
Hypnosis in Psychosomatics

Utilisation after Erickson

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Dedication

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

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Introduction

A woman in her late 30s told me that she had been diagnosed as suffering from ME [Myalgic Encephalomyelitis] now called Chronic Fatigue Syndrome - and that it was an autoimmune disease with no known cure. Her main complaint was of cold hands and feet which she said was a result of poor circulation due to her condition. I invited her to begin to focus on her hands and feet, allowing her attention to meander from one to the other in no particular order, and to be curious about what she could begin to notice in the sensations. Would they begin to tingle, feel numb, even begin to feel warmer, or at least less cold, and to be curious about just how this might begin, how it might continue, how it may evolve.

After several minutes, she looked surprised and then delighted as one of her feet began to feel noticeably warmer - warmer than she could recall, and then, gradually the other foot, then both her hands began to warm up. She was able to learn this experience, and as she got used to it, it became usual for her, and then other symptoms of her condition began to subside - she regained her physical energy, her appetite, and she was able to return to work.

I like to begin hypnosis with the assumption that it involves an experience that includes focus, absorption, and is mutually agreed as being hypnosis. This avoids us getting bogged down in precise definitions which only generate discord and disconnections from the experience that hypnosis generates, and which is one of the main benefits it offers.

What do we experience when we say we are having an experience? Experience is something that happens in the body, as a bodily felt occurrence. It can be examined intellectually, reflected on cognitively, but it primarily happens in the body.

When we are focused and absorbed in some experience such as walking in nature, we are not thinking **about** walking in nature, it is as if **we really are** there! We can hear the sounds of nature, smell the air, see the trees ... it is as if our body **is** there. It is an experience that our body appreciates. When a client imagines that they are comfortable soaking in a hot bath, or snuggled up in a cozy bed, their body responds as they have these experiences, and the comfort is observable in their facial relaxation, a smile, a sign of relief ... and we may even see some subtle body movements of snuggling.

This can happen in an unhelpful way also. If a client begins to anticipate a frightening situation, or body sensation - pain, trembling, fast heart rate, etc. - becoming focused and absorbed in these sensations can make them real, leading to escalating pain or panic.

Hypnosis is a superb process of reconnecting and reuniting thoughts and body experiences, allowing us to see how

symptoms can be created as if they were “bad trances” and solutions can be created. The Cartesian body/mind schism can be repaired leading to a natural healing and resolution of many conflicts.

We all know from our clinical experience that every emotional distress influences our body - anxiety creates shaking, sweating, fast heart rates, etc.; depression creates a slowing of many body functions; emotional responses to trauma can interfere with sleep - to name just a few.

We also know that physical problems influence our emotions - physical pain, death, or a diagnosis of a serious illness can generate fear and resignation; a physical injury can create despair or frustration; a clear result after a medical checkup can create a feeling of relief.

The interconnectedness of our physical body experiences and our emotional life become so obvious that it is close to a cliché.

At an international hypnosis conference in 1976, I heard two different therapists reporting on their success using hypnosis with migraine sufferers. One used a method of helping clients to learn how to simultaneously warm their hands while cooling their forehead using Autogenic Training. The other reported equal success by helping clients to learn how to cool their hands. Clearly the technique was not the essential component, but something happened in both approaches which allowed for a physical benefit.

Psyche / soma

Hypnosis has been thought of as useful for changing habits - giving up smoking, losing weight, sleeping better, etc.. It is also recognised as offering a wonderful benefit for pain alleviation but its benefit for changing physiology and physical experiences such as migraine, irritable bowel, high blood pressure, immunity issues and healing in general have not been fully explored.

The limits of our possibilities cannot be known and all too often a cynical “That couldn’t happen” prevents an exploration - why bother exploring the impossible?

Over the decades of my clinical practice, I have been recurrently amazed at what clients have been able to do. The woman in the demonstration in this book completely resolved her Carpal Tunnel Syndrome; a participant in a teaching programme some years ago was adamant that the cold he had before a hypnosis session was completely gone afterwards.

Hypnosis and physiology

A therapist in a training programme was wanting to include psychosomatics in his hypnotherapy practice so we explored together how he could experience hypnosis to facilitate physiological changes which he could then apply to any psychosomatic condition.

He was able to experience a variety of physiological changes in temperature, comfort and sensations.

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A transcript.

Rob: Is it alright if we record this for teaching?

Client: Yeah, yeah, sure.

Rob: And thanks for that. And you are interested in the idea of using hypnosis for physical problems.

Client: Yes, so for my body-type uses.

Rob: Body things?

Client: Yeah.

Rob: And you mentioned kind of a whole plethora of things, warts and skin conditions.

Client: Warts and all.

Rob: Skin conditions?

Client: Yes.

Rob: What like, itchy skin or eczema or rashes?

Client: Yeah, yeah, that kind of stuff. Yeah. I've got a little bit of that on my elbow, just a small patch.

Rob: A lot of people think - appreciate that hypnosis can be useful for helping with moods, feeling better or feeling stronger or feeling more purposeful or more

secure and I think people recognise that hypnosis can be useful for behavioural things, people who do things obsessively or have got habits of smoking or something.

But, I think there's little recognition given to how hypnosis can change physiology. And, for example, if you were to pay attention to your hands at the moment, not to try and do anything in particular with them, but just to notice your hands. And, if you were to pay attention to the sensations in your hands, what you can sense there, I wonder what you might begin to notice, as you focus on whatever is happening in your hands, and then allow yourself to become absorbed in that.

Some people report that, just by paying attention to their hands, or their feet or whatever that, but in this case, your hands a lot of people notice a certain kind of tingling or buzzing or something. What are you starting to notice [**inaudible 02:13**]?

Client: One thing that's relevant because I get cold hands and feet so we can do maybe hypnosis on that, you know...

Rob: I can.

Client: A bit of like [**inaudible 02:21**].

Rob: Yeah, yeah, yeah. So, you're noticing your hands now, what do you start...

Client: There's this cold sensations in the fingers.

Rob: The cold, yes.

Client: And also in my feet and sort of around toes and on top of the front half the foot.

Rob: Around the toes and front half of the foot.

Client: Yeah.

Rob: More on the top or the sole of your foot?

Client: More on top and around the toes I think.

Rob: More on the left or the right?

Client: I'm [inaudible 02:51]. Yeah, the right.

Rob: This one?

Client: Yeah, that one.

Rob: This one. I don't know what you call it, but this one.

Client: Yeah, that one.

Rob: OK, so if you were to notice...

Client: The other one feels more cold, but this one feels a bit numb.

Rob: OK, so if you can notice the coldness in the front and the top and the underside of that foot and the numbness in that foot. And what do you notice about your hands?

Client: Well, I wasn't paying attention to [inaudible 03:27], so.

Rob: No. And now, when you pay attention to your hands, what do you notice then?

Client: I think it's a little bit warmer, but this finger is cold; freezing.

Rob: So your little - that little finger is freezing.

Client: Yeah.

Rob: But the rest of that hand is warmer?

Client: It's not too - yeah, it's...

Rob: It's not as cold?

Client: It's not as cold, but it's cold.

Rob: Maybe even [inaudible 03:50].

Client: It's cold on the fingertips.

Rob: It's cold on the fingertips, but further back on your hand, up toward your wrist.

Client: It's a bit warmer, yeah.

Rob: Warmer. And your left hand?

Client: That's the thing. It's a bit warmer than the right hand.

Rob: Your left hands a bit warmer.

Client: But, it's also cold on the, sort of like from the joints.

Rob: Yeah, OK. So there's a coldness on the end joints of your both hands?

Client: This one is not as cold as this one.

Rob: Yeah. And this one is little colder than that and that one's a little warmer than this.

Client: Yeah.

Rob: So, if you were to just notice the back of your left hand, and again, not trying to do anything, but just allow your awareness to be on your left hand and the back of your left hand up towards your wrist, between your knuckles and your wrist. And if you were to notice that, and anyone observing, the skin of your, the

back of your left hand, then maybe you'd even like to just watch that without moving your hand and see that the veins on the back of your left hand are starting to be just a little more prominent, more prominent than your right hand.

And often, as the veins are becoming more prominent, it's an indication of increasing circulation, which of course, increases the warmth. And, if you were to just observe, just notice, that tendency through that part of your hand to feel just a little warmer than it already is, warmer than your other hand, and just be an interested observer of the way that is happening then you can begin to wonder how that begin to spread.

Because your hands know a lot better than you do about how they can feel warmed, you've had many experiences, more than you can recall, of being outside on a winters day and your hands being cold, and your hands have learnt how to do that. And they've also learnt the experience of when you come inside and you warm your hands up in front of the fire or a heater or in warm water and your hands warm up. They know the feeling of feeling warmer.

Now that's a learning that you have I could say metaphorically that your hands have learnt that. And what I'm saying is that you don't need to know how you

can intentionally warm your hands up, but you have had the experience many, many times. And, as you allow that awareness of the warmth, the memory of the warmth, just to allow that.

I don't know just how soon that warmth can begin to spread down that hand, towards the tips of your fingers. And it can begin to spread somehow into the other hand, down toward the tips of those fingers. And, I don't know if the little finger on your right hand is going to be the last to feel warm.

And just how that warmth can begin to spread down into your foot nearest me, how it can begin to spread into the other foot. It might start around your ankle and then just begin to very, very gradually radiate through your feet. I don't know whether it will feel warmer on the top of your foot and spread to the underside of your foot or whether you'll notice on the underside of your foot and then it can spread to the top of your foot or whether there's something in the numbness in that other foot.

But, there's nothing that you need to do, nothing that you need to try to accomplish. It's simply a matter of allowing that process and I noticed you closed your eyes and your breathing is showing that slowness. Your alteration of depth, the muscles of your face have

smoothed out. And while that process is happening, you can allow that to continue at any rate that it is happening.

And I can tell you some other things and you going to listen to me or notice the warmth spreading or let your mind go anywhere, perhaps to some very pleasing, very enjoyable, very satisfying experience and whether that's going to also spread to your right elbow.

Last year in Melbourne, one of the people in your workshop asked if I would see his wife. She was interested to see if hypnosis could help with a problem that she was having with her hands. She was getting numbness and pain in both of her hands. And strangely, her sister, who was having the same, had had the same kind of situation, her sister had been diagnosed as carpal tunnel, had an operation and had rather some benefits, but not as much as she wanted.

This woman didn't want an operation. And, I asked her what she liked doing. She liked gardening, roses in particular and she liked drawing roses in particular. And she liked to draw roses, other flowers too, but roses in particular, with colour pencils. And the particular rose that she liked to draw was a pink rose, a kind of warm pink rose.

And, she spoke about how she would draw. She would draw the outline very faintly in a neutral colour and then gradually fill in the space in the outline, with that warm pink coloration. Now, I don't remember all the details, but she said that she felt very pleased, very hopeful after that session.

And, I said to her I don't know how or even if this can be helpful. I know it's possible. And I didn't hear about her situation until earlier this year and Neil came back to the workshop just for a revisit. His wife came with him on the first day and beaming. She said, my hands have been normal. It took about a month, but since then, my hands have been totally normal; no pain, no numbness.

And she gave me a gift. It was a framed coloured drawing of a warm pink rose held in a hand like this hand was offering this rose like a gift. And she said, I'd like you to have this gift and I'd like you to know, that's my hand.

Now, I have that framed picture at home and it's a very lovely drawing of this beautiful warm pink rose in this very healthy looking hand. Now I really don't know how all of that happened for her in such a way that the pain went, the numbness went. Things are completely normal now, better than normal.

Now, while I've been talking, you've been doing what you've been doing and I'm wondering what changes you can notice in your hands, what alterations you can become aware of in your feet. And I'm wondering what are you beginning to notice David? What's happening as you're in this?

Client: My left hand's warmer, a lot warmer.

Rob: A lot warmer?

Client: Well, just normal. It feels comfortable.

Rob: Normal. And has the normal, comfortable feeling spread to the tips of your fingers?

Client: Hmm.

Rob: Ah.

Client: And the right hand's kind of almost there, but the little finger is still a little bit cold, I think.

Rob: It's a little bit cold?

Client: Yeah.

Rob: It was frozen before.

Client: Yeah. And obviously it's not that I'm - I don't know. It just seems to be normal now.

Rob: Normal. Well, I hope it doesn't get too hot. It would be awful to have a – you know, if it gets too hot, you can have a kind of burning, itchy kind of feel. You wouldn't want to go that far.

Client: Yeah. No, it's not that.

Rob: So what's happening with your feet?

Client: Feet are still cold, a little bit warmer than before.

Rob: They're warmer than before?

Client: Yeah, I feel more comfortable.

Rob: More comfortable?

Client: But in the meantime, I had a sore - I always have sore neck here.

Rob: You've always had a sore neck, except when you don't.

Client: And now it's kind of eased up a bit also.

Rob: It's eased up a bit?

Client: Yeah. Oh, and it feels more comfortable.

Rob: It feels more comfortable? So, you're...

Client: I mean it's still there, [**inaudible 16:42**].

Rob: Ah, still there?

Client: But, not - you know, if I tested it, it's there, but if I [**inaudible 16:47**].

Rob: Ah, OK. So, as long as you don't test it, it's as if it's not there?

Client: Well, if I stretch it [**inaudible 16:57**].

Rob: Oh, yeah. But, if you don't stretch it, just leave it how it is?

Client: It feels much better than before.

Rob: So, it's much better?

Client: So it was very - it was tight.

Rob: It feels better and also more comfortable? And did you just say even your little finger is now feeling warmer?

Client: Hmm. The left hand is starting to feel warmer and not just neutral.

Rob: It's starting to feel warm, not just neutral?

Client: Hmm

Rob: Goodness, we better slow this process down, David otherwise we're in big trouble. And when that...

Client: The foot is still kind of cold. I'd like them warmer.

Rob: They're kind of cold and you would like them warmer?

Client: Uh-huh.

Rob: But they're not as cold as they were?

Client: No, [inaudible 17:55].

Rob: And your right hand's kind of neutral or a bit warmer than neutral?

Client: It's starting to warm, yeah, more sort of over the neutral towards warm.

Rob: Over neutral? Whoo!

So I wonder just how soon you think – my prediction is that your left foot is going to feel warm before your right foot was colder. Now, you could be surprised that your little finger in your right hand was the last finger to feel warm and it was the coldest. So it may have taken longer to warm up because it was colder.

Client: Hmm.

Rob: And your left foot already was warmer than your right foot.

Client: Hmm.

Rob: So you might expect it to feel warmer first. And then your right foot can follow that.

Client: I've had this pair of really nice UGG boots at home and when I come home, I usually work late because I've got late appointments. I come home and my feet often are very cold and I just then put the UGG boots on and very quickly then within half an hour, they're warmer.

Rob: Ah, OK. And you know the feeling of the UGG boots? But not only knowing that they are going to warm up...

Client: I kind of look forward to it.

Rob: Yeah. Is there some other feeling that you get with those UGG boots. Its not just warm, is it? There's some particular kind of comfort? And do you notice that, as you feel the comfort, the more comfortable you feel, the warmer your feet can be?

And in some way that can spread to your right elbow. In some way it can spread to your neck without you needing to pay attention to that or even trying to test it and just letting that warmth radiate because warmth does radiate. And just letting that, letting that experience, like when we were sitting outside before, that sun was so warming. You didn't need to do anything just to absorb that warmth.

And, like those UGG boots that you put on, when you put your feet into the UGG boots and even before they start to feel warm, there's that feeling of comfort. And it's as if somehow those UGG boots radiate warmth to your feet. Actually it's your feet radiating to the UGG boots, which radiate to your feet. But in any case, that feeling of warmth can move, can shift, can spread. And all you need to do is to allow that. And as you sit with that warming experience, it can also be an opportunity for you to really learn that warm feeling to become even better acquainted with it.

I don't know whether you ever played [so high water], as a kid? You hide something.

Client: Hmm.

Rob: And then other people try and find it and when they get closer to it, you say warmer, warmer,

warmer. And when they get further away, you say colder, colder, colder, warmer, colder, warmer, warmer, colder. And when you looking for this [ruin], you were walking up there, getting colder and colder. And, then so high water, as you found Mark, Mark found you, started to move towards here, you started to feel warmer, finding what you were looking for. And what's happening in your left foot now?

Client: It's sort of feeling it's charged as if it's more like kind of tingling.

Rob: Tingling?

Client: There's still a bit of cold in there, but it's...

Rob: A bit of cold?

Client: Yeah, but it's more like there's something happening there.

Rob: Something is happening there. Yeah. And have you noticed that warmth in your right foot yet?

Client: It's not on the warm side, but in the [**inaudible 23:38**] it's still numb.

Rob: It's less cold than it was?

Client: It's less cold than it was.

Rob: It's less cold. Yes.

Client: It's - kind of feels a bit more alive than numb.

Rob: More alive than numb. And do you notice that, as it feels less numb and more alive that that's like setting it up to feeling warmer. It's like when you put your UGG boots on, your feet are not warm instantly, but are setting up the warmth.

Client: But [the state is] that my lower legs were also kind of cold from the knee down.

Rob: And the left hand is starting to feel less cold and...

Client: Well I didn't really think about it. The legs [**inaudible 24:27**].

Rob: Ah, hmm. Now I don't know, as you're doing this, if you can start to appreciate how helpful this can be for other circulatory problems that people might bring you. With Reynaud's phenomenon, for example, as you mentioned, which is just a strange sensitivity, that a foot feels cold and then the blood vessels get sensitised to the cold and they close down. The colder it is, the more they close down. The more they closed down, the colder it is.

So, if you can help someone then to feel warmer, to be more comfortable, more at ease, then that allows the blood vessels to begin to open. The more they open, the warmer it is. The warmer it is, the more the blood vessels open. And other circulation problems, like migraine, you see this can be helpful for that. Not only the sensations, but the alteration of the actual circulation.

Client: That's what I used to do when my friend opened a place [**inaudible 25:57**].

Rob: Yeah, exactly. Exactly. About 12 years ago, someone in a workshop, we were just playing - I may have mentioned this - told me he thought he was getting a cold. So he had hypnotic experience and mostly we focused on what it was like when he'd had a cold and started to feel better, started to know the cold was leaving. And he reported certain sensations that he was aware of in his nose and his throat that let him know that the cold was leaving. And at the end of that session, there was no sign of the cold.

Now, he could look back and say yeah, yeah I don't know. Perhaps he wasn't a new cold. But, he was very certain that he was getting a cold. But at the end of that time, there was no sign of it. The cold had gone completely.

And I had another similar situation with someone earlier this year, in a workshop in **[inaudible 27:29]**. Now, I'm not recommending hypnosis is a way of getting rid of a cold, but you just don't know what we are capable of doing. We don't know the limits of what we can do, just like that person that you mentioned, that was able to remember kung fu movies. Anyone can remember warm movies, and feel warmed by warm movies and playing warm movies again, feel warm.

And there was a singer, and I can't remember her name, and she was married to a pianist. I think his name was Johnny Dankworth and I think her first name was Chloe. I can't remember her name. She'd been trained as a classical singer. And one of the songs that she used to sing regularly was called *Feel The Warm*. Cleo Laine, *Feel The Warm*.

And I wonder what would happen, David, if you let your eyes open without disturbing anything. That's it. And to have your eyes open and know that we can have a conversation with your eyes open and you can allow that process to continue as it is, and the warmth increasing at its own place. You don't have to push it or hurry it. Just allow it to happen. And even after we finish this session, that warmth can continue to increase.

You don't need to intentionally focus on it. You just might notice, from time to time, ah, it's still continuing. And it might even be fun, from time to time, to notice that the warmth isn't there and then just see how you can let it come back. Like the pleasure of putting those UGG boots on, you can just look forward that.

Client: Hmm.

Rob: Because, if there wasn't the cold, there wouldn't be the pleasure of the UGG boots. It's nice to have a range of experiences. And what's happening with your feet now?

Client: Well, they're warmer than before.

Rob: They're warmer than before.

Client: But still, I'm cold this side of the **[inaudible 31:43]**.

Rob: Ah, OK. And your hands?

Client: Hands are warm, yeah.

Rob: Hands are warm?

Client: Well, kind of neutral or **[inaudible 31:50]** warm, yeah.

Rob: They're less cold, more neutral?

Client: We'll sort of they're on the warmer side.

Rob: They're on the warmer side of neutral?

Client: Yeah.

Rob: How have you done that?

Client: You talked me into it.

Rob: I talked you into it? OK.

Client: It feels just really good.

Rob: If I can talk you into things, I hope you brought your cheque book.

Client: I did.

Rob: Ah. Have I talked you into that?

Client: Yeah.

Rob: OK.

Client: I think the last email.

Rob: I think all you need to do is add a couple of noughts and we'll all be happy.

Client: You won't be happy when it bounces.

Rob: Ah, just trying to warm up to that.

Client: Yeah. Thank you for that.

Rob: Yeah, it's a pleasure. Anything more that you might want to add?

Client: Well, I mean, the extra bonus is the...

Rob: Yeah.

Client: Relax sort of. I mean its still there, but I'm not conscious of it. [**Inaudible 32:45**].

Rob: Yeah, well your brain's still there, but you don't need to be conscious of that for it to be doing what it needs to either.

Client: Yeah. Thank you that.

Rob: Thanks for being willing to play.

Client: Sure.

Rob: And I invite you to wonder how that can translate into the work that you're wanting to do. Don't know yet.

Client: Well, one thing that kind of struck me was these comparisons, you know, show this against that and...

Rob: Hmm.

Client: And it's kind of like it becomes more a dynamic rather than just [**inaudible 33:27**].

Rob: OK. Alright. Shall we stop?

Client: OK, yeah.

Rob: Thanks, David.

Resolution of a case of Carpal Tunnel Syndrome

A woman had the classical symptoms of Carpel Tunnel Syndrome, and was able to create a total resolution of all her symptoms which has persisted for more than two years.

Her sister, who had a similar problem, had surgery with less than optimal results.

This demonstration is offered, not as a recommended approach to this syndrome, but rather to show what may be possible - something that we can only discover after the event.

To watch this demonstration

[Click here](#)



A transcript.

Rob: So firstly, thanks for being willing to be a part of this.

Client: That's okay.

Rob: And as I mentioned, this is part of a teaching programme and so you've signed the form, but just for the record here, is it okay if we make a video of this for the teaching process?

Client: It's fine. It's fine, yes.

Rob: And do my very best to make it useful, of course, but I'm not promising that I will be able to do anything. I think I only promise it won't be worse. I think that's something I could fully guarantee. But all we can do is do what we can. And we're expecting that this is at least something for you, but we can't be sure yet just how useful it will be.

And it's apparent to me already our potential use for this is going to be because you've got a way of really paying attention, really focusing. You know how to focus and get absorbed in this. That's very apparent already to me.

So can you tell us a little since I haven't met you before? Tell us a little bit about yourself, what sorts of things you like to do, what sorts of things are pleasing to you or fun for you, that are [inaudible 01:24].

Client: I love gardening.

Rob: Gardening? Good.

Client: I love drawing.

Rob: Drawing.

Client: I love bright colours.

Rob: Okay. And what sort of gardening?

Client: All sorts, but mainly vegetables and flowers. I love roses and bright flowers.

Rob: Roses, okay. Any particular roses that you...?

Client: Ones that smell nice and probably pale pink or deep red.

Rob: I came across a marvellous rose last year in Tasmania called Abraham Darby.

Client: Yeah, it's a yellow one, isn't it?

Rob: No.

Client: Yeah, it's a David Austin rose.

Rob: Yeah. And I took a photo of it and went hunting and we just planted two of them early this year. One of them has got leaves on it and it looks pretty good. The other one's just sitting there. I don't know how they do, but how long should I wait for it to just sit there before it starts to do something, do you think? Or do you think we don't know.

Client: Has it got any signs of growth on it or is it green?

Rob: No, it's just got a couple of sticks and they're kind of green and there are things that look a little bit like buds, but they're just not doing anything.

Client: But what's the other one doing?

Rob: It's got leaves.

Client: Okay. No sign of growth, no? [Inaudible 02:42].

Rob: Not, no. Yeah.

Client: I'd leave it for a little while.

Rob: Yeah. That's the advice I'd been given. I'm impatient. I'm inclined to want to dig it up and see whether it's growing.

Client: No, just leave it and see what happens. Just I think it's slower than the other one.

Rob: Yeah. Another month maybe?

Client: Wait until the other one's probably fully in flower, maybe until next season.

Rob: Oh, really?

Client: Maybe, yeah.

Rob: Okay.

Client: It's not hurting anyone just sitting there.

Rob: Okay, that's true. Alright. And you said you liked drawing?

Client: Yes.

Rob: What do you draw?

Client: Would it surprise you if I said flowers?

Rob: Okay. And do you draw them in pencil and then colour them in?

Client: I used coloured pencil.

Rob: I see.

Client: Quite detailed. I've done a course in botanical art, but I like acrylics too.

Rob: Acrylic what?

Client: Acrylic paint, yeah. So it's not so detailed.

Rob: Alright. And when you're doing that, do you do an outline and fill it in or do you just [inaudible 03:46].

Client: I usually take photos and work from photos and just enlarge it to the situation.

Rob: Okay, yeah. And you just put the acrylic straight on. You don't sort of draw and fill in or do you [inaudible 04:00].

Client: Yes, that's right. I do a rough outline and then what am I going to do.

Rob: In pencil or with what do you do the outlining?

Client: Maybe pastel.

Rob: Okay. So in kind of the colour that it's going to be?

Client: No, just a light colour so it doesn't show through when I put the paint on.

Rob: I see. Okay. And roses mostly or different flowers?

Client: No, I have done a few. I've done a few landscapes and a few portraits as well, but the portraits have been in pencil so they're quite detailed.

Rob: Amazing. My wife does some sketches. She's very good and mostly pencil. She sort of sits there and [inaudible 04:43].

Client: So from life, yeah.

Rob: So from life, just by pencil.

Client: That's good.

Rob: She says she's no good, but she does a brilliant [inaudible 04:48]. It's amazing to watch. And she, like you, she is very - there's an ability to really get into the process, into the experience of drawing. When she's doing that, I think the house could fall around her because she gets so absorbed in it and I think you know how to do that.

Client: Yeah.

Rob: Yeah. And you said that - Neil [her husband] said that you had some problem with your wrists and discomfort or something. What's happening there?

Client: My fingers are just tingly all the time, non-stop since from about January.

Rob: Just this year?

Client: Just this year, but I think I have noticed the pain before when I've done a lot of heavy gardening.

Rob: Oh, yes. The pain, you said where do you get that?

Client: Well I used to get the pain quite badly in my arms if I lay on my side in bed. So I could only lie on my back. That seems to have gone a bit. It's just - I notice it more when I get really tense in my shoulders and it goes down my arms. But my fingers are always tingly and sort of a bit numb on the ends. So I can't feel detail properly.

Rob: So the pain was there. And that's not there or not troubling you or you're not sure?

Client: Yeah and I have this constant, constant ache on my shoulders and down there. And my fingers are...

Rob: And this is worse when you get tense and better when what? When you...?

Client: If I'm relaxed. But I don't think I'm not relaxed very often.

Rob: Okay. Well that might be something that could have at least some influence. Not necessarily cured, but maybe, but it might be useful if you would be able to more relaxed so that there would be less tension in your shoulders. That might be something that would be useful.

But there's something happening in your fingers. This is just since January this sort of numbness, you said.

Client: I think I've had it a little bit before. It's just tingly and sort of that tingly numbness sort of, when you get pins and needles in your fingers. And I can't, if I want to pick up a piece of paper to turn pages in the book, I found it very difficult to separate the pages. I can't find the detail, you know, the fine sense of touch.

Rob: Yeah, I see. Yes, I understand.

Client: Or feel bumps on a surface, yeah.

Rob: Yeah, so some of those fine distinctions are sort of not...

Client: And that's just non-stop, yeah; constant, yeah.

Rob: Okay. And does that vary. Is that worse some-times, not so bad other times?

Client: It's the same all the time.

Rob: Same all the time. It doesn't change if you're doing a lot of hard work or gardening or it's not bear-able in the warm - when the weather's warm again.

Client: No, that's there all the time, not being able to feel the detail.

Rob: All the time. It's constant. Yeah. Now what would your hopes be for - if we could do something here?

Client: I'd like to get that tingling to go away.

Rob: And what would you like to be there instead of the tingling?

Client: Just how it used to be years ago.

Rob: Okay. That's what you'd like.

Client: Yeah, just to have that feeling go away.

Rob: Yeah, and have them be how they used to be.

Client: Yeah, but probably years and years ago. It's probably just been creeping up on me I think.

Rob: Okay. Well, you know, problems can creep up on you and solutions can creep up on you and things can happen quickly or slowly. And also something can creep up on you and arrive very slowly, but it can leave very quickly.

You know, my rose might take a year to flower, but once it flowers, you know, it can lose all its leaves in winter pretty quickly. So no matter how long it takes in coming, it can go quickly as well. So a connection there between how quickly something comes, how slowly it comes and how quickly it can go. It seems that there's no relationship between those two.

Alright. And if you couldn't get the normal sensa-tions back by the time you leave here today - I'm not saying that's not possible, by the way. I don't know. I actually don't know. I'm not very good for telling the future. But, if you had something less than immediate return of normal sensations that you used to have years ago, what would you settle for? What would be accept-able there?

Client: Well my fingers, just - I'm not sure. Just so I could - just so that it's less so I could...

Rob: Okay.

Client: So I could feel things better, just so the tingling would go away even if it's every now and again, just so I could feel things properly.

Rob: Very good. Okay. Neil mentioned - or maybe you'd said to him about carpal tunnel. Is that something that you've had some advice about or is that something that you think it might be?

Client: I think Neil's mentioned it could be that because he [inaudible 10:27]. And my sister has had it and she's had operations on both hands and she's told me her symptoms.

Rob: Oh, yeah, okay. So are you wondering about the possibility of surgery?

Client: Yeah, but I - no, I don't want to have surgery.

Rob: That's it, no.

Client: No, I won't. I'd like just the body to heal itself without...

Rob: Yeah. Did your sister help with the surgery or make any difference or...?

Client: It did for a bit, but she's a dentist so she needs to do that fine movement. So she needed to have her hand operated to be better. She said one hand's worse in the thumb there and the bone is rubbing in the bone. So she might have to have another operation for that.

Rob: Okay. And that - does the tingling and the lack of sensations and the numbness, does that interfere with your drawing?

Client: No.

Rob: It doesn't sound like it, no. It doesn't interfere with your gardening.

Client: I can't do as much as I want to, no.

Rob: Well, welcome to the club, you know.

Client: I know.

Rob: Ashleigh Brilliant said "All I ever want from life is a bit more than I'll ever get".

Client: The whole time.

Rob: Yeah. There's not much [inaudible 11:44]. And I'm curious too that, although when you get tense,

this is worse. When you relax, that's not so bad, but the teaching doesn't do anything to the tingling. That's...

Client: I think in my arm's pain, if I lie on my side like in bed, that will go all numb.

Rob: Yeah, but that doesn't seem to influence...

Client: And then my fingers will go numb as well. My hands will go numb.

Rob: Okay.

Client: But that hasn't happened as much lately since Neil did a lot of massage on my - and I've read a book about carpal tunnel exercises. So I've been doing some stretching exercises.

Rob: Oh, I'm glad you're seeing me today because it looks like you're already on the way.

Client: I want to get better, yeah.

Rob: And if you do something today or nothing, it might seem like your cure's got something to do with me. It might be good for my reputation. Who wouldn't like to work with people who are already on the mend and it's sort of like I'm doing something.

But I think you know very well that whatever anyone does, the healing will happen with you, not with - so all we can do here and all that's necessary here is to somehow facilitate or amplify or somehow encourage a process that sounds like it's already happening. If we can have that happen a little more rapidly or a little bit more easily or a bit more something than that might be a useful process. And so [inaudible 13:17].

Okay, so have you had anything to do with hypnosis before or is that something - have you done any meditation or...?

Client: I've done yoga for a lot of years and we just did the relaxation at the end and I really enjoyed that.

Rob: Yeah and you're good at it. I don't know whether you noticed that, even as you said, you did the relaxation, there was a kind of a - yeah.

Client: Well it's my favourite part, yeah.

Rob: Even you can say [inaudible 13:40]. Yeah. But it was just saying that somehow you - that started. And there's a smile saying that you're kind of recognising that feeling. Are you still doing that yoga?

Client: No, my teacher retired and so I stopped going. And she was very good and...

Rob: So you're not going to the classes, but you loved the feeling and, if you can understand what I mean, your body, your shoulders have learnt that. And if you were to just allow your shoulders to remember that that's that feeling, it's actually very easy for you. And I don't know when you were doing it.

Client: In my face.

Rob: Yeah, when you were doing the class whether you used to close your eyes.

Client: Yes.

Rob: So if that would help you, please feel free to just let your eyes do what they need to do. If they want to close, that's good. They don't have to, of course. That really doesn't matter, but if you can just allow the memory of the relaxation from those classes, a memory that we could say the memory is in your shoulders, just as a way of speaking.

So you don't need to actively try to remember anything, but simply allow your shoulders, your neck, your arms, to have an opportunity to show you that that memory is there and that it's good. And then just letting that somehow continue.

And if there's some way that you can focus on that absorption, that relaxation in a natural, effortless way and that relaxation can just increase of its own, natural accord, that's good. And then, as you allow that to continue, you can notice that I'm talking, but actually what I'm saying is very unimportant, just like your yoga teacher had some ideas and helped you to learn, but it was what you learnt that was important.

So you don't need to listen to me or my words. You can know that I'm talking and just allow my voice to be in the background and already I can see some indication that you are letting yourself become more absorbed in the subtle changes, your breathing, just that little bit slower, deeper.

The muscles of your face are smoothing out. That's it. And apart from that hand and a lot of immobility in your body and I don't know when you'd be ready to let your eyes close all the way down, but you might find that, that relaxation, that's it.

I don't know whether it will start in your shoulders and spread down your arms or whether you might notice something happening in your feet as well and whether it will be relaxation or a feeling of increasing comfort or a sense of wellbeing or a feeling of letting go

of something, a kind of healing, just letting your body. That's it.

And as you're allowing this experience to continue going, I can't emphasise enough that is really nothing you need to do. There is no effort required. Take all the time you need just allowing the [inaudible 18:34]. And that feeling of relaxation can start somewhere, anywhere, and it can spread, take its own time, find its own way.

And I don't know in your yoga class whether you used to let the relaxation start from the tips of your toes and spread upwards or on top of your head and spread downwards or a feeling that could start right in the solar plexus and radiate outwards. But in whatever way that can happen, it can. Just let that feeling, that experience of relaxation spread as you allow yourself to become more absorbed in remembering that feeling and re-experiencing it. That's right.

And you can let your eyes close and feel the relief when you let them close, rest them for a time, let that feeling of relaxation spread to your eyes. And just as you can take your time with that and getting the feeling of that, it can be something happening in your hands, something happening in your emotions, something hap-

pening in your shoulders and you don't need to speak about anything you don't want to speak about.

But while it's happening, can you really feel that tension? And as you're feeling that and when you do that and you release that, what happens then? What happens to your shoulders? Is it alright to have this feeling?

Client: Yeah, I just want to get it out.

Rob: You do?

Client: Instead I'm holding it in.

Rob: Yeah, that's right. And I don't know if this is the place for you to let it out. I don't know. You're very welcome to, as far as I'm concerned, but you're in a strange situation. I don't know if that's alright for you. But I can know from my experience that, when you have - a person has been holding something in...

Client: Forever.

Rob: Forever, there are different ways of letting it out and you don't have to let all of it out all at once. You can let it out little by little. You can let it out in ways that you're aware of and you can let it out in ways that don't even know that you are.

A person can have a dream in which they, as they're sleeping, they're still, they're silent, comfortable, warm and they can have a dream that they're walking in the snow and they're freezing and yet they're warm. They can have a dream that they're screaming and yelling and smashing, but they're silent and still.

And the beautiful thing about dreaming like that is that you don't even need to remember what it was that you dreamt about. And in the experience that you're having now, I don't know whether you know that as you're experiencing this, you are already starting to let go of something. Do you have an awareness of that that just somehow saying that, somehow when you smashed your hands together, you were starting to express that?

Now I don't know, as you're doing that, whether there's some change that you can notice in your shoulders yet, whether letting go of that starting, not necessarily all at once, means that you don't need to hold that in your shoulders and your arms. Just as you don't need to let it all go all at once, you don't need to hang onto it either because you can hang onto some things and let go of others.

You can hang onto something and let it go. You can express it and not have to express it. Does that make sense to you what I'm saying?

Now are you doing everything right now, Karen, that you need to do to allow that letting go, which has already begun as you can just allow that to continue in its own way? And just as you could remember that relaxation from the yoga and allow yourself to feel the way that, by relaxing that degree that allowed you start to let go of that strong emotion, by remembering the relaxation. Do you know what I mean?

And on the same way that you are able to remember that relaxation, at the same time and in the same way, without really needing to do anything, just as your shoulders could begin to remember the relaxation and let you express that feeling, the tips of your fingers can begin to remember the feeling of the sensations that they used to do.

And it may be that in some way, like in your mind's eye, you could begin to have an image of your hands. Just as you might draw a flower, you could perhaps begin in some way to have an image of your fingers that you could draw an outline in the pale crayon, pale pastel and maybe see a very pale outline.

And perhaps imagine that, as you draw that pale outline, that your fingers, that your hands could be rather numb and just an outline. And then somehow, and I don't know how you can translate this into your experience, you could begin to fill in the outline. Fill it in with colour pencil or with acrylic and just somehow imagine that, as you fill the outlines in and after a while you perhaps don't notice the outline because it was pale pastel.

And as you fill that in with acrylic, some of those sensations begin to have colour. Instead of being empty shapes, they start to have colour and texture, different shades and different - I don't know what I'm talking about. But just as you can paint, say, a rose and you use the colours in such a way that it looks like a rose, not just like an outline, you could paint your fingers so that they could, as you do that, begin to remember the texture as you see them how they feel.

And as I'm talking about painting, like painting a rose or painting your fingers, what images do you have in your mind, Karen? What are you seeing at the moment?

Client: Nothing, really.

Rob: No. So I can say words and they come from me and I've got no way of knowing how you can make any sense of that, if it makes any sense at all. But what's happening for you at the moment? How are you feeling right now?

Client: A bit more relaxed.

Rob: A bit more relaxed, yes. And I wonder if, as you allow that process, whatever that is, however that's happening, that's allowed you to be a bit more relaxed to just continue. And little by little, perhaps in tiny, tiny amounts, with each breath, letting go of something because each time you breathe out, there is a letting go.

Breathing in takes effort. You have to lift your chest, you lift your shoulders. There's effort involved in breathing in, but breathing out is letting go. It's effortless and even some subtle relief and release and breathing out is something that you can do any time, day or night whether you're awake, whether you're asleep, whether you're aware of breathing out or whether you're unaware of breathing out.

And it's not at all important to know just what it is exactly that you're letting go of. The composition of the air, how much oxygen, how much nitrogen, how much carbon dioxide in the air that you breathe out, is

totally unimportant, but you can have the experience, the relief. You can have the benefit. You can have the healing of letting - that's it - letting that breath, just letting it go.

And are you aware yet that you are just a little more relaxed than you were where you were a little more relaxed than before.

Client: A little bit.

Rob: A little bit. You don't have to relax everything all at once. But can you notice that you can have that relief of knowing that you can be a little more relaxed? That's it. And if you can be a little more relaxed then you can be even a little more relaxed.

And with each breath, you can let go of such a tiny, tiny amount, just like watching a rose grow or any of the vegetables grow. You can't see them growing as you watch them, but if you look the next day, the next week, the next month then you see that growing rose changing, that process has been there. And you only notice that it has been there afterwards.

And so my invitation for you is to simply allow the experience that had begun before you came here today, the experience that somehow you are able to facilitate

quite intensely letting go of something that you've been hanging onto seemingly forever and just letting that process, letting it go. And that can, in a way that I don't think will surprise you, add to your comfort around - and relaxation around your shoulders and upper arms.

And I can talk about drawing fingers, but they are words that come from me. You've got your ways of healing that you have experienced many, many times more than you can say and you don't need to speak about it or even understand it to know that it can happen and has happened and look forward to its continuing.

And in my opinion, your hands, your fingers, have got way better outcome of getting their normal sensations back, a way better likelihood than my rose that's just sitting there. And yet, I think it might, I think it's possible, but it is my opinion. It's only my opinion, but I'm allowed to have my opinion.

Now I have a medical background that has some relevance to my opinion that your hands can find their own way of healing and that those sensations can, normal sensations, can creep up on you. And they may creep up on you so slowly that sometimes you'll think that nothing is happening, but it is.

And so I'm wondering, would it be agreeable to you if you were to really look out for the first signs of increasing sensitivities in your fingers. Would you be willing to look out for that?

Client: Yes.

Rob: And to know that even when you notice those sensations for the first time, they will have been increasing for some time before you notice them. Just like a rose when the bud bursts, it has been growing in that bud before you see the bursting. Do you know what I mean?

Client: Uh-huh.

Rob: So I think it might be very nice if you were to be in some way as attentive as you can to the very first hint. And it might surprise you. It might be in your little finger in your right hand or your thumb of your left hand or it might be some interesting sensation in the palm of one of your hands or some subtle alteration in the way that the tingling is there, that it's a little different, that it feels warmer or cooler or some way different.

Client: It feels warmer.

Rob: It feels warmer already?

Client: Uh-huh. On the tops of my hands.

Rob: On the tops?

Client: Even though they feel cold, they feel warmer.

Rob: Even though they feel cold...

Client: They feel - the skin feels cold.

Rob: They feel cold, but they feel warmer.

Client: But there's this warm sensation.

Rob: Yeah. Where did that come from?

Client: I don't know.

Rob: No. And in a way, you don't care where it came from, but it's beautiful to know that that has come. And if you can notice the warm sensations without trying to explain it or understand it or any of that, to just appreciate it and wonder what will happen next.

Client: They'll get better.

Rob: They'll get better. And when will you start to notice it on the pads, the tips of your fingers?

Client: Very soon.

Rob: Okay.

Client: Before I walk out the door.

Rob: Well, I don't know. No one's going to be walking on water here.

Client: I'm only joking.

Rob: Yeah. So I think it's important that, although you're naturally impatient to have things good, it's just natural. Like I'm impatient for that rose to grow, but I think if I were to dig it up to see whether it's...

Client: I'd get another rose.

Rob: I've got another one. I've got two. I think I should get a third one.

Client: No, just pull the other out and put it somewhere else.

Rob: Oh, dear. Alright. Well I'm not going to take that rose just yet.

Client: Not really, no, no.

Rob: I'm thinking about it, but I'm resisting.

Client: No, I'd leave it there.

Rob: My impatience wants it to happen, but I'm going to be patient and just see what happens.

Client: I'm a very patient person.

Rob: You are?

Client: Yeah, very.

Rob: Maybe to a fault. Maybe you've been too patient with yourself, but there's something about that patience, it's good to be patient about some things, but to be too patient, that may be something else to let go of, but not too quickly because everyone will get scared. Do you know what I mean?

Yes, so just let that - let that happen and let whatever's there, let it out only at a rate that you think that the rest of the universe can cope with. We don't want you spontaneously combusting or going on some kind of rampage, you know.

Client: No, that's not good.

Rob: Good. But it's just lovely to see that you are now ready to let something go that you've been hanging onto for at least long enough. You've started to let that go. How are your shoulders feeling?

Client: They're a bit relaxed.

Rob: A bit more relaxed. And it wouldn't be a problem if they were to be even a bit more relaxed now. But

there's something that started there and I think it would be so lovely if you could allow that process to be an organic process that just spread in the way that plants grow rather than some kind of mechanical thing that had to be kind of fixed. Do you know what I mean?

There's something nice about letting something grow, something emerge in a natural way rather than a false way.

Now what do you notice, Karen, is different for you now than when you came into this room? You've already said your shoulders are a little bit relaxed, there's that warmth. I'm wondering what's different for you.

Client: I'm not shaking inside as much.

Rob: Okay.

Client: I'm constantly like this inside.

Rob: Okay, so you've got some of that.

Client: Up until a few minutes ago.

Rob: How did you let that out?

Client: I don't know. It just, it just happened.

Rob: It just happened. And that's what happens with healing, isn't it? There was an English surgeon, Sir. William Osler 200 years ago who said, I suture the wound. God heals them. He was speaking metaphorically like, as a doctor, he couldn't cure anything.

He can do something, but the person heals and I can say so or you can wish something, but your body is going to heal in its own way in its own time. And there's a certain kind of relief in that once you see that. You don't need to push the river, as the Buddhists say. Just let it flow.

Now there's a lot more that we could talk about, a lot more that we could explore. I'm wondering how you're doing with this. Is there something else that might be helpful for me to say or for you to do? Is this the place we might leave it today? Is there more? I really don't know. So I'm asking you.

Client: I don't know.

Rob: You don't know. If you were to just somehow ask your body whether that's enough or whether it wants more or what that might be, what would your body say? What would your shoulders say? What would your hands say if you were to listen to them?

Client: Just a tiny bit more.

Rob: Okay.

Client: I've got a headache across here now, but I think that's just...

Rob: Okay.

Client: The releasing is something I think.

Rob: Okay there's something there that is releasing.

Client: [inaudible 44:56].

Rob: Yeah. Is that part of the releasing or is that a sign that you're about to release something else?

Client: Just there's a tension there, just - I'm still holding on and my body's let go, but my head's still fighting it.

Rob: Some things you have to hang onto, you know. You're in company, you know. There are some bodily functions that are best hung onto, you know. But if you were to just notice forehead and not try and relax it, don't hang onto it, just notice your forehead. Don't push it away, don't get rid of it. Just notice it. Then just sit with it.

Just let it be there for the moment. And as you're breathing, I wonder how you will notice what will be the first indication to you that your forehead is beginning to let go. Will it start from the edges, the middle, top, the bottom? Where will it start? And what's happened to it? There's a slight smile there. What's that?

Client: It's still there.

Rob: Yeah. And how come you're smiling?

Client: I don't know because I'm listening to hear your words.

Rob: Yeah.

Client: It's just, yeah.

Rob: And what's happening in the back of your head?

Client: Oh, it's just tension all around. It's at the back of my head and across here.

Rob: Okay.

Client: I just need to stretch it a little.

Rob: Okay. And now you're stretching it.

Client: Yeah.

Rob: Okay. Was that something that you did in that yoga?

Client: No.

Rob: No? Something you [inaudible 47:06].

Client: I suppose we did. We did a lot of stretching there.

Rob: Okay. That's it. And now?

Client: My forehead's better. Just the back of my head and the base of my skull.

Rob: Your forehead and its moving around, isn't it?

Client: Yeah.

Rob: It's nice to know that you don't have to be stuck with something. And if you can move it from your forehead to the back of your head, I wonder whether you can move it out of the back of your head and into the chair. That's the sort of thing [inaudible 47:40]. The chair won't mind.

And if you just notice the back of your head and see if there's some stretching that would be useful there, some movement. And you'll know after you've made the movement that you need that will be helpful

you didn't know beforehand. You find out what might be helpful and then know how that worked or that didn't or this - you'll always find that afterwards.

And now?

Client: It's a bit better.

Rob: A bit better?

Client: It will gradually go.

Rob: It will gradually go, yes. And there's something about it gradually going that can be comforting.

I was working with a woman years ago who was overweight and she said, I wish I could just go to sleep tonight and wake up in the morning with all that weight gone. And I said to her I think that would be terrifying because if you woke up tomorrow and all the weight's gone, what might you wake up to the next morning then? Well, God, it might all come back again.

So by letting something go gradually, there's more security about that, more solidness about that. There's some learning about that and just letting that, letting it go in whatever way. Now I don't need to know, you don't need to know. It might seem to have something

to do with stretching, but maybe something else as well, just an experience of letting go in some way.

And just sitting with that and letting the back of your head, to let go of what it needs to let go and letting that happen in it's own time not as I think it should and not as you wished it should or you hoped, but letting it take its own time, finding its own way. And you are patient so you can allow that.

And I can't know how you're feeling, but you look very peaceful at the moment, Karen, almost as if you have let go of something. And, as I look at your face, I'm struck with the way that somehow your face looks younger, fresher in some way as if you have let go of some pressure or some worry. I don't know if that's the case, but that's what I see. There's more colour in your face.

It looks like the tightness in your forehead's gone and the muscles of your face are in more of a natural configuration. I don't know how you feel. What's happening for you at the moment?

Client: I feel a lot more relaxed.

Rob: Yes. And could you put another word to that?

Client: Calm.

Rob: Calm. Yeah. And my word, my word is peaceful. Does that have any connection with you? It's only my word. It looked like there's less conflict there [inaudible 52:04].

Client: Yeah, a lot less, yeah.

Rob: A lot less. You might have a little bit if you're a human being.

Client: Yeah and I can still feel a bit.

Rob: Well you're a human being.

Client: I know.

Rob: You don't have to be totally translucent. It's like [inaudible 52:19]. We're human. And as long as we're human, we're going to have things. That's part of the deal. What's happening at the back of your head now?

Client: It's still going on. It's just a tiny bit here, but that's all better.

Rob: That's all better?

Client: Yeah.

Rob: And your shoulders?

Client: They maybe feel...

Rob: They look looser.

Client: They are.

Rob: Yeah. And you look like your kind of body is looser, yeah?

Client: Yeah.

Rob: And with that looseness, I take that as an indication that you've somehow let go of something too.

Client: I think so.

Rob: So with that looseness there can be a more natural, easy kind of movement, a more natural flow of whatever healing is. And just as those feelings and those sensations of discomfort can spread from your forehead to the back of your head and just as those experiences of calmness can spread from your shoulders all through your body, some of them can trickle down to the tips of your fingers, not only the backs of your hand, but the very tips of your fingers. And that can take its time.

And would it be OK if you could just let it take its time?

Client: Yeah, that's fine.

Rob: And can you enjoy looking forward to that?

Client: Yes.

Rob: Yeah. Without too much impatience?

Client: Yeah. I usually forget about them anyway when I'm doing things.

Rob: Yeah and it might be nice to not only forget about them as you're doing things, but just from time to time, just get a little glimpse of, oh, what's that sensation? What's that? Just a little glimpse. Don't make too big a deal of it.

Okay, you take that breath. That's right. It's nice to remember those good feelings, isn't it? Your shoulders have been very patient with you, waiting for an opportunity to remind you that learning is there. It's a part of you. Everything you learnt in yoga is still a part of you.

I don't know as a child, if you learnt to ride a bicycle.

Client: Yeah, when I was older.

Rob: And do you ride a bicycle now?

Client: No.

Rob: No. But if you were to get on a bicycle, you might be a bit wobbly, but it wouldn't take long to go, oh, here we go.

Client: Yes.

Rob: Once you've learnt it, you've got that learning. It's permanent. So how would it be if you were to just take your own time to let everything that's happened for you somehow really settle in your experience?

And I hope that you will totally ignore anything that I have said that was unhelpful or irrelevant because I can't know how best to speak to with you and how best to be with you, but I can know that you know what is useful that you can encourage, that you can allow and what is unimportant that you can just let go of, just let it drift off past.

So when you have the experience, the sense that you've got what you wanted from this experience, not necessarily as much as you hoped or maybe more, who knows, but without being logical about this, without being sensible about this, without being proper about this, if you could just allow yourself to sense when this experience is sufficient for you. And without any ten-

sion, without any worry, without any effort, you can just let your eyes open and notice how you feel.

How do you feel, Karen?

Client: A bit more relaxed.

Rob: Well that's nice.

Client: Thank you.

Rob: Yeah, it's a pleasure. Thank you for trusting me with something - how can I say that's, I would say, so important and so intense for you. I'm a stranger to you and for you to trust me and us with those is a gift. So it's very generous of you. And I think that you've got a very good chance of getting some good sensations there. That's my professional opinion. And I'm not foretelling the future because I can't, but I'm allowed to have my opinion.

So how would it be if we left it at that?

Client: Yeah, that's fine. I feel good at leaving it there, yeah. It's good. Thank you. Thank you for your time.

Rob: No, it's a pleasure. And thank you for your trusting, not only in me and us, but actually in yourself, which is the important thing. I think you know that.

Client: Yes.

Rob: Good. Okay.

Client: Alright.

Rob: Well, what are you up to now? Are you...?

Client: Oh, just the library.

With thanks

Thanks to both people who generously gave permission to share their hypnotic experience with us.

Thanks also to Karin Motyer for her drawing that appears on the cover.

RM

Resources

Websites

www.cet.net.au

Email

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Other enhanced ebooks by Robert McNeilly

Utilisation in hypnosis - building on an Ericksonian approach

Listening for Solutions in Hypnosis - utilisation after Erickson

The Poetry of Therapy - Creating effectiveness after Erickson

Utilising Hypnosis with Children - a girl returns from a dog phobia

Coaching for Solutions