

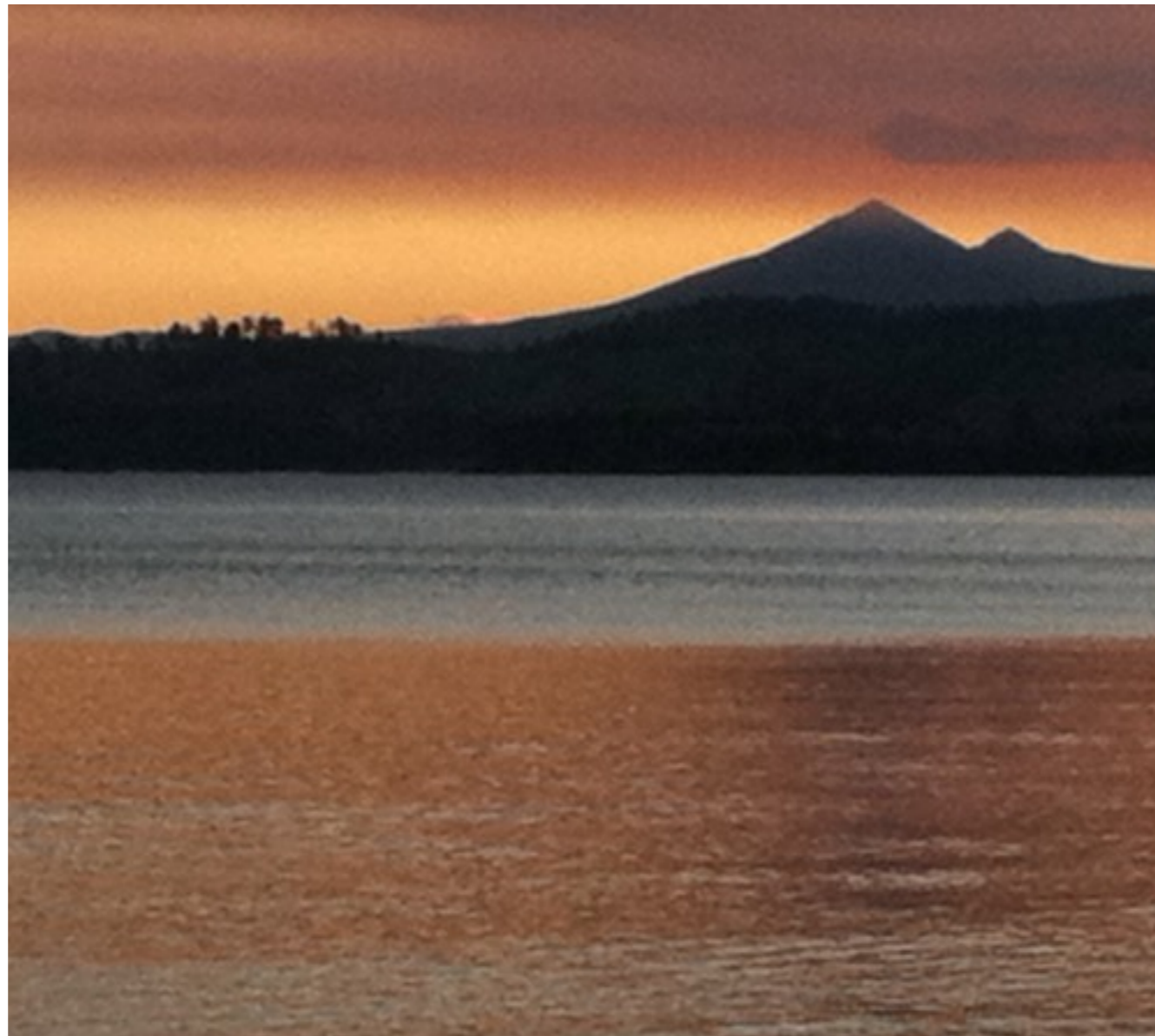
AN ENHANCED EBOOK

Connecting Hypnosis 2

After Erickson

Demonstrations of the Fundamentals

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.

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

Invitations



A transcript:

Rob: It looks like it's very easy for you to go into hypnosis.

Client: Yeah. I think so, yeah.

Rob: I don't know whether you can notice already there are some changes that are starting.

Client: Hmm. Yeah. I can feel my body slowing down. I'm nice and relaxed as well.

Rob: Yeah, yeah. And would it be OK if you just allowed that to continue?

Client: Hmm, yeah. Yes, yes.

Rob: And not feeling any pressure; just let that take its own time. And there may be some part of that experience, I don't know whether it's the relaxation that you can begin to focus on and allow yourself to become absorbed in or whether there might be some part of that music that you've been rehearsing that you could start to listen to it or begin to have the feeling your playing and just allowing yourself to get into that.

Or it may be that, as you find yourself focusing, more absorbed in the music, that your body might become increasingly relaxed. It can happen any way that you can allow yourself. And there is a very obvious change in the relative stillness in your body.

There's some little movement of your thumbs and it's fine to let them move until they're ready to be comfortably still. Or maybe they want to keep moving. I really don't know and it really doesn't matter. And you're breathing and even before you let your eyes close, that's right, and just allowing that to continue.

And I wonder if it would be pleasurable for you, whether it would be enjoyable for you to be playing that - I'm having a blank. Did you say a banjo?

Client: A banjo, yeah.

Rob: Yeah. Playing that banjo. And maybe walking around and...

[End of recorded material]

Utilising likes



A transcript:

Rob: Kelly, thanks for being willing to play.

Client: No worries.

Rob: Is it okay if we record this for future teaching?

Client: Yeah, okay.

Rob: Yeah, thank you. And can you tell us what sorts of things you've been doing lately that you found enjoyable, that you, when you're doing anything, this is me. If I could do more of this, this will be great.

Client: Yeah. Maybe the same as yesterday, I really enjoyed going to the beach with my family and going like with my husband and my daughter and going for a swim, especially on a warm day. Like it seems long ago now, but it was only a couple of weeks ago that I went for the swim down at South Arm, just getting into the water and sort of diving under and just feeling like, you know, just whoosh and its...

Rob: Like its happening now?

Client: Yeah, it's just a nice feeling of that.

Rob: There is something about that feeling. And would it be okay if you were to just somehow let yourself be in that feeling?

Client: Yeah.

Rob: And, without needing to do anything about it, the memory of that place, the experience of that swimming. And then, as you continue, as you allow that to continue, there may be some part of that that you find yourself focusing on. It may be the warmth of the sun, or the feeling of the water or I don't know what, but whatever it is.

And then as you continue doing that, that's right, allowing yourself to become somehow more absorbed in that, that's good, and just letting that continue. That's nice. And as that's happening, I can notice that you haven't needed to move your legs or your hands. You could move them, of course, but at this moment too you can just let them rest like that. That's it.

And even the way you're nodding your head has a different quality to it and your breathing, that's it. And your eyelids are showing that tendency; that's right. And if you can just let yourself go along with that, taking your own time, that's it. Good.

And now you've let your eyes close, I wonder if there might be some part of that experience of being at the beach with your family, South Arm, maybe some part of that that you find yourself really noticing...

What's missing?



A transcript:

Rob: So Jacqui, thanks for being willing to be in this and, as I mentioned, wanting to just show something. And I'll do what I can to make it useful, but primarily I wanted to show the process that might unfold.

Client: Okay.

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

Client: Yes.

Rob: Thank you for that too. So what have you been up to? What have you been doing that's been...?

Client: Oh, as in...

Rob: Good, like fun or that you've liked or that you...

Client: Oh, I went - last Sunday, I went down to Anglesea and spent a very, very happy day with my boogie board, riding the waves.

Rob: Okay.

Client: And the waves were perfect. They weren't too big, weren't too small and we just had a ball. We didn't want to go home.

Rob: And when someone talks about riding waves on a boogie board, this is like a perfect - that's going to fit anything because any problem that we have, we're not riding the waves, we're you know, so riding the waves with a boogie board, you know, you've got some support. You don't have to do it yourself. It's already, we've got - it's all there already; riding the waves and enjoying it on the boogie board. And the waves were just the right height? They weren't too high?

Client: Yeah, just right for me, yeah.

Rob: Just right for you. Beautiful. And can you say something about what you like about that and what's the, what's the thing about the boogie boards and the waves? What's the - what gets you?

Client: The lovely thing about the boogie board is it's light, it's easy to carry, so...

Rob: Okay.

Client: It's a bit harder with a surfboard.

Rob: Oh, yeah.

Client: Because you have to strap it to your roof and with the boogie board, you just throw it in the backseat and you're off. And it's the standing there and waiting and trying to pick where the wave's at.

Rob: Oh, yes.

Client: And which one to catch and the right time to catch it and when to get on your board and then, when you get all that right and you just get carried into shore, it's just fantastic. It's like going down a slippery slide or something.

Rob: Okay. So there's something about, when you get it right, you go down the slippery slide, you just get taken in.

Client: Yeah.

Rob: There's something that you like about that that's...

Client: Yeah. And also sometimes you get the wave wrong and you get dumped.

Rob: Yes.

Client: And churned in the wave and you have a laugh at that.

Rob: Okay.

Client: It's all part of the fun. Sometimes you get it wrong.

Rob: Yeah, getting dumped and nearly drowned. That's all part of the fun.

Client: Yeah, that's true. It is because you get up and you think, oh, well.

Rob: Oh, well, yeah.

Client: I'll wait for the next one.

Rob: Yeah, yeah.

Client: You just dust yourself off and, and try again.

Rob: Okay. Very nice. And again, can you hear, you get dumped, you dust yourself down, try again. You can't have a problem in life if you get dumped, problems dump us, and we dust ourselves down and - beautiful. So already I'm thinking we're in a great place here to find all the resources we need for any problem.

Client: Hmm. The other thing I like about it is that, in a beach like Anglesea, you have people of all age groups. You've got people in their 60s and 70s riding

on surfboards. You've got people in their - people that are eight or nine riding their boogie boards, you've got people that are 70 riding their boogie boards. This is everyone - it seems to be something that everyone can just participate in and enjoy.

Rob: And there's something about that that you like.

Client: Hmm. Hmm.

Rob: Is it the variety or the freedom or what is it about that that's...?

Client: Just seeing people of all age groups having a nice time.

Rob: Okay.

Client: And age and that kind of thing not being a barrier. It doesn't matter how old or young you are, and people are having a go.

Rob: Okay. And you like that?

Client: Hmm.

Rob: Yeah, okay. Now something that's been an issue for you that you might want to do something

about or have the possibility of that because I'm not guaranteeing anything here.

Client: No, that's all right. Look, I thought, I thought something that might be good to work with is I've had a nagging shoulder complaint for six months.

Rob: Okay.

Client: And I've thought I was being clever by having it treated in multiple ways, like just throw different things at it.

Rob: Yeah.

Client: But what's happened is I have different therapists telling me different things and different causes and I'm just...

Rob: Okay. Yeah.

Client: So it's proving to be quite stubborn and I think I just feel confused with the different things people are telling me. So I don't know how to tackle it.

Rob: Yeah. And in what way is it limiting you? Is it annoying? Will it stop you doing some things? It didn't stop you boogie boarding.

Client: Oh, no. I don't let it stop me doing stuff probably.

Rob: If you had a broken arm, you'd probably be boogie boarding.

Client: Yeah, yeah. It's more if I do a prolonged period of desk work where I'm doing writing, it starts to really stiffen up. And so, what it can result in is if I've done a lot of sitting and writing, it gets stiff and I sometimes get headaches from it. So I can feel it happening.

Rob: Oh, yes. Good. It's very nice of your shoulder to remind you there's more things in life than sitting in...

Client: Yeah, that it's had enough. Yeah.

Rob: If you didn't have that helping you to remind you to get up and do things, you - would you be stuck in the...

Client: Yeah.

Rob: You would. Oh, well. So you'd better keep the problem. Okay, well [**inaudible 05:57**].

Client: It's more, more that sometimes the work I do, there's really tight deadlines and you just have to have a piece of work done by a certain date.

Rob: Okay. Oh, you have to. Okay, alright.

Client: And you really just - so you sometimes can't honour your body in the way that you need to.

Rob: No, no. Okay. So would it be nice then, what's missing for you, how would you - I mean I mightn't normally ask this question and might just be wondering about it, but if you were to think what's missing for you now so that you would be - this wouldn't be a problem.

Client: I think, I think what's missing for me is that I'm getting too hung up on what other people are telling me about what I should or shouldn't be doing or why it's happening.

Rob: Okay.

Client: I'd like to kind of tap into my own understanding of what's happening.

Rob: That's what I was listening to. Good. Good, good, good.

Client: Yeah, and, and go with that.

Rob: Yes, yes, yes.

Client: So it's kind of like, I feel like I'm handing, in some ways, my power over to...

Rob: Yes. The experts.

Client: These experts. And they mean well.

Rob: Yeah, of course.

Client: And I really appreciate the work they're doing with me, but it's not helping me. I feel quite disempowered by it.

Rob: Okay. Very good.

Client: Sorry, Neil.

Rob: So, okay, so if you could somehow take some power back yourself, that would be better; somehow listened to yourself, treated yourself more.

Client: Hmm, hmm, yes.

Rob: Go with your own...

Client: My own sense of things.

Rob: Sense rather than someone else's.

Client: Yeah, and I stress that they mean well and they're trying to help and they work...

Rob: I understand. I understand. Now there's no - you're not bad naming. That's good.

Client: Yeah, yeah. You work, but they work from their particular framework and...

Rob: And if they'd - what they'd done had been helpful, and I'm sure that it was a possibility in other people they may have helped, if they'd helped, you wouldn't have this problem. You'd just say, oh, I went to see this person. They did this and it's all right and now I'm okay, but it's actually not working.

Client: Hmm, yeah.

Rob: That's the problem.

Client: Yeah.

Rob: It's okay to hand the power over to someone else temporarily if it works, but, having done that, it hasn't worked. So that's the dilemma.

Client: Hmm.

Rob: All right. So anything else to say before you go into hypnosis, before you...?

Client: No, no.

Rob: Good. All right. So do you notice already how easy it is for you to - yeah, and you might even already start to notice something.

Client: Not yet.

Rob: Not yet? I can see already there's a very slight alteration in your blinking and you're paying attention and focusing in a way that's a little more focused than before.

Client: Hmm.

Rob: And already there's a little bit of immobility creeping into your body.

Client: Hmm.

Rob: Or rather, disinclination, perhaps, to move and a willingness to just let your body be how it is. And would it be okay to revisit that experience of boogie boarding?

Client: Uh-huh, yeah.

Rob: Going to Anglesea?

Client: Can I close my eyes just or do you want me to wait?

Rob: Well I think it might be nice if you made that decision rather on relying on me to tell you what to do.

Client: Uh-huh. Yeah, okay.

Rob: So if you could pay attention to, yeah, your eyelids and when, go with them when they say they're ready to close. And that might be fun for you to do, to notice they're not quite ready now and you could tell them that you could close your eyes. That's easy. But I wonder if you might be interested to just notice how you're eyelids are and to notice the tendency for them to close and just follow that. Just find the way that, when your eyelids are ready to...

Client: Okay.

Rob: Just take you all the way there.

Client: All right.

Rob: And relieve you of the having to decide that.

Client: Okay.

Rob: And then, as you continue to do that, there may be some part of the experience of boogie boarding that starts to come into focus for you, maybe some particular time or moment or experience that you were

there or maybe that you can just kind of scan around and wonder which particular experience will be there.

And then at some point, some particular time when you were standing or watching or catching a wave or being dumped or whatever, can come into your awareness then you might find yourself somehow, in your own way, being more absorbed in that experience. That's it.

And you haven't closed your eyes yet, but I wonder how clearly you can see that experience in Anglesea. When you look around, what do you see?

Client: I see myself standing there.

Rob: Standing there.

Client: In the, with the board.

Rob: Yes.

Client: In preparation.

Rob: Yeah, in preparation. And you're looking out to sea or are you looking...?

Client: Watching the wave coming.

Rob: Watching the wave coming.

Client: And thinking, oh, hell, it's up high. It's taller than me.

Rob: Okay. Oh, hell. And?

Client: And just thinking, now, come on.

Rob: Come on.

Client: Just, if you catch it at the right point.

Rob: Yeah.

Client: Then it will carry you in.

Rob: It will. Okay. And what's happening?

Client: So I'm waiting. It's coming closer.

Rob: It's coming closer, yeah.

Client: And, and just at the right moment, I pop myself on the board.

Rob: Yeah.

Client: And then it's just like going down the slide.

Rob: Yeah.

Client: It's just fantastic.

Rob: And you can feel that going down the slide.

Client: Yeah.

Rob: Yes, that's right, yeah. That's right. And you can be here, looking at yourself going down that slide and you can be on the slide.

Client: Hmm.

Rob: You can be here and there. It's nice to know that, isn't it?

Client: Yeah.

Rob: Any sounds that you're aware of?

Client: The board slapping...

Rob: Okay.

Client: Against the top of the wave.

Rob: Okay.

Client: So you're getting bumped along gently and that's an awful lot of fun too.

Rob: Yes, yes, yes. Yeah, you like that sound.

Client: Hmm.

Rob: And the bumping along.

Client: Hmm.

Rob: Hmm. And how is that wave going? How is that slide going? Are you all the way in yet?

Client: Uh-huh, yeah.

Rob: Yeah. Now what are you doing?

Client: And then I stand up, grab my board and wade back out again.

Rob: You grab it. Yeah, you want to get back out there.

Client: It's like I want to get the next one.

Rob: You're keen. Anyone else around?

Client: Yeah. There's, there's kids, there's adults.

Rob: Yeah.

Client: And what you hear is often the sound of just screaming and laughter.

Rob: Yeah.

Client: And just people having fun.

Rob: That's right. And as you look and see all those people having fun and you listen to the sound of the

laughter and the screams and you know that there are people of all ages who are doing boogie board, maybe body surfing, surfboarding and just doing everything that they're doing, all in their own way. And what's it like for you to look and see that they are all doing what they're doing and you can do what you're doing?

Client: Oh, it's just joyful.

Rob: It is joyful to let them do the best that they can do and whatever they're doing in their way and you are doing what you're doing and you like that.

Client: Hmm.

Rob: Hmm.

Client: And sometimes when the beach is crowded, you know, you might get somebody bumping you with a board, but it's...

Rob: That's right.

Client: Everybody's, because they're having fun, they just apologise and they get back on their board and they move on and no one, no one worries.

Rob: No. and I want you to memorise that feeling to look and see how that is for you to be there, you on your boogie board, doing what you're doing, you saying

what is right for you and someone can bump into you or they can do something different from you. They can be on a surfboard and you can be on a boogie board. And if some person, who is on a surfboard, said to you you should be on a surfboard, not a boogie board, can you let them say that and just feel...?

Client: Hmm.

Rob: Okay.

Client: I'd laugh.

Rob: Yeah, you'll laugh. Exactly. They're allowed to say that. They're allowed to think that and they might be doing that with the best intentions, thinking it would be good for you, but you like to boogie board.

Client: Hmm.

Rob: And I wonder if you could get ready to catch another wave.

Client: Uh-huh.

Rob: And somehow, as you're going to catch this wave, and it's going to be another good one, it's going to be another slippery slide, to notice just how it is for you to look at a wave and say, no, I don't want that one. Someone else might catch that. And this one, no, I

don't want that one. Someone else entirely different might catch that one. You want - you wait for the wave that's right for you and you somehow know that.

Client: Hmm.

Rob: You've learnt that somehow.

Client: Hmm. Just by observation.

Rob: By observation, that's right. And sometimes you get dumped. It's not that your observations are always accurate, but you know that you are deciding and you get the pleasure that slippery slide and you get the experience of being dumped or whatever.

Client: Hmm.

Rob: At least it's you that's deciding and you that's doing that and that feels good, does it not?

Client: Hmm.

Rob: And, as you observe that and you are - when you catch the wave, can you catch a wave now that you can enjoy?

Client: Uh-huh.

Rob: Can you notice that you know how to be on that boogie board.

Client: Hmm.

Rob: What to do with your shoulders.

Client: Hmm. Feeling your weight, you turn.

Rob: Yeah, yeah, you know, you know how to do that.

Client: Yeah. If you go too far up the board...

Rob: That's right.

Client: You flip.

Rob: That's right.

Client: If you go too far back on the board, you don't get carried by the wave properly so you've got to find the sweet spot.

Rob: Yeah. Find the sweet spot and you know how to find that sweet spot because, if you go a little bit too far forward, you find out you can adjust. If you get a little bit too far back, you can find that and get the sweet spot. And also, in moving your shoulders to direct the, the boogie board, you know how to, what to do with your shoulders. And just somehow your shoulders know what to do without your even thinking

oh, I'll do this or I'll do that. Somehow you trust your shoulders. They've learnt what to do.

And I wonder how you can start to see a connection between moving your shoulders and the boogie board and letting your shoulders do what they need to do when you're sitting at a desk. I wonder how you can start to connect the way you choose the wave that you choose, not what other people do and connect that with those other people helping you with your shoulder that's been problematic to you.

Client: Uh-huh.

Rob: And I can't even begin to know how you can make a connection between catching a wave and trusting what you need to do with your shoulder.

Client: Hmm.

Rob: Knowing that you might try something and you might get dumped, but at least you were trying it and then you know how to correct that or to catch another wave.

Client: Hmm.

Rob: And it might seem really weird for me to say that you, taking the power, the charge, taking over,

taking back the say about your shoulder, is like riding a boogie board.

Client: Hmm. The thing is, when I'm riding the boogie board, I don't even think about my shoulder.

Rob: You don't need to because you are in a slippery slide. You just - there's nothing to do and things are happening. You're listening to your shoulders. Your shoulders are working with you and you're not even aware of listening. It's like there's nothing happening and everything's happening.

So if you could in some way imagine that your body, including your shoulder, is like a boogie board and that you can find that sweet spot in relation to your body, in relation to your shoulder where you're not too far forward and not too far back, you've got the right balance, things can just happen.

And now I don't know if you could even put that into words to say what you can do to have that happen, but you can have the experience of it, of knowing what it feels like when you've got that sweet spot when you don't need - huh?

Client: I notice like kind of when I'm on the boogie board, I almost intuitively know what to do.

Rob: Yes, you do.

Client: Hmm. And when I'm at a desk, I tend to sit there and go, oh, I should complete this. I need to get that done on time. So I often feel like my shoulders need to move and stretch.

Rob: Uh-huh.

Client: But I, I override it. So [**inaudible 20:26**] stay at my desk.

Rob: You're leaning too far forward.

Client: Yeah.

Rob: So can you imagine that you're sitting at your desk and you find that sweet spot?

Client: Hmm.

Rob: Yeah. You can find it. You know that feeling.

Client: Hmm.

Rob: You like that feeling. It's like catching a wave.

Client: Hmm.

Rob: You're working with yourself. You're not forcing yourself. You're not telling your body what to do.

Client: Hmm. That's it.

Rob: Yeah. Intuitively you know, just like with the boogie board, intuitively, if you listen, you know when to stretch, when to get up, when to do this, when to stay, when to stop, when to do what you need to do and make those adjustments automatically like you do on the boogie board.

Client: I can see that.

Rob: Yeah. And can you feel it?

Client: Yeah.

Rob: Hmm. Does it feel good?

Client: Hmm.

Rob: Hmm.

Client: It's just a more natural way of being.

Rob: Indeed. And there can be a lot of other people there, doing what they're doing naturally in their way. And if they tried to help you in their way to do what they are doing, that would be natural for them, but it's not natural for you. And intuitively, you know what's natural for you.

Client: Hmm.

Rob: And it's nice to know that you can see that and feel how it is for you to ride that wave of your intuitive knowledge.

Client: Hmm.

Rob: And find that sweet spot. That way you can ride the wave.

Client: Hmm.

Rob: And the writing, it can just be a wave and you can ride it. You know the right time, the right wave.

Client: Hmm.

Rob: You know about timing and balance. You know all of that.

Client: Hmm. Yeah.

Rob: Yeah. Now you haven't closed your eyes. How is that for you to have your eyes open and see all of that?

Client: Fine. Fine.

Rob: Yeah. Some people need to close their eyes in order to be able to see and feel something remembered and re-experienced. You've got an ability to do that with your eyes open. It's an additional ability that

some people don't have. And it's an indication that you can use your imagination in a very constructive way, intuitive way, natural way.

Client: I think the way I stand there and in the water and watch and observe and just look, look for the way the wave's curling, look how high it is.

Rob: Yes.

Client: That kind of thing. I can do that with my body as well.

Rob: And you can do that with your riding.

Client: Just watch, yeah.

Rob: With your sitting.

Client: Hmm.

Rob: And if I were to ask you, is that what you need?

Client: Yes.

Rob: You know, you ask people, what do you need if that's what you need.

Client: Yeah.

Rob: And now you know you've got it, got access to it.

Client: Hmm.

Rob: And it looks to me, if I look at how your face is, as if there's some relief there, there's some...

Client: Hmm. Yeah.

Rob: Some, something's touched you. Something's connected within you.

Client: It's a sense that I can, I can have some influence over this.

Rob: Yes. You can.

Client: Yeah.

Rob: You can have some influence over it. You can't control the waves, but you can have some influence over how you ride them.

Client: Yeah.

Rob: And there's a lot of freedom in that, a lot of power in that.

Client: Hmm.

Rob: A lot of relief in that. So I'm wondering, would it be okay for you to just close your eyes now for a moment, just to let all of that - and I don't even know whether that's necessary or useful, but it seems like it might be helpful for you to having your eyes closed to kind of seal that memory, to let it settle. That's it. And your breathing is now just that little bit deeper than it was. That's nice. That's good. And those fluttering movements of your eyelids, there's something settling there. That's it. You're just letting all of that - that's good. That's nice.

Client: So my shoulder's that wave.

Rob: Uh-hah.

Client: So I just need to watch, observe.

Rob: That's it.

Client: And then decide what is the best thing to do.

Rob: Decide or just allow yourself instinctively to respond. So it can be a kind of instinctive decision.

Client: Hmm.

Rob: And sometimes you'll get dumped.

Client: Hmm.

Rob: But that's okay. You can just dust yourself down and go back again. At least it's you that's deciding, you that's running the show. It's your intuition that you're following. And what's happening now?

Client: I'm seeing myself at my desk.

Rob: Yeah.

Client: And just kind of taking myself within myself.

Rob: Yeah.

Client: And just kind of scanning my body.

Rob: Yeah.

Client: Just getting an idea of what's happening.

Rob: Yeah.

Client: And just looking at my shoulder and...

Rob: Ah-hah.

Client: Taking some time and having a look and going, okay. Maybe I just need to bend forward or stretch up.

Rob: Okay. All right.

Client: Or just walk around the block, take a quick break.

Rob: Okay. It sounds great. How does that seem to you? Does that seem okay to you?

Client: Hmm. Yeah.

Rob: More than okay?

Client: Hmm.

Rob: Yeah, lovely. Yeah, very nice. And are you soaking that learning up?

Client: Hmm. And I just see it's just something I haven't been paying attention to.

Rob: Ah. And now you can?

Client: Hmm.

Rob: Hmm.

Client: And then, in a way, while the practitioners have been really helpful, I've kind of handed the responsibility over to them in some ways and not taken on my bit of the responsibility.

Rob: Yeah, with the best intentions, yeah. But now you're going to.

Client: Hmm.

Rob: Yeah. That's how you can learn.

Client: Hmm.

Rob: Well I think you can enjoy that.

Client: Hmm.

Rob: And just enjoy the slippery slide towards your shoulder healing.

Client: Hmm.

Rob: Your muscles finding their own natural balance, sweet spot because they know it.

Client: Hmm.

Rob: You don't want to get out of the water, do you?

Client: No. Oh, it's so nice.

Rob: And it's nice to know that you can go there.

Client: Hmm. Yeah.

Rob: You can go to Anglesea anytime.

Client: Hmm. Especially with the ring road they put in.

Rob: Especially with the hypnosis road that you're putting in.

Client: Yeah, yeah.

Rob: You can just go there.

Client: Hmm. Actually, that's a good analogy, yeah. Thank you.

Rob: Yeah, pleasure.

Client: Hmm.

Rob: It's nice to see that the natural way that you were intuitively making those connection or letting the connections make themselves, letting yourself connect in a natural way for you.

Client: Thank you.

Rob: It's very nice. Thanks for letting me be a part of that.

Client: Hmm. Thank you. Now I need to stretch.

Rob: Ah, so you know that.

Client: Yeah, hmm.

Rob: And you, and?

Client: Yeah.

Rob: You're doing it, and?

Client: Hmm.

Rob: Beautiful. Great. Shall we stop?

Client: Yeah.

Rob: Thanks, Jacqui.

The language of hypnosis



A transcript:

Rob: Thank you for being willing to play, Sue, and that's what we're going to here; just play with this and see what we might be able to get up to that's useful for you and to demonstrate how this might look.

Is it okay if we make a recording?

Client: Yeah, that's fine.

Rob: For future teaching.

Client: Yeah.

Rob: Thanks for that. What have you been doing recently where you thought, now, this is me? This is the real me. If I could do more of this, that would be just terrific.

Client: I think perhaps when I'm able to give somebody some insight into the way that they're feeling or the way they are.

Rob: And when you are able to give that insight to someone, what is it about that that you really like?

Client: Well it's being um out of myself and... um ...

Rob: Yes. Yeah, it's hard to actually put it into words.

Client: Yeah. I'm trying to get a sense of, of that feeling.

Rob: Yeah. Yes. And I don't know whether can get a sense of that feeling just by wondering about it, whether as you speak about it, that will help you to get a sense of that or whether it would be easier for you to not think about it, but just somehow allow that sense to come. That because we're having this conversation, you can make some kind of connection with it.

Client: Uh-huh.

Rob: And, as I'm - as we're in this conversation, you can be in the conversation as if you were a client or you can be somewhat out of the conversation, observing the different processes or you can find yourself moving from one to the other or, perhaps from a different position all together; I don't really know. But there's something about that experience of helping someone to develop an insight into their behaviours and what else did you say?

Client: Yes. And to make the difference in their...

Rob: To make a difference.

Client: Thinking.

Rob: In their thinking, okay.

Client: Perhaps turn a corner.

Rob: Perhaps turn the corner, okay. And what you like about that is that you can get out of yourself. Something about that that you really like, if I'm hearing you.

Client: Yes, yes.

Rob: Okay. So what could we talk about here that would make a difference for you that might help you in some way to turn the corner? Some insight, some awareness, some I don't know what that could be useful for you.

Client: Um. What would be useful for me is to be more relaxed.

Rob: More relaxed.

Client: Yeah, with, within myself.

Rob: Okay. You'd like to be more relaxed within yourself?

Client: Yes, and feel less need to exert myself probably.

Rob: Okay. Right. What is it about that experience of greater relaxation? What is it about not needing to exert yourself? I think we spoke before about ... you used the word, a sense of ease, something about that.

Client: Yes. I think that the experience that comes from being relaxed is more authentic.

Rob: Okay. So you don't like the kind of effortfulness because there's less authenticity in it. But when you are more relaxed, you can be more authentic.

Client: Yes, with ease.

Rob: With ease, yes. Well, okay. That sounds very nice. So if we were to look at the model that we were exploring yesterday where we were just making a kind of comment aside, would it fit your experience to say that what's missing for you is a sense of ease and being authentic in making a difference to other people or in other areas, of your life?

Client: I feel that I'm authentic, but I do feel a lack of ease.

Rob: Okay.

Client: Yeah.

Rob: So what's missing is that feeling of ease.

Client: Yes, within my body.

Rob: Within your body.

Client: Yeah.

Rob: Yeah, okay. So anything else that you might want to say before you go into hypnosis?

Client: I don't think so.

Rob: OK. So because this experience and because this experience is yours, it could be easy for you to just continue doing what you're doing. That's good. And, as you can ... continue with that...

Client: Sorry, I'm smiling because I can feel the sensations through my body and I know that I'm beginning to be hypnotised.

Rob: Yeah. It's nice for you to know if you can feel that sensation and feel it with a sense of ease without any effort and enjoy the ease of that, as it continues to move through your body. And there may be something about the ease, or the movement through your body, or your enjoyment about that, I don't know, what it will be, but as you find yourself focusing on that, there can

be something about that that you can, in a very easy manner find yourself becoming more absorbed in.

And as that enjoyment continues and why shouldn't you enjoy the experience of really feeling that ease in your body? And you made that movement before with your hands as if that ease was spreading upwards in your body and I wonder, as that movement, that ease spreads upwards, just how soon you'll be ready to, in a very easy way, let your eyelids move downward. That's it.

And you may already notice that they're starting to close and you don't need to know exactly when they will close and you'll only be absolutely sure that they will close after they will close. And because this is your experience, you can be curious about that and because it is happening in exactly the way that it is, you can notice the ease as that continues. That's nice.

And there are the changes in your breathing, a very apparent stillness in your body. That's it. And you're letting your eyes close so easily. Now I'd like to offer the idea and invite you to notice just how effortlessly that sense of ease is in your body.

And as you're allowing this to continue, I wonder if you could ... let your attention go to some time when

you had the experience that you were making a difference to someone, helping them to have an insight into something, perhaps assisting them to turn the corner. And in some way, as you're doing that, to notice how ... you can, ...notice how you can ... be out of yourself and in some way notice how easy it can be for you even though you can be out of yourself and probably attending to the other person, but at the same time be able to notice perhaps, in some way, like out of the corner of your awareness, to just notice in some way, that sense of ... ease in your body.

And could you let yourself recall some particular time when you were ... making a difference? That's right. And your eyelids are showing that activity. And what's happening, Sue? What's happening as you look at that situation?

Client: A situation that has become smaller.

Rob: Smaller, yes.

Client: Smaller and smaller.

Rob: Smaller and smaller. Good. And as you watch that situation becoming smaller and smaller, how can you notice that, as it is becoming smaller and smaller, that that sense of ease is spreading? Does it

seem that the smallness of the issue allows for the ease or is it that the ease allows the situation to get smaller or do they both happen in a somehow kind of like a reciprocal way or is it something else? Yes?

Client: Yes, the situation has more or less disappeared and the ease is growing.

Rob: So the situation has more or less disappeared and the ease is growing. And as you notice the ease is growing, what is happening for you? If you can comment on that without having to get into that, but rather out of that, just somehow noticing.

Client: I'm noticing um enormous energy.

Rob: Enormous energy.

Client: From especially I think, in my heart and upper body, just of which I call the ease, a sense of ease.

Rob: Yes. And as you notice that sense of ease and that sense of enormous energy in our heart and in your upper body, as you are noticing that, can you in some way find yourself learning that, somehow becoming more familiar with it?

Client: Uh-huh.

Rob: Yeah, as if somehow, without you needing to do anything, in a totally effortless way, it might even seem as if your body is learning that. And all you need to do is notice the ease and the way that ease is allowing all of that enormous energy to be there, to be recognised by you. And can you enjoy that experience?

Client: Yes.

Rob: Yeah. And the movement of your eyelids also lets me know that you are doing something with that. And you don't need to know exactly what you are doing with that, but you are doing something good. And you may have some conscious awareness that you could speak about, about exactly what's happening and how it's happening and what would be useful for you to have that continue or it may be that you can somehow sense that something's happening, but not be able to actually put it into words, just what it is that is happening.

Or there may be some to and fro about awareness; I'm not sure, I think I do and I do and then I'm not sure in some kind of mysterious way that you can be curious about, that you may have a sense of, but that you really don't need to be accurately able to speak about and I certainly don't need to know and can't know so much about how you are learning that ease

and just how that experience of ease can continue in your body as a bodily learned experience of feeling that ease and knowing that ease and being able to ... make use of that ease.

And because this is your experience, it can translate, in your experience, to be your experience that you can experience and really feel that ease as an experience that is yours.

And my words come from me. They're a function of me, an expression of me, and that's way less important than the way that this experience can be so useful for you. And I certainly don't need to know just how ... you are making your own learning here, yeah. And there is that enjoyment and pleasure in the ease with which that's happening in the same way that the corners of your mouth can lift ever so slightly without you needing to make any effort. You don't even need to notice the ease with which that smile is just there ever so subtly.

And you don't even need to notice just how thoroughly you are learning that ease and for you to be willing to discover that you are. And I'm wondering what's happening to you at the moment, Sue.

Client: I'm trying to - I feel words are inviting me to remember and I'm - what I'm noticing is a pink light in front of my eyes.

Rob: Okay. And as you look at that pink light ...

Client: As I look at it, it grows.

Rob: Yeah. And as it...

Client: From one side to the other side.

Rob: From one side to the other side. And as that happens?

Client: That's - now I'm surprised.

Rob: Yeah. Yeah. It's nice to know what a surprise feels like? You're surprised?

Client: Uh-huh.

Rob: Yeah.

Client: And I'm remembering.

Rob: Yeah. Good. You don't need to know everything about just what it is that you are remembering, to know that you are remembering. And?

Client: And there some changes.

Rob: Yes.

Client: And it's becoming for longer.

Rob: Yes.

Client: Instead of shorter.

Rob: It's becoming longer instead of...

Client: Instead of shorter.

Rob: Instead of shorter, right, okay.

Client: And just allowing that, following that with my um gaze.

Rob: With your?

Client: With my gaze.

Rob: With your gaze, yeah. And you can, and as you are, and as you continue ... all of that in some way ... as that continues. That's nice. Now I don't know if it would be helpful for you to say something more.

Client: A word; continues.

Rob: The word, continues?

Client: As it lasts.

Rob: As a?

Client: As it lasts or as it continues.

Rob: As it continues.

Client: It just gives permission to just let it go a bit long and to just, to just loosen the experience.

Rob: Okay. So as you let it go, as it continues and as you allow that loosening ... you may be aware of somewhere and how, in what way, very specifically or generally and how that can be relevant to you and useful to you and official to you. And you can also notice that no matter how much you are aware of now, there's so much more. And you don't need to be certain, beforehand, but you can be curious and wonder at just how ... you can let this continue.

Now I can be curious about what's happening to you. I don't know.

Client: I'm just being served, listening, listening to your words.

Rob: Being served.

Client: And also, again, um the pink light.

Rob: Yeah.

Client: And just, just sort of bathed in the pink light.

Rob: Bathed in the pink light, yeah. And can you notice how effortlessly that pink light bathes you?

Client: Uh-huh.

Rob: And how easy that is for you to allow yourself to be bathed in that pink light.

And I can say different things, I can use a whole range of words and talk about many different ideas, but the important thing is for you to find your own way of being served, for you to find your own way of being bathed in that pink light and for you to become even more familiar with that sense of enormous energy; easy ... enjoyable energy.

And it can, in some way, provide an insight for you, which can, in some way, make a difference for you or it can, in some way, help you to turn any corner.

And are you still experiencing that sense of ease and energy?

Client: Yes. The light is like a globe.

Rob: Like a globe. And what else will be helpful for you, Sue, in this experience? What else might be beneficial for you to say or me to say so that you could

know that this learning is yours, for you to know that that sense of ease is yours and that feeling of enormous energy belongs to you to use any way you choose.

Client: I don't think anything need extra is needed.

Rob: Okay, good.

Client: I think that this experience is quite confident.

Rob: Good.

Client: And um now I trust in the body memory.

Rob: Good. So now that you know that you, you probably always have trusted that body memory, now that that sense of ease is part of your body memory, you can trust it to be there and you can have access to it. It's nice to know that.

Client: I just needed this experience to remind me to not have to try hard.

Rob: Well, I'm glad that this is a body memory not an intellectual memory, I think, so that your body can remember and your body can ... remind you because this experience is a member of your body. That's why you can re-member it. And any time you forget it as a thought, the reminding from your body can be remembering as a body memory that can re-mind your

thinking. Any time your mind forgets, your body memory can re-mind it. Would that be agreeable?

Client: Uh-huh.

Rob: So perhaps, as soon as you really know in the, all the different levels of knowing in your mind, but particularly in your body, when that sense of, yes, the memory is there, when you know that, whatever that means to you then you'll know what to do to complete this experience.

When you know that you completed the experience, it can be very easy for you to ... just let your eyes open and you might even enjoy noticing how easy that is and maybe sensing that your eyes are going to open or maybe enjoying the feeling of the beginning of their opening or maybe you'll be surprised they're now just open and then afterwards you think, oh, okay, that's what happened.

Client: [inaudible 35:05].

Rob: You can't open them? Oh, you can. Your eyelids just remembered how to open. Maybe they needed to be reminded. And what's different for you now than when we started, Sue?

Client: Well I'm surprised to see all the people here.

Rob: Where did they come from? Yeah, it's nice to have a surprise, eh?

Client: Hmm. Yeah, I felt as though I was directed outwards and, in fact, I'm not that, um, what's different is um, more a level of relaxation, of mental relaxation.

Rob: And how much effort are you putting into that?

Client: None.

Rob: Oh, okay.

Client: And it's the awareness of the experience.

Rob: Yes.

Client: You know, the memory of that.

Rob: Yes.

Client: Yeah.

Rob: Yeah, as a body memory.

Client: Hmm.

Rob: Because experiences are experienced in the body, that's why they could last. That's how you can be sure that you'll make use of it in a way that is effortless and can be so much at ease and relaxation.

Client: I can get a better understanding of ones who have had that experience than, you know, it's a part of you.

Rob: Yeah.

Client: Yeah.

Rob: Yeah. And because you had that experience, because you, as you say, it is part of you, therefore you're going to be able to use it.

Client: My hands didn't want to move.

Rob: No. Why should they?

Client: It was as if they were glued.

Rob: Yeah. Yeah, you couldn't be bothered making any effort. It was so easy for you to just let them rest there. So is that a place we might stop?

Client: Thank you.

Rob: Thank you for trusting us with all of that. It's a gift that you've given us.

Client: Oh, I thought it must have been very boring for everyone. I was aware of that. I was thinking, oh, this must be so boring.

Rob: Could be.

Client: I'm not being - not articulating...

Audience: [Inaudible 38:03].

Stories in hypnosis



A transcript:

Rob: So is it okay if we record this now for teaching purposes that might be useful, for you or some other people to look at, in the future to see how this process might, might look, might be useful for them.

Client: That would be fine, yeah.

Rob: Yeah, thank you. And, oh, just to be clear on wanting to demonstrate, in this situation, how stories might be included in a hypnotic session. And so primarily, I'm wanting to demonstrate that I will, of course, do what I can to make it useful to you, but primarily, I'm wanting to demonstrate the process. So I hope that's agreeable.

Client: That's fine, yeah.

Rob: Okay. So could you tell us what you've been up to that's been enjoyable and pleasing and fun and satisfying?

Client: I've been, well lately I've been - well a few things I've been in lately that something that just comes to mind is of being catching up with an old friend and we - they're old friends from way back in school days.

Rob: Okay.

Client: Yeah, and I caught up with him a while ago. I hadn't seen him for about 30 or 40 years or something like that.

Rob: My goodness me.

Client: Forty years, probably, yeah.

Rob: And what's that about? What's it like to reconnect with this old school friend?

Client: Oh, it was just, was just wonderful. We just spoke for a few hours and it seemed like a couple of minutes.

Rob: Okay.

Client: And, yeah, so I caught up with him and just rang him out of the blue and said, look, you know lets catch up.

Rob: Okay.

Client: Yeah, and we used to play guitar together. So we've had a couple of sessions, our little jam together.

Rob: Yeah.

Client: He taught me how to play guitar.

Rob: Oh, really?

Client: Oh, yes. I was still a teenager, yes. Now that was a lot of fun.

Rob: So now we've got catching up, reconnecting and learning to play the guitar. So there's an early learning, just kind of waiting to happen. You know, when you first learnt the guitar, whatever problem, difficulty Neil's going to talk about, I'm going to relate it to the guitar. If he says, you know, I don't feel confident or when you first learnt the guitar, you didn't feel confident, but as you dah, dah, dah, you start to feel confident.

So with the guitar, it's something that's been learnt so it's going to lend itself to learning. If you can learn the guitar, you can learn to stand up in public; you can learn to do anything. That's the implication. It's not true, but it's an implication.

Woman: What means...?

Rob: Yeah?

Woman: What do you mean it's not true, but it's an implication?

Rob: Well, I mean, to say, because you learnt to play the guitar, you can learn to speak Chinese is crazy. It's not true, but if we - someone can learn to play the guitar and not be able to speak Chinese. So I'm not wanting to be accurate, I'm wanting to imply, I'm wanting to evoke something.

Woman: Invoke the possibility?

Rob: Exactly that. I - there's no I can't lose weight, stop drinking, learn to drive a car or something. I've tried, it doesn't work. That's what the problem is. So we're wanting to say, okay, there was a time where you couldn't learn to play the guitar - you couldn't play the guitar and, when you first started it, you maybe thought oh, I'll never be able to. You knew you couldn't and dah, dah, dah, dah, dah, dah. Do you get the sort of drift of what I'm saying?

So that's been good to reconnect and he taught you to play the guitar way back then and you've actually had a couple of jam sessions.

Client: Yeah, yeah, yeah.

Rob: Yeah. How nice. Yeah. All right. So we could talk about that some more, but maybe that's enough for the moment. What - is there something that's present

for you at the moment that you'd like to be different, some problem you'd like to make some change to?

Client: Well, I've got this little - it's actually quite a nagging little pain in my neck.

Rob: Oh, yeah.

Client: Yeah. And it hurts when I do certain things.

Rob: Okay.

Client: So if I cough or if I jump up and land, it's obviously some, some little problem with my joints or something like that.

Rob: Oh, yeah.

Client: But, but, I'd, yeah, I'd love to be able to manage it or even overcome it, make it go away by disappearing it into the background or something like that.

Rob: Okay.

Client: It tends to sort of be there when I do something vigorous, but if, if I'm in the right mood or I've done the right loosening up or things are right, sometimes it's hardly there at all. So I'd like to be able to do something about that.

Rob: Okay. And is this just recent or been there for a long time?

Client: Yeah, it's - no, it happened a couple of years ago and it's been niggling me on and off ever since.

Rob: Okay. All right.

Client: Yeah.

Rob: Good. Okay, and it's just on the right side of your neck?

Client: It is.

Rob: Okay.

Client: It is.

Rob: Okay. All right. So, to fit in with what we've been exploring, if we ask what's missing, it somehow to be able to manage it so that it was less troublesome.

Client: Yeah.

Rob: Or not there at all or...

Client: Any of those things would be good.

Rob: Okay. Any improvement will be gratefully accepted.

Client: Exactly, exactly.

Rob: Yeah, yeah, yeah. But the - what you're looking for is a way of - there are sometimes you do some things so it is not as troublesome.

Client: Yeah.

Rob: So you're already managing it to some degree.

Client: Yeah.

Rob: It might be nice if that happened more automatically or, if you didn't have to do that or...

Client: Yeah.

Rob: Is that...?

Client: Yeah. Yeah. If, if it was like that if the things that I did, whatever they were, and I'm not sure, I think I know, but I'm not sure, were less intrusive of and that I didn't have to think about doing them all the time or they just were automatic or they didn't even need to be done.

Rob: Yeah.

Client: If the problem would go away, it would be nice.

Rob: Very nice, okay. All right. Well now, do you have any particular way that you like to go into hypnosis? Is there some way...?

Client: Favourite way? Well, I'm not a big expert at going into hypnosis.

Rob: Oh, really?

Client: No.

Rob: Not in a formal way?

Client: No.

Rob: Well if you were to just allow what's happening now to continue, would that be okay?

Client: Yeah.

Rob: Something - yeah, sorry.

Client: I think what I probably liked is close my eyes and relax and just drifted into a nice, relaxed state.

Rob: Okay.

Client: So that's how I'd like to do it.

Rob: All right.

Client: Yeah.

Rob: And as you are even talking about that, I can see that there's already some stillness creeping into your body. And the way you're nodding your head has that slight difference to how you might nod it normally. That's it. And now you've closed your eyes. You can let your body relax to whatever degree that it is so that, as you settle into that chair, you can settle into this experience.

And there may be some particular part of your body that is especially comfortable. It might be your left foot or your right knee or your left elbow, I don't know. It really doesn't matter for me. And you might be able to concentrate and focus on that particular part of your body that's so comfortable, so relaxed, so the way you want it to be that maybe you'll be so comfortable, you might even have trouble feeling it, it's so comfortable, but you can notice it.

And then, as you focus on that, in whatever way you are, or it may be something totally different, I don't know. It might be the experience of playing guitar with your friend, whatever it is, that you can allow yourself to just drift into that experience of absorption without needing to do anything, without needing to make any effort, but just somehow allow that natural absorption to be something that just happens.

And I had a client, who wanted to stop smoking and she told me she smoked with her right hand and she was smoking 20 cigarettes a day. She wanted some hypnosis to help her with that. And so in that hypnotic experience, she found that she could sit very comfortably and she didn't need to move her right hand or right arm, didn't need to move that arm at all and could be very comfortable. And she learnt that feeling of comfort in the right arm and really enjoyed it.

She came back to see me again a week or so later saying that feeling of comfort in her right arm has persisted and she could not smoke with her right arm. She had managed two or three cigarettes a day, but she could only smoke them with her left hand.

Since she'd found hypnosis helpful, it was easy for her to let herself drift into that hypnotic experience again and I told her about my son, the first year he went to school, he fell over and broke his right elbow. Now he'd learnt to write his name, his right-handed, his writing's very adequate and he'd learnt to write his name with his right hand. He broke his right elbow.

And I told her that, within a week, he was able to write with his left hand because the learning to write was a function of him that had expressed itself through

his right hand. So it was easy for him to transfer that learning from his right hand to his left hand.

And I said to her, you came after last time, you couldn't smoke with your right arm, your right hand and your left hand can learn from your right hand so that's going to be okay. Now, if you get a very strong feeling to smoke, using your feet, holding the cigarette between your toes then come back and we can start to work on your legs and she didn't need to come back after that.

Now when you first learnt to play the guitar, you may have held your body, your hands, your arms, even your toes, maybe your forehead, in a very tense manner so that you didn't let the guitar slip out of your hands, so that you could hold that guitar and place your fingers where they needed to go on the frets.

And with your right hand, how did you know how to have the right amount of tension in your fingers, your thumb, as you were plucking those strings, making chords and notes. And learning where to put your fingers to make those notes on different strings was very difficult. And there must have been a lot of tension, whether you realized it or not, in your wrist, in your shoulder, in your elbow, your neck, your forehead, even your knees.

But as you learnt that, whatever you learnt, you were able to settle into that and only have the right amount of tension in your fingers and the rest of your body didn't need to participate at all to be very comfortable. So the learning could then find its way into your hands and your fingers.

When you see someone learning to write their name, they're trying to get their pencil to go where they want it and they move their tongue around in their mouth, trying to make the pencil go the right way. The whole body is involved. And you can play the guitar now and really enjoy that. You can play with a friend, have a jam session, and play together. You don't have to be tense about the other you can play with.

And so, as I'm talking, there may be some way that, just as you can reconnect with that friend that you hadn't seen for decades and have such a good time that you talked for hours and it just seemed like a few minutes, there may be some way that you can reconnect with your neck the way that it was a number of years ago and find how easy you can be if you reconnect with that.

A few years ago, your neck was just find and you lost contact with your neck in that way over the last couple of years. But all those years before that, your

neck was just doing what it was doing and you can reconnect with that like you can reconnect with that friend. And I don't know that you said this, but there was an implied that, even though you hadn't seen him for a long time, it was as if no time had passed.

And so when you reconnect with your neck the way it used to be, it can be as if no time has passed and you can learn to jam with your friend, play the guitar with him and you can jam with your neck, have a good time with your neck and when you're jamming, you don't need to think about anything. You don't need to work at it or try at it. You can just enjoy the experience and even forget that you have your feet or knees or a neck; you're just into the music, into the jamming.

Now, if you were to remember what it was like, jamming with your friend, just recently, could you let yourself get into that experience and remember the feeling of that, the sound of that, the experience of that? What's that like to be jamming with your friend? Could you say about that, could you say something?

Client: We had a lot of fun.

Rob: It was fun.

Client: Hmm.

Rob: Hmm. And what are you playing? Is there something in particular that you play?

Client: Yeah, we play a lot of things.

Rob: A lot of things, yeah. And you don't need to remember all the things that you played, but it was fun. And when you're jamming with your friend, how, how aware are you of your feet, of your knees, of your shoulders and so on? What are you thinking? What's your attention on when you're jamming?

Client: I can't notice anything else, just, just, just the instruments and...

Rob: Yeah.

Client: And the sounds.

Rob: The instruments and the sound. That's it. And everything else is doing what it needs to do. As you move from one string or one chord to another and you move your right hand, all sorts of muscular adjustments are made in your shoulders and the small of your back. You might even move your toes slightly, but you don't need to think about that because all of those parts of your body have a way of settling into the right place.

And you don't need to think, am I holding the guitar the right way. It just sits there, if you know what I mean; if I can express it that way. Can you make sense of that, that the guitar is just there?

Client: Yeah.

Rob: Yeah. And you're doing things with your left hand, you're doing things with your right hand and you don't even need to really think about that. It's as if they know what to do. And in the same way, you have a capacity to let your neck do exactly what it knows what to do.

Now I don't know if that's going to happen now, whether it's already begun or whether it's a direct result of this conversation or whether something will happen tonight or tomorrow, next time you play a guitar or maybe something that happens when you're doing Taekwondo that something settles in a way that you don't even need to notice because so many things and you have so many capacities, more than you can know, and it can be so interesting to wonder, but you did make those connections with your friend and you did enjoy and have fun with the jamming.

So you can make connections with how your neck used to be and have some fun and just let everything

settle into a natural, easy balance so that you don't need to think about it, you don't need to notice it. You don't even really need to manage it because you're not managing your guitar.

Now obviously, I have no way of knowing just how you can make use of this. I can talk about different things, but what I'm talking about, comes from me. And it's the way you can make your own interpretation, the way you can jam with your experience and have fun with it that's going to be way more important.

And as this experience continues, it might be very interesting for you to not even need to notice how you don't need to notice a whole lot of sensations that you're not noticing because, if you don't notice them and you don't notice that you're not noticing them, well why would you need to notice that? It can just happen just like breathing in and out can happen. You don't need to notice it, but it's there.

Now I'd like to just let some time go by to allow you some time to just sit with that, to take whatever time you need to let that settle. And Peter's doing some preparation for painting. He's got some kind of putty, puts it on, some filler and it has to set. It takes a little while to get set. So it might be nice if you could

just let that drifting so that you can let that learning, those connections, let that settle.

And when it has settled, you'll know and then you can let your eyes open and you'll only be able to do that when you know that you've learnt you need, made the connections can be useful so that you can have some fun. That's it.

And I'm curious now about what's happening for you at the moment.

Client: I'm feeling very relaxed.

Rob: Very relaxed, okay. Is that all right?

Client: It's okay.

Rob: You've got a smile on your face. It looks like it's all right.

Client: Yeah. It feels good, yeah.

Rob: It feels good, okay. And how are your feet feeling or hadn't you noticed them?

Client: I suppose they're there.

Rob: You suppose they're there. And it doesn't matter. They know what to do. How are your elbows?

Client: Yeah. Yeah, they're still there.

Rob: Yeah, yeah. But you don't have to manage any of that. They know what to do, do they not?

Client: Yeah.

Rob: Your shoulders?

Client: Yeah, I can feel my shoulders.

Rob: Okay. How's your neck feeling?

Client: Yeah, it's good.

Rob: Huh?

Client: Yeah, it's good. I can...

Rob: It feels good?

Client: Yeah, it feels all right.

Rob: Oh, good. It's nice to remember how to have a neck that feels all right. Can you have some fun with that?

Client: Hmm.

Rob: Maybe even be surprised as to how easy that can be. Peter was telling me that one of his sons is learning guitar beautifully. He's not learning from

staves, you know, from - he's learning from those grids. He's learning it that way and he's learning it well. We've all got our own way of learning.

Client: Yeah.

Rob: So, okay. Oh, there we go.

Client: Hmm.

Rob: Okay. And I notice when someone has been doing some good hypnotic work, there's often some moisture, there's often some tearing. It's not crying. It's just tearing. That often seems to be something that happens and I don't know what that is.

Client: Yeah. I don't know. It's something emotional, I think. I don't know [**inaudible 29:55**].

Rob: Yeah, it could be.

Client: Yeah.

Rob: Yeah, if it was emotional, do you know what the emotion would be?

Client: Now I noticed that if I watch a movie that I really like. I don't know why. There's nothing sad happening, I just...

Rob: No, something touches you maybe.

Client: Yeah.

Rob: Hmm.

Client: Something, yeah, something touching happens.

Rob: Yeah. I've noticed that that's an indication of some learning. If there's something happening here that, that connects with you like some learning that's useful, there's often that response.

Client: Hmm.

Rob: Anyhow, is that a place we might stop sort of?

Client: Okay, yeah.

Rob: Thanks for being willing to play.

Client: Thank you.

Rob: And it would be interesting to hear what you do with that.

Client: Okay, yeah.

Contracting a session



A transcript

Rob: So thank you for being willing to play.

Client: You're welcome.

Rob: I appreciate it. Is it OK if we make a video of this for future teaching purposes?

Client: Yes, sure.

Rob: Okay, thank you for that too. So can you tell us what sorts of things you've been doing recently or in the past that you really enjoy?

Client: Well, I've been travelling.

Rob: Travelling?

Client: Yeah, I really enjoy it.

Rob: You really enjoy that?

Client: Yes.

Rob: Okay. What do you enjoy about travelling?

Client: Well I enjoy seeing different things.

Rob: Seeing, seeing different things.

Client: People.

Rob: People?

Client: Yes.

Rob: Ah-ha, different things and different people.

Client: Yes, different activities.

Rob: Different?

Client: Activities.

Rob: Activities.

Client: Like scuba diving was different to me.

Rob: Scuba diving is different?

Client: Yes.

Rob: Here than...?

Client: No, I haven't been scuba diving before. It's the first time.

Rob: Okay, it's the first time.

Client: Yes.

Rob: So what is it about seeing different things, different people, different activities; what is it about doing things for the first time that you like?

Client: I haven't thought about it.

Rob: No.

Client: I'll think about the scuba diving, which is easier.

Rob: Yeah. There was the first time.

Client: I like the enjoy getting the skill for doing something.

Rob: Getting the...?

Client: The skill, learning the skill.

Rob: Skill, okay.

Client: Yeah. I enjoy learning new skills and the result of it.

Rob: And the result.

Client: Yes, both.

Rob: Well so you like the process of learning the skill.

Client: Yes.

Rob: You like that, but something about the result.

Client: As well.

Rob: You like that too.

Client: Yes.

Rob: What is it about the result that you like?

Client: Well the result the one I was thinking what I was learning like when I was learning the scuba diving, I was making like a picture of what I would do first and then, to make it, to make it well and to enjoy it.

Rob: To make it, to make it well?

Client: To make it well, [don't look].

Rob: Oh, yeah.

Client: And to enjoy it.

Rob: So enjoyment is something that's important to you?

Client: Yes.

Rob: Do you see it?

Client: Sure.

Rob: I don't know whether you could see, you know, his eyes, but it's like - he's not only nodding his head, but he's flaring, yes. And we've got someone here who likes to enjoy himself. Wouldn't that be so? I'm not making a judgment about that good or bad, but enjoyment is pleasurable. It's something that's important.

Client: Yeah. Yes, it is.

Rob: You enjoy seeing different things, different people, different activities. You enjoy scuba diving and there was some enjoyment about that. You enjoyed the learning. You enjoyed something new. You enjoyed the skills and you enjoyed the results.

Client: Yes.

Rob: Yeah?

Client: And that's it.

Rob: Okay. Yeah, alright. So we can - for all you say, we can tell this man's fortune already, that there have been time in the past where you've been stuck in doing the same thing and it hasn't been enjoyable for you. You got bored. It's been repetitious. There's been nothing new and no good results and there's been nothing that you've done for the first time and you've been unhappy. There's been a lot of lack of enjoyment there.

You didn't have times - there were times where you didn't have a feeling of something well done and there have been other times you've tried new things and you've been having enjoyment from that and you've developed new results and you've got good results and that's something that you enjoy. And that's something that can continue into the future. And we can tell his fortune from that.

Anyhow, I'm being all facetious there. So what, what kind of problem, what's happening that we could speak about here that would - you'd be willing to make a difference to.

Client: The problem I thought is I was - it's about choosing direction of study, psychology.

Rob: Yeah.

Client: A direction for my future job.

Rob: Okay.

Client: I think I have to choose one way.

Rob: Oh, okay.

Client: But firstly, it's like when we were talking about [inaudible 05:35], who has a lot of content.

Rob: Yes.

Client: First when I met him on a workshop and he said about how important it is to study psychology, behavioural and cognitive and other approaches.

Rob: I absolutely agree.

Client: And he says how important it is to know about it so you can do what's right for the right person.

Rob: Yeah.

Client: And then I see this approach, which is more simple.

Rob: This approach?

Client: Yes.

Rob: Yeah.

Client: For me looks more simple without much debt, much content. His job has a lot of content. He was not that much. And it works as well.

Rob: Hmm. That's a problem.

Client: Yes.

Rob: But it works as well.

Client: And I was...

Rob: How come this is a problem to you that you need to choose between content and process and content and a lot of content. How come that's a problem to you? Why don't you just flip a coin and say, oh well, this one or that one. Who cares?

Client: Because I want to make a good choice.

Rob: Yes. Why do you want to make a good choice?

Client: Why?

Rob: So what? So what's if you make a bad choice? Why is that important to you?

Client: It's important because I want to have success. I want to be successful in my job.

Rob: How come?

Client: In my career.

Rob: How come you want to be successful?

Client: How?

Rob: Yeah.

Client: Hmm.

Rob: Not everybody wants to be successful. Some people just say oh, well, it's a job. I'll do it.

Client: Finding out a good result, yeah. Yeah.

Rob: So getting good results is important to you?

Client: Getting good results, yeah.

Rob: That's something that's a concern for you.

Client: And good skills, but I can't, I can't learn - I feel like I can't learn all the skills from all the approach. I have to choose one. If I go first [as to] these, then that and the other, I feel like I won't develop any skills.

Rob: Yes. And the concern about if you go to this or that and learn this and that, you'd be some - you won't learn the skills. And learning the skills, learning the skills, getting the good results is important to you.

You want to have good results. You want to learn the skills that will give you good results.

And if you didn't care about good results, you didn't care about which skills are going to give you good results, you wouldn't have a problem.

Client: Yes.

Rob: So you have a concern is what I'm hearing for good results. You wanted good results. You want - now, is that you wanted good results so that your clients are helped or so that you feel good or so that you'll get more clients or you'll be wealthy or...?

Client: Yeah. That's it.

Rob: All those?

Client: All those.

Rob: Okay. But if you had to choose one of those?

Client: Well, which one?

Rob: So I'll come back to this? Which of these results would give you the most enjoyment? How do you...?

Client: I think it's kind of a process. You have to learn good skills to have good results and to be wealthy as well.

Rob: Yes. Okay.

Client: It's like a process for me.

Rob: So it's skills, good results and wealthy.

Client: Yes.

Rob: Okay. I mean, wealthy is just another measure of like something that's well done. It's a good result.

Client: Result, yes.

Rob: Okay. So then if we were to ask you what's missing, that if you had it, you wouldn't have this problem?

Client: The choice. The choice of how [inaudible 10:33] doing like.

Rob: Choice?

Client: Yes, I understood that and I learn that skills and have that result then.

Rob: So knowing how to choose which approach is going to give you the skills that will give you the results that will lead to you being wealthy.

Client: Yes, yes because different approach, I'll have to learn different [cues] and if I choose - don't choose well which approach, I may not have the result I want.

Rob: Yeah, absolutely. Okay, so this, this is who this fellow is; someone who, a variety and doing things, learning new things, enjoyment, results is important and he wants to choose out of the variety, out of all of those possible approaches, which approach is going to - that he is going to get skills in so that he would be able to get the results so that he would be wealthy. Do you know what I mean; financially wealthy, but like satisfied and wealthy in your soul.

Client: Hmm.

Rob: So any other questions that anyone wants to ask him before we start to create some - yeah?

Audience: When [Yoko] and I were talking yesterday, you were talking about, you know, you wanted to help the people, particularly people to help them get out of poverty.

Client: Yes, truly I think I have to help myself first. But if I have a chance to help people get out from poverty, sure, I will do that. I'm very sure.

Rob: So that may be something down the track that's another concern. That's part of your wealth of contributing to other people maybe.

Client: Maybe.

Rob: Now I don't mean just money, but with the results, getting good results that may allow you to be in a position to help other people.

Client: Yes.

Rob: But you want to help yourself first so that you'll be ready to help other people.

Client: Hmm.

Rob: Is that right?

Client: Yes.

Rob: Yeah. And I think that's where the enjoyment comes in. If you are enjoying yourself then, okay. So now we're going to have an invitation and I'll have to - the invitation will have to be about choice; about choosing to go into hypnosis.

Audience: Could I just ask one question?

Rob: Yes, please.

Audience: How do you know that you've got good results? How are you going to measure that? What's that for you?

Client: Well, with a client when we, for example, if a client with depression comes out with, without depression, that's one result. Another client was, which will have to learn some things and skills.

Audience: So it's based on kind of the clients?

Client: Yes, yes.

Audience: So you'll measure that your clients by being [inaudible 14:12].

Client: Yes, yes. The result of the therapy for the clients, not every wellbeing. I think wellbeing is too much. But if they're rich on therapy, the result they were looking for, I think I'm doing a good job.

Rob: Is that satisfactory to you?

Audience: Yes, I think so. Thank you very much.

Rob: Thank you. Nice question. So inviting Yoko into hypnosis would have - we want to give you a

choice and you're learning some skills about going into hypnosis and we want the result for you to go into hypnosis to be one that is satisfying to you and that you can learn. So something measuring, using and something that you can enjoy. We want skills and you want enjoyment, you want results, but in particular, you've got to emphasize choice in how he goes into hypnosis.

You know, you can close your eyes so you can do this or you can give some [inaudible 15:27] alternatives here. He can listen to me or pay attention to [inaudible 15:32]. A lot of choice there. We want to give this fellow lots of choice so that he can then discover how he can manoeuvre through that.

And then we would have some early learning. Maybe scuba might be good. Is knowing when you first learned to swim like that. You didn't know how to put your head under the water or something. Would that work for you?

Client: Yes.

Rob: So the swimming is an okay thing to talk about?

Client: Yes.

Rob: It should be. If you like scuba, swimming shouldn't be a problem. It should be safe. If you start talking about swimming when someone you don't know, their mate nearly drowned or they might have seen someone drown, that might be unhelpful. But this guy likes scuba and swimming so we're going to talk about swimming.

Client: Swimming is good. I used to two times a week when I was in Brazil.

Rob: Okay. You like swimming. And we can talk about choices within swimming. When you first learnt to swim, you know, you had to kick your legs and move your arms and turn your head and you couldn't, didn't know when to make the choice of when do you take a breath, when do you do this, when do you do that.

And after a while you found that you could trust yourself and you could choose the right time to breathe or whatever. And in a way that you learnt the skills and you go the results and you were able to enjoy it. Does that make sense? Is there a kind of knowing learning? Does that fit together with something?

Audience: It does. I'm wondering whether the - whether what's missing and because of the language, the Latin American's kind of a strain, what's, missing is

it the choice around something or the resolution of the choice?

Rob: Or the choosing.

Audience: Or the choosing.

Rob: Yeah.

Audience: And the decision making.

Client: Yeah, the decision.

Audience: Well why the decision?

Client: Yes, it's true.

Audience: If I listen to the thing that's missing is it's too much choice [inaudible 17:52].

Rob: Yeah. Somehow resolving the resolving choosing. Would that fit? If you were able to choose the approach that would - then you could then get the skills to choose the results you want that would be enjoyable for you.

Client: Yes, I think, I think when I have decided what is the approach, then this [inaudible 18:18].

Rob: Okay so what's missing then is deciding can we say. Will that, is that deciding or choosing? Which is sort of...?

Client: Decide.

Rob: Deciding?

Client: Yes. It's not making - I think if I make more choice, it will be even more difficult to decide.

Rob: Okay. Alright. So then the early learning. If - at first it was hard to decide when to move your left arm, when to move your right arm, when to kick to your left leg. You had to decide that. But somehow in the process, you developed the skills and you got the results of being able to swim so that you could enjoy swimming, which you did when you were in Brazil.

So you've got a kind of an earlier process there where you didn't know how to choose, didn't know how to decide; he'd learn how to do that and now it's enjoyable and he gets the results.

Do you see how an early learning can take shape if we look for what's missing? Does that somehow make sense? Something better than that? Is there a better...?

Client: No, it's perfect.

Audience: One of the early, early choices that I had to make at school was what sport was I going to be able to do, swimming or tennis or cricket.

Rob: Right.

Audience: So it was that having to decide.

Rob: Yes.

Audience: And I was caught in the dilemma that once I decided, that was all I would be able to do whereas, in actual fact, I was able to do them all. It just took me a few years.

Rob: Okay.

Audience: So I look at medico-ontological coach hypnosis, psychologist educator, psychologist, ontological coach, hypnosis and that's the same for me with school when I did all of it.

Rob: Okay. So you didn't have to decide.

Audience: I didn't have to choose. I was questioning which one came first.

Rob: Okay. So you had to decide - hmm?

Audience: That's a story we could use.

Rob: Yeah. It's a clinical story. We know someone who - it's not quite like we had a client who, but we know someone who. Now you could have them all, but you said you had to decide which would come first.

Audience: In a sense at school do that because I couldn't swim and I had to do that first. So that came first.

Rob: The swimming?

Audience: The swimming.

Rob: Perfect story. Different sports. He could do more. He didn't need to decide which to do, but somehow swimming came first and he didn't have to decide on that. How come it was swimming?

Audience: The school had a policy that unless you were able to swim, you were meant to do other sports until you could swim.

Rob: Ah. Oh, I see. I don't know whether you'd like that story. Like that, you're being told which one you have to do. No, I don't think so.

Client: I don't know.

Rob: I think we'll say that John said somehow, although there was some pressure from outside, he made up his own mind.

Audience: That's a better story.

Rob: Well it's just more useful.

Client: Well, yes, that's it.

Audience: Or he's also at the Chinese bookstore saying possibly [inaudible 22:00] is that, you know, like sometimes we restrict ourselves to one choice and think it's the ultimate choice.

Rob: Yes.

Audience: When maybe, if you did not have that pressure, just choose and not deciding on something and then [inaudible 22:15].

Rob: Right.

Audience: So listen to an either or although that may not be the best.

Rob: Yeah. So there were other sports and what other sports were there? Just give us one more.

Audience: Oh, cricket.

Rob: So can we say that you realized that if you had chosen cricket, that might have been just as good or perhaps even better, but looking back, there are no regrets because swimming worked out well for you. Would that be - does that make sense to you to say that?

Client: Hmm.

Rob: Huh?

Client: Yes.

Rob: So we're trying to take the pressure off. One of the things that happens in the process of deciding like I've got to decide and if I make the wrong decision, I'm in trouble. So you were saying it doesn't have to be. You know there's all kinds of things, but we're also saying that you can choose. And if you've made another choice, that would have been okay also so, again, taking the pressure off.

So if you do cognitive or this, yeah, okay, fine. Actually from yesterday we mentioned that whether you do this or cognitive, you're down to 1% so it really doesn't matter, perhaps.

So anyhow, we know about John who had all these choices about sports. He could do them all. Swimming

came first and he decided, and he realized that if he had done cricked, that would have been fine also. And we've got he learnt the skills about swimming. He could have learnt the skills about cricket. He learnt some of them, but he got most of the skills around swimming and he got good results for swimming. He did very well swimming at school, whether he did or not, we don't [inaudible 24:05]. And he was...

Audience: Very wealthy.

Rob: Wealthy. He got, he got medals?

Audience: Probably not.

Rob: Yeah? Can we tell that? Does that, is that - would you like - do you like that story that he got the trophies or medals or...?

Client: It could be.

Rob: It could be. Do you like that or what would a good result for you be?

Client: If it is swimming, well that's good enough.

Rob: Okay. So here, here's your own self. You enjoyed it, hmm?

Client: Yes, enjoy and good technique.

Rob: It's a beautiful bit there that we've got, we've got now and almost missed it that he got some trophies, but that he enjoyed it. No, what did you say that was good enough that he had - it felt good to him or what would you say?

Client: If he enjoy and have good skills and...

Rob: Enjoy and good skills, you'd say that that's good enough for him?

Client: Yes.

Rob: So again, it's back to the enjoyment. The fact that he enjoyed the swimming, even though he got the trophies, maybe even got a scholarship or got a lot of money for it or something, but the fact that he enjoyed it was good enough. That was enough for him. He was satisfied.

Okay, now we want to have a life story. Now we want to have something here [inaudible 25:45] that doesn't have any people in it.

Audience: [inaudible 25:50] with people.

Rob: Now well, let's make sure that most have one that doesn't have people in; something to do with fish or the ocean or water or...

Audience: Electrons.

Rob: Electrons.

Audience: They don't choose where they go. They just find themselves there.

Rob: Okay. Well this guy hasn't mentioned electrons. So he's spoken about different things, different people.

Audience: How does a school of fish choose which way to go?

Rob: Is that the idea of a school of fish doing this or that, like a group of fish?

Client: I don't know that. I think...

Rob: If you get a whole lot of fish together, they often move in a group.

Client: Okay, yes.

Rob: And in English, we call that a school of fish for some reason.

Client: A school, uh-huh.

Rob: Like a school and teachers and things.

Client: Uh-huh.

Rob: It's called a school.

Client: Oh, I see. A school of fish.

Audience: I wonder how fish decide to swim this way or that way. That's a...

Rob: And is that an interesting story to you that somehow fish, when they're in a group, they seem to go where they need to go. They must make a choice. They must decide to go this way or that way.

Client: Yes.

Rob: And somehow they decide in their own way and it all turns out very nicely. We want to have a enjoy - we want to make sure the fish enjoy the experience. We don't want to say the fish decide to go this way and they all get caught. They all go and get caught by a fishing net.

Client: Whilst scuba diving, I came on a school of fish like that and I make like this with my hand closed in and they all moved.

Rob: They moved away and then you bring your hand back and they come back again?

Client: No.

Rob: They just went.

Client: They just swim quite fast and then they make like, yeah.

Rob: Okay. Well let's have a - so we're sticking with the water here so we'll have a story about fish, deciding how to use their skills as fish and swimming and staying together as a group so they get the result, the finding food and avoiding being caught. Okay.

Then I want to add in some - then let's have a [inaudible 29:00]. Let's go scuba diving. Does it look okay if we say let's go scuba diving. And we'll get into the experience of scuba and I'll ask you, I'll go what - you're down there, you're breathing in and out, how are you deciding to breathe in, to breathe out. How did you decide to put your hand into that school of fish? How did you decide when to move up or down, left or right or something? We'll have a conversation about like that about you deciding. How did you decide?

And then finally I want to offer some ideas like we were practicing before lunch. It's going to be interesting for you to discover how easy it can be to decide what you're going to do. And because you've spoken to Michael, because you've spoken and been in this group, it will be very easy for you to decide.

And you might do this for a while and then try the cognitive for a while and have more content or less content, try this and try that. And after a while you'll know when to decide what to do. And then always we say I want you to learn this and then what's different and thank you.

So this is how a session might - how this session might evolve. Now I can already ask you what's different for you. Now that we've gone through this, now that we've put that on the board, what's different for you? Nothing?

Client: I don't know.

Rob: You don't know. Okay. Sometimes, just by putting up a structure there, the client will say, okay, I know what to do now. But there's also - it's very different when we actually go through it, which I'm proposing to do. Are there any other bits that you want to add in or any questions that you want to ask or...?

What are you laughing at?

Audience: No, my stomach's rumbling of course, like a volcano.

Rob: Well let's hope that that volcano doesn't erupt here. Anything else that you think might be helpful to add in there or...?

Client: Maybe no, I think it's great.

Rob: No?

Client: Yes, it's fine.

Rob: Fine? Okay. Well, let's make a start. Now I'm going to be paying attention to you and also, from time to time, looking to stick to what we've got here so that in some ways, it might be a little bit artificial because I'm sticking to something that's kind of somewhat more rigid.

Client: It's okay.

Rob: But let's see if we can make it useful anyhow. So I wonder if, as you're going into hypnosis now, whether it might be interesting for you and enjoyable for you to notice how your eyes can decide when they want to close and for you to notice that your lungs can decide when they want to breathe in and out.

And without you needing to decide, you can move your arm, settling into that chair and take your own time. That's it; to settle into this experience and you've

already learnt some skills about going into hypnosis. That's right.

And I think it would be nice if you could enjoy the results of you going only as far into this as is pleasing to you. That's right. That's good - useful to you. Good. And relevant to your learning and to your increasing enjoyment.

And as I continue to talk, you might be interested to notice how you can listen to me or let your attention go anywhere and to notice how you can decide when to listen to me or let your awareness drift or how sometimes you can allow your attention to make its own decision and then you can find yourself having decided in a way that can be enjoyable for you.

And when you first learnt to swim, it may have been difficult for you to choose when to kick your left foot, when to kick your right foot, when to move your right arm, when to move your left arm, how to put your head under the water, when to lift your head up to lift it to the left, to the right or lift it straight up. All of those choices could have been very overwhelming and even paralysing.

But then somehow, you were able to decide in learning those skills, if kicking your legs, moving your

arms, breathing, that you learnt those skills and you got the result that you wanted, that you enjoyed that were good skills and they felt good enough for you so that those difficulties that you had of dealing with all of those choices is now something that you don't need to decide. The decision is already made and you enjoy the swimming and the skills that you learned that allowed you to have that, those results in such an enjoyable way.

And we were speaking about a person who, when he was at school, how a whole lot of range of choices about sports; was he going to play cricket, was he going to swim, was he going to play this or that or the other sport, he could have learnt and done all of them or any of them. And there was some pressure from their school to do one.

And he was actually able, in all of those choices, to make his own decision and he chose swimming. He said that if he had chosen cricket, that would have been fine. He could have got good results with that; good skills. He could have enjoyed that, but he did make all of the adjustments that he needed so that he could handle and somehow feel able to do whatever changes were needed so that he could feel the way he wanted to feel.

And as he got more and more involved in swimming, he learnt all of those skills and got very good results. He enjoyed the swimming and he enjoyed the results.

He did get some prizes and there was some enjoyment in that, but the main enjoyment came from knowing that he had learnt those skills. He had enjoyed the people that he learnt the skills with. He had learnt that activity. He enjoyed the learning and the results and was able to make pictures of himself and have images of himself succeeding, getting good results and said that's good enough for me.

Now when you see fish swimming in a group, in a school, fish have learnt to swim. They know about swimming. They can swim to the left, to the right, up, down, fast, slow. They have all of those choices in how to swim, where to swim, at what speed to swim. But somehow they have learnt how to decide where to go, how to go, how fast, what direction.

And by deciding and learning, they are able to find the food they need to survive. By having learnt those skills and able to make, have made that decision, where to go and how, they avoid being caught and continue swimming, living, enjoying.

Now while I've been talking, some of the time you're probably listening to me, some of the time having your own thoughts, sometime learning different ways, different experiences. But I wonder if it would be okay now to leave all of that somehow in the background and to go scuba diving. Would that be okay?

And as you allow yourself, having decided that it's okay to go scuba diving, allow yourself to do that. I wonder if, as you continue to do that, you could begin to focus on some part of that and become even more absorbed than you already are and breathing that way and allowing that stillness as you do that. That's right.

I'm wondering, as you are in this experience, if as well as being in this experience, you could also speak to me. Would that be okay? And tell me what is happening for you. What do you see?

Client: I see a reef.

Rob: You see the reef?

Client: Yes.

Rob: Yeah.

Client: And for swimming through the reef, I have to fill up my lung.

Rob: Yes.

Client: So my body has risen.

Rob: Yes.

Client: Then I go and then I [inaudible 43:14].

Rob: And you go down.

Client: And go down, yes.

Rob: Yes. And how did you decide to come up to fill your lungs? How did you decide to go along? How did you decide to go down?

Client: First, I don't want to hit the reef because I can...

Rob: You don't want to hit the reef, no.

Client: Yes.

Rob: So you see the reef.

Client: Then I...

Rob: And you respond to that.

Client: Yes.

Rob: And you know how to do that.

Client: Yes. So when I fill up my lungs then my body rise and I rise and I can breathe out and keep, keep swimming. If I want to go down, I have to take all my air from my lung again.

Rob: So how do you decide when to go down? It might seem a silly question.

Client: For example, if I see a nemo, I want to go there.

Rob: Ah, so you see where you want to go?

Client: Yes.

Rob: Is that right? You see the reef's coming. You don't want to hit it. You say you want to go above it, you know what to do. You decide what to do.

Client: Yes.

Rob: You go along and then you see something down there and you decide that's where you want to go. So you see that and you just know exactly what to do and you make that decision.

Client: Yes.

Rob: Yes. So as you see where you want to go, you can decide because you see where you want to go.

Client: Yes.

Rob: And as you...

Client: So, for example, I saw a stingray and I wanted to see it close.

Rob: You want to see it. You want to get close, yeah.

Client: Closer, yes.

Rob: So you see the stingray.

Client: Yes, I saw that.

Rob: And you want to get close so you decide to go closer to it.

Client: Yes.

Rob: Yeah. And it's like the decision comes when you see that that's what you want to do.

Client: Yes.

Rob: Yeah. So would it be okay now if you were to just close your eyes again.

Client: Hmm. That's fine.

Rob: And just look in your life at where you want to go. Not to choose because there are so many choices, but if you were to just look as if you are swimming, scuba diving through your life and you could go this way or that way or the other way, if you were to look and see where you want to go.

Client: It just reminded when I, when I first saw my girlfriend. That was more than six years ago.

Rob: Yes.

Client: And I just saw her and like if I saw the stingray and just walk in that direction.

Rob: Yes. So you didn't have to decide. You didn't have to choose, you know, more or less content, more or less. So you saw and you went.

Client: Yes, it was just - I was with friends and I saw her.

Rob: Yeah, you saw her.

Client: I saw her and I thought was mine and then just go.

Rob: Yeah, you went there. Any regrets?

Client: It was very great. Huh?

Rob: Any regrets?

Client: No, definitely.

Rob: So I don't know if, in you deciding what direction to go with your career, whether it's going to be like deciding or not needing to decide, like your girlfriend, you see your girlfriend, you see a direction in the career and you just go there, no regrets.

Client: Yes.

Rob: Or whether it's like scuba diving where you move here, there or whatever; try this, look here and you look at that and then you move to that. Then you look and when you see where you want to go and you just go there.

Client: Just go, yes. Yes. I haven't realized that before.

Rob: Yeah. And now that you know, that you've realized that all you need to do is to look and see where you want to go and then it's easy for you to decide. And because you've learned to scuba and because you saw your girlfriend, it's easy for you to decide.

Now I don't know if somehow in this experience, you already know what your decision is or whether you need to sit with that for a while and just float around with that for a while and take your time.

Client: Yeah, I think of...

Rob: A few years, a few decades or whether, just as soon as you are ready to know, you will let yourself see.

Client: I feel like I don't have to decide. These decides are kind of automatic. I just saw that girl and automatically I went and heard her reaction and talked to her. I didn't spend time deciding whether if I, whether I'd go or not or...

Rob: Yeah, if you had that many choices, you wouldn't be able to.

Client: No, no. I just did it.

Rob: Because you saw her.

Client: Yes.

Rob: And no regrets.

Client: No.

Rob: And when you saw the reef, you didn't need to choose to go up to take a deep breath to fill your lungs. You just did that.

Client: Yes.

Rob: And then you saw the stingray and you didn't need to decide. You just saw and went there. No regrets.

Client: Yes. That's it.

Rob: That's it.

Client: That's the best.

Rob: That's it, okay. So is that enough.

Client: Make it very easy.

Rob: I'm sorry. If it's too easy, let me know and I can try and make it more difficult.

Client: No, it's not too easy. It's got to...

Rob: Oh, not too - you don't mind.

Client: It's good to be easy.

Rob: Oh, okay.

Client: Like I always find, I don't know from here, but I used to find it hard to decide some things in life like I'd spend hours thinking about something to know if I have to do or not to.

Rob: Yes, yes, yes.

Client: Spending too much deciding not.

Rob: Yes, indeed.

Client: And most of the best decisions I made in my life are like these. I just decided. I just saw and went through it. The ones I stayed long thinking, some were good, some not, but it's much easier just to let it happen instead of trying to control.

Rob: Okay. So I'm wondering how you're making a connection now between that, all those things in your life, your girlfriend and so on, where you just saw and said yes. No, no need to decide, no need to worry about it, no need to think about it. You just trusted yourself and there you go.

Client: Yeah.

Rob: No regrets. How are you going to apply that to this experience, to your career?

Client: I think I, I think I got it.

Rob: You think you got it?

Client: Yes.

Rob: Okay.

Client: I think I'm kind of decided.

Rob: And if this doesn't sound too strange, how long ago had you decided?

Client: Like I don't know why, but it's more clear for me now. For example, you've been showing a way to practice Ericksonian therapy, which is easier and solution-focused and it really works. I can experience that. And another thing that came to me when I was with my eyes closed is when I was talking to Michael [Yoko]. I asked - he was during the workshop always saying about many approaches and I asked him how can I study that much approaches. I just can't. It's too much.

Rob: You can't, yeah.

Client: And he said, you have a lifetime.

Rob: You do. But only one as far as we know.

Client: And I said I don't to hurry and get to know about everything at once.

Rob: And your girlfriend is not the only girl in the world.

Client: No.

Rob: There are other females.

Client: Yes.

Rob: How many females, how many women, girls, do you need to meet and try before you decide?

Client: A lot of them.

Rob: It would take more than a whole lifetime to.

Client: I got confused. I don't know if I understand what you mean.

Rob: There are a lot of different approaches that Michael Yoko mentioned. You've only got, you haven't got - he said you've got a lifetime.

Client: Yes. So what I decided before coming to Australia was doing specialization on cognitive therapy and first study that. And so I had booked this specialization in Sao Paulo where I have to be before I go back home when I come back from Australia. So I already booked it and so I'll go there before I go home, stay for the weekend, the first weekend of this

specialization and for home. And, yeah, I think I don't have to change it, yes.

Rob: You think?

Client: I don't have to change it.

Rob: You don't have to change it?

Client: No.

Rob: No.

Client: It's a good idea. I'm pretty sure it's a good idea. And I think, with all I have studied since I began to study Ericksonian therapy, since I heard about Erickson the first time, I think I will be able to practice something like this.

Rob: Yeah.

Client: Learn these skills.

Rob: Yeah.

Client: It's not that hard.

Rob: No. It's not.

Client: Yeah. No, it's not. It can't be. It looks so easy sometimes.

Rob: Yeah. Yeah, it is easy except when it's not.

Client: Yeah.

Rob: So what's different now than when we started?

Client: The feelings.

Rob: Yes.

Client: Totally different. And I don't know if it's because of this I was falling asleep. I don't know if you realized I was sitting there, falling asleep and now I feel like more, less heavy.

Rob: Yeah.

Client: Not so heavy.

Rob: You filled your lungs. You've come up.

Client: Yes.

Rob: Yes.

Client: Yes. I feel like, yes, going up just with the lung and not when you go to - when you stop scuba diving, you just empty your BCD, the jacket, and then you have to go kicking until you get to the surface. I don't feel like kicking to get in the surface. I just feel

like and changing the direction. It's just that there's more change and it doesn't take that much for it. It's not so a big problem.

Rob: Not so big problem, no. Well that's very nice.

Client: Yeah. It's very good.

Rob: And does that feel like you've got something like the result that you were looking for in this experience?

Client: Yes.

Rob: And there's some enjoyment for you in that?

Client: Uh-huh.

Rob: And it feels good enough for you?

Client: Yes, it feels good enough.

Rob: Good. Well, this might be a place where we could stop then. Would that be agreeable?

Client: Yes, sure.

Rob: Okay.

Client: Perfect.

Rob: So thank you for being willing to be part of such a strange process.

Client: Thank you. I have to thank you. When we were here and you were writing here, I thought like I wasn't sure if that would work.

Rob: No, me neither.

Client: I didn't know.

Rob: Me neither, yeah.

Client: Yeah, but I had a good expectation as well.

Rob: Yeah, me too.

Client: Yeah, it's good. Thank you.

Rob: Thank you.

[End of recorded material]

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Thanks

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

Thanks also to Philip Rowland for his meticulous correction of my many typographical errors.