a number of times before, it's a story that I've spoken in certain variety of places, but even though I've said it a number of times before, even you may have read

it or heard it, this person came to see me, wanting to have hypnosis because she couldn't control her behaviour.

If she had cheese in her house, she just had to eat it, couldn't [let go], had to. And she asked me, could I hypnotise her so that she would be able to resist the cheese. And I told her about a professional woman that Erickson had helped. She was a solicitor. And she came to see Erickson to get some help because, although she was very prominent in her work, in her profession, she developed behaviour that really didn't fit what she wanted.

After work she would go to a bar, have a fair bit to drink and she would pick up a bloke, take him home and have sex with him. Then she'd wake up with a sense of, what have I done? I don't want to do that, but she didn't know how to stop it.

Now, when you said that you wanted to stop smoking, the idea that you can stop smoking must already have been there as a possibility. You can't be certain that you will stop, but you can wonder and that wondering must already be present. And just how that change can happen is something that you can't yet know, but you can wonder whether it will be that you will find yourself as a non-smoker, feeling fitter, whether you'll find yourself breathing more easily, whether you will enjoy being able to stay with your friends and not have to duck out.

In fact, it might even be a bit of a nuisance if you were with some friends who were smoking because you might find

that you have almost a compulsion to duck out and get a breath of fresh air. And you might enjoy that.

Now, what Erickson told that woman was that she should go out to the bar that she normally went to, have as much to drink as she wanted and look around for some bloke that she wanted to pick up and take home. But before she propositioned him, she should pay him 20 cents because I wanted that woman to know that, just because she felt compelled to eat that cheese, it didn't have to continue to be that way.

And so I sent her down to the supermarket, which was just around the corner from where we were living and I asked her if she would be willing to stand in front of the dairy cabinet and see if she might be able to hypnotise the cheese to stay on the shelf before it hypnotised her.

Like that stage hypnotist that you mentioned and that person, who was working hypnotically, did manage to have a cigarette later, but within a very short time, he found he didn't have the willpower to force himself any longer to have the cigarettes. They just somehow...

Now, you had experience of cutting down on guitars. Instead of all the roomful, now you have the acoustic guitar. And you've given up the electric guitar. You've given it up.

Client: Sort of.

Rob: Sort of.

Client: I'm playing -- I don't have one, but...

Rob: You don't have one. And you could have one and you could play it, but you can feel free to enjoy the acoustic guitar that you do have.

Client: Yeah.

Rob: Because you can enjoy learning anything that you like. And in reading, there are some things that you like reading and there may be some things that you can enjoy and enjoy having difficulty giving up the reading that you enjoy reading. There may be something pleasurable about that. Have you ever had the experience of reading a book and thinking, I really should do something else, but I'm going to continue reading it?

Client: Yeah.

Rob: Yeah, it's enjoyable, isn't it?

Client: Yeah.

Rob: In the same way that breathing fresh air can be very enjoyable, if that's something that you want to do. Now I think you do want to feel fit. It's important to you.

Client: Yeah.

Rob: It would be terrible if you were so unfit that you just had to sit still without all of that aerobic exercise that you do, even when you're just sitting, doing nothing. And to not have the energy, to not be fit enough to do that activity that you like to do.

Now, there are a whole lot of more things that we could've spoken about, a whole lot of things you could have explored and you could have experienced, but I wonder when you'll be ready to open your experience to the pleasure of breathing. And maybe even be surprised, perhaps in a way that you couldn't have guessed, that when you do let your eyes open that it can feel as if somehow your chest is or your breathing is. And what's that like for you to feel your breathing different? How does that feel?

Client: Good.

Rob: It feels good?

Client: Yeah.

Rob: Would it be alright if that good feeling could stay with you and you could stay with that good feeling?

Client: Mm.

Rob: And is there an emotion about that, a little sadness?

Client: Yeah, I guess. It is a bit.

Rob: Yeah, it's like saying good-bye to someone, who had been a friend, but becomes a...

Client: Yeah.

Rob: Yeah, because some people, like some situations, are good, until they're not. But even if they're not good, there can be some sadness when you say good-bye to them and that's okay, isn't it.

Client: Yeah.

Rob: You're not sure?

Client: No, that's okay.

Rob: That's okay.

Client: No, that's okay.

Rob: I hope so because we explored last year that sadness is an emotion of acceptance. When there's a loss of something, even if it's something you no longer want, there's still sadness.

Client: Yeah.

Rob: So we'll take that as a very relevant sign. And so would it be okay if you just enjoyed your breathing and that continued like that? What are you playing at the moment? What piece are you -- what sort of music are you -- you said you were playing classical, what...?

Client: Yeah, well, I guess it's not really -- well it is and it isn't. It's -- I like to pick a piece that I can't -- that'll be hard to work at, so...

Rob: Something that will be hard?

Client: Yeah. Something different so I'm trying just -- I'm working on, on playing in some different tunings.

Rob: Oh, yeah.

Client: So you tune the guitar to a different key.

Rob: Okay.

Client: To begin with and then some -- it's really simple chord formations and formations. But, yeah, I'm sort of playing in this mode or melody, mode or tuning. It's, yeah, it's really nice, just playing around with it. I just leave the guitar there in a different tuning and so I could -- I think it's in a D mode or something at the moment and I just have a fiddle with it and play around and...

Rob: And that's -- you're enjoying that?

Client: Yeah, yeah. I think that's the thing with the guitar. You can, it can be any tuning you want.

Rob: Yeah, but you soon know when something's dis-chorded, when something isn't -- doesn't fit.

Client: Yeah.

Rob: Yeah and your breathing's like that. Sometimes our chest will be singing a little song, you know, that doesn't necessarily -- it's not necessarily part of the melody that you're wanting.

Client: Yeah, yeah.

Rob: Now, I wonder, I'm just curious about how long it seems that we've been talking here.

Client: Well, I just looked at the clock then, but it doesn't seem that long at all. It seemed like about...

Rob: How long has it been, now that you've looked at the clock?

Client: I'm not sure, actually. To be honest, I don't know. Has it been 20 minutes?

Rob: It must be 20 minutes or something.

Client: Yeah, I would have said 10 minutes.

Rob: So it felt like 10?

Client: Yeah. I would have said maybe even less than 10. Yeah, it didn't, it didn't seem that long, between five and 10 minutes.

Rob: Yeah. And you heard everything I said?

Client: I think so.

Rob: Yeah.

Client: Yeah.

Rob: And you remembered everything that you've remembered.

Client: Yeah.

Rob: Yeah.

Client: Yeah, I guess. And the other things I've forgotten.

Rob: Who will be bothered to try and remember what you've forgotten that you don't need to remember because forgetting

is just part of life. You know, why would you do anything different?

Client: Yeah.

Rob: So you can enjoy that. And how's your breathing?

Client: Good, yeah.

Rob: What's it like for you? If you just take a moment to notice, what is it like for you at this moment to discover that you don't feel like a cigarette? It's not like you're trying to or trying not to or should or shouldn't, but...

Client: Pretty bizarre, actually.

Rob: Bizarre?

Client: Yeah.

Rob: Well never mind. It's just like a different way of tuning your body.

Client: Yeah, it's been a long time since I felt like that.

Rob: Well, being a non-smoker is just another mode of breathing, a different mode.

Client: Yeah.

Rob: So would it be okay to stop there or is there something else that you might want from the experience?

Client: No, it's -- that would be fine. Yeah. Yeah.

Rob: Well, it's been nice talking with you about this.

weight



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A transcript:

Rob: Thanks for being willing to have the conversation.

Client: That's my pleasure.

Rob: For the record, is it okay to videotape this for teaching purposes in the future?

Client: Yes, it is.

Rob: Okidoke. Let's know about some things that you've been doing that have been enjoyable and pleasurable for you, something that you haven't spoken about for the last couple of days, if someone's asked you, something different that you like doing.

Client: Oh, I have so few things.

Rob: Oh really?

Client: That I really enjoy. I think Linda's heard them all.

Rob: Oh well, tell us about just one thing that you haven't spoken about yet that you enjoy, that you can speak about publicly.

Client: Oh, goodness, that I haven't spoken about. That makes it a little difficult.

Rob: Oh, well. I don't want to make things too easy for you.

Client: I know. Oh, look, I haven't -- I love going out to dinner with friends and I've -- I have mentioned that, but not in a session.

Rob: Okay, any particular kind of restaurant or circumstance.

Client: Look, I love Asian food. I love Thai food, Japanese.

Rob: Okay.

Client: And of course, I'm thinking about it because tonight I may be going out and I'm excited that we might try a new restaurant.

Rob: Okay.

Client: And I haven't done a lot of that lately.

Rob: Oh. Do you know what the restaurant is or have you...

Client: No. My friend lives in Fitzroy so we're going to go somewhere around there.

Rob: Okay. The friend will choose?

Client: She'll choose. Yeah, she knows all the restaurants around there so....

Rob: So you don't know whether it will be [inaudible 01:26].

Client: That makes it even better.

Rob: Okay, you like not knowing.

Client: I do like not knowing. I like trying something new when I go to a restaurant. I like that it's social.

Rob: Okay.

Client: Yeah, it's a nice atmosphere.

Rob: And when you go out socially like that, you go out to a restaurant, what's, what's your experience? Do you normally come away from the restaurant with a feeling?

Client: I feel calm.

Rob: Calm?

Client: Yeah.

Rob: And as far as eating's concerned, do you eat not enough, too much or...?

Client: Oh, I've rarely come away hungry from a restaurant.

Rob: Why?

Client: Because I do try and have the requisite number of courses, three.

Rob: Okay.

Client: More if there's more on offer. I love banquets.

Rob: Okay.

Client: And being a fast eater, I get more than everyone else.

Rob: Okay. Get your money's worth, eh?

Client: Always. And it's that question of money we were talking about earlier, it's not even the money, it's, it's that, you know, put your head down and just keep eating. Conversation happens around it.

Rob: Okay. You're willing to put up with a little bit of interruption for your [inaudible 02:30] eating.

Client: Just a little bit. But, yeah, I like the whole atmosphere. I like that people...

Rob: There's a balance somewhere between eating and...

Client: Oh, yes. I'm not one to go slowly. That takes priority.

Rob: Okay.

Client: Then we can chat.

Rob: Okay. So you get the, you get the food over and done with, then you can...

Client: Yes, yes.

Rob: Is that what tends to happen? Do you kind of get into the food and then...?

Client: Well, you know, I have to order. I can't relax until we've ordered. And then I can pay full attention to who I'm with.

Rob: Okay. Before the food arrives [inaudible 03:02].

Client: Before the -- no, I'm fine, once I'm ordered, then I...

Rob: Once you've ordered.

Client: Once I've ordered and then I can pay the company attention, but prior to ordering, no, I just want that out of the way.

Rob: Now when you order and you -- that's out of the way and then you can pay attention to the conversation, get into that and enjoy it. Then the food arrives, what do you do? Do you say, just shut up, I'm going to eat?

Client: No.

Rob: No?

Client: No, I, I manage to do both.

Rob: You manage to do both?

Client: Yes.

Rob: And you always eat everything on your plate?

Client: No, not always.

Rob: No?

Client: No. If I don't particularly like something, I'll leave it.

Rob: Oh, okay.

Client: Yeah.

Rob: What's that like for you to not...

Client: Look, that's okay if I don't like it. If I really like it and even if I'm full, I'll keep eating.

Rob: Okay.

Client: Yeah. But you know, if something, you know, I don't really like -- I have to dislike it, to stop eating it, actually.

Rob: So, what, what is it to dislike something? What is it to like them? What is it the taste?

Client: Too fatty or if they're too greasy, too fatty, I'll leave that.

Rob: Okay.

Client: Sometimes, if it's too rich, I don't like cream-based food.

Rob: Oh, okay. So if it's too fatty, too creamy, too rich, then you...

Client: I leave it.

Rob: Yeah, you're happy to leave that.

Client: Yeah.

Rob: Yeah. And what sort of food do you like I mean that it's hard for you to leave.

Client: Oh, look, there're a few Asian dishes I don't like. And not that I've tried all of them, but I do -- they're spicy, they've got a lot of flavour. I like their use of vegetables, meats, noodles, rice.

Rob: And sushi? Do you like sushi, sashimi.

Client: I do. I love them both. I've tried making it too, but it's not quite the same.

Rob: And how do you do with, with eating that? Do you -- is there any end to that.

Client: Oh, there is.

Rob: Yeah?

Client: Yes, there is. I find I can't eat too much of that.

Rob: What, what is it, because that's not fatty.

Client: No, but it feels heavy after a while.

Rob: Oh, okay. And you're pointing to your stomach.

Client: Yeah, I can really feel when I've had enough of that.

Rob: Okay, now is there anything else that you might want to say before you go into hypnosis?

Client: No, not really.

Rob: And if something -- if you were to be able to order something as a hypnotic menu, what would you like to order? What could you enjoy?

Client: I, I'd like to stop eating and recognise when I've had enough with other foods, outside of the restaurant.

Rob: And again, you're pointing to your stomach when you [inaudible 05:43].

Client: Well, I get that overfull feeling and I ignore it and keep eating. And it's usually with quite plain food, pasta, bread, biscuits.

Rob: Okay, you can get more of that down than the spicy food.

Client: Yes because it's not rich. It's not -- I don't find it as heavy, but...

Rob: But even, you know, sashimi and sushi can be quite plain.

Client: Yeah, but I, yeah I don't -- can't eat too much of that. Maybe at some -- at home, I'm so used to bread and pasta and biscuits, that I don't even see them any more, I just ladle up the bowl or take out the biscuits.

Rob: Like putting your head in the trough...

Client: Yes, it is.

Rob: You know.

Client: Oh, that's a horrible image, but yes.

Rob: Yeah?

Client: It is.

Rob: Oh, okay.

Client: Yeah. And just one more thing, I remember last year when we spoke, we spoke about after dinner being an issue and that seems to have really -- I don't do that as much.

Rob: Okay.

Client: But what I'm doing now is mealtimes are bigger.

Rob: Oh, right.

Client: Yeah. So I'm not having as much. I still have something after dinner, but meals have stretched.

Rob: Okay.

Client: They're really stretched sometimes.

Rob: Okay. Okay, it looks like you've had enough of the talking.

Client: Yeah.

Rob: So now, you'll get in touch with some feeling of recognition, yeah, to know to stop the talking and allow the next part of -- next course to come along, that entree. Here's the main course now. And as you're looking at that experience, going into hypnosis, going into your own experience, it might be nice to quite quickly take an inventory of your body, to notice your feet and just notice how your legs feel. Be aware of your hands, your arms, notice your stomach.

And you can perhaps take a moment to notice what it's like to breathe, to notice the movement of your chest as you breathe in and breathe out, to perhaps be aware of your face. You could even notice your mouth, be aware of your teeth, your tongue, perhaps notice the roof of your mouth, the back of your throat. And maybe something about your awareness of your mouth, your awareness of your throat and something

about the awareness of your sensations in your stomach that you, that you can just be aware of, notice.

And you've spoken with Linda and with others about things that you like to do. And you could review those things and see how it was in those experiences that you learnt how to stop, you learnt how to recognise that enough was enough.

And you probably wouldn't be interested to try and remember and when you were learning to draw a circle as a little girl, once you could get that line to join up with itself, it was easy to just go around and around and around and around and around and around and around and around and around and around before you even called it an O, but you could go around. And maybe even just keep going around until you've actually made a hole in the paper.

But somehow you learned how to stop that. You learnt how to stop after a few or maybe even learnt how to stop after one. And then later on, you could start that same line and stop before you even completed that circle. Pretty soon you learnt that was how you made a C. And when you made the letter C enough, you don't need to think. You don't even need to be aware that you are stopping that line so that it's not an O. But you do stop it and it feels right and you know it's right and then you move on to the next letter, whatever that might be.

And when you were talking before, I was reminded of a comment that Erickson made that I've made use of a number of times. And the comment was that when someone came to see him, wanting to change their eating, he said he liked to

ask them to imagine, as vividly as possible, to imagine that they had attained the weight, the body shape they wanted and to imagine they were like that, they had arrived at that. And then to imagine that they were like that, stuffing their face.

And on a number of occasions, I've asked someone to imagine that their body was how they wanted it to be and to imagine that they were sitting in front of a table with different kinds of food and starting to stuff that food in with their hands, a handful of rice, a handful of bread, handful of pasta, stuffing it into their mouth, stuffing it in faster than they could swallow so that that food starts to fall down all around them, onto their lap and onto the table. And they're still stuffing the food in with one hand, then the other or perhaps both hands, handfuls of pasta, handfuls of rice, handfuls of sushi, handfuls of bread, stuffing it in and the food is accumulating in piles on their lap, on the floor around them, the table around them and they'd still keep stuffing that food into their mouth, faster than they could swallow.

And I think it's a very interesting image because when you were speaking before about a large bowl, I had an image of you sitting in front of a large bowl and actually having your hands behind your back and really getting into that food, by putting your head in the bowl and really getting in, eating up that pasta, getting into that bread and really stuffing it in.

And of course, some of it, as you try and get it into your mouth, will fall out of your mouth and it will be back in the bowl again. And you'll be trying to put, trying to eat some stuff that had already been in your mouth and has fallen out and

you're trying to eat it again. But that was just an idea that I had. And it was somehow a combination of remembering what Erickson had said and also noticing the way our dog eats.

I just wonder what your response is when you think about going home tonight and there's bread there and there's pasta there and all kinds of stuff and you can just really roll up your sleeves and get into it. How does that seem?

Client: I feel ill.

Rob: Oh, really?

Client: And I can see myself at the table doing that and there are people, strangers looking at me, just aghast. And that image of me cramming it in.

Rob: We saw a television programme not that long ago, set in Japan, where they have eating competitions.

Client: Yeah.

Rob: And there was one fellow there, his nickname was Tsunami. And when he was getting into training, he would go out and -- to a sushi bar. And he would eat as much sushi as the rest of the restaurant put together. He would just shovel that stuff in like you wouldn't believe. It was amazing to see how many pieces that he could just stuff into him. And they called him Tsunami because he could -- and he won the world championship. He could just get that much.

Client: I can see him.

Rob: Yeah. It was an amazing sight, amazing. And I don't know what it will be like for you to also imagine that you're sitting in front of a bowl of pasta and to see that it's plain, but to have some kind of idea that there's chicken fat in there somewhere, that just somewhere, you can't quite see it, but there's some sort of, sort of greasy kind of congealed, somewhere under that. Just don't know whether you can, you know, you can't see it.

Client: Oh, I can see it.

Rob: You can?

Client: Mm. Just now.

Rob: Oh, okay. Well now, if you were to put that aside because it's really rather an unpleasant kind of nourishment. And instead of that, imagine -- I mean, you could have that experience. But instead of that, I wonder how it would be for you to go out to that restaurant tonight and, as well as enjoying the food and as well as enjoying the conversation with the other people there, there will be more than one other person there, I wonder if you could also enjoy having a conversation with your stomach.

And just wondering what your stomach might have to say to you and what you might have to say to it and how you might enjoy its company. And any time you ignore it, it might want to let you know, like one of your friends wants to, you haven't spoken to me or there's something I need to tell you. You could imagine that, I imagine. And you can go out to that restaurant and really enjoy that conversation. Do you think that's possible?

Client: Mm. Yeah.

Rob: And maybe even at home to enjoy listening to what your stomach has to say and enjoying its company, by noticing that it's there and listening to what it has to say, appreciating its friendship, its company. And is there any sadness about that?

Client: No.

Rob: No?

Client: No. It sounds clean.

Rob: Clean?

Client: Those other images were...

Rob: You didn't like them?

Client: Oh, no.

Rob: Oh, well, they're there if you need them.

Client: Mm.

Rob: They're there if you need them. And if you get too large a bowl then you know you could always have that idea of putting your hands behind your back and really getting into it. Don't waste your time with cutlery, you know.

Client: I've got that image.

Rob: Get into that chicken fat.

Client: Oh, dear. If I'm anorexic in a week, you'll know why.

Rob: You don't like that. You'd rather just enjoy the company of your stomach.

Client: Yeah.

Rob: Now if you were to, to imagine that your stomach could speak to you now, what does it think about that idea?

Client: Oh, soothed.

Rob: Mm?

Client: It feels soothed.

Rob: Soothed?

Client: Mm.

Rob: And will it let you know if it wants some food?

Client: Oh, yes.

Rob: Yes?

Client: Mm.

Rob: And will you listen to it?

Client: Yes.

Rob: And will it tell you when it's had enough?

Client: Yes, it will tell me.

Rob: And will you listen to it?

Client: Yes.

Rob: And if it says, I like that food, but I don't like any more than I like it, will you listen to that?

Client: Yes.

Rob: Now, what if your eyes say, I like the look of that food. And your stomach says, I've had enough of that food because you take your eyes with you, you take your stomach with you. And what if your mouth has and your tastebuds so they're all at the table with you, how do you listen to all of them? How do you speak with all of them? How do you enjoy all their company? How do you do that?

Client: I think I need to pause.

Rob: Okay, well, you can do things quickly, so you can even pause quickly. You don't need to spend a lot of time doing that.

Client: No, I've not really paused and listened to my stomach.

Rob: Oh, okay. But you don't have to pause for three quarters of an hour.

Client: No, a split second.

Rob: A split second. You can do it very quickly.

Client: Oh, yes.

Rob: And just as you can go out tonight and there will be more than one person there. There will be, what, four?

Client: Three. Two others.

Rob: Two others?

Client: Mm-mm.

Rob: Yeah, so you can enjoy the conversation between the three of you. So you can enjoy the conversation between you and your eyes and your mouth and your stomach. And you can let that happen, can't you?

Client: Yes.

Rob: Yeah.

Client: Yeah.

Rob: Now, when you think of doing that and you think about pausing and maybe listening to what your eyes say, your mouth says, your stomach says, if you think about pausing, listening to that and pausing, what is it about that that is different from what you've done before?

Client: Well, my eyes lead. I see it and my hand follows.

Rob: Okay.

Client: And I don't pause.

Rob: You don't pause.

Client: I don't, I don't pause to make a decision.

Rob: Ah, so it's like see-do.

Client: Yes.

Rob: Okay. Now when you go to the restaurant tonight, you don't know what it will be, but you'll find out when you get there. I imagine you'll have a menu. So you'll be looking with your eyes at the menu and there will be more than one dish on the menu. So your eyes will see, not only the names, but it will see something in the food, yeah. So how, how do you allow your eyes to see all of that food and for you to say, I'm going to have that, not that, not that, not that, not that because you don't have so much as a lot...

Client: That's right.

Rob: That you see and you say no until you don't have. How do you do that?

Client: How do I read it?

Rob: Having read it, having seen it, having seen all that food.

Client: How do I make a selection?

Rob: Yeah and the selection to have something is also the selection to not have so much. So how do you, how do you not select all of that food? How do you stop all of that food? How come you don't say, I [will]? Are you seeing a menu of life?

Client: Yes, yeah. A little bit more.

Rob: Just a little bit, sir, just a little bit. Alright.

Client: I know.

Rob: Alright.

Client: I know.

Rob: So, but you don't say, alright. You say, uh-uh.

Client: I do and I usually -- it's usually something I haven't tried before. It's something new.

Rob: Okay and having a pause is also something new.

Client: It is, yes.

Rob: And you might have enjoyed that.

Client: I think my stomach would.

Rob: Yeah. And maybe your eyes would also.

Client: Yeah.

Rob: Because once you've eaten that food, all that your eyes get to look at is an empty plate.

Client: Yeah.

Rob: But if you pause, your eyes get to look at that just that little bit longer.

Client: Yeah.

Rob: And I'm wondering, what is it about this that's different. You've done other different things. You've -- what is it about this that's going to work for you?

Client: I have images I don't like. And I felt really heavy and repulsed before. And the pause this time, I think those images might be part of it.

Rob: Okay. So, John Cleese could be in the background.

Client: Oh

Rob: Quick to the bucket. You don't want a bucket. You can just have that pause and maybe even in that pause, just very, very quickly savour.

Client: Mm. Yeah, yeah.

Rob: So how is that feeling to you?

Client: Oh, a bit sad.

Rob: What's this? Was there something that you're saying good-bye to?

Client: A little bit. And I'm just thinking of the years that I haven't paused.

Rob: Yeah. I could think of all of the years, 17 about, that I didn't like Brussels sprouts. All those wasted Brussels sprouts that I could have enjoyed, but didn't.

Client: Mm. That's right.

Rob: And there is some sadness when you recognise that.

Client: Mm, yeah.

Rob: And the sadness is an indication of some emotional connection. Not just an idea, but an actual emotional experience that's somehow connecting with you. Maybe [inaudible 27:11] or something. And I can only say from my point of view that I'm glad that you're feeling that sadness and I can only hope that it's okay for you.

Client: It is.

Rob: It is?

Client: Yeah.

Rob: I'm glad.

Client: Yeah. No, it feels kind.

Rob: Ah-ha, because as we explored last year, sadness is very closely related to peace.

Client: Yeah.

Rob: So you can be peaceful and accept.

Client: Yeah.

Rob: Yeah. And there is some kindness there.

Client: Oh, yes. Yeah.

Rob: There have been times in the past when your eyes have been cruel. There have been times in the past when your eyes have shown you things that you criticised in other people, in a way that had been problematic to you and challenging for others.

But when you allow yourself to look with that sense of kindness, you get to see not just some kind of judgement. But when you look with kind eyes, you see something much richer, much fuller, much more complete, much more satisfying. And you spoke about...

sleeping



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A transcript:

Rob: Thanks for being willing to play, [Ellen]. And for the record, is it okay to video tape this for future teaching purposes?

Client: It is.

Rob: Thank you for that, too. Tell us what you like to do, that you've been up to and what's been fun.

Client: I'm enjoying hypnosis, learning and that's it.

Rob: What are you enjoying about it?

Client: I think the people respond to it the way they do. I find that, particularly as I'm learning, that it's fun.

Rob: Fun?

Client: Yeah.

Rob: Okay. What's fun about the people responding to it? Do you mean they're getting some help from, from the experience, when you say respond?

Client: They enjoy the experience.

Rob: Oh, yeah.

Client: So that sort of thing.

Rob: Okay. So enjoyment and fun, it's important to you.

Client: Mm-mm.

Rob: Okay. So tell us about what, what do you want to speak about here that would make a difference to you?

Client: I don't sleep very well when I'm away from home.

Rob: Oh, yeah.

Client: It's like my sleeping pattern changes. It's not serious, it's just [inaudible 01:24].

Rob: Okay. And what, what -- in what way is this -- is sleep not so well. Do you have trouble going to sleep or staying asleep?

Client: I go to sleep. That seems fine, but I wake up.

Rob: Oh, yeah.

Client: A lot and then I'll wake up early.

Rob: Oh, yeah.

Client: And then I seem to want to sleep but it's time to get out of bed.

Rob: Oh, yeah. Okay. And when you're at home, what's, what's different there?

Client: I just sleep.

Rob: Okay.

Client: If I might -- it be very rare I'd wake up.

Rob: Oh, yeah. And if you do, do wake up?

Client: Probably, probably much the same. I'd probably just stay awake and think over something or...

Rob: Oh, yeah. But the main difference is when you're at home is that, is that you just sleep.

Client: Mm.

Rob: Okay. Alright. Okay, well now, anything else that you might want to talk about before you go into hypnosis?

Client: No, I enjoy the beach too.

Rob: You enjoy the beach?

Client: Mm.

Rob: What do you enjoy about that?

Client: Oh, just the -- just the wonder of it, the openness, the [inaudible 02:38] and the waves being different. The colour.

Rob: The different patterns of the waves.

Client: Yeah, just sometimes how you go down one -- it's so unpredictable.

Rob: Yeah.

Client: Unpredictable. You go down one day and it's almost flat, waves lapping in. And you go down the next day and there's waves with...

Rob: And that's -- you enjoy that? You like that?

Client: Yeah, I do. I find it -- I like to think -- I like, I like watching a wave come in and thinking about how that's like an ocean of the self. But it's, you can't quite see where it starts and you can watch that wave form and watch it come into the beach, that ripples up and just -- it's still part of the water. I sort of like to think how we're all like that, that it's not separate.

Rob: Okay.

Client: [Inaudible].

Rob: Well, as you're thinking about that and it's such a beautiful thought to have that sense of who you are and all of that connection, as you're looking at that, it can be interesting for you to somehow become absorbed in the looking and the sensing and the thinking about that and the enjoyment of that.

And then as you continue to allow yourself to look at that experience, thinking whatever you're thinking, experiencing whatever you're experiencing, which might include that sense of wonder, sense of joy, sense of connection. Then letting that experience continue, it could be an opportunity for you to just allow that continuation and maybe even, as you look at those

waves, to see the different patterns, sometimes almost flat, sometimes high waves.

And as you watch a wave coming in, the pattern of that wave, as that pattern, as that wave changes, does the pattern get interrupted or is it a matter of just responding to the way that it is? When you -- someone first goes to the beach, they might think, oh, it's a good still day, it would be good for swimming. If the wind comes up, they might think, oh, that's interrupted that pattern. I can't swim. Another person might go down when the waves are high because they're interested in surfing. And if the pattern changes and the waves become flat, they might say, oh, what a shame. I can't surf any more.

But as you continue to grow in your appreciation of that, you can see the connectedness of a wave coming from somewhere out of sight and you can just watch that wave. And there's something very comforting about that. I'm not sure that comforting is a word that you might use, but as you watch that wave as it comes in and, as the wave settles, there can be something about that settling that not only allows for that recognition and that connection, but also something very delightful. And of course, as far as the wave's concerned, it's just a wave.

And I wonder how a wave could start somewhere, who knows where and it could travel so far. And you get to see it from where you are. You don't get to see where it started, but you could be in a bed in Poland, in Ireland, really anywhere and a wave could begin in Sydney and it could spread. And

you could watch the way that wave spreads as a wave, just a wave and feel that connection.

You could be in Brighton, Australia, Brighton, England, Brighton anywhere and feel that connection, that pattern, that varying pattern, that ever-changing pattern, that fascinating ever-changing, it's just a pattern. And I don't know what it would be like for you, how it might interest you or just what your response might be if, for example, tonight as you're going to sleep, you could have a sense of that connection, like a kind of wave, a just sleeping wave that could begin in Sydney and it could spread down the East Coast and come up through the heads, head up to Brighton. You could feel that wave.

You wouldn't need to know that it started in Sydney, but normally we think of waves coming into the shore, into the beach. And I don't know how you could imagine a wave going away from the beach, but there may be something about that.

Just as when you first started to use hypnosis, there wasn't a particular pattern of what people said and what you said, but you just allowed the experience, individual experience, to be something that you can wonder and really enjoy and have pleasure from that. And see in the way that varying pattern, not the same pattern, varying pattern can be so enjoyable and so fascinating and to know that it's all connected. All those patterns are connected. All those people are connected. You're connected, just as Sydney and Melbourne are connected, just as sleeping is something that you can connect with.

And as I'm talking, you're making your own connections with that. I've got my patterns of speaking and you've got your patterns of listening. And there can be any number of different patterns, but they don't need to be an interruption. They can be a connection. And I'm wondering what you're experiencing at the moment. How you feeling right now?

Client: Very still, and...

Rob: Still?

Client: Curious.

Rob: Curious? Is that okay to be curious?

Client: Mm.

Rob: Because part of being curious is not knowing what kind of pattern is going to emerge. But if you can be still, not knowing, then maybe you can enjoy anticipating what it will be and know that it's part of everything.

Now there are so many complications and complexities, so many variations and textures that I don't know that we can ever sort them all out. But part of the mystery of that can be something that, rather than trying to sort it out, you can, as the saying goes, you can sleep on it. Perhaps you can enjoy that idea.

And how did you enjoy, how did you learn to enjoy the variety of the people that you're working with hypnotically? How did you learn to enjoy that variation?

Client: I don't really know that. It's just been so beautiful.

Rob: Yeah. A lot of different patterns, eh?

Client: Mm.

Rob: And there are patterns of wood cutting, wood carving, wood -- you know what I'm trying to say? And what did you call what you're doing with the -- was it linocuts, yeah, all those patterns there, almost infinite. And listening to [Bach], all of those patterns, so many different patterns. They're always changing. Now wouldn't it be terrible if every piece of music [Bach] was the same? Wouldn't it be terrible if every linocut was the same, every wood cut? What do you call it?

Client: Yeah, a wood cut.

Rob: If every wood cut was the same. It's nice to know there are different patterns, but they're all connected. Now I'm wondering if there's something else that might be useful for you through experience so that this could be helpful to you. It can be an interesting experience, it can be enjoyable. And I'm wondering if there's anything else that we need to do so that you know that it's going to be helpful.

Client: I don't think so.

Rob: So would it be okay if, as a result of this or independent of this or as well as this, you found that you could just sleep, yeah? And when you first learn to go into hypnosis, you have to sit in a certain chair, to sit in a certain way, you have to

think certain things, a certain pattern, but now you can just go into hypnosis, you just do, yeah. It's easy for you.

And I'm also interested to try something. Would that be okay? Could you just let your eyes open and discover how easy it is for you to just drift back into that, how effortlessly you can, that's it, just drift back into that. It's like watching a wave. And how will you know when you're ready to close your eyes and just drift back there. And it's easy for you to do that, is it not?

Client: Seems to be.

Rob: Mm?

Client: It seems to be.

Rob: Yeah, it seems to be.

Client: I think my body cooperates.

Rob: Mm?

Client: I think my body cooperates.

Rob: Yeah. It does.

Client: I imagine my blood saying, oh, here we go.

Rob: Yeah.

Client: And everything stills.

Rob: Your body will cooperate, if you cooperate with it. Does it make sense to just imagine that that sleep is coming like a wave? You can just watch it coming. And could you open your eyes again and just watch that wave coming as your body cooperates?

Client: It's not a wet wave.

Rob: Mm?

Client: It's not a wet wave. It's not wetting anybody, it's just a wave.

Rob: It's a dry wave.

Client: Mm. Made of words.

Rob: Yeah, a wave of words. Can you just watch the way that wave wins its way westward to the -- where it needs to wet. And as your body cooperates and your blood says, oh, here we go, and your eyelids...

Client: I like that.

Rob: Can you let your eyelids just go with that? That's it. They can cooperate as part of your body and you just let that, just as your blood can circulate and flow, so that sleep can. And as you allow yourself to be absorbed in that experience, you don't need to know exactly what it is, but you've learn a lot about adapting to different patterns and enjoying the pleasure of that adapting.

And just as that sleep can come like a wave of words, so that learning and as that continues, that can settle in some way. And as that settling continues, you can continue to let that experience, let it settle.

And I wonder if you'd be willing, if it would be okay for you, I know it would be very pleasing to me, if you would really take your time about coming out of hypnosis this time. Even though you know you could open your eyes very easily, very comfortably, I wonder if you might just let them remain closed until that learning has settled so then you will know when it's the time for you and you will know to let your eyes open because you'll be ready to let that happen.

And part of taking your time may be a willingness to recognise how other people might want you to take less time, but you can take your time because that in itself could be a learning. And you might even be like -- like to feel a little bit curious about how long that time might be. And what are you noticing about yourself, Ellen?

Client: I feel like a chicken coming out of an egg. Why?

Rob: A fluffy chicken. Can you make a noise like a chicken? This is a hypnosis demonstration after all. Instead of saying, para parp, maybe you should say, cheep cheep.

Client: That's very nasty.

Rob: Cheep experience. And can you say what's different? What you can be aware of that's different?

Client: I'm not -- I feel different, definitely.

Rob: And would it surprise you if, as a result of that brief interaction, you were able to sleep wherever you slept?

Client: Would it surprise me? No, I'll just...

Rob: Just a matter of watching the chicken. Have you seen a chicken come out of an egg?

Client: Only on television.

Rob: Yeah, you know you can see something's going to happen, but you don't know exactly when. There's some movement and then, you know, a little something, this very strange creature comes out. It takes a little while to dry out. It takes time for that, even after the chicken's emerged, it takes a while for it to fully chicken out, you know. It doesn't look like a chicken at first. Is that a place we might stop?

Client: Mm. I really enjoyed that.

Rob: Yeah, me too. Thanks for being willing to play.

relationships



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A transcript:

Rob: I appreciate you willing to play. And for the record, is it okay to video this for teaching purposes in the future?

Husband: Mm-mm.

Rob: Thank you. So could you two imagine that there's something that will be useful for you to work on here? Is there something that you could imagine that could be helpful, not necessarily to overcome a problem, but maybe something that you could do to, to enhance your relationship in some way? Could you imagine that that could be the case? Yeah?

Husband: Mm-mm.

Rob: And could you tell us, first of all, what sorts of things the two of you like doing together? And just tell us about things that we can discuss in public.

Husband: We like camping.

Rob: You like camping?

Husband: And thunderstorms.

Rob: Where do you like camping, anywhere in particular?

Husband: Yeah, preferably in the bush.

Rob: In the bush?

Husband: Somewhere in the mountains.

Rob: The mountains? Any particular mountain, Sue, that you...

Wife: Up on the central Highlands, up on the [inaudible 01:22].

Rob: And when did the two of you meet?

Wife: He drove a lawnmower past my tent.

Rob: Oh, no.

Wife: And I stuck my head out and [inaudible 01:38].

Rob: Oh, right. We all have our function.

Husband: That's how Aussies used to do it once.

Rob: And what was it about the way that Sue berated you? Was it, was it kind of [inaudible 01:57] the tones of her voice that had you fall in love with her or was it the, perhaps the way he held the lawnmower that let you know that he was the one or what was it about each other that let you know.

Husband: There was a mixed message there.

Rob: Mixed message?

Husband: Mm.

Rob: Ah, so you like that. You like the mixed message. There's something challenging in that then? How did you, how did you know that, that you had fallen in love with the other person. When did you -- what was it about the other per-

son that let you know, yes, that's -- if you could look at each other and see.

Husband: Haven't worked it out yet.

Rob: Haven't worked it out. You don't need to be in a hurry. How long have you been together?

Wife: It's about...

Husband: Twenty-two.

Wife: Twetnty-two years.

Rob: Oh, there's no rush. You don't need to rush those things.

Wife: I think it was for me -- we talked about tents.

Husband: Tents?

Wife: And you'd just come back from a cycle to Darwin and I admired that.

Rob: Cycling?

Wife: To Darwin.

Rob: To Darwin. My goodness. This man is in for the long haul.

Wife: Hadn't thought of that, yeah.

Rob: Well, he's not a quitter.

Wife: No.

Rob: And what was it about this woman that you found so irresistible?

Husband: Her smile.

Rob: Okay. So, I wonder, could you turn your chairs a little, so that you're facing each other? That's it. And I don't know if it might seem embarrassing for you to look at each other in the eye, but you don't need to do it, but if you could just look in the general direction of each other.

And as you're doing that, perhaps you can just begin to notice how it is for you each to be here, what it's like for you to be who you are, what it's like for you to be with the other how they are. And as you breathe, and as you are here with each other, there may be something about this experience which, as you settle into it, could remind you of other times that you had a hypnotic experience and might begin to notice some experience as if you're going into trance.

But it would be very nice if, as you could notice something like that, if as well as noticing your own experience, you could begin to pay attention to what you can observe in the other person. For example, you might be able to notice a quietening or slowing or deepening of the other person's breathing. You might be able to notice an alteration in the other person's blinking or some smoothing out of the facial muscles, perhaps a change in the circulation. You could perhaps notice a settling or relative stillness.

And it could be pleasing or interesting or maybe even useful if you were to notice a tendency to let your eyes close. But even if you were to notice your own tendency to close your own eyes, to somehow attend to the other's eyes. And if you close your eyes and open them again, and you think you see the other person's closing their eyes, then you can close them. So that you can have that sense of letting that happen together.

And as you are together in this experience and very much in your own experience, but at the same time noticing that you also are in the experience with the other, to begin to have some kind of sense of a connection and to feel and sense and be aware of the closeness of the other.

Perhaps you could begin to feel as if there was some invisible connection between you, something that you perhaps can lead to or couldn't or maybe wouldn't even want to put into words. And as you can allow that experience of connecting from yourself with the other, through the other to yourself, to just imagine that, as in any relationship, some differences appear, some differences are audible, some difficulties can sound like an interruption of something.

And I wonder what it would be like if, in your mind, you could list on a mental whiteboard any complaints or problems or difficulties that you have with the other. And list them down and then simply erase them so that the whiteboard is standing clear and [inaudible 09:30] that was there.

Or if there was some interruption or something with the other person, that maybe in your minds, with your mind's mouth, if I can use that expression, if you could just scream out internally anything until whatever was there, is expunged. It's just gone because it's gone out of you.

And there could be something about the quietness after all of those internal sounds have been shouted out, that could allow you to see that someone, who has those capacities for a relationship to last. And having erased all of those difficulties and complaints and problems of the past, to be left with some clear whiteboard that could be like a mirror that can reflect that, an image of a smile that you could find very sustaining and that, in that appreciating, could actually create a smile that you could know would be something that could emanate from you and be a source of energy and sustenance and perseverance.

Now I wonder if there may be something about your relationship that you would like to have even more of than you do. If there was something that you could find enhanced in your relationship, I wonder what that might be.

We already know that John is going to try and slow you down so that you don't take too much tidiness into the bedroom, you know that he can support you about that. And we also know that you are going to at least try to hang onto some untidiness as a way of supporting him and his need to not be so black and white about issues.

But apart from that, I'm wondering if there might be something that needs to be or both of you. If something could happen from this experience that would be helpful to you, not necessarily out of necessity, but perhaps just out of, I don't know, curiosity. Greed is not really a fashionable word, but you could translate that into something. What would, what would you like to have happen? Is it something that could be spoken about? Could you articulate it? [You could], you could say that's a...

Wife: Like kiss a second or two longer.

Rob: Yeah.

Wife: A longer kiss in the morning.

Rob: Second or two longer, okay. And if you were to have that experience of having been kissed a second or two longer anyway, how would that influence how you feel?

Wife: It will be warm in my heart.

Rob: Warm in your heart, yes. That's right. Like you started to feel now? Yes. Isn't it beautiful to know that you can have the experience of having been kissed for at least a second or two longer in the morning and how that experience now, even though it's the afternoon that you can have that experience? It's good, isn't it? And is there something that you could say, John? It doesn't have to be, just wondering if there might be something.

Husband: Maybe some understanding more, I suppose.

Rob: Understanding more. And there's an emotion that you feel about being understood more. How does that feel for you to have the experience of being understood?

Husband: A little bit less frustration.

Rob: And more? You don't even need to put it into words if you don't want to, but you know the feeling that you would have more of, if there was less frustration with you. And there's a softness around your eyes, as you say that. And there's an emotion around your mouth as you say that.

And so I'd like you to imagine that, even though you have your eyes closed, but you can sense that emotion in John. And imagine that somehow you can, even without speaking, let him know that you understand in such a way that you could sense, John, that you are understood.

And as you begin to enjoy that experience of being understood, it's hard to contain that smile, isn't it? You don't have to enjoy it too much. And if you want it, John, if you really wanted to have that feeling of being more understood, I wonder how you could make that more likely, you know.

Husband: I think communicate more effectively or say...

Rob: Good. I wonder if you can imagine two scenarios. You are wanting to be more understood and you approach Sue in one scenario with a feeling of frustration and ask her to be more understanding. And another scenario where you are experiencing that other emotion, where you've let go of the frus-

tration and you smile when you look at those options. Which is more likely to...?

Husband: I love you, Sue.

Rob: I love you, Sue. Now I wouldn't want you to do that and realise the importance of the implication of that too thoroughly because, for a Collingwood supporter to be too thoroughly understood too quickly, it might be just too traumatic. And you know I'm teasing you. But to let yourself be understood to a degree and for you to let yourself feel that warmth to the degree that you are willing to include that, you don't want your heart to self-combust. And you don't want the understanding to be so great.

It's nice to have some things left to write on the whiteboard. It's important to have some things left to share, not just to [inaudible 20:51] because without those whiteboards and [wall mirrors], how could we remind ourselves of the feeling of being understood, seeing the smile, appreciating the person. What's happening to the two of you, at the moment?

Husband: Nice and warm.

Rob: Nice and warm.

Wife: [Inaudible 21:45].

Rob: You do? And I think it's going to be easy for him to tell you when you're showing him your smile, which is just your expression of warmth in your heart. And when you begin by understanding that he has an emotion within him that he

hasn't spoken about and maybe won't speak about, but perhaps you could imagine that you can understand it, even though you don't want to. Does that make sense to you?

Does it also make sense to say that before you, John tells you anything, you already understand everything? And then whatever he does say, he will just allow you to confirm that you understand way more than enough.

And it may be that, as this experience settles for each of you and both of you, that it could be as if you are both in the same tent, somewhere that you mentioned about, doesn't make any [inaudible 23:40], but means a lot to you. And to have something about this experience being relevant to both of you together, each of you because this experience, in a way, is like a tent.

And there could be a lawnmower outside of the tent, but the two of you could be inside the tent. And there can be a whiteboard in a room somewhere way down south with all the difficulties all written on and rubbed off so that you could free.

Now, how are you going to know when to let your eyes open? And I'd like you to be uncertain about that and to somehow wonder how you can open your eyes when the other does so that perhaps you'd like to, when you're ready, open your eyes and see if you, the other has opened their eyes and, if they haven't, to close them again. And then find a way...

Resources

Websites www.cet.net.au

Email rob@cet.net.au



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Thanks

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