



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*



# “hypno-rebirthing”

In this playful conversation, an 11 year old boy, who was in trouble for threatening a teacher and threatening to break a chair, is increasingly engaged in experiences that he likes.

His mother said that people were “pushing his buttons”.

Reading Harry Potter and playing with a toy - a “Bionical” - so that he is introduced to ways to have more control over his experiences and be less reactive.

Finally, in a conversation with his mother, he is offered an indirect opportunity to learn this skill, and both he and his mother explore more fun ways of dealing with the normal interactions that any mother and son are likely to have.

After this short session, his behaviour was no longer troublesome, even some months later.

You are invited to view this session, with or without the transcript, and explore your experience.

There may be some aspects that appeal and that you can readily include in your own work.

There may be others that don't appeal that can clarify what different approach you may prefer.

The session is offered as an experience, not in any way as a claim for how a session should be.

# “hypno-rebirthing” a session



To watch this demonstration

[Click here](#)

## Transcript:

Client: [Inaudible].

Rob: What you do?

Client: Nothing.

Rob: [Inaudible].

Female voice: It's what you do.

Client: I wasn't talking to your conscious mind, talking to your subconscious mind. It's listening very well, thank you very much.

Rob: Okay. [Inaudible] all that you just said, thank you.

Client: Good.

Rob: Yeah. Thanks for being willing to play.

Client: My pleasure.

Rob: Your eyebrows have already started.

Client: Just be careful of my eyebrows. They don't always say what they, you think they say.

Rob: Yeah, well, they always say what they say, though.

Client: That's right.

Rob: And even if I don't know what they're saying and you think that you don't know and I -- you're not quite sure, just how much I know about what they say, without saying it, they're saying something that way. And is it okay if we video this for future teaching purposes?

Client: Yes.

Rob: Thanks for being generous for that too.

Client: Mm.

Rob: So what have you been doing that's been enjoyable and pleasing for you?

Client: I guess I've attended a few births since we...

Rob: Oh, okay.

Client: Saw you last, so that's been really like that's such a privilege. That's just wonderful. And last weekend, I went to Yarra Glen for a conference with homebirth midwives, doulas, midwives from hospitals and hypnobirthing practitioners. There were...

Rob: Okay.

Client: Four or five of us there, which was really rather lovely, up in the vineyard in Yarrow Glen, on top of a hill, just beautiful with the outdoor loos and having to put the sawdust in after you've been, you know.

Rob: So it's kind of natural, yeah?

Client: That was a whole bringing back experience, I can tell you, you know.

Rob: Okay. This is like...

Client: And they weren't as well equipped when I...

Rob: Homebirths and home loos...

Client: Yeah, that's right.

Rob: As far as getting down to basic functions and...

Client: Yeah, very much so.

Rob: Okay.

Client: Mm. So that's recently been a thing. It was a lovely thing.

Rob: Is that what you liked about it, the fact that it was like down-to-earth and simple or what was it that you...?

Client: I think the thing I liked about it the most was there were there were so many like-minded people there that were there to allow women to have their power of their birth.

Rob: Okay.

Client: It was wonderful. And to not interfere in that process. Allow them to...

Rob: So there's enough people there to make it legitimate that it's okay to do that, it's okay to feel that, it's okay to be like that.

Client: Yeah, yeah. And meeting some people, like Bruce Sutherland. He was, he was there. He had his own birth centre in Cue for about 30 years.

Rob: Okay.

Client: Dared to buck the medical system and allow women to birth the way they wanted to birth.

Rob: There's something, I mean, that's obviously a very important issue for you that the women, being able to do what they want to do, probably applies to most of us.

Client: Well, I suppose I look at it that it's our right to do that.

Rob: Yeah, yeah. And I wonder how many other situations in life where somehow our right to be how we are, to do what we want to do or is our right to do, is somehow thwarted or imposed upon or constricted by this or that or the other kind of...

Client: Mm. Often.

Rob: I think so. I think so. So what can we talk about here that would be useful to you?

Client: Well, it was interesting over the course of the weekend and on the Sunday afternoon, they had a -- one of the speakers got up and did a meditation. And it was after we'd spoken about people who had had forceps births and anaesthetics and all that sort of thing, how related they were to the children that were born, that often children who were born through very heavily medicated births became drug addicts.

Rob: Okay.

Client: And the guy that spoke about it was a philosopher. And his business was to research and present the research that, that he'd done. So he'd researched this very carefully and that people who had forceps births really felt like people were trying to force them into things in life and pull them through things in life that -- or they got stuck and had to be, you know, like physically pulled through things and all that sort of thing.

Rob: Interesting.

Client: And as part of that, he did a meditation and asked you to close your eyes and go to a birth, whichever birth you wanted to go to. And, you know, I thought I needed to heal some of the births that I'd been to that were, you know, had a lot of medical intervention. And I walked away from them thinking, my god, you know, if this is what birth is, I don't know if I want to be part of this because they were, you know, it was like I saw a baby collar bone broken and so, it was, you know, I was very distressed after it.

But the thing that happened, of course, along the way, it jumped to my birth. And my mother had had five or six miscarriages between my brother and I and so when she was pregnant with me, they tried putting bands on the cervix to hold me in. And I very much felt like my choice of staying or going was taken away. And then I was born being pulled out, like very much being pulled out, but I only got...

Rob: So first of all held back, then pulled out.

Client: Yeah. But I only got part of the process done. It sort of went to me being grabbed and started to be pulled and then I came out of the meditation, so I didn't...

Rob: Oh yes, didn't have time to...

Client: Totally finish it. And it sort of, it's left me very much in a heart space, very much in a -- I feel, in a very gentle and feminine space right now, that I feel as if I'm on the brink of something, ready to emerge out of it.

Rob: Yes, yes, yes.

Client: But in a very gentle and nurturing way, you know, that whatever is done, would need to be done very gently and carefully.

Rob: Okay.

Client: Because it feels very vulnerable...

Rob: I understand.

Client: At the moment.

Rob: Yes, of course. Of course.

Client: So I don't know what it's on the brink of, but it feels, it feels very beautiful, whatever it is.

Rob: Okay. So, as a way for you to allow yourself to go into hypnosis, in a way that can be gentle for you and what I'd invite you to do is not, in any way, be held back about how you can do that, but also to not allow yourself to feel obligated to

be pulled into hypnosis by me, by your past experience, by yourself.

But if you would, as you're allowing yourself to go into hypnosis, if you could just be gentle with yourself and just wonder, just be open and vulnerable to allowing that natural process, even if it's not exactly what you've done in the past, even if you have a preferred way of going into hypnosis, that's worked very well, that in this instance, maybe you can, and maybe only in this instance or I don't know whether it will be different in the future, but at least in this instance, simply allow yourself, very gently, very softly, to open your experience, that's it, to allowing that going into hypnosis in itself to be an experience that you can in a very feminine, very gentle, very soft and open way allow that experience, whatever that might be. And you don't need to know what that will be.

As you're allowing yourself to not need to be pulled into this experience by something that I'm saying or the memory of what someone else has said or even by some expectation that you might have had. And at the same time, not needing to be constrained and held back by anything that anyone has said or that you might wish or that I might hint at. But again, not needing to hold yourself back or be held back in any way and allowing the experience that you're having right now, to be an experience that you can in that very gentle, very feminine, totally unthwarted, unconstrained, unpushed, unheld back, unpulled, with no force anywhere around and simply wondering, simply allowing in some way, perhaps in some way, being present to the birth of that experience, not according to any previous medical model or theoretical model, but

simply allowing that natural progression, that natural expression of you allowing that experience to emerge.

And it may be something that, as it's happening, that you might want to keep totally private to yourself or it may be something that would be helpful for you to speak about as it's happening or it may be useful for you to say some things and not others, but whatever would be helpful for you in the way that you can allow that natural, gentle, emergence, evolving to continue.

And I can ask you what's happening now and you can answer anything that's useful, including nothing because I don't want to try and pull any words from you. And I'd invite you to not let yourself need to be in some way, held in or held back, but simply to say anything that would be useful, including nothing. And is there something for you to say about that? Good.

And so I wonder if, somewhere in the background, you can allow my voice to be just there somewhere, but primarily if you can allow whatever is happening, whatever is useful for you to continue and I can suggest the idea, really offer the idea. I can invite you, in that experience, to somewhere in your thoughts or your memories, to visualise or revisit some of those really beautiful births that you've been to. Some of those births that you've been to and been part of, where there has been that natural process of everything that needs to happen, happening. Nothing held back, nothing pushed, nothing pulled, nothing prodded, simply an allowing of that naturalness.



And there may be some number of births that you can enjoy revisiting and knowing that those are the births, those are the experiences that have you know that that's the work you want to do. And as that continues, in whatever way that it is and as that emergence continues in any way that it does, you can allow that to take its own time, find its own way. Just like in -- you can allow my words to be wherever they can be useful to you, just let them drift on past and allow anything useful to just be there for you.

And it may seem to you that as this experience is happening, that you can be present to the birthing of that experience, maybe an experience as if you can witness your own birth in a way that is natural and respectful and loving and gentle.

And just like you don't need to say anything, you don't need to listen to me. The experience that you're having is going to be so much more important than anything that I could say or do. In this way you can, as you allow this experience to continue, just know the process has begun, it actually began some time ago. And it can continue, a bit here, a bit there, a bit now, a bit back then, until that time.

And I don't know if it would please you to imagine that you can hear some music in the background or whether, although you're playing, the words that you spoke and you sat in that chair in relation to me, could in some way be words that you spoke that could be useful in relation to you.

And some of the conversations of lunch this morning, other times other places, just allowing all of that knowing

there is nothing that you need to do, nothing that you need to say, nothing that you need to feel in order to have exactly the experience that you are having, which means that the experience that you need to have will be so helpful to you, to healing for you.

Just as Jeff said it's never too late to have a happy childhood, you can also say, even though it might seem like a strange thing to say, but you can still say that it's never too late to have a natural and gentle birth.

You can think anything useful, feel anything helpful, revisit any experience that's healing for you. And even though you might already know in some way, it can be even more really healingly apparent to you and feel so sound to you, as a learning, that your right foot and maybe even more your left foot or perhaps even both your feet can have their own awareness, but your left hand knows so much more.

And you can find out later about just what that experience will be, when your face will have been touched by that right hand. And you can know with absolute certainty that sooner or later your face will have been touched by your right hand. It's going to happen. It doesn't need to be forced up to your face and you don't need to feel bound to, in any way, impede that natural or thwart that natural or in any way constrain that natural inevitability.

And there can be some very real and deep and thorough comfort in that. And that experience can be so gentle, even if the fingernail can seem hard, could be sharp, could be gentle and your face. Now I don't know, how could I, if it could be en-

joyable for you to feel the gentleness of both of those fingernails.

It's nice to see that smile. It's such a gentle smile. That's it. And as that hand can then, only when it's ready, move down away from your face, not constrained by your face or you that it should stay there and not having to feel in any way, forced down out of that situation, just letting that naturalness and the more gentle that realisation is, the more thorough it can be. That's it. That's it.

Is it okay to have those tears? Could you perhaps even enjoy having them, feel the relief of them, the pleasure of them? Do you want a tissue? And simply by you being gentle with yourself in relation to those tears and that whole experience, that's it, and you can allow that hand to be in contact with your face as long as it needs, as long as you can find that useful. And it can be there in an effortless way.

And when it's ready and only when it's ready, can it be time for you to discover, and your cheek might discover before you do, that's it, that's it, it can be such a natural, unhurried, unpressured, uninterfered with, just that natural, gentle progression emerging. That's nice. Just allowing that, nothing to hold back, nothing to push, just allowing, that's it, until that hand can rest so very gently, that's it, and allowing that natural adjustment.

And I don't know if it'll be pleasing for you to imagine that you could find yourself on a hill, overlooking a vista and find something about that, the experience of letting something go, knowing it's gone, gone, permanently gone. And it can be a

relief to let something go to release something that we no longer need, no longer want. And to be on that hill and just be looking out and seeing that space and being in that place of knowing that who you are, how you are, without any constraints, without any need to be pressured.

And I like the way Erickson managed to say that every person is like their fingerprints. They're one of a kind. And you can't change your fingerprints and you don't need to change who you are. It's more a matter of saying to the world, this is me, this is who I am and being that person. You can't change it anyhow, like you can't change your fingerprints was something he liked to say.

Another thing that he used to say that I really appreciate, he said an Indian meets a rattlesnake on the trail and he says to that rattlesnake, you go your way, my little brother and I'll go mine. And each can then go their own ways, gently, respectfully and with dignity.

Now I can't really know exactly or maybe even approximately just what might be useful for you at this moment. And I wonder if it would be all right if you were to just allow for yourself some time for yourself to fully, thoroughly integrate that, complete it, without any need, without any even hint of having to in any way, allow yourself to be held back. And at the same time, to not need or in any way allow you any hint of any sense of being pressured from with outside of yourself or from within. And just let some time go by and you'll know how much. You'll know when.

And when that will have happened, you'll also know what to do to let yourself know that that is the case. That's it. Just being gentle with yourself, that's it. That's it. And even after that emergence to also be so gentle with that new experience.

A new baby's born, you want to be gentle with it. You're going to make it feel welcome, allow it to find its own place, own experience to do what it needs to do. And a new experience can also -- even though I'm not saying anything, it's just that, nothing more or less. Because you have a right to your own experience and this experience has its right, its own right to be experienced by you gently and respectfully in its own right, in such a way that you can know that is right for you.

How are you feeling?

Client: Good.

Rob: Is that okay?

Client: Very okay, yeah.

Rob: Good. And that good feeling is not unfamiliar to you.

Client: It's very different.

Rob: Different?

Client: Mm.

Rob: Okay. It's very different in some ways, there are some similarities to other feelings you've had.

Client: No.

Rob: It's different?

Client: Very different.

Rob: Very different.

Client: Very, very different.

Rob: Okay. It's a new experience for you.

Client: Mm.

Rob: Good. All the more reason to be even more gentle with it and with yourself, with it.

Client: Yeah. Mm.

Rob: And you don't need to say anything about it.

Client: I don't know how to put it into words, I tell you that.

Rob: You don't need to.

Client: Probably more the thing.

Rob: Good. I wouldn't be concerned.

Client: Because there was a whole feeling.

Rob: It's your feeling. It's your experience.

Client: Mm. Pretty amazing, though.

Rob: Well, I guess watching birth of some child or experience or...

Client: Or mine. My birth.

Rob: Your own self, yeah. That is amazing.

Client: Mm.

Rob: Enough to make any person, who's sensitive to that, speechless.

Client: Mm. Yeah.

Rob: Don't -- and when I was in general practice, I don't know how many babies I delivered, but I never got used to it.

Client: No, every one's a miracle, isn't it? Every one of them.

Rob: Every one. And I think it's so lovely the way that you have been so gentle with yourself, the way you're letting yourself come out of hypnosis, quietly and slowly.

Client: Mm. It's almost like you are mind reading, though. I had to laugh when you said something about being out on the, on the hill, looking out at the vista, I thought, how, sort of like, hey, are you peeking? Have you got a tissue?

Rob: [Inaudible 45:23]. You're going to look after yourself there?

Client: I can.

Rob: Good. They're quite strong tissues, those.

Female voice: Take a handful.

Client: Thank you. Oh, they're the large size ones. That's good.

Rob: Is that all right?

Client: Mm.

Rob: You don't need to protect the microphone.

Client: Okay.

Female voice: You missed it anyway.

Client: Good [inaudible 45:49].

Rob: I think you're at the right -- make some noise.

Client: Yeah.

Rob: Do what you need to do. Simply because in your experience, in the presence of your experience, you have a right to experience anything that's right for you.

Client: Mm. Yeah. And it was incredible that, that when I went through that meditation up there, that it halted at that point because that's where this one started, so it was just so lovely. But, and I'll probably cry saying it, but I could feel myself coming through the cervix and there was a point where I thought I'm not going to make it, you know, I'm not going to get out of here.

Rob: Yeah, exactly.

Client: And you just kept saying, come on, you know like you got me out of there. And I knew my hand was coming up and my head had emerged and I knew that nobody else can touch my head, except me. And so it wasn't until I had touched my face that I knew and it had to stay there to nurture

it. It was just absolutely beautiful and it like, they're tears of joy and it was just so lovely. And then being lifted up onto my mother's chest rather than being just taken away, was really beautiful.

Rob: You had a very strong image of that.

Client: Mm. And the feelings like associated with me getting myself out, rather than that pulling out.

Rob: And it did feel like you weren't going to make it.

Client: It did. It's a bloody little space to get out of, I tell you what. It was very squashy.

Rob: I know. That's another miracle. You know, you look what comes out of...

Client: I know when my head came out, it was like, whoa, I'm out.

Rob: Yeah.

Client: Yeah. But stayed there for a lot longer time than babies actually do. But I knew that my head couldn't go any further until my hand came up to my face.

Rob: Okay.

Client: And all other hands were off. It was great. No other hands were there. But I know at one stage, before I actually went there and I was on that mountain to start off with, you ended up taking me back to. And whether it was my higher self or whoever it was, came out in a beautiful dark

green cloak and I couldn't see her face, but she reached out her arms and held me, held me really tight. It was just absolutely beautiful, the whole thing.

Rob: It was a deep green colour.

Client: Velvet green, deep velvet green. Just beautiful.

Rob: Colour of nature, eh?

Client: Mm. Yeah, yeah. And then she sent me back to go on my journey to come out. Yeah, so thank you. Very special. Yeah, very.

Rob: You're wondering why you still love obstetrics so much.

Client: And why I love it so much.

Rob: Yeah.

Client: Yeah. Very much. Yeah.

Rob: There's such a transformation after the birth, isn't it. I mean, there's all that hard work and sweat and angst and then...

Client: Yeah.

Rob: Peace and quiet. You know, everything's so hot and so sweaty and so effortful and then, there's stillness and coolness and quietness and peace.

Client: And the one thing I've realised with natural birth, which is what I visualised, the amount of work the baby actu-

ally does. It's incredible, you know, how I had to negotiate to get out of there was absolutely amazing.

Rob: Yeah, well.

Client: The amount of work that they do.

Rob: When you say it was absolutely amazing and gestalt tells there's no it; there's only me.

Client: Mm, yeah.

Rob: So when you said it was absolutely amazing.

Client: I mean the experience of, not the person itself, like the negotiation itself.

Rob: I understand that, but I'm just [inaudible 50:29].

Client: But yeah, I'm amazing that I made it out there.

Rob: Yeah, exactly, because you were part of the experience.

Client: Yes. Yeah. And it was really nice because my dad was there. And I know my dad, you know, was home waiting for the phone to ring to say I'd been born, you know. So, it was lovely that he was there because I had that very much a closeness with my dad. So it was lovely. Hey, the audience isn't supposed to be crying, you know. Cut it out.

Rob: We're allowed to join in.

Client: Maybe you guys were there too.

Rob: We're allowed to join in.

Client: Yeah. Yeah.

Rob: So, is that a place to stop?

Client: Mm. Yeah, I guess so.

Rob: If there was something more, is there anything more that, that might be -- when you say you guess so, I take that to mean that you...

Client: No, I think we'll stop at the birth, thanks. I don't want the end to be there yet so we'll enjoy the birth for a long time.

Rob: Okay.

Client: Yeah.

Rob: So that's enough for the moment.

Client: I think so.

Rob: Okay. Thanks for trusting us with that [inaudible 51:48]

Client: Yeah, my pleasure. I knew I was in a safe space, so.

thanks

*I'm grateful to the people who have generously permitted us to share their hypnotic experience, so we can learn to be more effective in our work.*

# Resources

Websites [www.cet.net.au](http://www.cet.net.au)

<http://robmcneilly.com>

Email [rob@cet.net.au](mailto:rob@cet.net.au)

*Other enhanced ebooks by Robert McNeilly [available on Amazon Kindle]*

*Utilisation in hypnosis - building on an Ericksonian approach*

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

*Hypnosis in psychosomatics - utilisation after Erickson*

*Listening for Solutions in Hypnosis - utilisation after Erickson*

*The Poetry of Therapy - Creating effectiveness after Erickson*

*Coaching for Solutions*

*Connecting Hypnosis 1 After Erickson the Fundamentals*

*Connecting Hypnosis 2 After Erickson Demonstrations of the Fundamentals*

*Connecting Hypnosis 3 After Erickson Demonstrations of Experience of Hypnosis*

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