

*Scripts and  
Strategies in  
Hypnotherapy  
The Complete Works*

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# *Introduction*

By way of introducing this work, which contains much of that which is necessary to begin therapeutic practice using the medium of hypnosis, I feel that it is necessary to broadly define the elements that will be covered. Much has been written concerning the 'state' that is termed hypnosis and the attempts to describe it in scientific terms have been many. For the purposes of this book, I would describe the 'state' of hypnosis as an altered 'state' of awareness that will allow access to the subconscious, having reduced the critical analytical interference of the conscious rationalising processes. The process of inducing hypnosis is in effect a focusing of the conscious processes to a point where an altered 'state' of awareness is achieved. In this 'state', those activities can be relaxed to the point where we still 'hear', as our normal physical abilities are not impaired. This is similar to being engrossed in a television programme, whilst overhearing a conversation in the background. Basically, all else just fades into unimportance:

*"There are three main components of the process of inducing hypnosis: relaxation, imagination, and enactment." (Hildegard and LeBaron, 1984)*

The subconscious part of the mind continues to hear all that is to be heard and in the same manner continues to react to stimuli whether visual, tactile, oral, olfactory, but is not subject to the same degree of rational conscious processing. The subject is not asleep or unconscious. Information presented to the subconscious within this 'state' will not be subject to the alterations of perception that are the mark of conscious processing of information and stimuli. In stage hypnosis, this concept is often demonstrated by a suggestion such as that an onion given to the subject is in fact a juicy apple. The subconscious will accept the suggestion uninfluenced by the rational conscious mind. The subject will taste not an onion, but an apple.

Once trance 'state' has been induced, then a process of deepening can be used, relaxing even more the constant chatter of the inner mind, allowing for therapeutic change to take place at a subconscious level. In order that we can facilitate changes in attitudes and

behaviours, the therapeutic session continues using strategies that, when employed in conjunction with hypnosis, emulate recognised learning patterns. Suggestion therapy is very powerful, using positive affirmations that provide new and more beneficial responses to situations and conditions. The practice of couching meaningful messages within metaphors was widely employed by the father of modern clinical hypnosis, Dr Milton Erickson. He used this technique as further distraction of conscious rationalisation while the important new learning was assimilated at a subconscious level. Hypnotherapy is in fact a teaching process, as we utilise the capabilities and the potential of the subconscious, taking advantage of our ever-increasing knowledge of learning patterns. Whichever of the strategies is employed, they all have value and are effective. It is the skill and experience of the therapist in deciding which of the tactics available are most appropriate for his/her clients which will determine efficacy.

The hypnotherapy session concludes with a reorientation to conscious awareness, usually with a count. 'I am now going to count from one to five and on the count of five you will be fully awake and aware'. Of course, there is here an opportunity to give some suggestions such as, 'On the count of five you will be fully awake and aware, feeling relaxed and comfortable as if you have had a refreshing nap'. Discussion of the content of the therapy session is discouraged with the use of distractions such as, 'What have you planned for the rest of the day?'

Within the scripts and strategies, I have included some italicised text. These items are for the guidance of the reader in his/her use in therapy, and I trust that these and the manner in which the material is presented will allow for easy understanding and utilisation.

*Roger P. Allen*

P.S. A number of the scripts and strategies employ Neuro-Linguistic Programming (NLP) techniques. I would recommend that the reader take the opportunity to obtain some of the excellent works by Bandler & Grinder and by Andreas & Andreas on these concepts. I have included some of their works in the



acknowledgements (at the end of this book), and they are available from most good book stores, and from the publishers of this book.

P.P.S. I have referred to my clients in the masculine. This is not in any way intended as sexist, but as a means of simplifying the text.



## *Part One*

# *Inducing the Trance State*



Inducing hypnosis is not something that can be described as what we 'do' to a client. It has been broadly recognised that we, as therapists, are only instrumental in helping our subject to use an ability that everyone possesses, ie to go into a trance. Thus, the trance state can be achieved only with the co-operation of the client. Most people who appear in a therapist's office for the first time already have an impression of what to expect; usually a very flawed expectation that has been generated by seeing a stage hypnotism show, reading a book or seeing a film that depicts hypnosis as some kind of magical influence that can be used to bend mere mortals to our will:

*"Many people report that becoming hypnotised feels at first like falling asleep, but with the difference that somehow they keep hearing my voice as a sort of background to whatever experience they may have. In some ways hypnosis is like sleepwalking; however, hypnosis is also an individual experience and is not just alike for everyone. In a sense the hypnotised person is like a sleepwalker, for he can carry out various and complex activities while remaining hypnotised."* (Weitzenhoffer & Hilgard, 1959)

The concern of many is that they will be subject to anything the therapist wishes to inflict upon them, without their consent. This concern is, of course, unfounded, and the situation needs to be clarified in order to put the client's mind at ease. Most of us have a bank manager, but none of us have been able to persuade him to allow us free use of his golden shovel! I always explain to my client exactly what hypnosis is in real terms; while watching television, the experience that can result when becoming so engrossed in a particularly good show, where all else in the room just fades into insignificance; when someone can speak to us and not be heard because all our attention is taken up by what is happening on that small screen.

Hypnosis is the focusing of the conscious attention within such a narrow corridor of influence. This is the trance state that we are seeking to induce. When the conscious mind is so intensely focused in this way, the other influences that are present, such as the person who asks if you would like a drink, are no longer being rationalised or critically analysed. The words are heard, but by the subconscious mind free of the critically analytical interference of the conscious mind which, through a process of derivational

search, filters out those things which are not acceptable and formulates a perception of events which can then be allowed into the subconscious, in a suitably altered manner. The conscious mind tells us that black is black and, if it receives a suggestion that it is white, then it will intervene to ensure that the correct perception is formed. Without the influence of the conscious mind the subconscious will accept that black is white without objection. It is for this reason that hypnosis is so useful an adjunct to therapy, as it allows the subconscious resources of the client to be accessed and influenced through suggestion delivered in many forms. Direct or indirect suggestion, imagery etc, the many and various strategies used in hypnotherapy, are simply differing techniques utilised to deliver beneficial suggestions, to change maladaptive learned responses into responses which are adaptive and thereby offer positive options for the client.

The following inductions are just a few of so many. They are not magical spells, simply forms of words that will assist the client to tap into his own ability to relax and go into trance.

# *Eyes Sealed Shut*

## *– Rapid Induction*

*The first thing to do is achieve eye closure, and there are a few ways that you can do this. You can quite simply ask the client to close his eyes, but I prefer them to do it in their own time, with the thought that they are doing it because they want to go along with my suggestions. I ask the client to look at a spot on my hand as I hold it just above their normal line of sight so that they have to strain their eyes upwards.*

*It is best if the client is seated in a comfortable chair; I ask him to remove his glasses and loosen any tight clothing so that he can relax in complete comfort.*

Okay, now we will do some hypnosis, and I know that you will be wondering whether you will easily go into a trance ... I can tell you now that what will happen is natural and normal as I ask you to utilise your own ability to relax and drift into a very deep state of relaxation ... the state known as hypnosis. It is so very true that provided you just follow the simple instructions that I give to you ...you will drift into hypnosis. Of course ... you can resist me ... but that is not what you came here for ... is it?

*Await response.*

So make yourself very comfortable now ... and just look at a spot on my hand right here as you listen to my voice ... concentrating fully on that spot on my hand ... without allowing your eyes to move away from that spot on my hand ... Very soon, perhaps now... you will become aware of how heavy your eyes become so quickly ... they will want to blink and that's fine ... perhaps they become a little watery ... or a little dry ... and that's fine too ... they can feel so heavy and so tired ... droopy and drowsy ... and it would be so nice to just allow them to close ... as I bring my hand down slowly ... past your eyes ... past your nose ... past your mouth ... closing ... closing ... and closed now. That's good ... already you are beginning to relax and feel so very comfortable.

Now I am going to touch your forehead with my finger ... here. I am locking your eyes from the outside as you lock them from the inside ... and as I count from one to five you will find them locking tighter and tighter:

**One.** Eyes tightly closed.

**Two.** Locking tight and sealing shut.

**Three.** Sealing shut as though they were glued.

**Four.** The more that you try to open them the tighter they become.

**Five.** Now satisfy yourself ... make a try and find them locking tighter and tighter. Now allow that feeling ... a wave of relaxation ... to flow down through your body ... arms ... legs ... your whole body becoming loose and free as all tension flows from you and you relax deeper... ever deeper ... with every word that I speak.

*Continue with deepener and session.*



# *Two Finger Eye Closure*

*This is an induction for adults. I have found this technique to be very effective when dealing with a sceptical client. It provides the client with proof that they have entered a trance state by not being able to open their eyes. The arm-drop test also provides an excellent deepening technique.*

Now (*client's name*) ... Take a long deep breath ... now just open your eyes wide, looking upwards towards your eyebrows, without straining your neck ... Now I am going to pull down your eyelids ... shut ... like this (use thumb and forefinger to gently close the eyelids). Now I want you to relax those muscles right there under my fingers ... just allow them to relax ... Relax them to the point where they just do not want to work ... and when you are sure that you have done that for yourself ... relaxed those muscles completely to the point where they just will not work ... then satisfy yourself ... have a try and find your eyes locking tighter and tighter ...

*Wait about three to four seconds.*

That's fine ... there is no need to test them any further. Now you can allow that feeling ... that relaxation, to flow down through your body ... relaxing every muscle ... every fibre ... all the way down to the tips of your toes. I am going to lift up your right hand now ... and shake, gently shake, relaxation into that hand ... that arm ... and when I release that arm, it will fall back into your lap just like a wet towel ... and you will go ten times deeper into relaxation. (*Repeat with left arm.*)

*Continue with session.*

# *Ticking Clock Induction*

*If there is a clock in the room, this can be utilised with this induction as you suggest that the client concentrate on the ticking of that clock. This, however, is not a necessity, as it can be suggested to the client that a clock be imagined and that the ticking of that clock can be something that suggests relaxation.*

Now that you're resting comfortably there ... with your eyes closed ... feeling safe and secure ... I want you to take three very deep breaths and then breathe normally ... So go ahead now ... breathe in ... very deeply ... and now exhale ... Now take a second breath ... inhale ... and exhale. And now ... another ... inhale ... exhale ... Now be aware of your eyes ... how comfortable they feel ... closed ... and just breathe normally. I want you to concentrate on only my voice now ... putting aside any other thoughts that come to mind ... and I'm going to draw your attention to various parts of your body ... and as I draw your attention to that part ... then I want you to relax every muscle and nerve ... in that part of your body ... as I refer to it in turn.

First of all I want to draw your attention to your fingers ... and your hands ... your wrists ... your forearms ... and your upper arms ... and as you consider this area of your body ... I want you to be aware of any tension in those muscles ... and concentrate on that tension. Now ... relax all those muscles ... every nerve ... every fibre ... in your hands and arms ... allow all of that tension to flow away ... to drain down ... let those muscle come to rest ... lengthen and loosen ... let them just feel very comfortable ... heavy ... very relaxed ... very ... very relaxed.

And when you have relaxed those muscles in this way ... then I want you to concentrate on your feet ... your ankles ... your calves ... your knees and your thighs ... be aware of any tension in those muscles ... and as you concentrate on them ... then again ... relax every muscle ... every fibre in your legs and feet ... allowing all of that tension to flow away ... to drift down ... lengthening ...

loosening ... so that these muscles too feel very loose and comfortable ... heavy ... very ... very relaxed.

Now be aware of your trunk ... your stomach muscles ... and your chest muscles ... and notice too how all the muscles in this part of your body are now becoming more and more relaxed ... lengthening ... loosening ... much more relaxed ... coming to rest as all of the tension just drains away ... draining away now just like the grains of fine sand in an hour glass drain down into the bottom of the glass. Now be aware of your shoulders ... the muscles in your neck and your scalp ... be aware of the tension here ... and now you can release that tension as every muscle in this part of your body now becomes more and more relaxed ... loosening and lengthening ... very ... very relaxed ... so that you can feel all the muscles throughout your entire body now ... loose ... limp and relaxed ... as that comfortable heaviness continues now.

And while you're resting in this way ... I want you to imagine that it's a beautiful summer's day ... I want you to imagine that you are floating on a cloud ... It's so quiet and peaceful ... and there you are ... at ease with the world ... just drifting and dreaming as you float on and on and ... on and on ... Now you're feeling very comfortable ... so much at ease and completely relaxed ... and it's such a pleasant feeling ... such a soothing feeling ... a feeling as though you just want to drift far away ... into a deep ... sound ... heavenly sleep ... You're so much at ease ... and every muscle and nerve in your entire body is completely relaxed and at ease ... and you feel so pleasantly heavy ... so completely relaxed ... that you just want to continue in this way ... going into a deeper ... deeper relaxation.

Every part of your body feels so heavy and comfortable ... so easy ... I wonder now if you can just let yourself sink and drift ... deeper ... further into relaxation.

And now I'm going to count from one to three ... and on the count of three ... I want you to have drifted into a much ... much deeper relaxation than the one you are in at the moment:

**One.** And your entire body is completely relaxed ... every muscle and nerve is completely relaxed and at ease ... and your body feels so heavy.

**Two.** Your head feels so heavy and sleepy ... It's a very pleasant feeling ... You feel so heavy and tired ... and you keep falling further and deeper into relaxation ... and your thoughts are vanishing ... All you can do is think of relaxation ... deep ... sound relaxation. **Three.** You are now in a deep ... sound relaxation ... and you'll continue to drift deeper and further ... so that every word I utter will put you into a deeper and sounder sleep ... and all you can hear is my voice ... You can hear no other sounds ... All the other sounds that surround us ... background noises ... traffic noises ... all of these are insignificant ... you become oblivious to all of these ... because all that is important is the sound of my voice.

Now (*client's name*) ... I want you to become aware of the sound of the clock here in the room ... You can be aware of the steady and relaxing consistency of the ticking of the clock as it marks time. This ticking of the clock that you are so aware of now ... is going to relax the rhythm of your brain ... and as the rhythm of your brain slows down comfortably ... so then you will drift into a deeper ... and deeper relaxation.

Now I'm going to count from one to seven ... and I shall use the words ... 'drift deeper' ... in between each count ... and you'll find that by the time I reach the count of seven ... you will be very deeply relaxed ... very ... very deeply relaxed:

**One** ... drift deeper ...

**Two** ... drift deeper ...

**Three** ... deeper and deeper ... drift deeper ...

**Four** ... drift deeper ...

**Five** ... much much deeper into hypnosis ... drift deeper ...

**Six** ... drift deeper ...

**Seven** ... and now into a deep ... satisfying and comfortable trance state. And now I want you to notice that in a few moments ... that you will no longer be aware of that ticking sound ... and when this noise stops ... that the rhythm of your brain will have slowed down to the extent that you will be aware of nothing ... nothing but a beautiful silence ... a complete silence ... a peaceful silence ... in which nothing but the sound of my voice breaks through.

When this noise stops ... you'll be aware of only the sound of my voice ... no other sound will be of any consequence to you ... I want you now to enjoy that silence ... because with this silence ... you have achieved a peace that is yours ... relaxation is yours ... and you can feel yourself in harmony with nature. You can now enjoy peace ... tranquillity and a oneness with your own wise inner mind where all can be resolved and made good.

*Continue with session.*

# *Children up to Age Ten*

*Begin in a conversational manner. It can be helpful to find out what is the child's favourite toy.*

Now ... (*client's name*) ... I expect that you play a lot with your toys at home ... I bet that you have a lot of toys and that when you play with them you pretend that they are real ... don't you? ... I know that I did ... when I was a little boy like you. Well ... you know we have a game of pretend here too ... and if you learn this game with me ... nothing that will happen here today will bother you at all. Would you like to learn this game? ... I know you will.

Okay now (*client's name*) ... let's start by taking a big deep breath in ... and then let it all out ... Now you can open your eyes just as wide as you can and I am going to show you this game of pretend. Now I am going to pull your eyelids closed ... like this ... (*Two Finger Eye Closure technique*) and you can pretend that you just can't open your eyes ... That's all you have to do ... Just pretend as hard as you can that you just can't open your eyes no matter what ... pretend so hard that when you try to open your eyes ... they just won't work at all ... Now try to make them work when you are pretending like that ... the more you try the more they will not work because you are pretending so hard ... and because you are so good at pretending. Nothing that happens now will bother you or disturb you at all ... in your mind ... You can be at home playing with your favourite toys ... and you need not concern yourself with anything else at all ...

*Continue with session.*

*Concept: David Elman.*

# *Inside/Outside Induction*

*Ensure that the subject is seated comfortably with eyes closed.*

Okay (*client's name*) ... I want you now to begin to breathe in and out in time with me ... Now take a deep breath in ... Hold it ... Now exhale slowly. (*Repeat six times*)

Now relax every muscle and every fibre of your body as completely as you can ... and say inwardly to yourself ... 'I am becoming very relaxed ... My eyelids are so relaxed now ... that I cannot open them. I try but cannot open my eyes ... so I am drifting into hypnosis.'

*Watch for reaction as client tries to open eyes but finds no response.*

'I am drifting down into deep hypnosis. I am becoming so sleepy ... so sleepy ... I am drifting down into deep hypnosis where my subconscious mind will accept every suggestion and put it into action with perfection. I am so relaxed that my head is dropping forward onto my chest and I sink into deep hypnosis.'

*Watch for response. Now move emphasis from self hypnosis to your instruction.*

Good ... That's very good ... you are going deeper and deeper into profound hypnosis now. All you have to do is relax and drift down deeper into hypnosis.

*Continue with session.*

*Attributed to Dwight Bale.*

# *Arm Levitation Induction*

*The client should be sitting ... eyes closed ... in a straight chair.*

The first thing that I would like you to do ... before you continue to relax ... and enter into a trance ... is to place the very tips of your fingers very lightly ... just touching your thighs ... with your arms in the air and unsupported ... your elbows away from your sides ... just floating there ... fingers barely touching the cloth ... so that you can just feel the texture ... that's right, fingers barely touching ... and now focus your attention on those sensations in the very tips of your fingers ... where they barely touch ... where that floating continues ... because as I talk to you ... and you continue to relax ... and to pay close attention to those sensations ... an interesting thing is beginning to happen. Because everyone knows how easy it is to learn something when you are comfortable.

And sooner or later everyone has the experience of learning something new when they are relaxed ... so go ahead now and allow that comfortable feeling to continue ... with the recognition that after a while you can notice that your unconscious mind has begun to gently lift up one hand or the other ... or perhaps both. It may be difficult to hold it there ... just barely touching your thigh ... as it keeps trying to move upwards a bit as it feels lighter ... and lighter ... and lifts upwards ... almost by itself at times while the other may seem to get heavier ... difficult to tell the difference at first ... but as you pay close attention ... it becomes easier and easier to notice which seems heavier ... and which seems lighter ... And when you begin to notice which hand seems heavier ... you may let it relax and come to rest comfortably on your thigh ... while you pay more and more attention to that other hand ... to that light upwards lifting hand that moves up a bit at times ... and back down again perhaps ... and then back upwards again.

And after a while you may begin to notice that you can allow that drifting upwards to continue ... more and more upwards ... lighter ... floating upwards as you allow that movement to continue on and on ... an automatic movement upwards as your unconscious



mind lifts that hand ... that arm ... upwards one step at a time ... upwards and then more and more. It may be difficult to tell exactly how much that arm and hand have drifted up ... to tell exactly what position they are in ... and it may be difficult to tell when that slow effortless movement occurs more and more rapidly ... as it drifts up ... lighter and lighter ... higher and higher. That's right ...

*Pause for upward movement.*

That's right. And that hand and that arm can continue to drift higher and become lighter and lighter ... but as you pay close attention to them ... you may begin to notice how they feel now ... how tired and heavy they are ... as your unconscious mind reminds your mind ... to pay more and more attention to that heaviness pulling down. And that arm can begin to move down now ... as that heaviness increases ... and it would be so comfortable just to allow that heavy arm to drift down now. That's right ... drifting down ... moving it down now ... letting it return to a comfortable resting position where it can relax completely ... and you can relax completely ... drifting down with it ... down into a deep deep trance ... as your arm relaxes and the mind relaxes as well ... and you drift deeper and deeper as I continue to talk ... and your hands and arms feel so comfortable ... comfortable and relaxed. That's right ...

*Continue with session as planned.*

# *Count Down Induction*

*To achieve eye closure.*

And now that you are resting so quietly there with your eyes closed... I am going to help you to relax even deeper ... I'm going to count ... very slowly ... up to seven ... and in between each count ... I'll use the words 'drifting deeper and deeper'. And you'll find ... as this count progresses ... that you can drift deeper into that trance state ... As I count you can help too as you tell yourself ... 'I am going deeper and deeper into hypnosis.'

Now it doesn't matter if your mind wanders ... It doesn't matter even if you lose awareness altogether ... All that matters now is your own relaxation ... so just be comfortable ... allow yourself the pleasure of sinking deeper and deeper into the comfortable cushion of that chair. Just let yourself drift into that relaxation as I count slowly up to seven ... using the words 'drifting deeper and deeper' in between each count ... and I'll begin that count for you now:

**One** ... Drifting deeper and deeper ...

**Two** ... Drifting deeper and deeper ... And already you can feel yourself settling down ... becoming much more relaxed now ... you're feeling so very comfortable ... beginning to feel peaceful too ... Just feel that relaxation ... working its way through your body. It's bringing every part of you to rest ... settling you right down.

**Three** ... Drifting deeper and deeper ...

**Four** ... Drifting deeper and deeper ... And now you can be aware of how slow and easy your breathing has become ... a little slower and a little deeper too ... and each deep breath that you take is making you more comfortable and much more relaxed ... more and more relaxed ... just feel your whole body getting heavier ... comfortably heavier ... almost as though you're sinking down ... down ... just sinking down into sheer comfort ... as each breath you take ... relaxes you more ... and more ... and more.

**Five** ... Drifting deeper and deeper ...

**Six** ... Drifting deeper and deeper ... You're feeling more comfortable ... more relaxed ... tired and so glad to be drifting deeper and deeper. Heavy ... tired ... drifting deeper and deeper and relaxed. Beautifully relaxed. Every part of your body is coming to rest now. Feeling tired ... drifting deeper and deeper ... heavy and relaxed ... tired ... drifting deeper and deeper ... heavy and relaxed.

**Seven** ... Drifting deeper and deeper into that warm and comfortable state of just letting go completely ... allowing the subconscious mind to take on more and more of that responsibility for guiding your awareness ... down ... as you drift with your own thoughts ... just listening to the sound of my voice. Each word that I speak now allows you to continue to drift now ...deeper and deeper into that relaxation ... nothing bothers you ... nothing disturbs you at all as you concentrate only on my voice ... Should the telephone ring ... it will not concern you ... Even the loudest of noises will not bother you at all as you listen to my voice ... concentrating only on the sound of my voice ... each word ... each sound relaxing you even deeper than before.

This is a special time for you ... a time to put aside all your worldly thoughts and material problems ... a time when you really can become aware of that inner part of you ... a time when no-one is demanding anything from you ... no-one needing anything from you. This is your time ... a wonderful relaxation of both your body and your mind. Now (*client's name*) ... I am going to allow you just a short time of silence ... a few moments that you can use to settle down deeper into that comfortable state that you are enjoying right now ... using the ability that you have to drift even deeper into your own inner-most mind. When I speak to you again ... in a few moments' time ... you'll be much more relaxed ... more comfortable ... feeling so safe and so secure ... far far more relaxed than you are now ... so just rest quietly now ... and enjoy the peace and the tranquillity of the next few moments ... until you hear my voice again.

*Allow about one minute.*

*Count Down Induction.*

Now as I slowly count down ... from five to one ... just let yourself drift deeper and deeper ... more and more ... into that relaxation (*Repeat*):

**Five ...**

**Four ...**

**Three ...** deeper and deeper ... drifting down and deeper still ... down and down ...

**Two** down ... down ... down ... down ...

**One**

*Increase interval between counts.*

Just rest and relax now. Just rest and relax.

*Continue with session.*

# *Overload Induction*

*An induction for clients who are extremely analytical or rigidly controlled.*

Now I know how difficult it can seem to someone with your intelligence to recognise that it can make a pleasant change for me to have the privilege to work with someone of your intellectual ability ... instead of some who come **here** and sit in that relaxation chair **there** and even they ... with their eyes closed can be so small minded ... always appearing mad at the world and never giving a moment for themselves ... to relax ... Those are the ones who just feel that they have no need at all to listen to what is said or not said ... putting values on everything ... values that have no place ... **here** ... no value ... **there** ... as they refuse to learn anything that will help them to see the world in a different light ... that will allow them to care ... that they can care for themselves ... and be comfortable too ... It is so comforting too ... to know that you have that capacity to use your ability in that way ... to learn and to accept that it can be such a relaxing experience ... to allow that drifting into a trance to occur ... without concerning yourself ... as you try to be aware of all that is said ... the exact meaning of all the words ... and of all those events that occur in your own thoughts ... or awareness ... You can know too that you can choose ... to forget to choose to pay that attention to all that happens ... **here** in your experience or not ... **there** ... or what changes ... or stays the same ... and what about that man who set out to travel to a place where he needed to be? ... He knew that he had been told the right way to go ... keep to the left for the first part ... that's right ... so easy at first and then take that turn to the right ... that's right ... not the left because what is right is to take a right ... then what is left cannot be right until the turn that is next that is left ... the turn to the left that will be right that takes him straight to the next turn that is right ... and if that turn is right then he would be turning left onto the right road ... and then all that was left was to relax ... and be totally unconcerned ... because all that was left to do now was to continue ... right ... on down that road that went up the hill to the right of the white house on the left and then go right and then left

... to be absolutely right ... It really can seem to be too much effort at times to be so concerned about what is right ... that can best be left to those who need to know that which may turn out to be that ... or perhaps something else entirely ... which could be right too ... if that was all that was left ... And I know that you will be only too pleased to remember that ... when you consider that so many things can be the same but different too ... like one and one are two which can be also too ... and then two and two are four ... but then what for ... if not to relax and begin to recognise that you really do not know what is no **here** or yes **there** ... where to go ... to where you can let go and allow those things to occur in their own time ... as you let go while holding on to that new recognition ... that what you know is that which is ... that there is nothing that you require to do or not do as your ability allows you to be totally relaxed and comfortable ... as you recognise that what I say can mean so many different things ... It can be so easy to accept all those things and to be completely comfortable and relaxed with all that is so right ... and be left with that train of thought that could allow you to stay on track ... and recognise that too was not worth the effort ... that takes so much effort as you try to remember so many things ... and to understand **NO** need for understanding ... The conscious of your mind can do anything ... go any place it wishes to ... without that need at all for you to be so concerned that your subconscious is concerned ... to hear all that is important to you ... as you continue to listen to the sound of my voice that drifts down with you now ... into that calm drifting ... drifting of thoughts and of experience too ... that can go so slow so quickly now ... as that relaxation that is yours becomes more and more ... as you can allow the subconscious of your mind to take too ... the responsibility for guiding your thoughts and your experience into a quiet calmness that follows ... when dreams can be turning within ... as the wheel turns and the world turns ... all on its own ... nothing at all for you to do ... or to be concerned with at all as you drift effortlessly down into that drifting place where nothing is left ... but only what is right for you ... to where your own inner mind waits too with those wisdoms that are yours and those things needed too.

*Continue with session.*

# Remembering Trance Experienced

*Use with clients who have experienced trance before.*

Now as you begin to make yourself so comfortable **there** ... I wonder if you can remember how easily you entered into that trance state before ... how good it felt to allow your eyes to close ... to concentrate on all of that tension ... becoming so aware and so in control of your own abilities to go into deep hypnosis ... just allowing that tension to flow away from you as every muscle relaxed ... every fibre relaxed ... as your mind relaxed too ... just letting go and drifting off as your own subconscious mind accepted the responsibility for guiding your awareness ... down ... deep into that comfortable heaviness of arms ... of legs ... of the whole body as you discovered that it can be so easy ... so pleasant ... to allow those feelings to continue ... to deepen even more as you listened to the sound of my voice speaking to you in soothing relaxing tones and to remember too that you really do have that ability ... to relax ... to let go completely and to be totally unconcerned that **there** is no need at all for you to be concerned about how much effort it takes ... to make an effort to try to hear ... or to understand everything that I say **here** or don't say **there** ... so much easier to just let go and allow all of those things to occur in their own time and in their own way ... and I know that you can co-operate with me so well ... that you can relax in that way ... drifting down to that place inside ... where all is still ... quiet ... peaceful ... where **there** is only the sound of my voice and the wisdom that is yours as you become more and more relaxed with that awareness of your own subconscious mind. Nothing bothers you ... Nothing concerns you ... as you continue to relax ... to go deeper than before ... each word that I speak relaxing you ... deeper ... deeper ... deeper.

As you continue now to allow your own subconscious to take on more and more of the responsibility for guiding ... for directing your awareness . you can be aware too of the sound of my voice speaking to you as before ... **here** ... as you relax so completely ...

**there** ... each word that I speak just a signal for you to relax ... to let go ... to drift even deeper now. You can be aware too of the sounds that surround you ... the sounds in the room ... ticking of the clock perhaps ... marking the passing of time ... time that can be so pleasant ... and even though so little time is needed the experience can be so enduring ... so much value to you ... and the subconscious can allow time ... time to be however long it is useful for you to experience ... when a short time can seem such a long time ... or a fleeting moment ... pleasurable moments ... comfortable and safe moments ... moments that combine now to continue ... as you enjoy that experience ... aware now even more than before of that inner part of you ... deep inside your own mind where all is truth and all is known ... every experience ... every part of you that makes you the unique personality that you are ... you in communion with you ... the you that is constant ... never tells you a lie ... gives you good advice ... speaking to you now **there** ... as I speak **here** ... And I wonder if you can allow that experience to continue now ... the same ... or to deepen even more as I continue to speak to you ... my words drifting ... as you drift now with your own thoughts ... thoughts that flit like butterflies ... a pleasant flash of colour ... and then gone ... drifting too into comfortable relaxation of mind ... relaxation of body ... heaviness of arms ... of legs ... of no concern to you now ... safe and secure ... **there** for you when you need them ... but for now they can rest ... relax ... relax ... in that comfortable place ... that haven deep inside ... my voice ... my words heard but not heard too ... Nothing bothers you or disturbs you as you continue now to utilise the power of your own subconscious inner mind to help you now with that problem ... that troublesome thing ... knowing that **here** within ... **there** you really do have the answer ... the solution ... so relax now ... and ask what you will ... to help you as I continue to speak to you ...

*Continue with session.*



# *Fractional Induction*

*A general purpose induction.*

As you rest so quietly there, just listening to the sound of my voice, I would like you now to concentrate on your feet and your toes. Concentrate on the muscles of your feet and feel any tension there in those muscles ... hold that tension ... and now just let it go ... allowing those muscles to soften and to loosen as you relax those muscles completely, letting go of tension ... letting go of anxiety now. Now concentrate on the muscles of your ankles ... your calves and your knees, becoming aware now of the tension in those muscles ... feel that tension there ... hold that tension ... and now just let it all go ... allowing those muscles to soften and to loosen ... relaxing ... releasing ... just letting go as you listen to the sounds of my voice ... nothing bothers you or concerns you ... each word that I utter is just a signal for you to relax and go deeper ... and, as you go deeper now, you can become aware of the large muscles of your thighs ... feel the tension in those muscles ... feel the tightness here and then just let it go ... those large muscles softening ... loosening ... lengthening, as all the tension just drains away now ... as relaxation continues ... If you have done this correctly, you will become aware of that comfortable heaviness as your legs relax.

Now allow that heaviness and relaxation to move into the muscles of your buttocks and your pelvic region, all tension draining down now like the fine black sand in an hourglass ... down into the bottom of the glass ... the passing of time ... time to relax and allow those comfortable feelings to continue as those muscles release all tension ... soften ... lengthen and loosen, and you drift deeper and deeper as my voice drifts with you now.

Now become aware of the muscles of your stomach and of your lower back ... feel the tension in those muscles ... and as you release that tension and those muscles relax ... soften ... lengthen ... loosen, you go deeper still as your body relaxes and your mind relaxes with it into peace and tranquillity, but now I really wouldn't want you to relax too quickly ... it's so much easier for you to allow

that feeling to continue as you listen to the sounds of my voice ... the sounds in the room, and you can recognise that ability that is yours, to relax, and to reflect on your problems in a certain way.

Aware now of those muscles in your chest and your back ... aware of your breathing ... aware now of how relaxed and how quiet your breathing has become ... with each gentle breath you breathe out tension ... breathe out anxiety ... then breathe in peace ... harmony ... a feeling of security as muscles release their tension ... softening and loosening as you drift ever deeper ... feeling so comfortable and so good. Now become aware of the muscles of your arms your hands, your shoulders, as you allow that relaxation to continue, relaxing each muscle, releasing tension, that comfortable heaviness continuing now, and it really can seem now to be too much effort to try even to make the effort to move those arms that are so heavy now as you listen to that voice speaking to you in soothing tones that relax you even deeper. Now the muscles of your neck ... feel the tension here ... now let it go and feel your neck shorten, as those muscles soften ... lengthen ... loosen ... all tension draining away now as your conscious mind becomes more and more comfortable and your unconscious mind assumes more and more of the responsibility for guiding and directing your thoughts ... your responses, as you allow this trance to continue.

Now become aware of the muscles of your face ... your jaw ... allow those muscles to just sag now as you release all of that tension ... your teeth slightly apart ... you feel the tip of your tongue now just brushing the back of your teeth as you drift still deeper ... relaxing ... releasing ... just letting go completely.

That feeling of relaxation can continue now into the muscles of your scalp ... the furrows of your forehead smooth over now as all tension just drains away and your entire body relaxes ... drifting in space ... that free floating place of effortless letting go as you now begin to use this opportunity to learn even more about your ability to relax ... and to let go completely ... as you drift into this trance more and more deeply ... more and more effortlessly ... and I continue to talk to you.

*You can judge at this point whether you need to use a deepener script or continue with the session as you have planned.*

# *Experience Induction*

*This induction is appropriate for anxious clients.*

*Contraindication – clients who have a fear of water.*

Now you are resting comfortably there listening to the sound of my voice **here**, with your eyes closed comfortably, and you can be aware of your eyes and of how you are in control ... and how you could open them should you wish ... and that's fine, because I really wouldn't want you to not go into hypnosis too quickly. I would prefer that you discover how much easier it is ... simply to allow events to occur in their own time and in their own way ... and as you allow that feeling to continue in a shoulder ... a leg ... a hand ... as you continue to listen to the sound of my voice ... the sounds that surround you ... the ticking of the clock perhaps or the distant murmur of traffic ... paying close attention now to those feelings ... those changes as they occur as you wonder at your own ability to let go completely and drift into a trance, while your conscious mind has already begun to drift off somewhere else ... allowing your body to relax and your mind to relax ... without knowing at all how much more comfortable and **relaxed** you can become.

I wonder if you can remember now those experiences of drifting off whilst sitting comfortably watching television ... so engrossed in the story line ... listening to the voices as your eyes closed ... to rest quietly for a moment in time ... hearing the music ... those words spoken ... in that quiet and **relaxed** way, when a word or a sound brings to mind a particular memory ... and you drift into that memory ... dream away for a time ... coming back to the words again ... until the words and the music become a soothing murmur ... a relaxing sound ... heard only in the background of the mind ... like a conversation overheard ... a peaceful and quiet time ... and the subconscious of your mind continues to hear all that is important to you ... whilst your conscious mind drifts off to another place without really noticing that there is no need for you to make the effort to try, to hear ... or to understand everything

that is said or not said **here**, as you rest so quietly, **there**. You really have known all along how much easier it is to learn when you are so **relaxed** ... though I wouldn't want you to relax too quickly at first ... I would prefer that you discover now how much easier it is to recognise the small changes ... tiny changes ... almost imperceptible changes ... happening in your breathing ... and in your pulse rate ... how quiet and comfortable you have become as that feeling of security relaxes you even deeper than before. Your unconscious may choose to relax just one of your fingers before it continues to relax one of your thumbs ... or perhaps it will discover that your wrist will be a handier place to begin relaxing, but the conscious part of your mind can enjoy being curious about exactly where those feelings will begin. And now (*client's name*) please consider a stone being skipped across the clear calm surface of a pond ... The stone skips once ... twice ... three times and more ... and each time the intervals become shorter as it loses momentum ... slowing ... down more and more ... as it strikes the surface. The peace and tranquillity is disturbed.

The water flows in ripples that spread out in perfect rings ... but then the stone can skip no more ... All momentum is dissipated, its power lost ... and so it slips quietly down beneath the surface, gently floating down ... past the creatures that live here ... drifting down ... gently ... quietly ... past the water plants ... and nothing is disturbed as it finally comes to rest there ... still now on the bottom of the tranquil pool ... and on the surface ... even the ripples become quieter as they spread in ever increasing circles ... eventually to disappear entirely as the surface becomes calm again and you can take the opportunity to quietly reflect upon those problems as you recognise now that ability that is yours ... to relax ... to let go of tension ... anxiety ... aware now of your ability to see things in a different way ... and to accept those things that seem to be one thing and then turn out to be something else entirely ... and then the difficulty and ease that can be your experience of telling the difference between souls and soles ... sun and son ... bear and bare ... changing old beliefs ... recognising new capabilities and capacities ... learning new ways of doing things.

I wonder now if you can allow those feelings to continue the same or to deepen even more now as you try to remember all those things I have said here ... about that pool there ... that television

... that stone that drifted down slowly ... even as you drift with your own thoughts ... and enjoy allowing that pleasant and comfortable experience of heaviness of arms, of legs ... to continue there now as I continue to talk to you ... each word that I speak ... relaxing you deeper still.

*You can judge at this point whether you need to use a deepener script or continue with the session as you have planned.*

# *Question of Reality*

*An induction to dissociate and observe reality.*

I wonder if you have considered ... how to judge what's real ... how do you make sense of it all? Is it by what you see? ... That part that you consciously see? Is it by what you hear with your ears? ... That part that you consciously hear? And what you can feel with your touch? ... That part which you consciously know you are touching? Or do you realise reality by the sense your subconscious makes? Those feelings you feel on the inside? Those sounds from within ... to you ... from you? Those pictures in your mind? Does your right hand know what your left hand is doing? How do you create what is real? And ... how else could you do that? How many other flavours to reality do you think there might be ... which you can add to what you already taste? ... And ... which works best for you, and when?

You know, by how comfortable you feel. Like a prism turning a single ray of light ... to a rainbow of colour ... your imagination is a prism for experience ... both past and future ... through which to perceive your present ... ponder your past ... anticipate your future. And since it is your imagination, your senses can create what is so. So what would you like to create? Or should it be 'who'? Knowing that you determine what you experience ... and ... the meaning of the outcome ... you can choose to perceive those things which you enjoy ... which make you feel comfortable ... and/or ... learn more effectively ... from experience, either past or present, or future.

*Continue with session.*

# *Self-Hypnosis Training Script*

*"There is an old saying, "If you give a man a fish, you have given him a meal. If you teach him how to fish you have given him a livelihood. Teaching those whom you work with is a means for insuring that your clients can continue to work independently and grow in your absence."*  
(Michael Yapko, 1990)

And now as I speak to you ... I wonder if you can close your eyes and remember those experiences of hypnosis that you have had before ... how easy it became to relax with those words spoken to you ... soft, soothing words that allowed you to let go of tension ... let go of cares as you drifted with those words and with your own thoughts too ... but today I would like you to know that you have that capability to go into trance and to utilise that experience completely by yourself ... not needing to know more about how to allow this alteration to occur ... and you can do this at any time that you want to or need to ... to allow you to use the abilities that are there for you as they have always been ... there in your perfect unconscious mind that can do so many things for you.

All you need to do is concentrate now on all of the muscles of your face ... and screw up those muscles so tight ... closing your eyes so tight ... and then feel that tension there ... feel that tension in your jaw ... in the muscles of your neck ... in your shoulders ... that tension spreading right down through your arms to the very tips of your fingers ... I would like you to really feel that tension and be intensely aware of the tightness and the discomfort in those muscles ... now hold it ... hold that tension ... and now I want you to count to three, and on the count of three ... release that tension, let it go completely ... your eyes remaining shut comfortably as all of the tension in all of those muscles just flows away now ... begin to count now with me:

**One ...**

**Two ...**

**Three ...**

*Match breathing count on outward breath.*

... RELAX ... that's good ... very good ... relaxing releasing ... letting go completely as every muscle relaxes and you drift down with that relaxation as it occurs ... allowing that comfortable heaviness to increase ... to flow down ... softening ... each muscle loosening as that relaxation increases now ... You can continue to drift down as you allow that trance to deepen now as you remember all that you experienced before ... that feeling of comfort ... of security perhaps ... as you relax each and every small part of you ... allowing the subconscious of your mind to accept the responsibility for taking care of those things that are important to you ... as your conscious mind drifts to wherever it wishes to ... perhaps to a special place that your subconscious will provide for you ... where you can relax even deeper ... secure ... safe ... enjoying that pleasant feeling of experiences of trance remembered ... where you can utilise those experiences that can help you ... and as you drift down ... then so you can drift back again ... in your own time as you choose when your attention is required or just when you want to ... drifting back to full wakeful awareness as your eyes open ... and you can take this opportunity to practice again your ability to create your own state of comfortable hypnosis ... creating that tension, as before ... feeling that tension, that discomfort ... and then ... counting to three ... to release that tension ... and allow that trance to develop and to continue ... as you allow that drifting down ... deeper and deeper ... each breath of yours relaxing you more ... that experience of yours continuing as you allow it to ... and I would like you to continue now to practise that ability ... to drift down ... to enjoy that experience and then to drift back again ... so go ahead now while I sit here quietly and wait for you ... that's very good.

*Allow a minute or two to elapse and then continue.*

I am very impressed (*client's name*), you have learned very well how to do that for yourself ... how to create that tension ... and then to release that tension ... and to drift down into a comfortable state of self-hypnosis where you can utilise the abilities and capacities that your subconscious mind can provide for you ... that creative part of you, where those special capabilities and capacities will be available to you even more than before ... your



subconscious mind can do so many things for you ... as you drift down into that trance in your own time and in your own way ... to ask that your unconscious provide those things needed for you ... aware that all that you need to do is to relax in that way ... and ask it to do so ... and then to drift back up again ... in your own time ... in your own way ... bringing with you those comfortable positive feelings of balance ... of things resolved ... feeling refreshed ... as you reach the surface of wakeful awareness ... allowing your eyes to open ... as you take a deep breath and smile.

*Have your client practice this procedure once or twice before leaving the office, and emphasise the need to practice this new skill for their own benefit during the whole of their life.*



*Part Two*

*Deepeners*



# *The Garden*

As you go deeper now ... your subconscious mind becomes open ... more accessible and receptive to new learnings ... to changing old beliefs ... as you relax so comfortably there ... just listening to the sound of my voice ... here ... so calm ... and a feeling of peace and tranquillity allows you to relax more and more ... with each easy breath ... with each gentle beat of your heart. As I count down from ten to one ... you can just let go and you can go deeper now ... with each count ... using each number to let go of stress and tension ... to go deeper now:

**Ten** ... As you allow each muscle and nerve in your body to relax ... letting go ... becoming calm ... you feel peaceful ... comfortable now.

**Nine** ... Relax your mind and your body together ... and if you lose track of the progression of the numbers ... then that is fine ... just let go now ... as ...

**Eight** ... You start to sense a gentle connection between your mind and your body ... and an inner wisdom.

**Seven** ... Go deeper now ... and as you breathe out ...

*Start to pace with breathing.*

... start to breathe out fear ... breathing out anxiety now.

**Six** ... letting fear ... anger and stress flow away from your body ... with every outward breath ... letting go now ... slowly ... comfortably... calmly.

**Five** ... And now with each outward breath ... I want you to start saying a word to yourself ... without moving your mouth or your tongue ... your breathing not changing ... your throat perfectly still ... on each outward breath ... say the word inwardly to yourself ... **calm** ... (*Pace with outward breath ... and repeat*) ... **calm** ...

**Four** ... without thinking what it means ... without analysing the word ... just moving the sound inwards now ... so that it seems to come from an inner wisdom ...

*Match breathing.*

... **calm** ...

**Three** ... Gently now ... easily ... calmly ... calm ... letting go ... and whenever your mind strays from that sound ... and it will stray away ... then just acknowledge that fact and gently bring it back ... repeating to yourself the word ... **calm** ...

*Match breathing.*

**Two** ... Continuing now to relax ... and to let go ... gently drifting down ... into peace and harmony of body ... mind ... and spirit ...

**One** ... And as you continue to drift deeper still ... you begin to see ... sense or imagine yourself in a beautiful garden ... the sun is shining ... gently warming your skin ... comfortable ... You look across the lawn as it sweeps away to an ornamental pond ... with a fountain playing ... the water droplets sparkling ... glistening ... in the soft diffused light that filters down through the leaves and branches of the ancient trees that surround this garden ... shielding and sheltering this beautiful place. The grass is soft ... springy beneath your feet ... and as you walk ... you pass flower beds cut into the lawn ... filled with the most beautiful flowers and plants ... so many varieties and colours ... and you can be aware of the fragrance of the flowers carried to you on a soft breeze that drifts across the garden ... rustling the leaves ... causing the heads of the flowers to sway gently ... the subtle sounds of nature all around you ... birds singing ... the drone of insects and the splash and gurgle of cascading water ... each sound ... each sensation ... relaxing you more ... comforting as you drift deeper ... and every step becomes heavier.

You soon find yourself in a small clearing ... the sun warming you and relaxing you more and more now ... as you sit ... resting your back against a large and ancient tree ... the bark of the tree is soft and comfortable ... and you sense that many people have rested

here as you are resting now ... and although you are alone ... you feel safe here ... peaceful ... comfortable ... the word **calm** ... comforts you more as your mind drifts and fades.

*Continue with session.*

# *Cloud Deepener Relaxation*

*To achieve eye closure.*

Now (*client's name*) ... I would like you to continue to allow that relaxation to deepen. You allow no tension at all to come into you ... You can allow your mind to clear totally of all worries and concerns ... and I want you to know that all forms of tension ... anxiety and depression that you may have had ... are all lifted from you and you will feel very very **relaxed** and calm within yourself.

Whenever you hear me say the word ... **relaxed** ... you will double your relaxation. You now experience complete peace and calm within yourself. As you rest so quietly there ... **relaxed** ... and peaceful ... I want you to imagine that as you look upwards you can see the sky ... a clear blue sky ... with just one white fluffy cloud. And as you look at that one white fluffy cloud ... so it begins to descend ... getting lower and lower ... until it envelops you as you rest there ... and that fluffy cloud seems to gently massage your body with soothing ... healing ... energy ... making you feel even more ... **relaxed** ... You feel calm ... safe and secure ... You can feel the soothing energy gently massaging ... pulsating through the whole of your body ... in through the pores ... and flowing right through your body easing out any tensions ... depressions ... or anxieties ... out through your fingertips and your toes ... Any bad feelings ... any negativity ... all being pushed out ... and this leaves you feeling so very calm ... so very **relaxed** ... so unconcerned.

If it is your wish ... as you recognise that you really are in control ... you may choose to allow your cloud to just drift upwards into the clear blue sky ... And you can enjoy the wonderful clean ... pure fresh air ... or you may choose to float on your cloud ... surrounded by pure healthy energy ... and as you take a deep breath ... you can feel this healthy soothing energy flowing in through your nostrils ... all the way down your throat and into your lungs. You can feel it enter your bloodstream ... and circulate to all parts of your body ... filling your very being ... soothing ... healing



energy ... flowing all through your body ... You can feel your whole body tingle with pure ... healthy ... soothing energy. Now take a deep breath ... and as you breathe out release finally any remaining negative emotions ... you feel so good now ... so in control ... so very comfortable as you continue now ... relaxing ... deeper and deeper.

*Continue with session.*

# *The Stair*

Now you can allow your inner mind to show you standing at the top of a fine marble staircase ... with ten steps leading down ... There is a firm handrail and here you feel safe and secure ... nothing concerns you at all ... and in a moment you can walk down that staircase and as you hear me count off each of the steps ... you can step down one step ... doubling your relaxation with each step that you take.

Begin now as I count: ....

**Ten** ... Doubling your relaxation ... going deeper

*Pace with breathing.*

**Nine** ... Deeper still ...

**Eight** ... Letting go of tension as you relax and go deeper ...

**Seven** ... Doubling your relaxation ... deeper still ...

**Six** ... Aware now of your breathing and how comfortable it has become ...

**Five** ... Each gentle breath relaxes you ... you relax more with each breath that you take ...

**Four** ... Deeper ... even deeper into a state of profound relaxation of mind and body ...

**Three** ... Doubling your relaxation going ever deeper ...

**Two** ... The deeper you go the better you feel ... and you go deeper the better you feel ...

**One** ... Almost all the way down now into total relaxation ...

**Zero** ... Now stepping off the bottom step and you find yourself in a place that is comfortable and safe for you to be ... a place of safety and security where there is no anxiety ... no fear ... just tranquillity ... and calm peace.

*Continue with session as planned.*

# *The Candle*

*A gentle deepener, ideal where a light trance is required.*

Now as you relax more, and let go more and more, you can allow every muscle in your body to relax. Now picture in your mind, a candle ... this candle can be any colour you wish it to be. The colour that you have chosen for your candle is a colour that your subconscious knows relaxes you and calms your mind.

Now focus on the flame of the candle. See how beautiful the colours within the flame are. You may see red, blue, yellow, purple, white or maybe another colour, and as you see the colours within the flame, you relax more and go deeper, as you enjoy these heavy and relaxed feelings, these hypnotic feelings.

Now focus on the wax body of your candle. As you see the first trickle of melting wax, begin to move down the side of this warm and comfortable candle.

Now see the melting wax touch the candleholder and merge with it to become part of the candleholder ... You become more and more relaxed, safe and comfortable.

Now imagine that you are that candle, a candle of total relaxation and, as you picture it, as a particular muscle in your body, helping you to relax more and more completely. Picture the chair that you are sitting in, as a candleholder, and that your muscles, like the wax of your candle of relaxation, are melting into the chair and that you are becoming, yourself, a candle of relaxation.

*Continue with session.*

# *The Mind's Eye*

*An extremely effective technique, that can be utilised to 'damp down' the continual internal self speak, allowing for deeper trance experience:*

*"In the same way that you have eyes that see the world around you, you also have an inner eye that we call 'the mind's eye' ... and it can see images and process thoughts even as you relax so deeply ... and the mind's eye has an eyelid and, like your physical eye, that eyelid can close down ... as it too becomes heavy and tired ... wanting to close ... and it can begin to close ... and, as it slowly drops, it shuts out stray thoughts ... stray images, and can leave your mind perfectly clear ... it experiences whatever you would choose ... and it's closing now ... closing more and more ... and your mind grows quiet and at peace ... and now it closes completely... closing out all stray thoughts or images that you don't want to interfere with how relaxed you are ..." (Michael Yapko, 1990)*

*Continue with session.*



## *Part Three*

# *Habit Breakers*





In order to develop strategies that will help others to modify behaviours which are described as 'habit', first we must begin with an understanding of the dynamics of habit formation. A habit has been described as a learned response. Therefore any response that is developed through repetition can be described as habitual. Within this description we must therefore include skills. A carpenter becomes skilled in the use of his tools to the point where he really does not have to apply much in the way of conscious attention to the angle at which he holds a chisel or how he planes a piece of timber.

Through repetition he has developed a natural ability to carry out the tasks peculiar to his trade without the need to exercise the amount of conscious attention to detail that would be required of the amateur. The response that occurs when a craftsman approaches a task is an habitual response, ie a response of the subconscious, not the conscious. But is that the same as the response which causes us to duck when a missile is thrown? I wonder sometimes just where do we draw the line that describes one response as habitual and another as instinctive?

If the habits that concern us, such as nail biting, overeating, smoking or alcohol and drug abuse, are learned responses, then it must follow that they can be unlearned and that new responses to the stimulus can be introduced. The new responses introduced, if repeated, will eventually become the learned response to that stimulating factor or event and will therefore form a new habit. Habits can be either desirable or undesirable, in the manner in which they affect our lives. The response to an event can either be adaptive or maladaptive according to the real effect. The smoker may feel that smoking is helping him because of the illusion of relaxation that is created when the discomfort that is the craving for nicotine is temporarily relieved by tobacco consumption.

The truth is that more harm than good is being done so what appears to be beneficial is in fact harmful and therefore can be described as maladaptive. The approach that we take must be one that is constructed to take into account all of the variances that make up the habitual response. The subconscious will choose to justify the habit's continuance, so there is a necessity to understand

the reason for the habitual response. Being convinced on a conscious level really will not do the trick alone.

'Reframing' is a technique that can be incorporated into the hypnotherapy approach, allowing the power of the client's own subconscious to change perception so that the new, adaptive responses being suggested will take effect. If we, as therapists, can facilitate implantation of new thinking that eases the sometimes impossible seeming conflicts that have hitherto sustained the unwanted habit, then we are well on the way to that repetition of desirable responses that will become the new and adaptive behaviour.

The scripts within this section contain many similarities simply because they are dealing with habits.

# *Generic Habit Control*

*First induce hypnosis.*

And now I would like you to allow your subconscious mind to allow you to see yourself standing at the top of a flight of steps ... I want you to be aware of how safe and comfortable you feel ... as you continue to listen to my voice ... and follow my simple instructions which are all for your benefit and well being. As you allow your mind's inner eye to follow the flight of steps down ... you can become aware of the door at the bottom ... I would like you to tell me when you can see the door.

*Await response.*

That's good ... You are doing very well ... I wonder if you can tell me what colour the door is?

*Await response.*

That's right ... the door is a colour that your subconscious knows is relaxing for you ... a colour that allows you to feel safe and secure ... Now I want you to begin to step down each step ... and as you step down each time I want you to say inwardly to yourself ... I am going deeper and deeper into hypnosis ... and then say out loud the number of that step as you descend from ten all the way down to one ... relaxing deeper and deeper with every step ... with every breath that you take.

So begin now ... take your time ... and when you get to the bottom you will be even more deeply relaxed than you have been before ... When you reach the bottom you can tell me by just saying 'I'm there'.

*Wait for client to complete the sequence.*

That's so good ... you really are doing so well ... Now you are standing before that (*colour*) door ... Once again I want you to be

aware of how safe and secure you are feeling. Nothing bothers you or disturbs you at all as you continue now to listen to my voice ... each word that I speak soothing and relaxing you even deeper now. The door in front of you is the door to that part of your inner mind where all the very positive parts of you are centred ... All of your strengths and your determination to succeed are here ... All good feelings about yourself and recognition of yourself as a very special unique human being are here ... always ready to help you with any problem ... to give you the benefit of what is your own wise inner mind ... These are the parts of you that will always give you good counsel as they have only your best interests at heart ... These are those parts which make up what some call their own wise inner advisor ... that part that tells you the right thing to do ... Sometimes that part is so difficult to hear above the clamour and clatter of other considerations ... but today it will be speaking to you with total clarity as you now call upon it for the help that you need now.

Now see that door slowly opening ... and you can see within all of those parts ... welcoming you as you step forward into that comfortable room to join with all of your own positive personality ... Perhaps you can now sense that aura of well being here as you surround yourself with positivity ... determination ... courage and that powerful force that really is yours within.

Now I want you to look across the room ... to where in the back wall ... you can see another door ... This door is coloured the deepest black ... and I wonder whether you can see how large is the lock on that door keeping it securely closed. Behind this door is another part of you ... a part that is not to be denied or underestimated. This is that part of you that continues to encourage you to indulge in (*habit or behaviour*) that you really do want to break away from.

This part hides away in that room so that it can do its worst ... locked away from those positive parts that could so easily destroy it so that it would never bother you again ... But now ... I am handing you the key to that lock and you can enter into the room beyond ... taking with you all of your powerful and positive forces of courage and determination to succeed ... confidence and self

esteem ... knowing that combined now ... you can and you will confront that part and defeat its evil and destructive influence.

Now take the key and put it into the lock ... Notice how easily that lock opens as you with all your strength push the door open and enter into the room beyond to confront the part that is that habit.

*Describe habit or behaviour.*

Now you can see it there as it cowers in the corner ... terrified at the array of positive forces that you have with you now ... surrounding you in a cocoon of positive radiance ... Now with the help of your own inner mind and all of your positive forces ... you can tell that part that you want no more of it ... that it has no place in your life ... that you now banish it forever unless it agrees now ... to cease once and for all that destructive and sad behaviour and instead take on another role ... a more positive role ... that will be of use to you ... a role that you can choose for it right now ... Perhaps it can help you with your confidence ... or with your self esteem ... even your ability to be a better lover? Whatever you choose it must obey or be gone forever.

Now with all of your forces beside you ... you can ask that part if it is willing to do that which you are asking of it ... Do it now and tell me when you have that agreement.

*Await positive response. If there is any doubt, impress upon the client that this is his subconscious and that he is in control and must be obeyed.*

Okay ... now you have that agreement ... and now that part is willing to join with those other positive elements of your unique and special personality ... so you can welcome it in ... Allow all those other parts of you to join with it and make a fuss of it as you and they lead it away from this place into the other room ... that place where only positive and beneficial elements can be ... that problem resolved and forgotten.

When you are satisfied that all is done that needed to be done ... then you can once again close and lock that black door sealing off that place where only negativity belongs ... and as you seal that door you seal behind it the memory of what was a problem before

but is now no more ... Notice now that the door is changing colour ... no longer black and threatening for that power for bad is no more ... It is gone and forgotten. Now, leaving your own inner mind more powerful and more dynamic than it was before, you can return now to wakeful awareness ... aware that you have all the confidence all of the determination and all of those good and beneficial thoughts about yourself that will sustain you and strengthen you in everything you do.

I will count from one to five and with each count you will drift back upwards bringing with you a feeling of strength and of self awareness of you as a stronger and more positive person ... a feeling that will grow stronger and stronger with every day:

**One ...**

**Two ...**

**Three ...**

**Four ...** eyes beginning to open and

**Five ...** eyes open and fully awake.

*Trance termination.*

# *Guilt Trip*

*This is very effective when used at the beginning of the post-hypnosis intervention. Please recognise that this approach can be used for so many maladaptive behaviours. Simply substituting the word 'smoking' with 'overeating', for example, will do the trick.*

As you take a deep breath now ... I would like your subconscious to show you a room ... a familiar room perhaps ... Gathered here are all of those people who are special to you ... who love and care for you and whom you love and care for. They have all come here today ... because you have something to explain to them all ... Your doctor has warned you that you must quit smoking because the next aneurysm/heart attack will more than probably prove fatal ... You will die an early death because you refuse to take responsibility for your own life and your own health ... For the sake of a noxious habit you are prepared to risk all ... In fact you have made a choice ... a choice to die an early death leaving behind all of these people who so much wish for you to give up that dreadful habit ... Now I want you to explain to all here why you choose to continue to smoke ... to risk with every cigarette that life that is so precious ... not just to you ... but to those here who rely on you to be there for them ... Go ahead and tell them why a cigarette means so much more to you than the love and care they give to you ... much more than the life that is so precious ... Tell them now the awful truth ... and watch their faces ... the dismay ... the horror ... the disgust ... the feelings of helplessness ... anger ... grief ... and how do you feel now?

*Await response and then continue with session.*

# *Nail Biting*

*Using ideomotor response and anchors. See pages 263 and 265 for more details.*

And now as you relax even deeper ... listening to the sound of my voice ... each word that I speak here can be a signal for you to go deeper still as you rest so comfortably and quietly there ... I wonder if you can really be aware now of how much more comfortable you can become ... as you begin now to sense in some safe and agreeable way ... a gentle connection between your mind and your body that has no part to play here ... all that is required is that you continue to allow those comfortable hypnotic sensations ... heaviness of arms ... of legs ... comfortably heavy ... to deepen even more ... as your whole body relaxes ... all tension just draining away ... and you can turn inwards now ... deep inside ... to where that part of you that is all knowing ... creative and perfect ... is ready now to do its best work for you ... to help you make those changes that you want to make ... that you can make and will make.

That's good (*client's name*) ... Now I would like you to allow your subconscious to take you back in time ... back to a time when you were really confident in your ability to take control and to be in control ... a memory of yours ... pleasant and reassuring ... when you really did feel good ... powerful ... assertive ... and allow that experience to develop and those good feelings to expand ... and when you are fully experiencing that event ... I want you to allow your subconscious to lift the index finger of your right hand ...

*Touch the finger – ideomotor response.*

If you experience any difficulty in recalling a memory that is appropriate ... then that's fine ... you can allow your subconscious to create a scene where you are confident and in total control ... go ahead now ...



*Watch for responses including changes in skin tone and breathing as well as ideomotor response.*

*Now grasp firmly the shoulder or arm of the client and continue for about ten to fifteen seconds to establish the anchor.*

That's good ... you are doing this very well ... and now I want you to allow that scene to fade and your mind to become calm and quiet as before. Now I would like you to allow your subconscious mind to show you a scene ... in the future ... at one of the next times when you bite your nails ... your hands staying where they are now comfortably in your lap there ... having no part to play here ... Allow that scene and that experience to develop and become real ... those feelings to expand and grow ... and allow your subconscious to let me know when that is done ... as that index finger of your right hand can lift.

*Touch finger.*

*Watch for responses including changes in skin tone and breathing as well as ideomotor response.*

*Now grasp firmly the shoulder or arm of the client as before and continue for about ten to fifteen seconds to 'fire' the anchor.*

That's fine ... you really are doing this well ... and I wonder now just how you feel about biting your nails ... how you will find it so easy to not do that anymore ... remembering how unpleasant and how bad it made you feel because now you know what you are not going to do ... and how to remind yourself with an irresistible response ... reaching deep into the subconscious of your mind ... that you will never ever be able to do that again in that way or at all ... because if you do then you will be doing it on purpose ... and that's a different matter entirely ... it all belongs to you.

*Trance termination.*

# *Enuresis in Children*

*Direct approach with reframe.*

*Have the child bring along a favourite toy such as a doll or teddy bear that they would normally take to bed with them.*

Hello (*client's name*) ... do you know why Mummy has brought you to see me today? Well, what we are going to do is play a little game that I know ... would you like that? I see that you have brought (*teddy or dolly*) along to see me ... would you tell me his name? I bet you play with him/her a lot, don't you? ... and I bet too that you are very good at pretending, aren't you? ... Would you like to play a game of pretend with me now? Good, its very very easy to play ... all you have to do is just sit there as still as you can and then close your eyes for me ... Can you do that? ... Mummy is going to play as well and she is going to close her eyes as well ... and I want you to pretend just as hard as you can ... that you just can't open your eyes at all ... and you can pretend so very hard that even if you want to open them you just can't ... and when I want you to open your eyes ... you won't be able to until I say special magic words ... When I say, 'Teddy says open your eyes', then you will be able to open your eyes ... but if I don't use those magic words then your eyes will shut tighter and tighter until I say, 'Teddy says open your eyes' ... and that's because you are pretending so well ... better than anyone else can ... That's very good. Now as I talk to you about something very important, you can hear all of my words but they all help you to pretend even harder than before that your eyes just will not open until I say the magic words ... and you can feel so nice and comfy sitting there in my comfortable magic chair ... Nothing worries you at all ... and perhaps you can notice that you feel a little sleepy ... just a little bit ... so cosy there ... so warm ... cuddling Teddy now ... and as I talk to you, you can think about something very important to you ... It's about that little problem that you have been having when you go to sleep in your cosy bed ... that you are so cosy and warm that you sometimes forget to remember that you need to wake up when you need to wee wee ... You just forget to wake up and you have an accident

that makes you feel so sad ... and then Mummy has to come along and change all of your bedclothes because they are all wet and uncomfortable for you ... and you really do want to remember not to forget to remember when its so important ... don't you? ... I know that you think it would be so much better to remember not to forget ... and remember when you need to wake up and go to the toilet ... and you wouldn't even need to wake Mummy ... Wouldn't it be good if you could do that every time?

Now I think that you could need just a little help from a very good friend of mine who helped me, when I was a little boy, to learn how to remember how not to forget to wake up in time ... and he has come here today to help you too ... he is going to show Teddy just how to help you remember every time that you need to go to wee wee ... and do you know ... he's so good at this ... you can be sure that you will never ever have that problem ever again. My friend's name is Tommy Tinkle and he comes from a long way away ... where all of the fairies and the elves and the gnomes come from ... It's a place where all of the magic in the world comes from ... somewhere very very special. Tommy is five hundred and two years old ... and he even knows Santa Claus ... he helps him at Christmas to make sure that all the children in the world get their presents on time ... He works very hard. In a moment I'm going to call Tommy and he has promised me that he will come here by magic to see you today ... All I have to do is to say, 'Tommy Tinkle from over the moon grant my wish and be here soon', and he will come right away ... but only you and I will be able to see him ... and only while our eyes are shut tight ... I am going to call him now, 'Tommy Tinkle from over the moon grant my wish and be here soon'. My, that was quick ... He is here already and as you are pretending so well you can see him sitting in front of you on a little stool. He is funny looking, only as big as Teddy, and just look at what he has on ... a little red jacket with lots of silver buttons ... bright green trousers ... and yellow shoes with big buckles on the toes ... and what a funny pointed hat ... He even has a curly feather in it ... and he looks so very happy ... always laughing because he likes children very much ... I wonder if you can count the buttons on his jacket ... How many are there? ... That's very good ... Now (*name*) say hello to Tommy ... and I will tell you what he is going to do ... that he did for me when I was a little boy and found it so hard to remember to wake up in time to go to wee

wee in the toilet ... A friend of my Mummy's asked Tommy Tinkle to come along and help me to remember to wake up in time ... You see I had a teddy just like yours ... and Tommy showed my teddy just what to do and gave him some magic so that he would know just when I needed to wake up ... to go to the toilet ... to wee wee ... and I never ever had a nasty wet bed ever again ... I was so pleased and my Mummy was pleased too because she never had to get up to change those wet sheets ever again ... Now he's going to do that for you ... and he is going to come over there and whisper in Teddy's ear the magic words that will help him to make sure that you always remember ... because teddies never ever forget magic words. He will be very careful as he climbs onto the chair beside you ... so that he can whisper in Teddy's ear ... It won't take very long now ... so that Teddy will know exactly what to do for you ... Have you finished now Tommy? ... That's good ... He's nodding to me because I can't hear him like Teddy can ... Perhaps you can hear him ... I know that when I was little I could hear him, but now that I am grown up I can't ... because only children can talk to elves and hear what they say.

Now Teddy is going to show you what he has learned ... He knows exactly what to do ... and what to say to help you when you need to wee wee in the night ... but you must remember always to take him to bed with you ... and I know that Mummy will remember too ... Teddy is showing you now what he is going to do to wake you up ... What's he doing to you (*name*)?

*Wait for response, such as 'he is pulling my hair ... or tugging my nose ... shouting in my ear.'*

That's wonderful ... That's exactly what my teddy did to me. Now Tommy has to talk to a very special part of you deep inside your mind ... he is going to tell that part of you that has forgotten to tell you to get up to go to wee wee that it can help you now to do things in a much different way that is so much better for you ... And I wonder if you can help too by asking that part to tell you why it has not woken you up in time before ... and then ask it if it can make sure that you have the same things as it was trying to give you before, but now, at the same time as helping you, also remembering to wake you up to go to the toilet ... Can you do that?

*Wait for positive response.*

That's so good ... you have done so very well. Now Tommy has to go because he is very very busy ... so say thank you to him and goodbye now. 'Goodbye Tommy'. Now Teddy knows what to do ... and what to say ... He has all the magic to help you never ever to forget ... Now you can take him home ... and you will always remember to take him to bed with you every night, then he will be there to wake you when you need to wee wee and you will never ever have a nasty wet bed ever again ... so you will remember ... won't you? You have been so very good at pretending and playing this little game with me, that Tommy has asked me to tell you that he is going to speak to Santa Claus and tell him just how good you have been ... and he is going to tell the tooth fairy to leave you something very special when she comes to see you. Now I am going to say those magic words so that you can open your eyes and be very happy and proud at being so clever at pretending here with me today. 'Teddy says open your eyes.'

*Trance termination.*



## *Part Four*

# *Weight Loss*





# Weight On The Mind

*One of the problems which so many people present to a hypnotherapist is that of weight. Of course, there are so many considerations to take into account when dealing with these unhappy people who feel so bad about themselves. Overeating is so often just a symptom of the underlying problem, and the phrase 'weight on the mind' can seem so very appropriate.*

*For the person who is overweight, the problem of self-image is extremely acute, and it can be argued that the dictates of fashion can be a powerful factor in shaping the image of self which is so important and so powerful. We need to ask why this person is compelled to overeat when it really does make him miserable. Can it be that they wish to make themselves unattractive to the opposite sex in order to avoid having to form relationships?*

*Is the food eaten as a substitute for love and affection missing in that person's life?*

*Perhaps it is just a habit by the manner in which the parents encouraged the child to eat up everything on the plate. 'Eat it all up now. Think of all the starving children in Africa'; powerful incantations that can stay with us into adult life. Isn't this logic a little strange though, that, by eating much more food than we actually need, we can compensate for the fact of another's hunger? The concept of waste can be a powerful factor. For many of us, our parents will have experienced times of shortage and hardship which in these modern times cannot really be appreciated. The message 'waste not, want not' is passed through the generations, and the habit passed on from parent to child. I have a new message which I consider much more appropriate and effective, 'You can waste food in the bin, or you can waste it on your waist ... waste to waist.'*

*It is important that the therapist considers carefully the course of intervention that will be used to help the overweight client. Investigate thoroughly the background of the client, and if necessary use analysis to determine the true motivations before wading in with suggestion therapy which could prove inappropriate. Personally, I favour an approach using the 'six-step reframe' at the first appointment, and then gauging the response of the client during the following week. At the second*

*appointment, it will be easier to determine the course that the therapy should then take. The fact is, there is no easy answer that will apply in all cases.*

*Each one will be different, and must be treated in a manner which is well-considered. The scripts provided for weight therapy should always be used taking account of the person, and only the therapist can make the decision as to the advisability of a particular approach.*

# *Weight Loss Reframe*

*I would emphasise here that this reframing technique is universally adaptable and its applications are restricted only by the imagination of you the therapist.*

I want you now to take a deep breath ... and then as you breathe out you will go ten times deeper into relaxation ... and you can concentrate fully on that thing which is so important ... that habit of overeating ... eating unhealthy and fattening foods ... something that you really do want to change ... but there is something stopping you.

As you allow that relaxation to deepen even further ... you will be aware of when I say the word 'now' ... When you hear that word you will relax ... doubling your hypnosis each time.

Now I know that changing that overeating habit really is important to you ... I would also like you to know that what I have so often found ... is ... that there is an unconscious part of you that is preventing you from making those changes.

Now if that is the case here ... now ... I would like to ask that part of you ... to come forward and make itself known, to you in some safe way that you can understand ... so please ... *(client's name)* ... go deep inside now into your own inner mind ... wherever you need to go to become aware of that part of you that is responsible for this habit of overeating.

Now it is difficult for me to know how you will experience that part of you that is responsible for your overeating ... it may be a familiar experience or one that is unique to you ... something that you see in your mind's eye ... perhaps a picture ... a face ... or a scene ... It could be any visual image ... or perhaps it may make itself known to you as a voice or a sound ... it could be your own voice or that of another ... or perhaps you will experience it as a feeling or emotion of some kind ... so as you go into your inner mind ... I am asking with respect that that part that is responsible

for this overeating habit ... allows itself to be made known to you in some safe way.

Now (*client's name*) tell me, are you experiencing anything that could be that part now allowing you to be aware of it?

*If no experience is reported, continue:*

That's fine ... your unconscious may not be happy with your experiencing in that way ... but please proceed with the understanding that your subconscious will understand and will co-operate with us here today.

*Experience reported, continue:*

That's good ... now allow that experience to grow and expand so that you are sure of that communication. I would like to thank that part for coming forward and suggest that you do too. I would like you to know that the part of you that is responsible for your overeating ... deserves respect ... It is obviously very powerful because even though you have wanted to make this change ... you haven't been able to do so. I also understand that this part of you that is responsible for your overeating habit will change only when it is ready to do so. I want to suggest to you (*client's name*) that in some way ... overeating has in the past ... provided some benefits and has been useful to you ... in the past ... that in some way you have gained an advantage... Okay, I fully understand that the experience of the behaviour of that part responsible for your overeating has been the cause of negative and unhealthy consequences for you ... but what I am suggesting is that you now re-examine your understanding of the intention of that part and accept that it has been doing this in order to help you and to benefit you in some way. Now take some time to go into your own inner mind and become aware of just what the benefits and advantages have been for you ... Perhaps that part has been helping you to avoid something that is unpleasant or painful ... or helped you get something that you desired ... Or perhaps it has helped you in providing a relief or substitute for something that is missing from your life ... perhaps the love that you need...

Or perhaps the confidence that you need to achieve what you want.

There is a tendency to associate fat people with being slow ... lazy ... unintelligent ... and so being fat can be an excuse for not trying ... It is not expected and so the pressure is relieved. Or, 'Men will not be able to hurt me if I am unattractive ... they will leave me alone.' Your unconscious ... that part of you will allow you to know now the truth and how it has done what it has done to help you. I am asking you again (*client's name*) to assume that the part of you responsible for your overeating has continued up to now ... because it has helped you or benefited you in some way ... so please become aware now ... if it is comfortable and safe to do so ... of just how this overeating habit has helped you in the past.

Now keeping those benefits ... or perhaps we can call them pay-offs ... in mind ... I would like to suggest to your subconscious that there are alternative patterns of behaviour ... of experiencing ... of perception ... that can provide for you those benefits and pay-offs provided in the past by overeating ... but that can be much healthier and more satisfying for you and allow you to be happier ... So now that you have constructed patterns of behaviour and of perception which are more beneficial and yet still provide you with the benefits which are important to you ... now I want you once again to go deep inside to your subconscious and ask if there is any part of you which objects to these new arrangements that will allow you to eat correctly the right foods in the right amounts and achieve that slim and healthy body that you deserve.

Go ahead now ... and allow me to know the answer ... Are there any objections to these new alternative patterns of behaviour? ... Yes or no?

*If there are no objections, continue:*

Okay that's good ... You have constructed for yourself new and beneficial patterns of behaviour that will allow your subconscious to help you with positive habit-forming affirmations to ensure that you achieve all of your worthwhile goals. I suggest that you now

thank your subconscious for its co-operation and that you consciously work with it towards your goal.

*Trance termination.*

# *Weight – What I Tell 'Em*

*The following paragraphs are a condensation of the talks that I give to groups of people who are interested in losing weight. I include it, because I believe that it helps to be able to speak to clients with some authority, thereby gaining their confidence. You may disagree with some of the content. That's fine. Wouldn't it be a dreary old world if nobody questioned or put forward new thoughts and ideas? In this profession, the discussion of old and new ideas and strategies can only help us all to be the best therapists that we can, and in that way we serve those who need us to the best of our ability.*

## *Eating For Life*

We all have to eat. Marvellous as our bodies are, they are in fact very complex machines which require fuel in order to function. We require energy in order to be active and, in the same way a car burns either petrol or diesel as fuel, we 'burn' food. When our car is burning too much fuel, how quick we are to tackle the problem. After all, it costs money to fill the tank. Excessive fuel consumption means that the engine is consuming too much for the amount of power that it returns, and so down goes the M.P.G. The excess fuel cannot be burned efficiently, and so it ends up as thick carbon deposits which gum up the works and reduce the effectiveness of the engine. The life of the engine will be reduced if the problem is not attended to quickly.

In the same way, if we overload our engine with more food than it needs and/or use the wrong types of fuel, then our performance will be affected. We will build up deposits of unburned fuel in the form of body fat and, of course, the efficiency and the life expectancy will be reduced as we place extra loading upon it.

I have no intention of laying out a specific and rigid diet. In all probability, you will have tried most of the clever diets; the exotic and different ways of losing excess pounds, and by now you will have realised that the only thing you will lose permanently is

money paid out for the marvellous products which you feed yourself with in order to lose weight. What I will outline for you is a basis on which you can take control of your own eating habits and the responsibility for your own health and well being.

First we have to address our eating habits and be honest with ourselves. When do we eat, where do we eat and how do we eat? Why do we eat? Do you chew your food thoroughly, savouring each mouthful, or make a race of it, cramming in as much as possible in a short time? Do you eat on the run? Do you reward yourself with food? Do you pacify yourself, in times of trouble and stress, with food? Do you eat snacks between your main meals? Do you reward your children with food? Do you give your children a snack so that you too can enjoy a treat?

An extremely important question that you must ask yourself is, 'Do I really want to lose weight?', and if the answer is 'Yes', then 'Why?' Make sure that what you are doing is for you and your self-esteem and not a fad of convention. You should be happy with yourself and your decisions. Okay, now we get down to a plan of action that is going to achieve what you want for yourself. Set yourself attainable goals and believe always that you can and you will do this for yourself. First I want you to take a good look at when you eat and where you eat. If you do not eat at set times during the day, then right now resolve to eat at a time which you will designate as a mealtime. Make it a mealtime for all the family as much as is possible. Where do you eat? If you find yourself, as so many do these days, sitting down in front of the television with a tray upon your lap, then I want you never to do that again. Eat at the table and, when you eat, concentrate on what you are doing. You do not eat while doing other things. You now eat slowly, chew your food properly and savour the taste and the texture, amazed at how much more enjoyment you will get from mealtimes if you take the time to taste your food.

When you feel hunger, what in fact is happening is that a tiny sensor at the base of the brain, called the hypothalamus, is sending a message to let you know that it is time to eat. About twenty minutes after it has told you that you need to eat, it then sends another message telling you that it is satisfied, and the feelings associated with hunger subside. Just think now of all the times when you felt



hungry and, even though you did not eat, the hunger pangs just went away. This is important for you to know, because from this moment forward you are aware that it is not how much you eat during that twenty minutes that will satisfy the feelings of hunger at all. The hypothalamus will allow you to eat as much or as little as possible in that twenty minutes before sending the exact same message of satisfaction. Crazy but true!

As you begin to lose weight, it will be necessary for you to drink plenty. It doesn't matter too much what you drink, as long as it is not alcohol, which has much in the way of calories but next to nought in the way of nutrition. Drinks with high sugar content must be avoided. If you decide that you can stick to mineral or spa water then that is fine, as is tea and coffee without sugar. The more you drink, the more you will need to go to the bathroom and in a very natural manner flush away the toxins that are stored in the body fats.

Now for some of the more serious don'ts; there are of course foods which are extremely non-beneficial in our quest for the slim and attractive body that is hidden within those extra pounds. White flour products are definitely bad news, these include cakes and pies, white bread, biscuits, sausage rolls and so on. White, refined flour. Burn this now into your mind and resolve to ensure that you will ever be on your guard to ensure that you do not buy or bake foods with white, refined flour. Bread made with whole meal flour is fine, and will prove a very potent weapon in your fight to retain the slim and elegant you that you are going to be. Make a list of all of the white flour products that you can think of. Now have a look in your cupboards to see how many of these products are lurking there. Now do the same for products made with whole meal flour and see how much real choice you have in designing a healthy eating regime for yourself.

Many dairy products are to be avoided. Think now of the contents of the dairy cabinet at your supermarket and you will find it easy, with just a little care, to determine which of those products have a lower fat content. Low-fat spreads and cheeses, yoghurts and many other treats can be found with low fat contents. Why, they even make low-fat ice cream these days. It will surprise you, too, how the once mundane task of getting in the weekly shopping can

now prove to be an interesting experience. You will enjoy the quest for those foods which are healthy and beneficial, and surprise, surprise, the tills will not ring so loudly either. No longer will you experience that pang of guilt, when you choose those foods which you know are not part of your healthy eating plan.

Being slim will improve your love life! There, that grabbed your attention, did it not? If you feel more attractive, then you will project that feeling in your lovemaking, and that can be much more exciting than munching on a cream bun. Am I right? As you begin to lose the weight that has been with you for so long, you will feel better about yourself, more confident and more energetic, no longer having to carry around with you that excess fat. As you feel better, you will become more determined to increase that feeling of well being, more motivated to become the person who is in control, who has the body that you want and that you deserve. Fruit and vegetables become a regular part of your daily diet. Why not ensure that there is fruit, celery and carrot, etc, in the fridge, cut up into snack-sized pieces?

Do not allow yourself to become obsessed with foods that you cannot have. It does not pay to be too hard on yourself and, if you do make a slip, just accept that you are human and then carry on with your eating plan. Do not treat any food as taboo. You are fully aware of what is good and what is not, and you are also aware of whose responsibility it is to look after your body and of how good you feel as you move ever closer to your goal.

# *Diamond Weight Control*

First (*client's name*), I would like you to know how much I appreciate and admire you for the decision that you have taken, to take on for yourself fully the responsibility for your own life ... to respect and protect your own body.

It is with our body that we enjoy the good things of life ... and today you decided that it is time to take the action that you need to take ... to change those ways of doing things in that way ... the right way for you.

You are aware of your desire to eat good food ... you are aware that your body needs food to remain healthy ... and you are also aware that there are foods which are good and nutritious, and that there are foods which can do you harm ... make you fat ... making you feel sad ... feel very guilty and then very angry ... and then these negative emotions harm you also.

Now that you have taken your decision to lose weight ... and to respect your own body ... you will be pleasantly surprised at how easily you will be able to achieve your goal ... a slim and healthy, attractive body. I wonder if you can imagine, just how many people come here to ask me for help with this problem or that ... who will tell me that they do not have the drive or the determination to succeed ... to make those changes for themselves which are necessary to improve the quality of their life ... I tell all of those people ... the person who has no drive, did not make an appointment ... that person who has no determination did not arrive on time if at all ... and that person who has no vision is not sitting there in that chair so relaxed and so comfortable ... you have all that you need to do all of those things and to achieve your worthwhile goals ... but there is just one thing that you do not have, that you will take with you when you leave here today ... that is confidence ... confidence that you recognise now ... of the kind it takes to tackle any task ... or set out on a journey knowing that you have done all that is required ... made all arrangements ... certain that you will complete the task or journey safely ... quickly and without fuss ... just

as you recognise now those signs of success in achieving a wonderfully relaxed and comfortable state ... sensing a gentle connection with your perfect inner self that tells you that you can ... you will ... that you have all of the confidence that you need ... recognising too those heavy, comfortable feelings as your whole body relaxes and your mind relaxes deeper and deeper with each word that I speak.

I am reminded now of a man who built himself a fine house ... a house that he designed himself ... built on a plot of land right on the edge of town, with fantastic views over rolling hills and valleys to the sea.

He had a dream of building this house for many years and spent so many long hours poring over the drawings ... imagining himself in that house ... enjoying the garden ... the pool ... planning how he would furnish it and decorate it. Then came the day when his hard work and his planning came to fruition ... and he bought the plot of land ... and he built that house just as he dreamed it ... furnished it ... decorated it exactly how he wanted it. He married his true love, and I wonder if you can know how proud he felt as he carried his new bride over the threshold of that dream home.

He spent many hours in that house ... for he worked from home in an office that he had incorporated in the plans... and as he worked, his new wife busied herself around the house in the way that a wife does to make a house a home ... Neither of them noticed at first the feelings of lethargy ... the constant headaches that never seemed to ease... putting it down to working too hard at ensuring that their home and their life was as perfect as could be. They consulted their doctor and he gave them pills and potions, but to no avail ... they never seemed to feel any better ... feeling that their health was just fading away ... but they did have a beautiful home.

It was over two years before they got round to taking a holiday ... jetting off to the delights of foreign lands ... and they were both amazed, that after just a few days ... all the feelings of lethargy... the headaches ... just disappeared, they were their old selves once again. On their return ... the husband made some enquiries ... speaking to some of the local farmers, and was amazed to discover

that the land he had built his house upon was contaminated ... an old dumping ground ... He called in an expert and was told that poisonous chemicals were present in the soil ... and gases were seeping from the ground poisoning his house and poisoning both him and his wife. It took just a day for him to get out of that house ... for he knew that his health and that of those he loved were more important than any house ... no matter how much he had wanted it. Nobody likes to be told what to do ... and if I were able to tell you what to do ... then you would have no need at all to be here today ... you would simply call me on the 'phone and say ... '(Therapist's name), I would like to lose weight and be able to wear the clothes that I would like to wear ... in a size ... (*Desired dress size*)' ... and I would say to you ... '(client's name), that's a great idea ... stop overeating and eating those foods that are unhealthy and fattening and instead eat only those foods which are healthy and non-fattening ... do it right now.' ... But nobody likes to be told what to do ... so I wouldn't say to you that overeating and eating those foods which are unhealthy and which make you fat ... are dangerous ... They are dangerous and will prevent you from having the body that you desire ... the body that you are entitled to ... the body that you deserve ... slim and firm and beautiful ... and I needn't tell you that you will get no pleasure from butter and cheese ... or from any dairy products that are so high in fat content and so high in calories ... fattening and unhealthy foods ... you will get no pleasure from overeating ... but you will become aware of feelings of great pride and accomplishment when you choose foods that are healthy and non-fattening.

I need never say to you that overeating ... unhealthy and fattening foods is no substitute for lack of adequate stimulation in your life ... or for love that you need and are entitled to have ... I need never tell you that you do not need to eat more food than is necessary to maintain your body at the weight that will allow you to wear the clothes that you choose in a size (*desired dress size*) ... weighing a comfortable slim and lovely ... (*target weight*). But one thing I will say to you ... is that controlling your eating is not something that you will not find easy ... and when you leave here today you will no longer be that person who overeats and eats those foods which are unhealthy and fattening ... you know that you have a desire for foods like biscuits ... Butter ... cheese ... cakes ... sweet things with lots of sugar ... and you know that

nobody can talk you out of it ... But what you know now ... that you didn't before ... is that you also have an enormous amount of NO DESIRE ... and you can get to know this place of ... NO DESIRE ... as it expands and reaches deeper and deeper and the feelings of ... NO DESIRE ... can reach even deeper ... and the time of ... NO DESIRE ... grow longer and longer ... and no way is easier than this.

That house was a lovely dream, but the price was just too much to pay ... and it's good to finally resolve those feelings and to just let go ... not needing to know how the unconscious mind knows what to do for you ... thinking with an awareness of things ... thoughts ... without the need to know those things that are done automatically ... You know what to do ... now I would prefer that you stop overeating ... and eating unhealthy and fattening foods right away ... immediately ... but it's entirely up to you to discover the time ... today ... the best time and the best way for you ... some people wait an hour ... some wait until they have used up stocks of food at home ... and then some stop entirely before they go to bed ... Now I'd prefer that you stop right now ... immediately ... but it's entirely up to you to choose a time today when you free yourself forever from this unhealthy and fattening habit forever.

We have all suffered the loss of someone that we love ... or something or situation that we value ... and we can be aware that gone is an important part of our life. You can be aware right now of the responsibility that you have towards those who love you and care for you ... who you love and care for ... special people who rely on you to be there for them ... the responsibility that is yours and yours alone to ensure that those people will not be faced with the loss of that person ... whom they love and treasure ... responsibility to ensure that you live a healthy and long life ... respecting and protecting your body ... cherishing your gift of life ... that person eating just what you need ... Eating foods which are healthy and in the right amounts and at the right times.

You can waste food ... you can waste it ... put it into the bin ... or you can waste food on your waist ... waste to waist ... I wonder what you will prefer. Whenever you see those foods which are unhealthy ... foods which will pile on the pounds ... you will be

reminded in a manner that is instant and powerful as your sub-conscious mind helps you ... reminds you of your commitment with images of you that have distressed you and those feelings of guilt and sadness that attend that fat, overweight person that you used to be. You accept now without reservation the total responsibility for your own health ... your own life ... your own happiness ... You are now your own person ... proud and confident ... You see yourself always as that person in control of her life ... slim, lithe and lovely ... that problem finally resolved.

*Trance termination.*

# *‘Swish Pattern’ Weight Loss*

*First, establish with your client the weight he/she wishes to be, dress size etc.*

*Establish goals. Establish that the subconscious is very specific and that, if the goal is a realistic one, then it will happen.*

*Diets, Deprivation ... the basic instinct of the subconscious is survival, and deprivation does not fit in with that concept. Comfortable, however, does fit ... it's nice to be comfortable.*

Imagine now that you are in a restaurant watching some slim people looking through the menu. What are they doing? ... mentally they are tasting the food ... visualising how it will look served on the plate ... what they are not thinking about is how comfortable they will feel ... food remains in the stomach for up to four hours and it is important to know how comfortable that will feel.

Now what I want you to be thinking about is yourself ... (*desired weight loss*) ... think about how good you will feel about yourself ... how good you will look ... what you are wearing ... and what your friends and family will think about how good you look ... but I don't want you to think about that too much.

Now we will do some hypnosis and during the course of this therapy which is all for your benefit and, only with your approval, I will need at times to touch your hands ... your forehead ... and then your knee ... I'm telling you this so there is no reason for you to be surprised, and my touch will relax you deeper. Just visualise how you will feel ... lighter ... just how does that feel?

*Induction for hypnosis (written for women):*

Now (*client's name*), I want you to go to a special and very pleasant memory of yours ... in the past ... a memory of importance ... of significance to you. There may be a few, but your subconscious mind will understand and know exactly which one is of importance to you now ... of significance to you now ... and



unconsciously you know it is of value to you now ... you know as it selects itself ... as you experience those successful feelings ... of importance ... of significance to you now. For you know that the answers come from that memory held way back then.

And now go deeper and as you drift down deeper and deeper now ... I know that I really don't have to tell you that the deeper, you go the better you feel ... and the better you feel, the deeper you go.

And now in your mind ... in your imagination ... I want you to go to a special room ... a special room of belief and of capability ... in this room you will see that there is only one piece of furniture ... that is a television set ... now you can speak to me but you cannot wake ... when you see it ... just say 'yes'.

That's good ... now what I would like you to do is to put onto the blank screen of that television ... all of that extra weight that you have ... that you want to lose ... put it all up there on that screen ... all of those extra fat cells ... perhaps you can see them as pinkish in colour ... perhaps orangey ... all piled up as a fatty mass ... Now put into the picture just how uncomfortable you feel when you overeat...? Now put into the picture what your family and friends think when you overeat ... now all of the reasons that you have for your need to overeat ... be it lack of love ... unhappiness ... whatever those reasons your subconscious mind knows exactly what is meant here ... just put it all there on that screen. Now put onto that screen all of the damage that overeating does ... all that cholesterol ... high blood pressure ... breathlessness ... the danger of heart attack and stroke ... that uncomfortable feeling when you overeat and also that feeling of guilt and of shame ... shame that you are not taking on the responsibility for your own health and well being ... carrying all of that extra weight ... When you have that picture really clearly in your mind say 'yes'.

*When the client says 'yes', continue:*

... I now want you to store this picture somewhere convenient in your mind because we will need it later ... Okay (*client's name*) ... that's good ... now I want you to see another picture there on that screen ... a smaller, inset picture in the top right of the screen ...

make this picture one of (*client's name*) now having lost that extra weight (*target weight loss*), lighter in a dress size (*target size*) ... notice how good she feels ... how she looks ... that feeling of confidence ... increased self-esteem ... happier ... more alive ... lighter in all ways ... (*client's name*) taking care of her ... and with that feeling of huge optimism.

Now I want you to give (*client's name*) in this picture, on a scale of one to ten ... for confidence ... ten ... for self-esteem ... ten ... give her a score often for self-respect.

This is the (*client's name*) who eats only when her appetite says she is hungry ... the (*client's name*) who stops eating when her appetite tells that it is right ... a friend of her appetite ... who is aware that on her tongue are twenty six thousand taste buds, and when she puts food into her mouth they will very quickly become satisfied ... who chews her food slowly and thoroughly and carefully until her appetite is satisfied ... the (*client's name*) who is fully aware that any more food than is enough to satisfy her appetite ... is taste ... and that waste can either be wasted in the bin ... or wasted on her waist ... waste to waist.

Now in a moment as you watch the screen ... you will hear me say the word 'SWISH' ... and you can make that small picture grow ... spread across the screen ... that picture of the new you. You will do this very fast and you will do this five times as this is how the subconscious learns ... 'SWISH' ... erasing all of those old eating habits ... SWISHING ... erasing all of that extra weight ... all of that discomfort ... that feeling of guilt ... of shame ... until that picture fills the screen eliminating completely that old picture ... filling the screen with that new (*client's name*).

Now make the screen go blank and put back the old picture and notice what is different about it ... put back the inset picture in the top right corner of the screen ... and now 'SWISH' ... again ... 'SWISHING' ... erasing ... that old (*client's name*) ... eliminating that excess weight ... 'SWISHING' erasing all of those feelings of discomfort ... of lack of confidence ... eliminating those feelings of guilt ... all of those bad eating habits ... all of those negative feelings erased and eliminated as the new (*client's name*) fills the screen completely now.

Now make the screen go blank ... put back the old picture on the screen ... notice what's different ... look at the colour now and tell me what is different about that picture.

*Give client time to tell you what is different.*

Now ... 'SWISH' again ...

*Repeat sequence.*

Now walk over to that television set and turn up the colour ... turn it up as high as it will go ... Now 'SWISH' again ...

*Repeat sequence.*

Now make the screen go blank ... and put on it now all that remains of that old picture ... the small remains ... the dregs of that old picture ... the smallest traces ... and then 'SWISH' again ... erasing all that remains of that old picture ... all that remains of those old eating habits ... those bad feelings ... eliminating completely all of that extra weight ... those feelings of discomfort ... as the new and exciting (*client's name*) fills the screen completely now ... see the new and so confident (*client's name*) ... lighter (*client's name*) ... filling that screen completely now in full and glorious colour ... And now let those wonderful feelings expand and grow now ...

*Anchor good feelings ... touch knee with firm pressure for approximately ten to fifteen seconds.*

Now step into that picture ... into that TV set, and try out that new body ... that slim and lovely (*client's name*) ... (*desired weight loss*) lighter ... striding out now happy ... smiling ... looking absolutely wonderful ... wearing a beautiful new dress ... size (*target size*) ... walk about now and experience fully that comfort ... that confidence, that self-esteem ... proud now ... slim and attractive ... lithe and lovely ... enjoy that experience and become familiar with the new (*client's name*).

Now go forward in time ... (*client's name*), ... (*target loss*) lighter ... wearing that dress in a size (*target size*) ... now a date will flash as

your subconscious chooses one that is significant and appropriate ... tell me what is that date? Are you satisfied with that date ... you will be happy to be (*target weight loss*) lighter on ... (*date given*).

Okay ... now (*client's name*) ... please take a deep breath and go deep inside and try ... try in vain to have that same problem ... It was a terrible problem wasn't it? ... You want to make those changes about you ... think about those changes now ... in the future as you look back and think about it now ... to make that change now for yourself, so that you could stop having that problem now and see yourself now.

Do you like the way that you look? Just look back at yourself having made that change now ... and you will, will you not?

*Trance termination.*

*'Swish Pattern' originated by Richard Bandler, 1982.*

*Part Five*

*Fear and  
Panic Management*



# *Anxiety States*

Phobias and fears are what bring so many clients to see a therapist. These clients require from therapists a special kind of understanding, because the fears that are blighting their lives so often appear inexplicable to the rational mind.

What is a phobia if it is not an irrational fear? The fear, the sheer panic, that is the experience of the sufferer is so real and the emotional pain so intense that it would be a complete affront to his dignity or self-esteem to tell him to get a grip on himself.

We need to gain an insight into the manner in which the subconscious interacts with sensory input which provides us with our perception of the world. We also need to understand how our belief system provides restraints upon our perception.

Throughout our life we are constantly updating the store of knowledge that helps us to identify objects, sounds and sensations. We begin with a pre-programmed set of instincts that can be best illustrated by considering the feeding impulse and the fright response in a baby. As time and experience provide more and more information to be assimilated, we become better equipped and better able to search and find stored data that is pertinent to the stimuli that is delivered through one or more of our senses.

As we grow older the mass of information stored in our memory continues to increase, so each search for pertinent information has more and more to draw upon. There comes a point when the smallest of clues can be enough to enable the subconscious to provide enormous quantities of information that relate to the experience.

Consider, for example, a situation where you are sitting in your lounge and you hear the sound of water filling the bath upstairs. Immediately you have a picture of the bathroom and all of its furnishings, the colour of the tiles around the bath, the picture on the wall, the sound of water gushing in the bath, all created within your imagination from information that has been stored. The pic-

ture that is painted is the product of your imagination, your perception of that room and its function. If the wallpaper or floor covering or any other aspect of that room had been changed since you last formed your perception, then it would no longer be accurate.

To take the scenario one step further, we can consider the person who has in early life had a bad experience with a dog. The perception that has been formed regarding the dog is of something extremely unpleasant, with large teeth and a propensity to bite. Each time a clue is interpreted as 'dog', then the information that is available within subconscious memory is delivered up to complete the picture of 'dog'. That is then that person's perception of 'dog'. The whole picture is one that promotes anxiety and the invocation of the flight or fight response – rapid breathing, heart beating faster, adrenaline production as the body prepares itself to either run from danger or fight.

The reason for the fear in this case is not so far removed from what we can consider a logical reaction to meeting with a dog, as it can be explained in terms of actual experience. The reaction to the dog however becomes just a bit other than logical when it invokes a panic response at even the thought of a dog and when there has been plenty of opportunity through experience to gain a more realistic perception of dogs in general. At a conscious level the subject knows that the dog is not vicious and that other people around can have a fun relationship with the animal in perfect safety, but nevertheless their reaction is that of panic beyond all reason.

We have to look further for our explanation of what is happening at a subconscious level and divorce ourselves from the application of pure logic to the situation. So, what could be happening here? The subconscious has an ability to repress memories that are unpleasant and so spare us from the constant reliving of a particular event. A memory can be buried deep within the subconscious where it is beyond the reach of conscious recall, but buried with it are the anxieties and emotions attached to that event and these can huddle and bubble within seeking some way of manifestation. These are the feelings that Freud describes as 'free floating anxieties' ... anxieties that cannot be attributed to any event or object and which can be described so often as 'panic attacks'.



The subconscious finds a way to help us to deal with the anxieties, but first the anxiety must be turned into fear, and to fear it is necessary to have a focus. The actual memory of the event is repressed and buried beyond recall, so now the subconscious will play a trick and provide a substitute, something to which the anxiety can be attributed. Through avoidance of that chosen focus the fear situation is addressed. Why else would anyone have reason to fear a mouse or a spider which have so much more to fear from us than we have from them?

The solution in this case is to use hypnosis and regression techniques to go right back to the causative event, the memory of which exists deep within the subconscious. If we can bring to conscious attention the actual event then this presents us with a wonderful opportunity to form a new perception of that event which is positive and thus overcome the phobia. The phobia just goes away, and the inappropriate and maladaptive mechanism for coping, which is the phobic irrational fear, is redundant. It sounds like magic, and, when it happens, the release of emotion can appear so powerful and so life changing, that 'magical' is okay!

We may conclude that the world as we know it is predominantly a product of our own imagination. What we actually see or hear, touch or smell, plays just a minor role, as the slightest sensual stimulus provokes our subconscious to fill in much of the detail. Thus each of us, in our unique and individual way, arrives at what we believe is real.

# *Panic Attack*

First of all I want you to remember a time when you felt happy and at peace with yourself ... when you felt safe and secure ... When you have done this just say 'yes'.

If you cannot remember a time when you felt happy ... secure and safe ... create a scene in your imagination where you can be totally safe ... happy and secure ... and perhaps you can have someone there with you ... some special person whom you feel safe with ... someone you can rely on to be protective and strong for you. In future ... you will keep with you a notebook and pen ... You keep these with you so that you can write down all the thoughts ... all the symptoms and the emotions ... that you experience during a panic attack. If you suffer from a panic attack you will recognise the absolute truth ... that no-one has ever died from a panic attack ... You will concentrate on all the physical symptoms you are experiencing ... sweating ... palpitations ... trembling ... feeling nauseous ... the hot flushes ... and then write down all the thoughts ... the emotions ... that flash through your mind ... Soon there will come a time when you are ready ... but in no more than seven days from today ... when you will accept my suggestion and learn to look forward ... to anticipate your panic attacks ... When you awake in seven days' time ... you will have learned to look forward to your panic attack as an experience ... because you will recognise that if you are looking forward to that panic attack ... it can no longer hold any fear for you ... you will no longer be afraid of a panic attack.

You already know now that you have that ability and that knowledge to relax yourself ... you know how you can take those ten deep breaths ... and then relax yourself completely ... letting go of tension and anxiety ... as you accept that new image of you ... there now ... feeling completely at ease ... safe and secure ... happy and at peace with yourself and your world ... You are in control ... and with each new day that feeling of control will grow and expand ... and you will be much more calm ... more relaxed ... your own person. Soon there will come a time when you are

ready ... but in no more than seven weeks from today ... you will deliberately try to invoke a panic attack ... In seven weeks' time ... you will try as hard as you can to bring about a panic attack ... a self-induced panic attack ... and you will concentrate on all those thoughts and all those symptoms ... that experience of having a panic attack ... and you will concentrate on building those experiences into a full blown panic attack.

When you have done this successfully ... and you can do it whenever you want to experience a panic attack ... then you can have a panic attack every night ... just one every night for a week ... Then you will get one of your own free will ... just once a week ... and then once a month ... and as you do this you will find that you will no longer suffer from panic attacks ... because you will be in control ... You will have learned that if you can have a panic attack when you want to ... then it is because you are controlling them ...

They come only when you want them too ... and that is the strange and comforting truth ... **You have no need to have them at all** ... Yours is the choice ... is it not?

*Await response.*

*Trance termination.*

*Snippet: Every opinion has a value – the value that you place upon it.*

# *Flyaway*

*Script for fear of flying.*

And now as you relax and go deeper ... I would like you to imagine that you are at an airport ... that you are here at the airport because you are going on the holiday of a lifetime to ... (*insert chosen destination*). You have packed all you need for the journey and for your holiday ... visas are all in order ... passports are safe and you have the tickets for your journey safe and secure.

I want you to notice that you are feeling calm and confident ... you are relaxed, and have only a small and understandable anticipation and concern ... appropriate feelings towards the coming adventure. All around you are people arriving and departing ... to and from all the exotic and not so exotic parts of this world ... You hear strange languages ... see colourful and interesting national costumes as the people hurry to and fro.

The atmosphere is of calm and practised efficiency ... people moving through the terminal ... all possible problems have a solution ... everyone and everything is taken care of, and all arrive and depart efficiently and calmly ... so much order ... so many potential problems anticipated ... the solutions readily to hand.

You now move to the desk where you will check in your luggage ... and you are aware of the procedures to ensure that all baggage is checked and weighed ... x-rayed before being allowed to be stowed away in the aircraft that will deliver you to your destination.

And all the while ... the captain and his crew are checking the aircraft systems as they do before any flight ... they check every small thing in a specific and detailed manner ... in accordance with the checklists that are standard to the aircraft ... check lists that have been developed through many thousands of hours of experience of the technology which is ever evolving through the years.

The captain will check that everything is as it should be, because he is aware that things can go wrong ... he has natural and professional caution and has learned that the systems that he depends upon are the best that can be relied on ... he checks because he is aware that thousands of aircraft fly millions of miles each day without mishap, as all of the captains check each and every flight, because they, too, want to be as sure as they possibly can that everything is okay ... he has confidence in the engineers who service the aircraft in accordance with strict schedules and limits ... confidence in the technology that he has to support him ... so much confidence because he spends so much of his life flying others from place to place across the globe ... but he reserves for himself that natural and appropriate respect for those things that can be checked and, when he has checked them, the confidence to know that he has done his work well ... left nothing to chance, and that he will arrive safely and without fuss, just one amongst many who fly the world almost without being noticed at all by those of us who travel only now and then ... every mile is logged and every second recorded as the journey continues ... a vast and international network ... working to international rules that all must comply with and adhere to ... and thereby safety is assured ... and the captain too must be checked ... he must pass inspection and he is subject to regular and stringent health checks every six months ... performance checks ... carefully monitored to ensure that he is fit to fly ... and I wonder if you are aware that when flying, both he and his co-pilot by regulation must be served different meals, to ensure that if the food is tainted, ... there will always be a qualified and capable pilot in charge of the aircraft.

Every system on the aircraft has a back-up system ... sometimes even three or more ... and you will be pleasantly surprised at how calm and confident you will be as you board the plane ... as you are shown to your seat ... aware of the quiet efficiency of the cabin crew as they ensure that you are comfortable ... just one more flight for them in their busy schedule ... and their air of calm and confidence will allow you to become more and more calm and more confident ... feeling safe and secure.

But you will experience ... and you will be aware of a natural and appropriate anticipation ... the anticipation that you feel whenever you undertake a new and exciting adventure ... enjoying the

thrill ... enjoying the thrill of the anticipation of that new experience ... and you will be aware of a voice from deep within your subconscious ... a voice telling you that all is well and it really is all right to feel okay ... the voice of your own inner advisor ... that part of you that has perfect knowledge, and you can feel safe and secure in the knowledge that your inner advisor has all the knowledge that it needs to feel satisfied with the situation and will allow you to feel at ease ... safe ... excited ... and secure ... to see things in a different light, a warm and comfortable light that allows a feeling to change ... to rearrange those thoughts and images ... allowing the mind to foresee that change in the future ... and to enjoy noticing as that future change occurs.

You will enjoy your flight and look forward with pleasure to a new experience ... always aware of the fact that you have perfect knowledge and your own wise inner advisor to remind you to exercise normal and natural appropriate caution in all things.

*Trance termination.*

# *Anxiety/Worry*

Now that you are so very relaxed ... your mind is receptive and open to new ideas ... ideas that will help you to stop worrying and enjoy life ... much much more. Worrying is in fact ... looking into the future ... predicting what might be ... but focusing on only that which could go wrong. When we care very much about someone ... or something ... it's no surprise when we worry ... It's not pleasant ... but it is natural and it is understandable. However ... if there is no crisis ... or when a crisis is over ... we should stop worrying ... relax ... and enjoy life. Because everyone needs to relax at times ... even champion athletes who are under a great deal of pressure to perform ... and sometimes need to be perfect to win ... even they need some way to relax and to put things into perspective ... to recognise that it is just a sport and not a war between nations. Because a war is one thing ... and a game is something else entirely ... especially in this atomic age where a war could mean the end of everything. We really cannot afford to make the smallest of mistakes ... and so ... some people are terrified that the fail-safe system will fail ... and that will be the end of it ... all because of some small error ... someone doing something wrong or saying something wrong at the wrong time ... or to the wrong person ... in the wrong way. Then everything goes up in flames.

Which is why they have special programmes for the people who are working with these systems ... because what they have to do ... is so dangerous and terribly important that special training and counselling is required. The only place and situation in the world perhaps ... where mistakes cannot be allowed ... and it is comforting to note ... that in almost every other place and situation ... an error is just an opportunity to do things differently later on ... because perfection is seldom needed and rarely required ... and even champion athletes are never perfect all the time ... and sometimes get it wrong.

It's like the Navaho Indians, who, when they weave their beautiful rugs and blankets ... will always leave a knot ... an imperfection so

that the Gods will not be angered and think that the weaver is trying to be a God. But that is another story about what is really important and what is not ... and how it feels to give yourself permission to enjoy the feeling of freedom to feel safe doing those things ... knowing that the world will not end if you leave a knot somewhere ... so that the Gods will know that you are not challenging them ... just doing the best that you can ... letting it go at that. To overcome your tendency to worry ... follow this simple two step formula:

1. First promise yourself that you will not worry about the small stuff.
2. Realise now ... that it is all small stuff!

We both know that you have an active mind and a reactive body ... and if you think that scary thought for just one brief moment ... then it has been scaring you. We also know that there are other things that you can think ... that are comfortable and calming ... relaxing and reassuring ... thoughts or images that you can use instead ... to help you to relax ... to retain that relaxed calm feeling. You can let your unconscious mind learn all it needs to know ... to be able to distract you from those scary thoughts ... to be able to provide you with those relaxing thoughts and images ... and I think you will enjoy being happily unconcerned ... unable to remember to worry in exactly the same way or at the same time ... so from now on ... when you enter that situation ... you can enter it knowing that you are protected and can tell that part of you that tries to do its job by telling you that there are things to be afraid of here ... that you really don't need it anymore. So it can either go away or find a different game to play ... and remind you instead of all the good things that might happen here or of all the fun things that might occur later ... because those old thoughts and fears just aren't useful anymore.

So you can relax and forget it ... go on about your business ... surprised to discover perhaps that you have been thinking about something else entirely. And you will know at that point ... deep down in every cell of your being ... that you won't ever have to feel that way again ... that it is over and done with ... more rapidly than you expected ... not as soon as you would have liked. You can do it now and you can do it later ... you can frighten



yourself with that thought ... or ... you can calmly relax yourself with a different thought. That's right ... so practise and choose ... It is up to you.

*Trance termination.*



*Part Six*

*Building Confidence  
and Self-esteem*



# *Protecting Others*

*The importance of belief in self.*

Now you will be aware that some people get a lot of pleasure from taking care of others in different ways. Even young children ... who need to be taken care of themselves ... seem to genuinely enjoy doing little things to please those whom they love and care for ... those they want to protect. I am reminded of a friend of mine who when he was just a young boy ... ten years old ... found a baby rabbit that had been hit by a car ... It wasn't badly hurt ... but it was very shocked. He took the little rabbit home and made it a bed in an old box ... with straw and an old jumper ... and he went to the library to get a book on how to care for it. He even spent his pocket money on a tiny feeding bottle. He fed that rabbit every four hours ... setting an alarm clock so that he would wake up in the night. He was so happy as the rabbit grew ... and he gave it so much love and so much attention ... and it would have been so perfect ... if it hadn't then run away ... back to the wild ... as wild rabbits do. He was so upset and he cried when it went but his parents made sure that he knew that it was not his fault ... that he had done everything that there was to do ... and how proud they were of him ... which may explain why he still rescues baby animals and raises them to set them free ... and he seems to feel so much better about himself as a result.

But that's a very different experience from the little girl who was raised by her mother ... a self-styled grand lady who forbade her daughter from ever being better than her ... and made sure that she wasn't. That little girl was raised in luxury and splendour ... pampered and spoiled in so many ways ... but she was never allowed to know that she was prettier ... smarter ... nicer or more talented than her mother had ever been. Somehow ... that little girl knew that she had to do whatever she could to protect her mother from the truth. It wasn't just that it was dangerous in those days to offend the high and mighty lady who was her mother ... the little girl really did want to take care of her ... and make sure that she never felt sad. So ... she acted stupid ... neglected herself and put

on lots of weight and whenever she did something well, she hastened to explain why it just didn't count ... and that little girl became very good at one thing ... at criticising herself and everything she did. But try as she might ... her talents and abilities ... shone through and she still excelled and accomplished so much in spite of herself ... which made it harder for her not to feel that she had done something wrong ... even years after her mother had died. This was because there was something deep inside her that said that it was bad and it was mean to be better than mother in any way. And she continued to feel that way until one day she really got mad after sitting in a trance for a time ... and realised what her mother had done ... and decided that she had a right to take care of herself as well as she had taken care of others. So she learned how to praise herself as she recognised her own talents and abilities ... her capacity for achieving those worthwhile goals so important to her ... speaking inwardly to herself with that still quiet voice of wisdom that spoke of positivity and self reliance ... reminding herself of her talents and her abilities to love and to care for herself even as she cared for others important to her.

I wonder if you can know how much love she found within ... so much for herself and so much to give and how happy she became about those things that she was able to do. And when she crawled into her bed all soft and warm ... she was able to allow herself to feel glad about being the person that she was and then to tell her mother she was not sorry that she had grown up to be so content with her life and herself ... that it was now time to be set free and to obey the natural and undeniable yet gentle truth of self-determination using the talents and the abilities which had been given to her that were positive and beneficial ... moving forward now no longer shackled to what was gone ... forever ... growing as the plants and the trees do moving ever on towards the light.

*Trance termination.*

# *That Quiet Inner Voice*

*For use with clients who need to become aware of their own capabilities and gain confidence in their own inner awareness and capacities for self-determination.*

As you continue ... drifting ... deeper with each breath that you take ... you can be aware of how little you need to be aware of ... the sounds in the room ... the ticking of the clock perhaps ... the rustle of papers ... sounds outside ... each sound helping you to relax even more deeply ... each word that I utter just a signal for you to become less and less aware of the importance of all that is unimportant here ... the exact meaning of words that are said or not said as I talk to you here ... nothing bothers or concerns you as your conscious mind drifts off to a place which is comfortable and safe ... and your unconscious mind takes on the responsibility for guiding and directing your awareness ... down ... into your innermost self ... aware now of that gentle connection ... communication with that part of you that is the essence of you ... that knows all ... remembers each and every event that has served to shape and mould your unique and special personality ... a part of you that you really do hear as a quiet and calm voice from within ... a voice of wisdom and of truth that is so often lost within the clamour and the clatter of the world ... the demands ... the constraints ... the noise that is those who would have you bend to their will ... Now hear that voice ... still quiet and calm ... but now clear as crystal ... piercing through the fog of indecision and lack of confidence ... unmoved and unaltered in its determination to give to you at all times ... good counsel ... wise answers and solutions to all problems ... for your highest benefit and also those who are special to you ... This is that creative and special part of you ... that wise inner advisor that is always there for you with your benefit and wellbeing always the prime consideration ... a constant etheric part that is you and was you before there was awareness of this existence in this time ... an invaluable friend who must be listened to ... and you will ... will you not?

You can recognise now that value ... that unique capacity and capability that is yours ... has always been yours ... and I really don't want you to know too much about how good you can feel with that intense awareness of confidence in your ability to make changes and decisions in your life for yourself ... no longer allowing others to manipulate you ... to take advantage of you ... You expect of yourself everything that is yours ... that you deserve ... that you are entitled to as a unique and special person ... aware of who you are ... aware of your own talents and special qualities ... always that person who is at the forefront ... always there with a valuable input to every situation ... no longer that person who needs others to make decisions ... you make your own and are comfortable with that ... I wonder if you will notice soon how others come to rely on you to be the person that you are ... confident and self-assured ... an example to those who admire you as you allow those qualities so long hidden ... to burst forth from within ... to astound and confound those who would manipulate and control ... You are your own person ... proud ... confident ... taking responsibility for your own life and wellbeing ... a true friend of your own wise inner advisor ... that is you personified.

*Trance termination.*



# *A New Day*

*A script for use 'ONLY' with those who have been professionally diagnosed as suffering from depression and lack of confidence; an exhortation to take control of thought processes and therefore take control of one's own life.*

*Induce hypnosis.*

As you continue to drift and float all other sounds fade away into the distance. You pay attention only to the sound of my voice. I want three points about depression to become firmly established in your mind ... These points are what we are going to deal with ... and each point about depression is the absolute truth to you ... Now the first point is that you have a right to be here ... You are as good as anyone ... You are a child of the universe no less than the trees or the stars ... You have a right to be here and whether or not it is clear to you ... the universe is unfolding in the way that is natural and as it should be ... therefore you can accept that there is a universal plan greater than man ... greater than any one of us ... and so you can be at peace with yourself if you want to be ... and that brings us to the second point.

For that this plan affects everyone in this universe outside of natural disasters ... all depression is subconsciously self-inflicted. That is the second point ... all depression is subconsciously self-inflicted. Now ... each emotion of the mind is reflected in the electrochemical balance of the brain ... prolonged feelings of depression can cause a chemical imbalance to occur, which usually corrects itself. It can be determined who will usually respond to medication or will respond successfully without it ... in either case, you will be successful in conquering depression. When you do feel well again, you may do so for only a matter of minutes or hours and then the depression may return ... and it may be a little while before again you begin to feel well. There may be four or five such ups and downs before the symptoms are gone for good.

Now the third point has to do with time and the absolute necessity to live ... not just in the present ... but in the moment of here and now ... The third absolute truth has to do with the absolute necessity to live each moment of the here and now ... For example ... yesterday ... you were depressed but today is a new day ... Each day is a fresh beginning ... and every morning is a world made new ... a gift to you ... Today is our most important day ... Yesterday has gone ... We cannot live in the past ... for if we do we cannot move forward ... because living in the past dulls the keen edge of our imagination ... The past ... even yesterday ... can be of value only as a learning experience ... lessons that we can profit from ... Longfellow wrote:

*"Nor deem the irrevocable past as wholly wasted ... as wholly vain ... if rising on its wrecks at last to something nobler we attain" ...*

I wonder if you have ever felt circumstances crowding in on you because of failure ... disappointment and depression and said, 'if only I could get a break ... an opportunity to start again' ... Well, remember what Walter Mallone wrote about opportunity:

*"They do me wrong who say I come no more ... when once I knock and fail to find you in ... for everyday I stand outside of your door and bid you wake and rise to fight again ... Though deep in mire ... ring not your hands and weep ... I lend my aid to those who say ... I can. No shame-faced outcast ever sank so deep ... but yet might rise again and be a man. The sky was overcast ... no stars appeared within the firmament and you were depressed, downcast because the day had brought only frustration ... Today you awaken with the sunlight pouring through your window ... a new day is at hand ... and brim full with new opportunities to build upon the lessons and the foundations of yesterday's failures".*

Now each of us is here to accomplish something ... some particular phase of the great universal plan that is greater than man ... greater than any one of us ... the universal plan or life force goes on whether we like it or not. When we face life as a whole and try to realise that every experience is leading towards fulfilment of that plan ... when we take each day and endeavour to make the most of it ... then things do come out alright ... I would say that we have to listen for life to happen ... listen expectantly. Now you have not been listening expectantly ... you really have not been

listening at all ... you have been concentrating on your problems and as long as you concentrate on a problem ... then you do have a problem ... because you are what you concentrate your mind upon.

You are what you are greatly concerned with ... now when you let go of that concern ... when you let go of that problem by changing your thinking ... when you say, ... 'to hell with that' ... then you begin to see the solution to your problem because your mind is free and you can utilise your capabilities and capacities to make it work effectively for you. Just say from now on, 'I let go of my depression ... I develop and maintain a happy disposition every day. Each day I reject the negatives and choose to see only the positive in all things' ... because the only reason that you have stayed depressed is that you have not yet learned to deal with your negative thoughts ... to allow in the positive thoughts of truth, love and hope. Every new day is a challenge, a new opportunity for you to prove yourself in reality ... to be a believer in truth ... hope and love ... that you do not need to feel helpless and hopeless ... that you can separate off and distinguish the vast difference between those events in your life and your reaction to them ... for they are vastly different ... they are not the same at all and you must separate off those events in your life and your reaction to them.

The problem is not whether or not you need a new job ... whether your partner has left ... or that someone else did right ... or did wrong ... or the terrible things that have occurred in your life ... it is not these things at all ... it is your reaction to them ... it is the sentences that you speak to yourself ... within yourself ... such as, 'Oh ... my partner has gone ... I cannot go on without him/her' ... or, 'I have terrible pain in my back ... I'll never live a normal life again' ... That really is the problem for you ... for when you give yourself negative thoughts ... you are bound to feel depressed ... so you have to learn how to turn those sentences completely round, 'Okay, so I made a mistake ... but I won't again' ... or, 'Okay, so my wife/husband died and I miss him/her ... but I can start a new life' ... Whatever it is that you say to yourself about those past events that make you depressed ... because you have not learned to turn them completely around ... yet! ... When you are in this frame of mind ... you are dead! That is death! ...

Remember Lot's wife was told, 'Don't look back for you will turn into a pillar of salt' ... but she just had to look back. You are through looking back ... You can only live life to the full during the very moment that you are living it ... and you can enjoy it with the proper thinking. Hasn't there ever been a desire ... an urge to accomplish something you never attained? ... Think about that ... take each day as it comes and enjoy the sunshine ... the laughter of children ... the song of the birds ... the company of friends ... See all those positive things. Let each day crowd out yesterday's sorrows completely ... Remember that 'He who climbs a ladder must begin with the first rung' ... The Chinese have a saying:

*... "A journey of a thousand miles begins with a single step" ...*

As we seek higher and wider wisdom ... each day becomes the next upward rung ... a new opportunity to rise above yesterday's sorrows ... frustrations ... depressions and failures ... to a world made new and given to you ... The oriental poets urge us:

*"Look well therefore to this day ... Look well to this day".*

Now ... in your mind's eye ... I want you to visualise a sign hanging right in front of you ... a sign that has just three words on it ... The words are, 'That was yesterday' ... That day was yesterday when things didn't go right ... That was yesterday when you failed to turn your negative thoughts around ... That was yesterday when you gave up hope ... That was yesterday when you did not start over as you should have done ... when you were thinking only of yourself instead of the happiness of others and what you could do for them ... That was yesterday when you know that you did the wrong thing. **That was yesterday** ... That was yesterday when you hated yourself ... but every day is a new beginning and every day is a world made new ... and the past is not wholly wasted ... it is not in vain when rising from the rubble and ashes of disasters and problems past at last, there is something nobler that you can attain ... By replacing negative thoughts with positive thoughts ... every moment is a new opportunity ... and you accept this truth fully and without reservation ... You feel the warmth of truth ... of love and hope coursing through your heart as you relax completely ... confident that there is a plan for you ... and that even though you cannot understand ... you must go through those

learning experiences that you are going through in order to satisfy that plan ... Whatever experiences you need to go through so that you can allow yourself to be the author of your own fate ... to be in control of your own feelings and emotions ... for this dawn of a new day ... can come only after the darkness of the night ... You cannot have a mountain without valleys ... otherwise everything is a plateau.

The brightness of the sun would mean nothing ... except by comparison with the darkness of the night ... It is only by contrast that we can begin to understand life ... and so ... instead of reacting in an adverse way to those problems and frustrations of yesterday ... you hang that sign high ... the sign that says, '**That was yesterday**' ... You see that sign in your mind's eye ... You lift those problems from your shoulders and you hang them upon that sign and leave them there ... As a result of the faithful practice of self-hypnosis and learning to control your thinking in a positive way ... every day becomes a fresh beginning and in the morning the world is made new for you ... a day that truly is yours ... a day without depression ... a day without frustration ... a day without failure ... a day in which you can be more effective in every area of your life than you have ever been before ... **and why? ... Because ... you have let go of problems** ... You have stopped letting them control you ... You are controlling your life by turning those negative thoughts around ... because it is not the events of your life that are affecting you ... it is your reaction to them ... You had allowed negative thoughts to create negative reactions to the experiences of your life ... which used to depress you and run you ragged ... ruin every moment of your life.

You have now learned to relax comfortably in the knowledge that you can and you will do your part and continue to do your part ... Is that not so?

*Await response.*

*Trance termination.*

# *Confidence and Self-image*

When you look in the mirror, what do you see? Is this the real you, or just another visual cue that will prompt your subconscious to deliver a pre-programmed perception of you, a product of past experiences and conditioning?

It is not so much what we see as how we see that commands our feelings of self-worth, and if we have become habituated to seeing ourselves as bad or inadequate then we will perpetuate that perception of self and project it into the world with all the sorry consequences for our quality of life.

The inner image needs to be changed to one that is beneficial and cognisant of all that is good and positive, allowing us to project into the world a person who is confident and aware of his own attributes, capabilities and capacities. Expecting that all will go wrong or that people will not like us appears through our demeanour as an invitation for those things to happen. There is much truth in the adage of the laughing child who receives all the attention.

Using the medium of hypnotic trance, we, as therapists, have an opportunity to implant and then reinforce positive images deep in the subconscious that will play an important part in that process of transderivational search which provides the information to determine that final perception of self which is so important to our ability to successfully interact with the world in a beneficial and positive way.

The suggestions that we, as therapists, deliver to the subconscious mind of the client need to be positive and constructive, without negativity. Language needs to be precise, allowing no opportunity for the subconscious to reinforce any of the old negative thought processes that have been the cause of the discomfort that has brought the client to the office. Scripted material has the added value of being carefully thought through with particular attention to semantics in order to exclude negative suggestion. It utilises

every opportunity to reinforce those elements that will provide the direction for the change required.

# *Confidence Building*

First (*client's name*) ... I would like to extend my congratulations on your decision to seek help and to allow yourself the experience of coming here today ... I appreciate that you made the effort to make an appointment and to arrive on time ... Already now ... you know that you can do that ... It is in fact easy to do ... and what about that feeling of achievement ... how it feels to realise that what was easy first time ... will be even easier in the future ... for it is from positive experience that you learn how to use your confidence in a way that builds and grows stronger every day ... increased self-worth ... recognising even more than before that only good and positive thoughts are of value to you ... that negative thoughts harm you ... they actually harm you ... you allow only good and positive thoughts.

It is so very easy to be that person who does not allow for mistakes to be made ... and it can be a comfort to know that an error is simply an opportunity to do it differently next time ... Perfection is almost never needed ... and even champion athletes are never perfect all the time ... and sometimes get it wrong ... It's interesting to observe that when the Navaho Indians weave their beautiful rugs and blankets ... they always leave a knot ... an imperfection ... so that the gods are never angered and think that they are trying to be gods themselves.

It can be comforting to know that you can give yourself permission to feel safe and enjoy those things that are important ... knowing that the world will not come to an end if you leave a knot ... so that the gods know that you are not challenging them ... just doing the best you can and leaving it at that.

As you go deeper now ... just listening to the sound of my voice ... you can be aware of those comfortable heavy feelings of legs ... of arms ... of your entire body that seems to float in time and space ... those hypnotic sensations that allow you to know that you have travelled from one state of awareness into another state in a calm and confident way ... and I wonder now if you can allow those



feelings to continue ... those comfortable **relaxed** sensations of mind and body ... as you drift and dream ... and my voice drifts with you. You now look to the future in that way that tells you that things will go well ... that you will succeed ... that you are special ... attractive ... intelligent and capable and in this way you programme yourself to succeed and you will succeed. You now look to the future and see only good things and good people happening to you as you move forward to grasp opportunities ... seeing those opportunities ... clearly ... intensely aware that all your worthwhile goals are attainable.

You have all the confidence you need to build upon ... all the capabilities and capacities to be that person that you want to be ... special and exciting ... You and you alone have your best interests at heart ... You now take control of your life ... Now ... you are taking control ... You trust your own judgment in all things and you know that you alone have your best interests and those who are close to you ... within your control ... and it is with profound satisfaction now ... that you undertake and commit yourself to your own best interests... utilising to your highest potential ... **your** capability ... **your** special qualities ... accepting **your** feelings of self-congratulation as you achieve your worthwhile goals. You find it easy to concentrate on what is important to you ... Your subconscious mind helps you in those ways ... reminding you of your successes ... of your positive abilities ... of all your special qualities ... Others appreciate you more as you demonstrate your confidence ... Your positive approach allows those around you to have confidence in you ... as your confidence grows and manifests itself in your day-to-day success ... Now your creativity discovers new ways of releasing itself ... to become effective and part of your own special personality ... You impress and amaze all with your clarity of thought and expression of new ideas and input to every situation ... once the bystander ... now at the forefront ... establishing yourself as that interesting positive person that you are ... You can now be aware that you are the equal of all ... **relaxed** and comfortable in every situation ... You are realising now with greater clarity each and every day ... that you can unlearn that feeling of fear and lack of confidence ... You now take a deep breath ... relax yourself from head to toe ... and take the image into your mind of you ... happy and secure ... confident and self-assured ... as you tell yourself ... **I can** ... **I will** ... This

comfortable pleasant image soothes your mind, and all fear and self doubt leaves you completely.

You unlearn fear by being positive and realising that the only thing that can hurt you ... is the fear itself ... No longer do you accept fear or negativity ... You banish in their entirety all unwanted inappropriate thoughts and symptoms ... allowing only good thoughts and positive feelings to grow and become part of your special personality ... You do this easily because you are in control ... It will become easier and easier for you to do this as you take control ... and you will take control ... will you not?

*Await response.*

As you go deeper now ... in control ... just listening to the sound of my voice ... your subconscious mind shows you yourself at that time ... that place ... when you really felt confident ... a time when you really felt good ... when you were the centre of attention ... loved and admired ... being congratulated by those around you as you received an award for achievement ... or realised a long standing ambition. It doesn't matter where it was or when it was ... just as long as you felt really good about yourself and about your achievement ... Think of your finest hour ... and get that image into your mind as you were at that time at that place ... You see yourself right now as the centre of attention ... with all others cheering you ... congratulating you ... Now hold that feeling ... allow that feeling to be something that expands ... Now see that special feeling as a pulsating white light ... warm and comfortable ... powerful... and allow that white light to expand and grow so that it encompasses you ... so that you are completely contained within a brilliant cocoon of pulsating white light ... Feel that warm and comfortable feeling ... confident and admiring thoughts about you and your special qualities and capacities ... Feel it growing ... expanding ... filling your very being with its power and positive influence ... And now ... allow that white light to be absorbed into your body ... as you absorb completely and permanently to your highest benefit all of those good and capable qualities that ensure that from this moment forward ... you are the confident and self-assured person that you want to be ... that you are ... right now.

Each and everything you do ... you do better than you have ever done before ... You approach each new task with complete ease of mind knowing that you are ... **relaxed** and in a perfect frame of mind ... calm ... **relaxed** and confident ... Every day your confidence grows ... which means that tomorrow your confidence grows and the day after it grows stronger than before ... and as you practise being more and more confident ... so your confidence grows and becomes stronger as more and more ... your feelings of self-worth become strong and powerful ... Each day ... with each new situation ... whenever you need to ... you take control ... calm your mind ... disregard troubles and you are calm ... **relaxed** ... poised ... competent ... and confident ... You are your own person ... is that not so?

*Wait for response and then go to trance termination.*

# *Self-assertion*

*Direct approach for those who have lost sight of the priorities of life and of their own abilities to make choices for themselves.*

As you go deeper now ... drifting to wherever your subconscious takes you ... to a place where there is only peace ... calm ... and tranquillity ... and nothing concerns you other than the relaxing sound of my voice ... you can be aware that there really is no reason at all to make an effort to try to hear or to understand each and every word that I might say or not say ... here ... as you rest quietly ... over there ... and it can be a comfort for you to know that your subconscious hears and understands everything that is important to you ... and it's so much easier to just allow those things to occur in their own way ... while your conscious mind can drift to someplace else entirely. As you drift ever deeper with your own thoughts in your own way ... I would like you to pay close attention each time I say the word ... **now** ... This will be a signal for you to go deeper still.

Many people come here to seek help with problems such as you are experiencing ... and they will tell me they have no motivation ... no spark ... no zest ... and my answer to them is always the same ... You have all the motivation that you need and that spark ... that zest for life that once you found so readily available ... is still with you ... but it has become hidden ... lost within a mist of negative thoughts.

But congratulate yourself right **now** on the fact that you found the motivation necessary to make the appointment ... and the spark of positivity to arrive here on time ... unlike that person who did not make the appointment ... did not have the motivation to make the effort ... that person is not here **now** ... sitting comfortably there ... that person was unable to distinguish the place from where they are **now** from the place where they would like to be. You have all the motivation ... all the spark and zest for life that you need ... but there is one thing that you don't have ... yet ... and that's self-confidence ... the self-confidence that it takes to set out on any journey

or tackle any task ... knowing that you have made all necessary arrangements and preparations ... knowing that you can ... you will complete that journey or that task ... easily ... quickly and without effort.

As you go deeper **now** ... just allow your subconscious to show you yourself at your place of work ... see yourself as you start your daily round of tasks ... **now** taking time to organise and prioritise those things that must be done. See yourself calm ... confident as you begin the first of those tasks ... **now** taking the time ... seeing that task through to completion before beginning the next on your list of priorities. If for some unforeseeable reason the task that you have begun cannot be completed you remain positive as you complete that task as far as you are able and then set it aside knowing that you have done all that you can and that you can proceed no further until those elements that are required are available to you. It **now** becomes a new task and you can without hesitation or feelings of inadequacy or guilt continue with the next of your priorities.

Should you be disturbed from the task that you are attending to ... perhaps as a colleague requires your attention to what he or she considers important which needs to be attended to immediately ... you will be aware of a deep inner calmness that comes from deep within your subconscious ... helping your feelings of calm and confidence as you listen attentively and in a calm and confident manner assess **for yourself** the importance that is needed to be placed upon the situation ... and then as those feelings of confidence and calm grow stronger and stronger with every moment ... see yourself **now** asserting yourself as that calm and confident person ... as you make **your decision** ... reach **your conclusion** as to the importance and action required.

You are **now** that comfortable and calm person who is confident with the knowledge that you carry within ... confident in your own ability as you exercise your calm orderly approach to everyday tasks ... and as you do this ... others appreciate you more and their confidence in you grows as you exercise these special qualities of quiet calm and confidence. You will experience more each day the satisfaction and the self pride that go hand in hand with your new and confident manner ... and those things that in the

past caused you anxiety and feelings of inadequacy are **now** easy and of no concern.

You will be pleasantly surprised at how easy they become ... for you **now** accept that things do not need to be difficult and hard to warrant merit. Each new task and each new challenge is for you **now** a pleasure because you are aware of the simple and inescapable truth ... the truth that you are at your best when you are **relaxed** and that the most that anyone can expect of you is that you do your best. You can **now** be aware also that even champion athletes who strive for perfection ... can make mistakes and sometimes get it wrong ... and even as they do their best ... that perfection ... that great ideal is so seldom required or expected.

A mistake is simply an opportunity to do it better next time. You are **now** that person whom you wish the world to see ... aware **now** of your own true value as a unique and special person ... looking outwards from yourself to those around you and aware that you have all that you need to be certain that the decisions you make for yourself are the right decisions for you and for those who are special to you. You **now** take the decision to be responsible and caring for yourself ... for you know that in this way you can be at your best and give of your best for those whom you love and care for and who love and care for you ... and as you do this your true personality will shine through ... Others will warm to you and the bonds will grow stronger as your relationships grow and develop. You are calm, confident... self-assured ... your personality once dimmed within that mist of negativity now shines brightly as those mists dissipate ... and that spark grows bright and clear for all to see ... bright and positive. Experience **now** that good feeling, that positive and confident feeling that is yours as you choose to make the right choice for you ... as your subconscious mind does its best work for you without the need for you to know just how it knows what to do.

You now take quality time to be with those whom you love and who love you ... time that means for you that only they are important whilst you are sharing yourself ... and to them you give this time without other considerations. From this time forward your subconscious will remind you as it can ... of those things that are important ... that life is for living ... and that work is part of that

life which can also be enjoyed ... but always that you work to live and do not live to work. You now work to enjoy the rewards for your efforts ... and gone forever ... is that feeling that tells you that you must feel guilty whenever you find pleasure in life and with your family and friends. You **now** accept fully and without reservation that your subconscious mind will take care of you and all that is important ... and will remind you with a calming constancy of those things that are of lasting and durable value ... that are significant ... and you **now** become a friend of your own inner friend and confidant that you are **now** intensely aware of ... a wise and personal advisor deep within you who has your best interests and wellbeing always at heart. You now hear clearly and unmistakably the voice of that inner advisor ... that long lost friend ... and you renew that friendship ... a friendship which will now continue always.

From this moment forward ... you are your own person ... you **now** like ... respect and love yourself more ... not in an egotistical way ... but in a way that is beneficial to you as you listen to your own wise inner advisor and trust him/her to be with you whenever needed.

**Now** I want you to take a deep breath ... and as you expel all the air from your lungs ... go deeper **now** ... and as you turn inwards to contact your own inner self ... you can experience those new feelings of confidence and self-esteem ... that inner trust that allows you to know that you have all you need to be the person you wish to be as those feelings expand and grow to cocoon you **now** within a glow of warming and calming influence that allows you always to be at your best ... positive ... confident ... self-assured ... motivated and full of the spark and zest for life that is there within.

*Trance termination.*

# *Self-recognition*

As you drift ... so comfortable now ... just concentrating on the sound of my voice ... you can really begin to experience that feeling of knowing that you really can take control ... utilising now your own ability to **relax** ... to let go ... moving inwards now into your own subconscious mind where nothing at all concerns you as you distance yourself from the world about you.

As you continue to **relax** ... all is tranquillity and peace ... recognising now the signs of that deep hypnotic trance ... heaviness of arms ... of legs ... of your entire body that seems to float now in time and space ... free floating now as you drift and leave it behind ... deeper ... deeper.

Now so many people come here to ask me to help them to make something happen in their life ... to make positive changes ... and I tell them this ... as I tell you now ... that those changes are there to be made and that all that is needed here is a recognition of the abilities and capacities that are yours ... to recognise that you really do have the confidence and the determination to do those things. It is just like setting out on a journey ... knowing that you have prepared well ... everything is packed ... passports and tickets are in a safe place ... all arrangements have been attended to ... knowing that you can and you will complete your journey easily and without effort ... You have all the ability and the capability to do what you want ... to make new and good things happen ... You tell yourself now ... 'I can ... I will' and you feel at ease ... comfortable with yourself.

What has happened in the past has happened ... From these events you have learned so much ... experiences that will help you to know what is right for you ... so you can **relax** and you can let go of all negative feelings and emotions ... turning things around now and seeing the positive in everything. For you ... the glass is always half full as you refuse to accept that you have been guilty of failure ... recognising with clarity that what you did was to do your very best and no-one can ask more than that ... Negative



thoughts and emotions have no place at all in your life ... They hold you back ... They prevent you from being that person that you wish to be and that you really can be.

With every day you have learned more through experience ... the best and most effective way of learning that can be ... You are the product of all your experiences ... all of those events that occurred way back then ... You are better for your experiences as you continue to learn more each day about that wonderful ability that you do have to use all learning in a positive and forward looking way that tells you inside your own perfect inner mind, ... 'I can ... I will'. I want you now to repeat those words ... saying to yourself deep inside where they take immediate and lasting effect ... imbedding now in the deepest part of your subconscious mind ... becoming an integral part of your very being ... Repeat the words three times within yourself ... 'I can ... I will ... I am the equal of every person ... Each day in every way ... I am getting better and better and better.'

*Allow time for client to repeat each affirmation.*

You look back now to those events of childhood and of growing up which have shaped you and made you the person that you are ... You take pride now in yourself as you recognise with ever increasing clarity of thought that you can be selective in those memories that you choose to keep ... to place value upon ... for is it not true that everything has a value ... and for you that is the value that you alone attribute to it? ... Those things ... those experiences that have no value to you ... you reject now in their entirety ... you cast them away as over and done with.

As you take control of **your life** ... **your emotions** ... things begin to happen the way you want them to happen ... your clarity of thought and your ever increasing maturity ensure that you have all that you need ... an attitude of mind that is positive and forward looking.

As you move forward with your new attitudes ... new confidence in your own ability ... others around you will notice you and recognise that they can draw from you ... that strength that comes from the knowledge that you can be relied on to act in a positive

manner that overcomes difficulties ... in a calm and ordered manner ... and you begin to enjoy being valued ... your contribution to all situations ... your opinion sought as you grow and mature into that person that you want to be.

You have all that you need to be successful and you can be more **relaxed** and more comfortable in all situations ... positive thinking can become a habit for you ... for habits are created through repetition ... The more you employ your positive attitudes of mind the stronger that habit can grow ... You practise being positive ... positive and confident ... and the strangest thing happens ... as you act positively and confidently ... then you are seen to be positive ... confident ... It is as easy as that.

Yours is that ability to choose how you wish to see ... with maturity and great pride in knowing that you no longer are that person caught in a trap of negative thinking ... measuring all things in the light of what might go wrong ... Knowing what can go wrong gives you the knowledge which can allow the failsafe systems to be built in ... as engineers do when designing a plane ... or a ship ... or a bridge ... Everything known that can go wrong is evaluated and then eliminated through the application of experience gained ... as you will apply your experience gained ... to your best advantage and highest good.

For you there is no failure ... For you it does not exist as you recognise that the only measure that you need is that of your own success ... Each grain of success is the foundation upon which all success is built ... and this success is now your way ... now and in the future ... as you recognise that fear is just concern that you might lose control ... and that is not true at all ... for to lose control ... first you must have control ... and you choose not to lose the ability that you know is yours to make things happen your way ... 'I can ... I will' ... these words now become an integral part of you ... part of that internal harmony and peace of spirit that is now yours as you choose to take it and you will take it ... will you not?

*Await response and then terminate trance.*

# *Ego Reinforcement*

As you relax into this deep and special relaxation ... your subconscious for your protection ... takes note of all that is happening around you ... so my suggestions which are all for your benefit ... reach directly to your inner subconscious mind ... These thoughts and suggestions become deeply imbedded ... firmly fixed in the innermost part of your own perfect mind ... They remain with you ... long after you leave me today ... there to help you begin to make those changes that you wish to make ... for your betterment.

As you relax ... more and more deeply now ... your own self-healing forces are switched on and enhanced ... muscles ... nerves ... the very fibres of your being ... rest ... relax ... Every system slows down ... your breathing becomes more regular ... your heart beats more slowly ... digestion eases down ... so your whole being is at rest ... and now healing forces flow through you ... repairing ... replacing ... re-energising ... soothing your mind and your nerves.

This special relaxation enables you to feel so much fitter and stronger ... more alive in every way ... Your mind is serene and tranquil and you are filled with a deep sense of wellbeing and inner peace ... and as you drift deeper now ... these feelings increase and will stay with you long after we have completed our work here today. This new found inner strength enables you to concentrate your mind more keenly ... Your memory improves and you feel more self-assured whatever you are doing ... whatever is going on around you ... so that you have no need to think about yourself ... Your thoughts are directed outwards ... from yourself to the world around you to what you sense about you ... Every day you become more relaxed ... more steady ... more settled mentally and physically. Your talents ... abilities ... all your special qualities begin to grow stronger and more rewarding ... You recognise your own true worth ... and become more aware of your true potential.

This growing inner awareness makes you more aware of others ... their qualities ... abilities and limitations ... You grow more

tolerant and your own natural warmth begins to manifest itself ... Friends and relations ... those who are close to you begin to notice this ... They begin to warm to you and your relationships become easier ... closer and much more rewarding. You feel much more self-confident ... Your willpower ... self-esteem ... determination and self-assurance grow with each day ... you feel more comfortable within yourself and within your surroundings ... as day by day these positive feelings develop deep within you ... day-by-day life becomes more pleasurable ... more fulfilling ... as you feel so much better within yourself and about yourself in every way.

*Trance termination.*

*Based on script by William (Bill) Atkinson-Ball.*

# *Self-esteem Boost*

Imagine that you are wearing a sign that tells the world, 'I am a unique and very special person.' You always wear that sign ... that badge and you wear it with pride. Every day you become more and more aware of your assets and the qualities and beauty within you. You now place your complete trust in your own inner mind ... The values and opinions that you accept are your own ... You make up your own mind ... You trust your own judgement ... opinions and values ... relevant ... informed and special ... decisions that you have been putting off, are easier now because you trust yourself and your ability to make the decisions which are the right ones for you and those whom you love ... whom are special to you and rely on you and your special wisdom ... strength ... all those qualities and capacities within you. You admire yourself ... like yourself and trust yourself so much more ... Others too find it easy to like you ... to respect you ... to admire you ... to love you ... but you no longer worry or concern yourself about what others think of you ... it matters only that you like and respect yourself ... You are aware that you cannot please everybody and that the only way to be successful in what you do is to trust your own judgement and to please yourself ... What is right for you will be right for those who are close to you ... and as you do what is right for you ... always trusting your own judgement ... having that belief in yourself ... you now have the confidence to do what you want to do ... Those who would manipulate you and take advantage of your easy going nature ... are now confounded ... aware that with due consideration ... you do what is right for you and those who are important to you.

You trust your own judgement and meet your own special and legitimate needs and the needs of those who are close to you and who are special. You meet those needs ... you are independent and self-sufficient ... Changes are happening within you ... changes for the better ... Some you will be aware of now ... Others you will not be aware of until some time in the future ... As you trust yourself more and more ... your subconscious mind will cause these ideas to be made available to you ... ideas for your benefit ... These ideas

will be absorbed for your betterment so that you can easily overcome any problem. Know and believe ... that whatever the mind can conceive ... the mind can achieve ... Whatever you believe you can achieve ... you will achieve ... Every day you are feeling more and more comfortable within yourself and you are becoming your own best friend. Every day you love and respect yourself more ... not in an egotistical way ... but in a way that is positive ... natural and constructive ... and can be only beneficial to you ... Take a moment now to enjoy the feeling of liking yourself and being happy and content with the unique and special person that you are ... Know and believe that each and every small part of your mind ... your body ... and your spirit ... is an important ... wonderful and beautiful part of nature ... Spirit means your higher self ... that part of you which is inspired ... strong ... kind ... loving and happy ... all of those good and special qualities that are to be admired. Those special qualities are an integral part of your unique personality and are there for you whenever you need them ... If there are things that you have done in the past that you regret ... now is a good time to forgive yourself ... Forgive yourself now and release yourself now from the shackles of those negative elements which prevent you from moving forward.

Now you can be that person that you want to be ... If there are things which others have done to you in the past ... now is the time to forgive those others ... Forgive others now and release yourself right now from the past ... You now live for the moment ... this moment ... Now you are that person that you want to be ... a true friend of your own personal and wise inner advisor that is you personified.

*Trance termination.*

# *Confidence Booster*

As you become more and more relaxed and less tense each day ... So ... you will remain more relaxed ... and less tense when you are in the presence of other people ... no matter whether they be many or few ... no matter whether they be friends or strangers.

You will be able to meet them on equal terms ... and you will feel much more at ease in their company ... without the slightest feeling of insecurity or inferiority ... without becoming self-conscious or embarrassed in any way.

You will become so deeply interested ... so deeply absorbed in what you are saying ... that you will concentrate entirely upon this to the complete exclusion of all else. Because of this you will remain perfectly relaxed ... perfectly calm and self-confident ... and you will become less conscious of yourself and your own feelings.

You will consequently be able to talk quite freely and naturally ... without being worried in the slightest by the presence of any other persons. If you should begin to think about yourself ... you will immediately shift your attention back to your conversation ... and you will no longer experience the slightest nervousness ... discomfort or uneasiness. The moment that you get up to speak ... all of your nervousness will disappear completely ... and you will feel completely relaxed ... completely at ease ... and completely confident.

You will become so deeply interested in what you have to say ... that the presence of an audience will no longer bother you in the slightest ... and you will no longer feel confused ... uncertain ... or conspicuous in any way.

Your mind will become so fully occupied with what you say ... that it will make you feel confident about what you are saying. Nervousness, feeling self-conscious or embarrassed will be but a

memory of past behaviour ... because you will remain throughout  
... perfectly calm ... perfectly confident and totally self-assured.

*Trance termination.*



# *Affirmation of Inner Self*

*This script can be used at any time to allow the client the opportunity to experience something pleasant and positive.*

And now, as you allow that trance to continue and to deepen even more, I wonder how much more comfortable and tranquil you really can become ... aware now perhaps of that pleasant heaviness of arms ... of legs ... of the whole body, that just seems to be there but then perhaps some way off from here ... there in that chair resting ... comfortable ... while the conscious mind continues to drift and allow the subconscious more and more of the responsibility for allowing that awareness of just how little you need to concern yourself about things that are of little moment.

It can happen if you wish ... that your subconscious mind can allow you an opportunity to experience those things which are pleasant and positive ... to surprise you perhaps with a pleasant thought ... a long forgotten memory of a happy event ... even a taste or a fragrance ... a warm and all embracing feeling of being at one with yourself ... a brilliant colour that will suddenly evoke that feeling ... that memory ... that pleasant feeling of how wonderful it is to be alive to experience those moments that really do stand out ... wonderful times of pleasant experience ... and you can know then that you really do not need to know just how your subconscious mind knows how to do that for you in that way ... simply take the moment, and bask in the light of that revelation ... as your subconscious mind opens up ... allowing that inner voice and that creative and unique part of you to give to you that gift ... that feeling that will allow you to understand even more.

# *Steel Ball*

While you are resting in this very pleasant way ... I want you to imagine something ... I want you to imagine that you're looking at a steel ball ... resting at the top of a gentle slope ... Just imagine that now ... You're looking at a steel ball ... resting at the top of a gentle slope ... and as you look at it ... so the ball begins to roll slowly down that slope ... It moves slowly ... and follows a very straight course as it moves ...

But now I want you to imagine that a little way ahead of that steel ball ... and off to one side of the track ... you can see a strong magnet ... and as the ball is rolling towards the magnet ... so it enters into the magnetic field ... and the magnet pulls on the steel ball ... not enough to make it stick to it ... but enough to make it change its course ... The steel ball is now rolling in a completely different direction from its original path.

Now there's a reason for imagining this ... because your pathway through life is like the path taken by that steel ball ... In the beginning your pathway through life was set ... You were following a course that was right for you ... It was comfortable ... It was right for you ... It **felt** right ... but you soon found that you were being influenced by other people ... acting like magnets ... trying to pull you off course ... trying to make you change direction ... In short ... they made you feel that your way was wrong ... They wanted you to conform to **their** ways ... and follow **their** course of action ... By trying to please them ... you changed your course ... and have been following a way that is not what you originally set for yourself... The result has been that you have felt uncomfortable ... It has **not** felt right ... and you have consequently felt that you have lost your individuality through trying to please other people ... And this has been the problem ...

So let's see what can be done about it ... Let's return to our picture of the steel ball and make a few changes ... Once again ... imagine that steel ball at the top of the slope ... but this time as you look at it ... see it grow to double its size ... and weighing twice as much

... Now see it rolling and see what happens ... It approaches the magnet ... and the magnet tries to pull on it ... but this time ... the ball is too heavy ... and too big ... and does **not** deviate from its course ... It keeps on rolling in the same direction ... The influence of the magnet has not been strong enough to affect the ball ... It just rolls straight past ... These simple changes were enough to overcome the problem.

For you to overcome the problem it is not necessary to grow in size ... or put on weight ... but you can grow in strength ... and in power ... and you can do this easily ... As you rest there now ... I want you to realise something ... and realise it well ... understand it ... and acknowledge it ... It is not your purpose in life to become a carbon copy of someone else ... You are an individual in your own right ... You have your **own** opinions ... You have your **own** personality ... These things are right for **you** ... No other person has the right to try to take these things away from you ... to make you conform to their ways ... You are a person in your own right ... a complete person ... and they must either accept this fact ... or go on their way ... Your individuality is precious ... It must be protected ... and you can protect this with your own strength ... Your strength has been weakened by the influences of other people ... but that strength is still there ... It is within you now ... so now is the time to rediscover it ... and let it grow ...

So as you rest there now ... just imagine yourself as being strong ... strong enough to withstand the influences of other people ... strong enough to stand on your own feet ... Imagine you are that strong now ... and as you imagine it ... **feel** that strength ... It's there ... You can feel it ... Feel the confidence that goes along with it ... Feel yourself able to speak out ... able to defend your own individuality ... Feel these things now ... because as you can now feel them ... you know they are there ... You already have that strength ... It's there ... You can feel it ... so you know it's there ... Acknowledge it ... Welcome it ... It's yours ... Now that you have experienced these things ... you can recognise them and use them ... Now that you know they are there ... you can become more aware of them ... Because of this ... you already feel stronger and more able in yourself ... And this feeling is going to remain with you ... and become stronger as each day goes by ... No longer are you influenced into a wrong course by other people ... No longer

do you allow your individuality to be taken away from you ... It is precious ... It is yours ...

In a few moments now ... I am going to count up to seven ... and on that count of seven ... you will awaken feeling calm happy and **relaxed** ... You will feel stronger in yourself ... and determined ... very determined to protect your own individuality ... So on the count of seven awaken ... feeling calm ... happy and very **relaxed**:

**One ...**

**Two ...**

**Three ...**

**Four ...**

**Five ...**

**Six ...**

**Seven.**

*Trance termination.*

*Attributed to: Hugh & Sally Ann North.*

# *I Would if I Could*

Now as you begin to listen to my voice I would like you to close your eyes ... relax ... let go and let my voice make all the effort necessary ... and as you relax for the next few minutes you let it become a pleasure ... Begin **now** to enjoy the feeling of being able to choose to relax ... to let go ... and to be able to go inside and turn the world off. As you relax for the next few minutes you are going to learn to enjoy ... gradually ... effortlessly ... and settle into a state of hypnotic sleep ... It is an ability your mind already has inside to settle into a deep relaxed state.

When you came in today ... you had a dream in mind ... something you wanted to make happen in your life ... 'I would if I could' has an ending now ... The words that go through your mind ... many times a day ... comfortably ... are ... 'I can' ... You believe it ... you begin to feel the pride ... the confidence that makes it all happen.

You begin to feel comfortable with your past ... and your past provides many valuable experiences for you ... many learnings for you ... so as you relax and let your body go ... you refuse to build your life on any form of guilt ... It has no value to you ... What you did in the past was the best you could do at the time. The very best effort you were able to make ... The only reason you know that is because you are better now ... You are better now because you see yesterday through today's eyes. You have matured and grown ... You understand that there is no value in guilt ... only learning and experiences have value for you.

Your childhood programming and experiences were controlled by circumstantial accidents ... so keep the pieces you like and agree with ... but any feelings ... any doubts or fears that might live inside you ... anything you don't like about your feelings and attitudes ... those things are not yours ... they happened to you by accident ... you do not need them ... You reject them as over and done and gone.

Now each day happens ... your way ... You mature into that attitude easily ... and new experiences help you to mature into the kind of person that you want to be ... and you honestly believe that you have all the resources you need to succeed ... that you can have all the things you need to complement your success ... You feel this now and increasingly every day.

For now ... relax and experience that attitude ... for what you are doing right now is choosing to turn the world off ... to go inside ... to relax ... to feel a sense of control greater than you have ever had ... That is a reality ... Keep it ... Use it.

You are going to begin to believe that positive ... successful experiences from the past contain valuable emotional strength and depth that you have earned ... Those feelings ... those emotions belong to you ... and just like a familiar song ... or photograph ... positive emotions will bring back buried emotion, ... bring back feelings you think you have forgotten about ... spontaneously ... They will come back by accident throughout your day ... Realise that positive memory pictures can flash into your mind and carry with them the same pride ... the same happiness you felt at the time of the original experience months or years ago.

Those feelings belong to you ... so begin to enjoy feeling the best memories as they begin to occur to you ... For now relax ... let your body go ... feel your body relaxing easily ... a melting sensation flooding your body ... Relax deeper and deeper as you listen to me and let the world fade away ... and as you listen to me ... some of those positive images will flow through your mind ... You are going to use the best within you ... If you ever felt pride ... confidence ... courage ... success and a need to be something special you still own those feelings and attitudes ... You let them come forward as an honest active part of your life ... on purpose. Use your feelings or you lose them ... They are so valuable ... You choose not to let them go.

I want you to begin to practise seeing things as they really are ... You are maturing and you will find great pride in doing that ... You begin to realise that the final choice ... as to how you are going to feel in any situation ... is always yours ... No-one can make it for you ... No-one does anything to you ... It is your choice as to

whether you are going to allow them to control your life in any way ... shape or form. It is your choice ... not theirs ... You are unique as a person ... You are one of a kind ... You will find that people may do what you do but no-one can do anything ... no-one can ever do it the way you do things ... You are and have been very special from birth and there is no reason in the world to doubt your individual value at any point in your life ... Enjoy that feeling ... It is real.

Failure does not exist ... There is no such thing ... Only your degree of success ever needs to be measured by you ... and even your smallest degree of success is a seed for the future ... It will grow with any attention at all that you give it ... Fear is always a fantasy ... success is always real and is tangible.

You alone are going to decide which choice to make ... Relax now ... Remember, 'I would if I could.' 'I would' ... is a dream and a very good dream. 'If I could' ... is the search for a plan or a way to make it happen for yourself ... 'I can' ... is the harmony of all the feelings and thoughts that make your life happen ... on purpose ... successfully.

When you hear my voice ... relax ... Let it feel good ... Believe it ... Don't waste my time or yours ... Make it happen ... Make your life happen on purpose ... Each and every suggestion you have heard me utter will register deep within your subconscious mind. On the count of five ... your eyes will open sparkling clear ... your mind feeling alert:

**One ...**

**Two ...**

**Three ...**

**Four ...**

**Five.**

*Trance termination.*

# *Love, Truth and Understanding*

*An intervention for those who have lost trust.*

As you drift deeper now ... paying close attention only to the sound of my voice ... you can be aware of how comfortable and heavy you feel as you relax so completely ... As you continue to relax you can also be aware of how easy it is for you to communicate with that innermost part of you ... that is the very essence and substance of the person that you really are ... Here you can address all your hopes and ambitions and know of your strengths and capabilities.

You have been aware now for some time of your own inner advisor and have begun to listen more closely than before to that voice within that really does give you good counsel ... that part of you that knows all about you and recognises too those factors that make you the person that you are.

This is the part of you that can make all of those changes that you wish to make in the way you have been thinking and the manner in which you resolve all situations ... Changes for the better have been occurring within as they are occurring now ... Some you are already aware of ... Others will be recognised as you find new and more positive ways to deal with all situations and all people. You no longer accept the negative view ... To you the glass is always half full ... Negative thoughts and emotions are damaging to you and in accepting a negative you always hurt you ... Yes ... you actually hurt yourself ... Whenever you experience a negative thought or emotion ... your subconscious mind is ready and will help you to instantly turn that thought around to one that is beneficial and serves your best interests.

Lessons are learned from mistakes ... A mistake is simply an opportunity to get it right next time ... and you know that you would never repeat a mistake with full conscious knowledge ...



Mistakes are repeated at a subconscious level in the manner of habit ... but from this moment forward you will be totally aware of each and every lesson that you have learned and if you repeat a mistake that has hurt you and those whom you love ... then you will be doing it deliberately ... and that is not the same at all.

You have always done the best that you can as the person that you were and because that is the way your life's experiences have influenced you ... and so you have no need to feel guilt or shame ... You now forgive yourself for those past mistakes and use the positive value of those lessons so painfully learned to carry you forward as that person who has recognised the importance of trust ... fidelity and truth ... and the value of acceptance of who you are and those things that are yours.

Whenever you experience feelings of wanting those things that you really do not need or that you perceive to be better than what you do have ... your inner advisor will ensure that you hear the truth in no uncertain terms ... You will be reminded of what you do have ... and you will find comfort and contentment in the knowledge that you are loved and respected ...

In this way ... you will enjoy life and its joys so much more ... You will be **relaxed** and comfortable with yourself knowing that you really do not have anything to prove ... You will be confident in your own capabilities and capacities ... and others too will be aware of your calm and confident attitude towards life in general as your true warmth and personality shine through ... You will find that others seek you out for comfort and reassurance ... You refrain from giving advice however ... for you are aware that advice given usually begins with 'If I were you' ... You understand that unless you can stand in another's shoes ... then you cannot see things from where they are and you counsel them as you counsel yourself to listen to their own inner voice that will tell them too which is the right way ... accepting the responsibility for their life as you accept those responsibilities that are yours ...

You cannot be privy to the thoughts of others ... and you understand that a silence can never be recognised as either a confirmation or a denial of what you think ... and you choose always to recognise the positive and beneficial interpretation that your

subconscious mind will provide you with ... as you recognise too that your subconscious can and will provide you with natural and appropriate caution.

As you leave here today ... you go forth into the world looking forward with a new and determined optimism ... for you are armed now with new knowledge and understanding of that person that you are ... unique and special ... your real self ... confident in your own abilities to be true to those values that really are important and to recognise what is false and inappropriate ... You can give love ... for now you love and respect yourself for the person that you are and you will be happy with all that you do have ... Yesterday has gone ... and with it is gone all the influences that could make it different. Tomorrow is but a myth ... that we can colour with imagination ... but today ... this very moment ... all is real and for this moment we live ... and then ... that too is gone ... either seized upon and enjoyed ... or wasted. You can choose too which reality is yours ... and you will ... will you not?

*Wait for response.*

Each new day is a gift ... every morning a new beginning ... We are promised only the moment of our existence and that wonderful moment ... **now** ... is all that we have and all that we need.

*Trance termination.*

*Part Seven*

*Healing and  
Pain Management*



# *The Healing Garden*

*To be used with clients to enlist their own healing forces.*

As you continue now ... drifting deeper and deeper with every gentle breath that you take ... I would like you to imagine yourself in a beautiful garden ... a place of tranquillity and of peace ... Here you are safe and secure ... All around is nature's beauty and colours ... flowers and shrubs ... tall trees that provide cooling shade from the rays of the sun that filter down through the leaves and the branches of these magnificent ancient trees.

A little way off ... just through an archway covered with sweet smelling honeysuckle ... there is a wonderful water feature ... the water sparkling in the sunlight ... cascading over rocks into a large pool below that is filled with water lilies ... Fish swim in this pool ... Now one breaks the surface to feed, catching an unwary insect ... And you can find it so easy to relax here ... to let go completely of cares and concerns ... drifting with those thoughts ... that change ... as the world changes.

You continue to relax here ... lying on a carpet of soft green lawn ... the grass cool against your skin ... and you can recognise now that this really is a special place ... a healing place ... a place where so many before you have come to enjoy the peace and harmony ... and the healing powers of the holy men and women ... those who have arrived here through the ages ... sent here by an almighty power to attend to those who have suffered ... and I want you now to just relax ... continue to drift and to dream ... as you wait for your healer to come.

*Allow about one minute to elapse.*

That's good ... You really are doing so well ... and I wonder now if you can hear a voice calling to you ... calling your name ... the sound coming nearer ... soothing ... calming ... This is your healer ... moving close to you now ... a creature of light ... a person of infinite wisdom sent to you from that power that transcends all ...

and you feel that power now ... a gentle warming sensation that flows through your body ... spreading from the top of your head as your healer touches you there ... a growing feeling of wellbeing ... moving through every cell ... every muscle ... every fibre of your being ... calming your mind ... and you can feel that healing influence at work now ... stimulating your own natural healing forces within to do their very best for you now ... seeking out those discomforts ... soothing ... relaxing ... encouraging blood flow ... carrying vital oxygen and nutrients through your whole system ... every organ richly supplied ... your body's defence system moving to seek out all intrusions ... regenerating ... stimulating ... purifying ... healing.

Your healer continues ... moving healing hands over your body ... concentrating on those parts which need that healing attention ... spreading warmth ... that glowing sensation of oneness with the universe ... a growing spreading sensation that cocoons you now enveloping you entirely in its healing light and influence ... You hear comforting words deep within your own inner mind as your own personal and wise inner self absorbs that concentration of positive power ... increasing feelings of self-worth ... of confidence ... of your own ability to continue this work ... relaxing in this special way ... allowing your subconscious mind to return you here regularly ... where you can enjoy that healing ... that peace and that tranquillity of spirit ... and you will continue ... will you not?

*Await response and wait for at least one minute or until client begins to stir before terminating session.*

# *Pain and Discomfort*

*This script is derived from one I found within a pile of material given to me in 1991 by Michael Carr-Jones. It is ideal for the situation when the client is very ill, perhaps with a terminal illness.*

And now ... as you become less aware of your physical body ... you become more aware of your own perfect and pure ... subconscious mind that really does know everything about you ... and that subconscious part of you now opens ... like a blossom opening ... to receive ... to accept and to act on all the positive affirmations ... concepts and images that I will suggest for you ... as you drift deeper now.

As you drift deeper with every word that I speak ... your subconscious mind is fully alert ... active and alive both day and night ... creating new energy ... health and healing abilities allowing your body to rest ... repair and regenerate ... allowing you to adopt all those positive outlooks which are for your highest good and comfort.

Drifting even deeper now you allow your mind to become peaceful ... calm and comfortable ... as your body becomes rested ... at ease ... and now you can imagine yourself in a beautiful place ... a place of comfort ... peace and tranquillity ... of safety and of healing ... a warm woodland glade where you can feel comfortable ... your mind and body rested ... a place where you can return at any time ... and you feel that you belong here ... that you are valued and loved here ... and those feelings comfort you so you are pleased to drift deeper now.

As you drift and move deeper into this place ... the ground soft and springy beneath your step ... the sunlight diffused by the branches and the foliage of the trees ... the subtle sounds of the wonders of nature calming you ... causing you to easily let go and rest so deeply now ... you find yourself by a pool of crystal clear water ... The pool is filled with natural spring water that is heated by nature's own forces ... Steam rises from its gently bubbling

surface ... The pool looks so inviting and so comforting ... restful and peaceful and you can begin to see ... sense or imagine yourself easing into the waters of the pool ... You find a convenient rocky ledge that supports you and you feel so light ... weightless here as the soothing waters rise to cover your chest and your shoulders ... You have no concerns or fears ... as the water bubbles around your body massaging and comforting every part of you.

The gentle heat of the waters relax you ... soothe you ... and you sense the gentle stimulation of the swirling waters ... the bubbles massage your skin with a gentle penetrating warmth as the soft sensation surrounds you ... penetrating deep into your muscles ... into your bones ... soothing your nerves ... working on every cell and every fibre of your being ... causing you to relax even more deeply than before as the waters swirl and the gentle heat penetrates deep within you ... releasing all discomfort and pain ... washed away by the gentle healing flow.

You relax even deeper now allowing the massaging effect of the healing waters to concentrate on those parts of you ... joints and muscles that have been causing you pain and discomfort ... and you feel those parts relax as the discomfort is soothed away ... you experience a sense of release ... freedom ... peace and comfort that permeates your whole being.

You settle even deeper into relaxation now as the waters continue to massage ... to calm and comfort you ... every part of your body now is free of discomfort and of pain ... you feel so comfortable now as pain and discomfort continue to flow away from you ... your body becomes calmer ... more peaceful ... allowing itself to repair and to heal ... I am going to stop speaking now ... allowing you some quiet time for yourself to continue to bathe in that soothing ... warming water as it massages you and you continue now to allow all pain and discomfort to simply flow away.

*Wait for a few minutes, allowing the client to relax and enjoy the healing forces.*

And now ... you are feeling so rested ... comforted ... so completely relaxed ... and you can see ... sense or imagine yourself leaving the warm waters of the pool ... knowing that you can



return at any time ... and as you recline now on a grassy bank ... the ground soft beneath you ... supporting you ... you feel warm and comfortable ... tranquil and relaxed ... gazing into the blue of the sky above ... fixing your attention now onto a low cloud overhead.

The cloud acts for you like a cinema screen ... and onto the screen you can see projected the image of your body ... and you see this image with those areas of your body that have been causing you pain and discomfort ... clearly defined ... Now your breathing slows ... as your body rests ... You see those areas clearly defined ... now bathed in a warm and gentle ... soft blue light ... a light that surrounds those areas ... covers those areas of discomfort ... bathing them in a healing aura that begins to shrink ... to diminish ... and you know that as that healing aura diminishes ... that light is absorbing all the causes and reasons for your discomfort ... just as sponge absorbs water ... and you watch as these pools of light grow smaller and smaller ... continuing to shrink with each outward breath ... with each gentle beat of your heart ... growing smaller now ... as that sense of relief ... of release ... increases and you know that you are freeing yourself easily from discomfort now.

Allow the light to absorb more and more discomfort ... drawing it in ... cleansing freeing and leaving pleasurable sensations as the light shrinks down to just small dots ... Now you watch and observe the dots and the pain and discomfort contained within the dots ... and as you watch ... these dots burst open ... changing to a gentle blue mist that flows outward from your body ... rising towards the sun which evaporates them ... eliminating them ... and you feel totally free now.

And as you bring your attention back to the screen ... you see that your body is completely bathed in white light now ... the blue light is all gone and this white light acts as a silky ... creamy ointment that lubricates your joints ... soothes your muscles and cleanses every cell and every fibre of your being ... your nerves are soothed and calmed ... and every part of you continues to relax ... and your perfect subconscious mind is instructed and activated now to make peace ... relief and comfort ... and freedom your natural way of being as it continues to work ... night and day to make

this reality ... directing relief as and where needed ... anticipating your body's needs ... doing all that is needed to keep you comfortable and relaxed.

And now ... as you continue to watch that screen ... I want you to allow another image to appear ... an image that represents the healing ... comfort and release that has taken place ... Allow this image to develop ... becoming clearer ... more vivid ... and now imagine this healing image becoming stronger now ... more powerful ... more vivid ... Focus clearly and powerfully on this image and sense ... feel and imagine that it is taking place right in your body in just the right areas ... Let the sensation be one of healing ... know that this is happening right now ... and that healing ... happiness and comfort continue within you whether you are here resting ... sleeping or going about your daily activities ... know that healing ... comfort and pleasant sensations are your reality.

And so it is that healing ... comfort ... happiness and pleasant sensations **are** your reality ... and you realise and understand that your body and mind are always alert ... and if any situation arises within your body that requires your attention ... then that information is communicated to you ... quickly ... accurately and with the minimum of discomfort.

And your pure subconscious mind knows that once attention has been drawn to an area that needs attention ... and that you have acknowledged that pain and discomfort are no longer productive ... it will release them ... allowing you to maintain your feelings of peace ... relaxation and comfort.

I am now going to give you some trigger words ... that will act as a post hypnotic conditioned response ... Whenever you want to boost your positive thinking ... intensify your subconscious activity in producing good feelings ... and wellness ... you simply close your eyes ... breathe deeply ... exhale slowly and say to yourself ... **easy control** ... You breathe deeply ... exhale slowly and you say to yourself ... **easy control** and these words act as a conditioned response signal that informs your subconscious that it needs to create immediately ... a feeling of wellness ... feelings of freedom ... comfort.

As you leave this place now ... you feel yourself moving into a bright new day ... a brand new day where you enjoy now a feeling of higher attitude ... more positivity ... an almost overwhelming sense of wellbeing ... and you sense calm ... acknowledge that you belong and that you are happy ... that you can create your own reality now ... and the following words ... concepts ... affirmations and images profoundly impress your pure and perfect subconscious mind ... becoming activated now in your every thought and activity ... natural behaviour:

- You are relaxed, calm and happy.
- This is a good day for you ... any discomfort is immediately released.
- Your body relaxes naturally ... each day as you practise your programmed relaxation ... you become more relaxed ... more skilled at relaxing and your deep signal breath and your natural state of relaxation become effective protection against discomfort.
- A new door in your life stands open before you now as you naturally see the best in all situations.
- You deserve to be healthy ... you deserve to be loved and you are a stronger wiser person because of your experiences ... because of the tests and challenges placed upon your mind and body.
- Your thoughts are healing ... nurturing ... and you now release the past to make way for a glorious new present moment ... love and healing fill and surround every cell and fibre of your being.
- You are confident and optimistic as you say goodbye to past fears and you embrace change ... accepting that everything is part of your natural evolution ... ultimately leading to your highest good.
- You now release your fears and insecurities and replace them with faith and confidence.
- You are free and you choose to accept peace ... health and happiness... to be your natural condition.
- Your sleep is relaxed and refreshed and you awake to each new day determined to live each moment in perfect happiness and joy.
- You grow stronger and every day at a more subtle level ... you are naturally healing.

- Your cellular memory is focused now on positivity ... on health and on wellbeing.
- Your mind is charged with healing goals that permeate every cell of your body.
- You feel good about yourself ... day and night ... directing healing thoughts and energies throughout your entire being images ... producing a satisfying ... calmer and more productive life as you create joy ... happiness and peace and calm in every waking moment ... learning from the past ... unafraid of the future ... and happy in the only moment that has true meaning for you ... the present one ... a true gift to you.

*Trance termination.*

# *Fast Allergy Cure*

**Step 1.** *Ask client to explain how he feels when having an allergy attack. Get him to describe all symptoms. What happens to you? Where are you? What do you hear, see and feel?*

**Step 2.** *Instruct the client to close his eyes. Then: I want you now to think about when you are having an attack, to experience all of those uncomfortable sensations as you are having that attack. (Reiterate the symptoms and discomforts obtained from step one). Now pump up all of those feelings and symptoms. Make them as strong as you can. Anchor, by touching the back of the client's hand ... Now let those feelings pass.*

**Step 3.** *Ask the client to open his eyes and explore the feelings and sensations.*

**Step 4.** *Ask the client to think of something pleasant. Then ask him to describe the sensations and feelings when he is not suffering an allergy attack, when things are normal.*

**Step 5.** *Describe the operation of the immune system. Describe the presence of marker cells whose job it is to identify harmful objects such as germs and viruses that have entered our body, and killer cells whose job it is to latch on to and destroy foreign organisms. When someone develops an allergy, the immune system is mistakenly triggered into action by a benign substance which it then marks and attacks, causing an allergic reaction.*

**Step 6.** *Ask the client to again close his eyes. Then continue: Now imagine that it is the sort of day when conditions are such that you will suffer an allergy attack. Now as you sit so comfortable and relaxed over there, I would like you to see right across the room in front of you. There is a solid, unbreakable glass screen, about four inches thick, and on the other side of that screen I want you to see (client's name) walking along with his immune system operating efficiently, the micro pansies doing their work efficiently, marking the foreign bodies and the killer cells destroying them appropriately.*

*Touch back of hand (Anchor) ... Now notice how good you feel, and how well and appropriately your immune system is working for you. And now (client's name), I want you to just float back into the room, here to where you are sitting. There, allow those good feelings and appropriate actions on the part of your immune system to integrate now, let those efficient and appropriate immune system reactions strengthen and integrate fully and completely.*

**Step 7.** *Now allow anchors to subside and carry out a test. If you were in that situation where you used to suffer from that allergic reaction; (Describe situation, allow client time.) tell me how you would be feeling now.*

*If you have been successful, the client will describe, feeling well and without the symptoms previously experienced.*

# *Tension and Stress*

And now we will relax each part of your body a little at a time ...and each time I say the word **relaxed**, you will automatically become ten times more **relaxed** than you already were ... each time I say the word **relaxed** you will become ten times more **relaxed** than you already were.

So now concentrate particularly on the feelings in your toes and feet ... just allow all the muscles and fibres in your toes and feet to become very deeply **relaxed** ... perhaps even picturing in your mind's eye what that would look like ... for all those tiny muscles and tissues to relax ... to become loosely and deeply **relaxed** ... allowing yourself to get that kind of feeling you have when you take off a pair of tight shoes that you've had on for a long time ... and you can just let go of all the tension in your toes and feet and feel the relaxation spread.

*Pause.*

And now imagine that this comfort and relaxation is beginning to spread and flow like a gentle river of warmth ... upward ... through your ankles ... and all through your calves. Letting go of all the tension in your calves ... allowing them to deeply and restfully and comfortably **relaxed**. And now that comfort is continuing ... flowing upwards ... into your knees ... behind your knees ... through your knees and into your thighs ... letting go of all the tension in your thighs ... as they deeply ... deeply become **relaxed** ... Notice the sense of gentle heaviness in your legs ... as they just sink down limply and comfortably and **relaxed**.

Continue to let that comfort flow upwards and spread at its own pace ... into the middle part of your body ... flowing into your pelvis and abdomen and stomach ... through your hips and into your lower back ... letting that soothing ... deep comfort spread ... inch by inch up through your body from muscle group to muscle group ... The whole of your body becoming deeply **relaxed**. Now that relaxation ... that river of warmth ... gradually progresses ...

flowing upwards into your chest ... into your back ... between your shoulder blades and into your shoulders ... deeply ... deeply ... **relaxed** ... Every muscle along your spine is relaxing ... relaxing all the more ... heavy and **relaxed** ... Just allow all the tension to loosen and flow away ... as if somehow just the act of breathing is increasing your comfort ... and you become more and more **relaxed**. And allow now that comfort and relaxation ... to flow into your neck and throat ... perhaps imagining once again what that would look like ... for all the little fibres and muscles in your neck and throat to deeply ... softly ... comfortably relax ... Let the relaxation sink deep into your neck ... and it gradually flows up your neck into your scalp ... all across your scalp as if it's bathing your head with waves of comfort and relaxation. Deeply ... totally ... **relaxed** ... And that relaxation can now flow into your head and forehead and like a gentle wave ... across your face ... into your eyes ... your cheeks ... your mouth and jaws ... Just let go of all the tension in your face ... your mouth ... your jaws ... around your eyes ... allowing those tissues and muscles to loosen and become slack and **relaxed** ... totally **relaxed**.

And now allow that comfort to flow back down your neck ... and across your shoulders ... down into your arms ... your hands ... your fingers and your fingertips ... letting go of all the tension and tight-ness ... letting go of all the stress and strain ... Just allowing your body to rest and become totally ... **relaxed**. This is your time and a very special time for you ... nobody wanting anything ... nobody needing anything ... nobody expecting anything.

You have now become so deeply **relaxed** ... that your mind has become very sensitive and receptive to what I say ... so that everything that I put into your mind will cause a deep and lasting impression there and nothing will eradicate it ... These suggestions and instructions will always be for your benefit.

Every feeling that I tell you of ... you will experience ... you will experience exactly as I tell you. Every day your nerves will become stronger and steadier ... your mind calmer and clearer ... more composed ... more placid ... more tranquil ... You will become much less easily worried ... much less easily agitated ... much less easily fearful and apprehensive ... much less easily upset.



You will be able to think more clearly ... concentrate more easily. Every day ... you will become emotionally much calmer ... much more settled ... much more completely **relaxed** ... less tense ... both mentally and physically.

Every day now you will feel a greater feeling of personal safety and security than you have felt for a long long time. I want you now to imagine that you are outside a very tall wall with a large wooden door ... there is a large handle to the door ... and as you turn the handle it opens easily before you and you walk into the most beautiful garden that you have ever seen.

This is your very special place ... Take off your shoes and walk barefoot across the grass ... see the flowers ... the wonderful colours ... smell the wonderful aroma of the flowers ... the grass and the trees ... See the browns and greens of the trees ... See the leaves fluttering in the gentle breeze ... the birds singing in the trees ... Now find a place for you to lie down. Rest your head back and look up at that clear blue sky ... where the sun is shining gently and all is well in your world ... and as you look up at the sky so you notice one white fluffy cloud ... This is your cloud ... your very special cloud ... and as you look at it peacefully ... lovingly ... so you notice it begins to descend from the sky ... slowly ... gently ... floating down towards you until eventually you are enveloped by this wonderful ... soft cloud ... It gently massages your body ... soothing and healing with a very gentle energy and you feel calm ... safe and secure ... You can feel the soothing energy gently massaging the whole of your body ... Now you can feel the energy of the cloud beginning to penetrate your body ... in through the pores ... flowing through your body and pushing out any remaining tensions ... depressions or anxieties ... being pushed out through your fingertips and toes ... All those bad feelings are being pushed out ... all negativity being pushed out ... and you are left feeling calm ... **relaxed** and carefree ... nobody wanting anything ... nobody needing anything from you ... You are calm ... safe and secure because that cloud has placed a protective shield around your body ... protecting you totally from outside pressure ... It is an invisible shield around your body and will remain there.

You can feel your body tingle with pure healthy soothing energy ... You can enjoy the wonderful clear ... pure fresh air. So take a deep breath and as you breathe out you are relaxing deeper and deeper ... You are relaxing deeper and deeper ... and as you continue to relax feel yourself ... **relaxed** with your feelings ... And should any unwanted pressure come to you ... remember you are surrounded by an invisible shield from the cloud ... that will protect you from pressure ... The shield will protect you from pressure ... the shield from that cloud will protect you always ... Pressure now will just bounce off and away ... no matter where it comes from or who sends it ... It just bounces off and away ... The pressure and stress bounce off and away ... You are protected from tension and anxiety.

You will now go through your days feeling fine ... You will feel the stress bounce off and away ... the more stress outside ... the calmer you feel inside ... You feel calm inside ... You are a calm person and you are shielded from stress ... you act in ways that make you feel good ... You now have new calm responses to old situations ... Your new responses will make you feel strong ... calm and free ... You will feel good about yourself because you have new calm responses that are making your days more pleasant ... You are calm ... strong and free from stress ... You are completely free from stress ... You are calm ... and contented and free from stress. Feel yourself relax ... know that you are in control of your choices ... You have the choice to be stressed ... nervous or easily upset ... You also have the choice to be calm ... **relaxed** and at ease with your environment ... and you **now choose** to experience life in a calm and **relaxed** way and to flow easily with life's ups and downs.

At work or at home the pressure may mount but you remain calm ... at ease and **relaxed** ... You breathe easily and evenly and your stomach is calm ... From now on you will make the choice to relax in any situation ... You will feel yourself breathing easily and evenly ... Now just let this new choice for peace and calm flow through every cell of your body.

You are now feeling very good ... you can feel an inner quietness that wasn't there before. An inner peace ... an inner tranquillity ... and it feels good ... all those tensions ... all those anxieties just

lifted from you ... all you are left with is the peace ... the quietness and the tranquillity and it feels good ... so very very good. And this peace and quietness that you feel now is going to remain with you and grow stronger and stronger ... This is something you are going to feel very aware of ... You feel the peace now ... and you will feel it getting stronger and stronger as each day goes by ... and the strength of that peace ... is going to give you the strength to cope with anything that happens in life ... You will be able to deal with it well ... because that peace ... that perfect peace that you feel now is going to remain with you and grow stronger and stronger as each day passes.

In a few moments I shall count from one to seven and on the count of seven you will gently awaken and this peace ... this perfect peace ... will remain with you.

**One ...**

**Two ...**

**Three ...**

**Four ...**

**Five ...**

**Six ...**

**Seven.**

*Trance termination.*

# *Switches for Pain*

Now, before you wake up completely, I would like you to just close your eyes again and allow that drifting down again, entering again that place of calm relaxation, because there was a young boy on TV not long ago, who had learned to control all of his pain. He described the steps that he went down in his mind, one at a time down those steps, until he found this hall at the bottom, like a long tunnel, and all along this tunnel on both sides were many different switches and switchboxes, all clearly labelled. One for the right hand, one for the left, one for each leg, a switch for every part of the body, and he could see clearly the wires that carried the sensations from one place to another, all going through those switches.

All he needed to do here was to reach up in his mind and turn off the switches that he wanted to, and then he could feel nothing at all, no sensation could get through from there, because he had turned off the appropriate switches there.

He used his mind's abilities differently from the man who simply made his body numb. He didn't know how he did it exactly. All he knew was, he relaxed and disconnected from the rest, moved his mind away from his body, moved it outside somewhere else, where he could watch and listen, but drift off somewhere else entirely. It really doesn't matter how you tell your subconscious what to do, or how your unconscious does it for you.

The only thing of importance is that you know you can lose sensations as easily as closing your eyes, and drifting down within where something unknown happens that allows you to disconnect, that allows that numbness to occur, and then a drifting back upwards now, towards the surface, and slowly opening the eyes as wakeful awareness returns with a comfortable continuation of that feeling of safe, secure relaxation and an ability to forget an arm, or anything at all, with no need to pay attention to things that are just fine, that somebody else can take care of for a while, while you drift in your mind and then return when it is time to enjoy that

comfortable drifting upwards where the eyes open and wakeful awareness returns completely ... NOW.

*Trance termination.*

# *The Dentist*

Now as you sit comfortably there with your eyes closed ... comfortable and aware that you are here because you want to learn to use your own subconscious abilities to help you to eliminate that discomfort you experience ... that anxiety ... when you visit your dentist. And so ... as you begin to relax and to drift down into trance ... deeper now ... into a deep trance state ... I want you to take your time ... not go too quickly ... yet ... because there are some things that you need to first understand ... so please listen carefully now.

First you need to understand that you already have the ability to lose an arm ... or a hand ... to become totally unaware of just where that arm is positioned ... or the fingers ... and you do have an ability to be unconcerned about exactly where that ear or thumb went ... or that hand ... that leg ... or your entire body ... which may seem to require too much effort to pay attention to at times. Because you do have an ability ... a subconscious ability you can learn to use ... an ability to turn off the sensation in an arm ... a leg ... or even your face ... your jaw ... your gum ... in fact any place.

And once you discover how it feels to feel nothing at all ... whenever you want or need that to occur ... then you can create a comfortable, numb feeling any time ... anywhere that is useful for you.

And I don't know if your unconscious mind can allow you to discover that numb feeling in the right hand ... or a finger of the left hand first ... a tiny area of numbness ... a comfortable tickly feeling ... a heavy ... enveloping numbness ... that seems to spread within time ... over the back of the hand ... covering that hand ... or any part of you that you direct your attention to ... it just fades away ... but you don't know how it feels to feel that something that is not there ... so I would like you to just reach over to that numb, comfortable area ... that numb, comfortable hand ... now ... touch it ... and feel that touching ... as you begin to pinch yourself there ... a sensation that you may be aware of at first ... but as you continue to pinch yourself ... something special happens here ... you

begin to experience and discover that there are times when you feel nothing at all there ... that sensation just seems to fade away ... as you learn how to allow your subconscious mind to do that for you ... to turn off those sensations ... and as that ability grows and you become more aware ... that you really do know how ... to really turn off that part ... really know how to switch off those sensations and allow that pain and discomfort to just disappear from that hand ... or from anywhere ... your other hand can return to its resting position ... and you can drift up now towards the surface of wakeful awareness ... so go ahead now as you relax ... and discover how to let go ... and to re-experience that numbness more and more clearly ... and so you can drift up ... and then back down, as you learn even more about your own ability ... in your own time ... in your own way ... you can practise this self-learning ... this ability to do that for you at any time ... at any place.

*Give the client time to practice this technique a few times, and then continue ...*

Now (*client's name*), with your eyes closed ... you can relax more deeply than before ... aware of that new learning ... that new ability to switch off that discomfort ... You can visualise now as vividly as you can ... see yourself at your next visit to your dentist ... please notice now how calm you are feeling as you check in at the desk ... in plenty of time for your appointment.

You now sit in the waiting area ... feeling calm and unconcerned ... confident in your ability to control those sensations ... you smile at others who are waiting with you ... pleased to be able to allow your own calm and confident manner to soothe the minds of others ... as they wait to be called. As you wait there, you practise again your ability to turn off that sensation there ... and experience now that numbness ... as the sensation in your gums just fades ... that numbness spreading ... just as if you had been given a shot of local anaesthetic ... that woolly, thick feeling of no feeling at all ... and you relax experiencing a total inner calm.

When your turn comes to be called for your appointment ... you take a long deep breath ... and as you expel all the air from your lungs ... you breathe out anxiety ... fear ... and then breathe in calm ... confidence ... tranquillity.

As you sit in the dentist's chair ... you will experience a comfortable sensation as calm fills your mind ... as you relax ... concentrating now on that switch that will allow you to experience that sensation of no sensation ... as your dentist gently and carefully begins the work that is needed to be done.

If he needs to give you anaesthesia, you will be calm and comfortable ... but I really do not want you to giggle when you experience that tickle ... and may I mention too that I wouldn't want you to drift off too deeply into a trance too quickly as the sound of the drill and the gentle soothing vibrations relax you and calm you ... you will be pleasurably surprised at how calm and relaxed you will become as your dentist ... appreciating your necessary co-operation ... completes his work easily ... skilfully ... you will enjoy being that person who relaxes in that chair and allows your subconscious to utilise that special ability that you have learned ... looking forward to your regular check-ups ... no longer bothered or concerned as you now take control of that fear ... and unlearn that fear ... seeing it now for exactly what it was ... no longer imagining in that way that tells you that there are things to fear here ... as your subconscious mind takes care of you ... takes care of those thoughts those feelings automatically ... aware that you can trust you to be okay, with no need to pay attention to things that are just fine ... things that somebody else can just take care of ... and it doesn't really matter exactly how you tell your subconscious mind what to do or how your subconscious mind does it for you ... the only thing of importance is that you know that you can lose those sensations ... those discomforts ... just as easily as closing your eyes ... while you drift in your mind and then return when it is time ... back to wakeful awareness ... quite completely now.



# *Releasing Negative Emotions*

As you go deeper now ... you can be aware that negative emotions never change anything ... they are simply a waste of energy and a lost opportunity to generate beneficial emotions ... positive thoughts and feelings that will help you. Negative emotions are hurtful ... they hurt you ... they actually damage and injure you.

When you experience ... anger ... frustration ... guilt ... or jealousy ... this is because you are not getting something that you desire. Agree with yourself right now to stop wanting things that you know you cannot have ... as you do this for yourself ... immediately you will become happier and more content with what you do have.

Agree now to change the way that you think about things ... longing for things you cannot have is ignoring and wasting the benefits and happiness that are to be enjoyed with what you do have. You now decide to enjoy and be happy with what you do have.

If you are harbouring now any negative thoughts and feelings towards others ... they only do you harm ... they actually do cause you harm and pain. Negative thoughts and negative feelings only hold you there in the past ... they prevent you from moving forward ... making progress ... making the most of your life.

If you are harbouring any negative emotions ... anger ... frustration ... or jealousy ... release these feelings ... these negative emotions now ... let them go and forever free yourself from what has been and now is no more. If you have sadness ... perhaps for something or someone that you have lost ... grieve now for what you have lost ... or for what you never had and release that longing ... that craving ... just let it go.

If you have any guilt for something that you did ... or omitted to do ... forgive yourself ... do it now ... just let it go. You have always done your best in any situation ... you did what was right for you at the time ... or you did what you did because it was all

you could do. Just release all guilt right now ... release it wholeheartedly ... just let it go.

You have always done your best ... and nobody can expect that you do more ... so accept that you are the best that you can be and let those negative feelings of inadequacy ... failure ... and guilt go ... just let them go now ...

If you have bad feelings ... feelings of betrayal ... of jealousy ... revenge ... you recognise now with clarity and understanding ... that those feelings do not benefit you in any way ... they harm you ... they hurt you and prevent you concentrating your best efforts on enjoying what you have ... love ... and warmth ... friendship ... and so much more ... and you release those feelings ... those negative harmful emotions ... just let them go ... they have no place in your life.

When you leave here today, your subconscious will help you with new learning and positive thoughts and emotions ... It will remind you in a very powerful manner whenever you experience a negative thought ... such as fear ... disgust ... anger ... guilt ... hatred ... jealousy ... that you have a choice ... you can control your thoughts ... control your feelings ... and decide to have only good thoughts and positive emotions ... you choose now to have only good and positive thoughts and feelings. In future you will be aware when you experience a negative thought or emotion ... and you will immediately turn it into a positive thought or emotion ... that helps you to move forward ... enjoy your life and what you do have ... love ... compassion ... understanding ... forgiveness and acceptance of what is to be.

Now you can choose to release all of those negative thoughts ... negative feelings ... right now ... immediately ... or you can choose to do this for yourself in one hour from now ... or just before you go to bed. Now I would prefer that you release each and every negative thought and feeling right now ... but it is up to you to choose a time ... today ... which is the right time for you ... accepting that your subconscious knows what to do for you ... thinking ... without awareness ... thoughts that are beneficial and appropriate and not needing to know how it will do that for you. Now as you go deeper ... turning inward ... becoming one with

your own inner mind ... that part of you that has perfect knowledge and understanding ... I would like you to allow that part of you to do its best work for you as you present to your inner self all of those negative thoughts, feelings and emotions that have in the past hurt you ... and enjoy the warm comfortable positive feeling that embraces you now as those negatives are dealt with in a most appropriate manner ... released ... disposed of to be replaced with positive beneficial thoughts ... feelings ... and emotions.

Present to your subconscious now ... each of those negative emotions that you have experienced ... present each seven times ... and experience now the strength and the comfort as each negative emotion is transformed ... easily ... quickly ... and without effort. When you have finished this task and you are completely satisfied that all the work that needs to be done for your benefit ... has been completed ... then you can allow yourself to drift upwards ... towards the surface of awareness ... bringing with you feelings of balance ... positivity ... confidence ... and good feelings about your own self worth as a special and unique person ... allowing your eyes to open feeling refreshed ... feeling wonderful.

*Trance termination.*

# *Sleep and Dream*

The unconscious mind is interesting to observe as you drift down into that trance ... where those unconscious thoughts and images and ideas ... flash through the mind like schools of fish darting through a clear blue sea ... startling as they suddenly appear ... their strange shapes and forms ... and then disappear to be replaced by others ... beautiful ... strange ... wonderful.

Some thoughts and images are of the past ... about the present ... or about the future ... and perhaps you will know how pleasant it can seem to see that what is to come can be good ... pleasant ... and beneficial ... or perhaps that all will be sad ... unpleasant ... and detrimental ... like frightened fortune-tellers of days gone by ... predicting the end of the world ... seeing the gloom and misfortune to come in the manner in which tea leaves are left behind in a cup when all else has been enjoyed ... All they can see is what is bad.

When you look at your hands ... I wonder if what you see there is the future ... or is it the past that you see there ... or even the present? ... And is what you see there good or bad ... or just what must be there at present? ... Real fingers ... real thumbs ... and do the fingers point to the past or to what will be ... who can tell? ... And what do you make of the horoscopes in the daily papers and how they will suggest that wealth ... health ... and happiness are just around the corner ... that every cloud has a silver lining ... while the prophets of doom are abroad with their placards and slogans ... announcing the end of mankind and the wrath of heaven? Those who are paid ... are paid attention to and have a different point of view ... but at least their messages are easy to see ... not hidden away to pop out to remind us of how bad ... how awful things could be ... telling us to beware of this, or afraid of that ... reminding us to be concerned at something that could happen ... something awful or even terrible ... and I wonder if you really do see yourself falling each time you walk down those stairs ... or trapping fingers each time that you close a door ... and how often does that terrible predicted thing occur, and how often did it **not** occur, time after time after time.

Please consider now those birds who, as soon as they are born, ... are afraid ... They don't have to learn to fear the shape of a hawk that soars above ... nature does that for them to protect them ... and on some large buildings with lots of glass ... that shape of the hawk is pasted on the glass windows to stop the birds from flying into them and harming themselves.

The shape scares them away and that cannot be unlearned. You know that you will not fall off the edge of the world if you sail out to sea ... you know that tomatoes are not poisonous ... and that toads will not give you warts ... and just believing that you can fly ... will not make it so ... even though it can be fun to watch Superman or Peter Pan ... like anything can be fun or not ... and any knot can be untied ... as your unconscious mind finds its own way to unlearn for you and see things in a different light ... a warm ... positive ... comfortable light that allows things to change ... feelings to change ... to rearrange those thoughts and images ... allowing the mind to foresee that change in the future and to enjoy noticing that change occur.

And now as you relax in that very special way ... your unconscious mind for your benefit makes itself open to all the suggestions that I might make here ... which are all for your benefit ... and allow those suggestions to imprint deep in your inner mind ... firmly fixed ... embedded so that they remain with you long after you leave here today ... helping you to learn new ways to make those changes that you want to make for your own sake.

And so for now ... you can enjoy that feeling of deep and special relaxation ... aware of those inner forces empowering you ... enabling you to grow stronger ... fitter ... more confident in your own special abilities and capacities to do those things which are right for you ... to concentrate your mind on those things which are positive and rewarding.

You become aware of your special qualities ... recognise your own true worth ... your thoughts from this moment are directed outwards from yourself to what you sense around you ... You become more relaxed ... steadier ... more settled ... mentally and physically. At the end of each day you will be pleasantly tired ... remaining calm and confident in your new-found learning about yourself

... and you will then settle down in your bed as your unconscious mind reminds you that it really is okay to be okay and to let go now ... and to give yourself permission to sleep a deep and restful sleep ... readying you for the day to come ... a day when you will feel stronger and feel better ... and each day you will become stronger and fitter ... more alive ... more confident in your ability to look after you in a way that your subconscious will find easy ... automatic to do for you.

I will give you an anchor now ... you can know that your subconscious mind will be there to protect and guide you through the hours of the night ... letting you know that it is okay ... and to let you know that should your attention be required ... should a child call out for you ... that you are instantly awake and aware ... then you relax again and resume that restful deep slumber when all is well ... and all is well.

And now as you continue to relax ... each breath soothing you ... I wonder how much attention you have paid to the different thoughts floating through your mind ... your mind can be so active as it relaxes ... and then you can realise how difficult it is to remember what I was saying exactly seven minutes ago ... or what I was talking about nine minutes ago ... or what you were thinking about ... four minutes ago ... but doesn't it seem like too much effort to bother trying to remember? ... It takes more effort than it's worth ... and so will you remember to just relax comfortably ... when it really is too much work ... too much effort to bother at all.

And so for now you can take some time ... for yourself to go over it all and review all that you have experienced there while your body rests so comfortably here ... so go ahead now ... take a short time that can seem to be a long time ... and you can let me know when you have done all that is needed ... returning to the surface of wakeful awareness ... bringing with you that new feeling of balance and harmony ... feeling restful and relaxed ... confident and assured ... feeling absolutely wonderful ... as you appreciate what an eye-opening experience it has been.

*Trance termination.*

# *Float Away Stress*

As you go deeper now ... each easy breath relaxing you ... calming you ... you can be aware of how comfortable and peaceful you are becoming ... as your body relaxes and your mind relaxes with it ... all tension ... all anxiety and fear just draining away now and calm filling you completely. I would like you to imagine that you are in a sailing boat, all alone, floating on a lake ... all around are mountains, their steep sides covered with forests of pine trees ... their peaks snow-capped. You have sailed to the very centre of the lake, enjoying the fresh crispness of the air and the scent of the pine forests carried on the breeze that drives the boat ... filling the sails at a gentle but exhilarating pace ... the splash and gurgle of the water as the boat cuts through the gentle swell ... the creaking of the rigging and the crack of the sails as they fill with each gentle gust of air.

You can be aware of how good you feel ... alone with your own thoughts ... alone with the sounds of nature all around ... a calm natural peace that knows no concerns or troubles ... nothing disturbs that peace ... nothing bothers you at all.

Now the wind drops to almost nothing ... the sails flap limply as they empty of the wind that drives the boat forward ... the surface of the water becomes calm ... still ... flat as a mill pond ... the surface ruffled only now and then by a gentle zephyr.

You feel the sun warming your skin ... comfortably warm ... soothing and relaxing you ... the quiet surrounds you now, broken only by the gurgle of water beneath the hull ... the faint sounds of bird-song ... the occasional splash as a fish rises to take an insect ... calm ... peaceful tranquillity surrounds you and envelops you.

You lie down on a soft cushion on the bottom of the boat, unconcerned at the lack of wind ... knowing that the engine is there and in perfect working order when and if required. You look up at the crystal clarity of the blue sky ... small clouds perfect and white

hang above and around the tops of the mountains visible from where you are so relaxed and comfortable.

The still air carries the sounds of some fishermen ... casting their lines from the shore ... and there ... the distant tone of a church bell calms you ... relaxing you more with each note. High in the sky ... a jet trail marks the progress of an airliner ... etching its progress towards the far reaches of this wonderful world ... and you relax even deeper feeling within a calm, comfortable heaviness that is so pleasant ... so very nice. The boat drifts ... rising and falling with the almost non-existent swell ... you are looking now at the very tip of the mast as it sways gently ... it appears to touch the clear blue sky above ... the air is so clean here ... you can taste it and you feel the calm tranquillity ... absorb that gentle peace ... and you drift too with thoughts that are pleasant and calming ... you breathe in peace and calm with every gentle breath ... breathing out anxiety and stress.

Here you have time to reflect on those things that have caused you stress ... you have time now to assess carefully and with a clarity never before available to you ... the importance and the relevance of so many different things. You realise that you have fallen into a habit of reacting in a manner which has proved stressful for you. You have reacted to stress in the same way that a bull responds to a red rag or to the matador's cape. You resolve now to ignore the red flags and to calmly reflect and decide on the most peaceful and effective way to live your life ... calmly ... confidently ... in control ... knowing that you are in control of you and of your life.

Things that are stressful are so because we allow them so to be ... and you are now that person who is aware that you do have the choice ... you choose to be calm and unaffected by the rush and hurry ... to make unhurried and calculated decisions that are the right ones for you and those who are important to you.

You can be aware now of the peace ... the calm ... the confidence that fills you ... expanding within you ... and you enjoy the stillness ... the warmth of the sun ... the subtle sounds of nature all around ... the sights and the scents that can allow you to be aware of the larger world ... the depth of water beneath you ... the natural world at peace with itself ... as all troubles and cares fade into



unimportance ... insignificance. You feel so much stronger now ... aware that the strength comes from deep within you ... it was there all the time ... hidden for a time beneath turmoil and stress, but now no longer shrouded within a veil of negativity and lack of confidence, it shines through ... and you recognise the strength that is yours and resolve now to use that which is yours to your highest benefit.

As the boat drifts you know that it can be so easy to allow the prevailing winds to take you wherever they will ... but in your vessel you have the power when winds blow, to tack and to steer, using the winds as you choose to guide which is the right way for you ... and you have in reserve, too, that engine ... that power which can mean to you that you have complete choice in the way you go ... but it can be pleasant to drift ... knowing that you can choose freedom ... calm ... confidence and you will, will you not?

If ever you feel burdened and stressed ... you can choose to get into your boat and drift whenever you need to, whenever you want to ... using the strength that is yours, and so growing stronger and stronger with every day.

*Trance termination.*



## *Part Eight*

# *Sexual Issues and Problems*



# *Impotence and Inorgasmia*

I wonder if you are really aware of those things that are done automatically ... those instinctive things that the body can do for you that need not be learned ... but have been learned in some special way ... like the new-born babe who knows just how to suckle exactly ... and becomes aware of the pleasure that can be from those parts which are sexual ... and in the same way can do those things that you want to do and those things that you want to happen.

Now you have come here because you want to know that you do know how to have those things happen ... and experience those sensations and pleasures in that special way ... so I would like you now to listen carefully to what I am going to say ... and to what happens to you ... sensations and pleasures that are natural and desirable ... that you can enjoy and continue to enjoy as you begin to know even more than before that you really have known all along how to respond and to never forget that responding.

As you concentrate fully now on my voice and on those sexual sensual parts of you ... where sensations are even now beginning to stir ... I want you to know that there are things that you can think ... images that you can create that can cause those sensations to occur and those physical changes to occur ... thoughts and images that perhaps you would consider inappropriate ... quite indecent perhaps ... but which can stimulate the imagination ... creating scenes for you within the privacy of your own imagination ... erotic and sensual thoughts ... of emotions and sensations ... that will arouse that natural and pleasurable instinctive subconscious reaction to a special wonderful need that is the most natural and beautiful part of our human creation.

You can allow these thoughts to grow ... utilise these feelings that are yours ... fantasies provided for you by that part of you which does know just how to do those things for you ... uninhibited and free of conscious restraint ... and it can enjoy ... as you enjoy allowing those thoughts and images to continue naked and unashamed

... and allowing you now to experience those sensations there ... that touching glow of pleasure ... as you begin to know what a difference that difference can make when they begin to touch ... to caress ... and then to enter in that gentle ... special ... deep penetrating way ... gently moving to establish a bond and a remembrance that will be there to enjoy as that time comes ... coming together ... and you will come to know that it really is okay to experience in that way ... to give and to receive that special and private gift ... and you can know that when you leave here today that you can experience that softening and that moistening ... that firm feeling that becomes larger and harder to know just how it begins ... as you discover even more than before just how easy it can be to know how that which works for you ... time after time again ... whenever you want or need to ... it all belongs to you.

When you leave here today ... intensely aware that you do know how to do those things ... I would caution you that it can be awkward if you know too well and too often ... you could become excited and aroused all of the time ... just imagine how it would be to be that way ... so full of wanting ... so full of firm desire that it could be so moist ... so hard to contain ... and others may notice too how easy it can be to remember to be ready ... so awkward ... it could be embarrassing.

# *Taking Responsibility*

*Metaphor and suggestion for determining what is important.*

As you rest quietly there, aware now of that gentle connection between your mind and your perfect inner self ... that part of you that has all those capacities ... knowledge and abilities to solve those problems that are causing you pain ... to create for you so many alternatives that are positive and beneficial to your highest good ... I am reminded of a client of mine who came to see me for help with a problem that he had at work. Now John had a very good job with an insurance company, and he had a lot of colleagues working with him whom he regarded as friends ... people he would often socialise with and who came to dinner parties at his home ... he had a very good social life indeed.

John was very good at his job and often he would be able to help others with his knowledge and his enthusiasm. Because he worked with people that he regarded as friends, he felt very much that he had a duty to help them in any way that he could. He would sort the problems of his friends because he had confidence in his own abilities and thought that he could do it so much better than they.

He spent a great deal of his time and energy putting the mistakes and omissions of others to rights, ensuring in this way that they would not suffer from their lack of ability and enthusiasm, and lose for the company valuable business. He defended their mistakes and even covered up for them using his own time and energy to visit clients on their behalf to ensure that contracts were finalised.

His friends did very well by him. He worked long hours and took on the stress and the pressure in making absolutely sure that he did all he could to help them. After all, these people were his friends, and true friends will always make sacrifices for those whom they care about. He failed to take much notice at first of the growing and constant headaches, the tiredness and of the fact that he had become so short-tempered, snapping at his wife and children for no good reason.

He was not too much concerned that the sexual interest in his marriage was now almost non-existent and that his family life seemed to be sliding down a long and slippery slope of constant rows and upsets. His smile had gone, his energy spent and he spent longer and longer hours at the office struggling to complete the immense workload that he had forgotten almost entirely was not his, but that of others.

I wonder if you can imagine his feelings when one day he was called into his superior's office, to be told that a review of personal performance figures had shown that he was producing less business and was now below the average of the rest of the people in his department? He was told that, because of the decline in his performance, the promotion that he had been expecting would not be his, that his performance would be monitored and reviewed on a weekly basis and that he was at risk of losing his position if his performance did not improve. He went back to his desk, very upset and confused. After all, he knew his job so well and had worked harder and longer than anyone else in the office.

He then discovered that the friend whom he had helped most, whom he had carried and covered for, whose mistakes he had rectified, was the one who had received the promotion that was to be his. It took a very true and special friend to tell him the truth, and it was with great sadness that he eventually came to the realisation that, in taking on the responsibilities for the lives and the problems of those whom he considered his friends, he had neglected to his own detriment the responsibility that was his, the responsibility for his own health and happiness and for his own wife and children, the responsibility to take for himself the time to ensure the quality of life that was his by right. He took a decision to accept the responsibility that was his, to do that which was beneficial and right for him and for those he loved and cared for.

He had some leave to come and made a decision to take himself and his wife and children away on holiday, and for two glorious weeks devoted all of his energies to putting back that which had been lost. As if by magic, the headaches and the lack-lustre feelings just dissolved away as he involved himself once again with the important and valuable things of life. He relaxed, as you are now so very relaxed, and rediscovered the pleasure of a loving



wife and the joys of children ... it did not take long for him to realise the truth, and to recognise that he had become obsessed with taking on the responsibilities of others.

He resolved to take care of the most important elements of his life, his wife and family and himself ... Those who loved him and whom he loved and cared for were where his true responsibilities lay. When he returned after his holiday, I wonder if you can imagine his feelings to discover that the office was in a state of chaos? His colleagues made it plain to him that they felt that he had let them down by going away and leaving then so much work to do. It was with great deliberation that he addressed the entire staff that day.

He explained to them that he would no longer be prepared to take on their workload and that they would have to accept for themselves the responsibility that was theirs for their own performance. He made plain that he would not interfere in that responsibility but that, if his advice was required, he would be pleased to give the benefit of his experience, but that decisions taken would have to be their own. He spoke of how they would all need to accept their own responsibility for their own life, no more or no less than he was for his; that they were all entitled, as was he, to the rewards for their own efforts and diligence, and not that for which they had been prepared to see him make all that effort, on their behalf.

It didn't take long for the office to fall in line with these new rules and very soon John was back on top where he belonged. He no longer took on any responsibility other than that, which was his, and his colleagues soon realised that, with just a bit more effort, they too could do well. They learned to accept the advice that John would give, but also that they needed to ask for that advice and then to accept the responsibility for the decision that needed to be made. Perhaps, too, a lesson was learned that gifts given should be appreciated and treasured, and that kindness improves with the giving.

Experience can be a bitter pill to swallow, as the realisation dawns that even friends will happily allow their responsibilities to be shouldered by another, while they reap the benefit of labour and

effort that is not theirs; perhaps you can wonder too that the time given was so greedily taken and then so casually acknowledged.

I know that you will take the time to give to yourself that which you are entitled to, time to care for you, not in an egotistical way, but in a way that will mean that you make those decisions which are right for you and for those whom you love and care for. You accept now, without reservation or pause, the responsibility that can only be yours, and allow others the freedom to choose what is right for them. You wish, for all those around you, the same good feelings of freedom and of confidence in your own abilities and capacities that you enjoy, as you establish yourself as your own person, that person whom you like and respect, a confidant of your own wise inner advisor as you allow that wonderful feeling of oneness with yourself to expand and cocoon you now with its soothing light of beneficial calm and positivity. Now you are your own person ... are you not?

*Await response and go to trance termination.*

# *Pleasure Returned*

*Metaphor and suggestion for premature ejaculation.*

I wonder if you have ever had that pleasure of looking around a beautiful garden ... and wonder just how you can best appreciate the wonders that are there ... the carefully planted borders ... the colours and the variety of plants all creating a harmony, and then a complementary variance ... blooms each in their time throughout the whole of the four seasons ... You can see those who will look at all that is there ... darting from this plant to that shrub, so full of wonder that they really cannot decide which to look at ... which to savour and appreciate first ... there is so much to enjoy ... so much to savour ... the shouts of joyous discovery ... look at this ... look at that ... isn't it lovely ... beautiful ... then to rush on to the next ... so much beauty ... so much colour ... confusing and confounding ... the wanting to see it all ... Now ... enjoy it all ... Now ... miss nothing ... have it all ... so they rush without giving time to express the real appreciation in a controlled and considered manner.

There are those who cultivate these delights ... tilling the soil and ensuring that what is offered is of ultimate beauty ... ensuring that the colour and the variety is ever there ... waiting for that time when the garden is open ... the public allowed in ... its pleasures to be enjoyed ... Those who take the time ... who make available to us the pleasures that will be provided with love and with gentle care ... can watch as those who would enjoy, take their pleasure ... those who take more time ... relaxing and experiencing as they look at each and every petal ... every leaf ... every branch ... so many varieties ... savouring the essence of natural joy in those things which are as nature intended ... will also take the time to seek out the gardener ... the provider of all of this pleasure ... this sensual delight ... and extend to that person who has given so much of themselves ... the thanks and appreciation which are also to be enjoyed ... then giving and receiving so much more as that interest ... that gentle consideration is rewarded with personal attention and direction to the hidden delights ... the subtle pleasures ... extending the time of pleasure with pleasurable anticipation ...

taking the time now to enjoy each step ... each movement, each new experience ... and learning more of that gardener's pleasure in what is provided there ... pausing to allow time to explore even more than before those areas of pleasure that are hidden from those who rush by ... even trampled and crushed underfoot ... murmurings of pleasure ... appreciation of that beauty and that care ... reverence and respect ... allowing the beauty to embrace and enfold ... that takes them into another quiet and tranquil experience away from the hurry and scurry of those who will see only what is there for them ... too excited ... too uncontrolled to share ... and it can be so satisfying knowing that when all is done ... all is appreciated and that appreciation expressed ... that pleasure returned and shared ... that it really is okay to let go in that way ... letting that feeling grow, allowing those emotions to explode in a couplet of delight ... then to tarry a while ... knowing that they really can ... and can return again and again ... and each time more is discovered ... the gardener becomes a trusted and beloved companion ... each visit a sharing experience as knowledge grows and each of those pleasures can become something that happens time after time as your subconscious mind finds new and more exciting ... pleasurable ways for you ... with an understanding of those things which are there all of the time ... hidden within the realms of your higher mind ... now shown in a wonderful clarity to you as you learn even more about those things that are done for you in that way ... automatically.

So now you can relax deeper now ... in communion with that special and all-knowing part of your perfect mind ... that does know how ... and then the next time that you enter into that garden ... perhaps to plant the seeds ... that sown with love will blossom and bloom ... I am sure that you will too take the time to prepare the richness of the soil and give appropriate consideration for the miracle that is yours to enjoy ... and I know too that you will remember to recognise that time when the garden is in bloom and the blossoms open ... the soil moist and receptive ... as the bees know that time, to then allow that conclusion ... that pollination ... that climax to come ... it's completely up to you to enjoy yourself ... or to enjoy yourself giving enjoyment and pleasure ... in return as you take your time ... to pause ... to allow that your love ... your appreciation be appreciated too ... and you will ... will you not?

*Trance termination.*

# *Sexual Assault*

Now you are doing so well ... allowing yourself to enjoy that feeling of relaxation ... a feeling of being safe and secure here with me.

Now as you continue to relax ... breathing slowly and easily ... I want you to allow your own subconscious to show you yourself ... I want you to be watching you ... seeing yourself clearly as if you were watching through a window ... Tell me when you can see yourself in that way ... That's good ... Now as you watch that scene ... through that window ... I want you to know that you are so much in control of that scene that you can make what is happening there go forwards and backwards too ... and also I want you to see that you can easily make the scene brighter and sharper ... or duller and very hazy ... You can make everything fade out completely ... and I want you to utilise these abilities to help you to experience those things that have happened to you that have caused you so much pain ... but in this way ... You can see all of those events happening but remain completely safe ... both physically and emotionally here with me.

I am going to ask you now to watch through that window and see that time that place when you experienced that sexual assault ... and I want you to try to feel all of those emotions and the physical touch ... the smells ... the taste ... be aware of it all and be aware too of the fear that these events generate within ... and I want you to tell me of that fear ... all the thoughts that are going through your mind ... as you watch the whole thing ... watch it fast and then slow it down ... experience it ... speed it up again and go through it at least six times over and over ... and now ... stop! ... Stop that scene and allow the scene to be one of the present ... right here ... right now. Now I want you to hold onto my wrists ... I want you to grip my wrists as tight as you want ... and as you squeeze so hard I want you to see again those images of that person who did this to you ... and I want you to express your anger ... your rage ... your hatred at that person ... Swear and curse ... Say whatever you want to ... Do not hold back at all ... Let your feelings towards him take over ...

**Louder ... louder still** ... more now even louder ... and now ... you have done so well ... just relax ... relax completely now ... relax. Now I want you to hold onto my forearm ... but I want you to be gentle now ... gently massage and squeeze my forearm with both your hands ... that's right ... and as you do this I want you to go deep inside and find all the forgiveness that is in you and I want you to forgive that person ... forgive him as you recognise that it is not you that has the problem ... forgive him because he is the one who has the problem ... for by forgiving him in that way you can be free ... free of what he did to you ... Only by forgiving him can you be free ... so say it now ... free yourself of him ... forgive him ... go on say it now.

That's good so very very good ... I am so impressed that you have done that for yourself ... and now you can allow yourself that relaxation ... drifting down now deeper ... deeper ... calm ... **relaxed** ... feeling safe and secure.

As you have faced that scene again and again ... by repeatedly experiencing that scene ... the problems and the pain will decrease ... decrease to the point where they will have no power to hurt you ... You will not be bothered by them ... because each time you revisit that scene ... express your anger ... and then come back to the present and forgive your attacker ... so you grow and experience that strengthening of your inner self ... the regaining of your self confidence ... your feelings of self worth ... Each time you do this you will find it more and more difficult to experience that event ... the emotions and the pain ... The details of that time fade and dim ... and as these things occur so you will become more contented ... more at peace with yourself as you begin once more to take control of your life and your emotions ... growing more positive ... stronger ... with every session when you are here with me ... aware each time of that change ... and aware too that change is not noticeable right away ... but continues to grow as you become more confident ... recognising that you can ... you will forgive him ... that you have no guilt at all ... you have no problem ... growing each day in self respect ... and emotional security ... your unique personality shining through ... returning stronger and stronger ... You are becoming that person you were ... vital ... special ... beautiful ... worthy of the respect ... better than before ...

stronger ... more resolute and capable of meeting all the challenges of life.

You regain each day more and more of that personal strength ... that strength becoming even more than before a permanent ... powerful part of your personality.

You recognise now and are fully aware that it was not you who had a problem ... it was that person who had the problem ... This was not yours then and never will be... You have come through ... the same person as before ... but now stronger ... stronger than you ever were.

I wonder now how easily you will recognise the truth of what really happened then ... that you were the victim of circumstance ... in the wrong place at the wrong time ... Your attacker had the problem and what happened was not directed at you ... it was at that problem. I want you now to watch again ... feel within you a growing inner strength ... a growing self respect and self love ... You are a complete and whole individual ... in control of your life and you see yourself in that way ... in control ... a complete and special individual ... and you recognise too that you have that ability that understanding that will allow you to help others who have been victimised as you have been ... sharing with them your experience ... that of regaining confidence and self respect ... regaining a recognition of true self worth ... a feeling of being special and knowing it to be so very true about you.

Watch through that window now ... and see how different that scene is ... see yourself there growing in inner strength ... confidence ... self-esteem ... and see yourself sharing these positive thoughts and feelings with others ... giving to others what you have held on to ... that which you deserve to have ... that is yours ... feelings that are good ... positive and beneficial ... that allow you to grow and to move forward now with so much valuable new understanding ... Each time you experience that scene through that window ... negativity ... feelings of anger ... rage ... disgust ... just fade and disappear and something wonderful happens ... positive emotions ... self love ... confidence and inner strength just flow back from that scene ... through that window and into you.

What you see on the screen ... is how you really feel about you ... and how you deserve to feel about yourself ... and each time you view that scene ... the trauma ... the negativity and all of those destructive emotions that have held you back ... weaken ... diminish and fade away ... Each time the scene will appear dimmer more difficult to see and to experience in that way if at all. Soon ... so soon that you will not concern yourself that those changes are occurring ... there will be only positive ... happy ... safe and secure emotions for you ... You have lost nothing at all ... nothing at all ... You have gained so much strength of character ... inner wisdom and a unique ability to understand the feelings ... the concerns of others too ... and that wonderful ability to share ... share hope ... share love and respect for all others ... and that ability that most humane capacity ... to forgive.

Time will show you the immense achievement that will be yours as you look back in time at the window to the past ... to that event ... so short a time when emotions and fear created for you that need to utilise your own special and unique qualities of spirit ... to become what you are now ... then and now ... optimism ... strength ... character ... self worth ... and so contentment and peace of spirit will be what all recognise within you ... part of you ... a person who can and who will continue to grow better and better with each new day.

*Trance termination.*



## *Part Nine*

# *Loss and Bereavement*



# *The Final Goodbye*

*For use with those clients who have lost someone and did not have the opportunity to say goodbye or say those things that needed to be said.*

*Contraindications: Do not use with those who cannot accept the concept of continuance of spiritual being in an afterlife.*

*Induce hypnosis and use 'The Garden' deepener.*

In this beautiful and serene place where you are so comfortable and **relaxed**... where peace and harmony are so natural ... you can be aware that it is so easy to relax even deeper now as you listen to the sound of my voice ... each word a signal for you to go deeper and deeper into profound relaxation of mind and body ... and did you know that just as you have eyes that see the world around you ... you also have an eye deep within you that we call the mind's eye ... and just like your physical eyes this eye has an eyelid that can close down ... and as you relax now it will close down shutting out those stray thoughts and images that are not appropriate here ... and it is closing now ... closing ... closing ... and all that is there now is calm tranquillity ... feelings of peace and of capability ... of beneficial possibilities.

And as you relax ever deeper you can be aware that although you are alone in this beautiful place ... many before you have come here to enjoy and benefit from the positive healing vibrations that abound here ... and I would like you to know that you have been so very fortunate to have known that special person who has so quickly been taken from you ... fortunate that you have been able to hold such wonderful memories that have been for you so powerful ... so influential.

In this special place ... you can enjoy today a very rare and special privilege ... for here ... there ... in that garden of peace ... all must pass in spirit as they travel to that place beyond the gate in the wall at the bottom of the garden ... the gate that you can see now through the screen of trees ... overgrown with ivy and honeysuckle

... a gate through which you cannot pass ... yet ... for you have much to do here ... your life to live. You can be aware of the sounds of gentle laughter ... of music and of an aura of peace that you have not yet experienced ... that is coming from beyond the gate ... in that place where all departed spirits dwell between lives ... where even now there are those who have gone before who wait for you ... watching you and lending to you the strength that they can give to you in spirit.

You are now standing before that gate ... Carved and ornate it stands firmly bolted, for you are not ready to enter ... but just for a time you have the gift now of asking those within to pass through that gate into the garden here ... and for a time you can speak with that special person ... ask what you need to ask and know that the answers will be given with truth and wisdom that is no longer constrained and influenced by these matters of this world ... Those beyond the gate have passed through the veil that keeps from the living the truths and the wisdom and they are no longer fettered by earthly constraints ... All you need to do is call the name of that person ... and he will come through that gate to speak with you ... because that person is in spirit and formless ... I don't know how he will make himself known to you ... you may see him as you know that person ... or perhaps you will experience a feeling ... an emotion that lets you know that he is there ... but you will know that that person is there ... in some safe pleasant way and for a time you can speak with him ... say all of those things that you want to say ... ask all that you need to ask ... and know that here there is only love.

It is different this time ... for you know that soon very soon he must return beyond the gate ... there to wait for you ... but this time you can be sure that all that needs to be said can be said and the peace that you seek can be real ... so that you can release him and then continue with the life that you have ... make the choices that you need to make ... positive and beneficial ... moving on as you need to move on in a way which is natural and constructive ... memories now kept like jewels ... beautiful and valuable ... that can be taken out from time to time ... that enhance and make special all that is there ... and you will have those jewels that are yours to keep. Please take some time now ... time to spend with that person who is here with you now ... some private and special

moments ... while I wait back here for you ... to let me know when you have completed all that you wish to do there ... and ... having resolved any difficulties... are ready to let go ... by just saying, 'I have finished here.'

*Wait until the client responds.*

That's good ... Now you need to tell that person how much you love him ... and say goodbye ... feel that love that you will carry with you ... that feeling of peace and calm inner wisdom that is yours from your experience ... Go ahead now ... hug that person ... and say that last goodbye ... now.

And now that person returns through that gate ... is gone now ... leaving with you that wonderful feeling of peace within ... calmness of spirit ... a sense of renewed purpose as you now drift upwards slowly re-orienting to conscious awareness bringing with you that new feeling of balance ... harmony and peace ... and when you will ... your eyes will open and you can know that what has been done here will strengthen you more each day.

*Trance termination.*

# *Moving On*

*Dealing with the loss of a significant person.*

It can be hard to understand why someone who is special to us ... has to leave. It can be so distressing to realise that a very special and important part of our life is over and that there is no way back. A chapter has come to an end ... its story told and then ... what is to come?

You were so very lucky to have known (*name*) ... and to have enjoyed such a special person sharing your life and being part of your life and in so many ways identifying with the person that you are.

Now (*name*) ... has moved on ... without warning and without the chance for you to say goodbye and have the opportunity to tell him how much you loved him ... leaving that explanation ... that apology ... and expressions of sincere appreciation that seemed so difficult to say.

As you relax now ... deeper and deeper ... you have an opportunity to recognise and be aware of your inner self ... that part of you that through experience has the capacity and capability to see things as they really are. This is the part of you that asks the question that we all ask ... What is this life? What is its purpose? Why do things happen in this way?

As you become aware more and more of your inner self ... you can be aware too of the spiritual nature of your being. You can be aware that we are all part of a universal plan ... greater than man ... greater than any one of us ... and whether or not it is clear to you ... the universe is unfolding in the way that is natural and as it should be.

As we face the ups and downs of life as a whole and try to realise that every experience is leading to the fulfilment of that universal plan ... that everyone of us is here to accomplish something ...

some particular phase of that plan that is greater than man ... greater than any one of us ... the universal plan or life force goes on whether we like it or not.

As part of that plan ... you can be aware that you are as good as anyone else and carry the same responsibility for its unfolding ... It doesn't fall within the limits of understanding ... but is the natural and normal onward march of events that are part of that universal plan ... regarding which we can claim so little responsibility ... and over which we can exert so little control ... You are not responsible for these things which are so far beyond your control ... You can bear no guilt for there is no guilt to be borne ... You have always done your best in all situations to fulfil your part of the plan. Okay ... so you have made some mistakes ... but you can accept without any reservation at all ... that you were doing the best that you could and no-one can expect any more of anyone than that they do the best they can.

You put aside feelings of guilt ... for you are not guilty of anything and you have no need to seek the forgiveness of anyone for what has happened to you ... You know now that there really can be no doubt that you are not guilty of any wrong ... You were then and you are now ... being the best and the most caring person that you can be and take comfort in that inalienable truth.

(*Name*) is gone now ... but will live on in your special memories of that time spent together ... and you know that you have been so very privileged to know him/her ... and be part of his involvement in that universal plan ... Your knowing (*name*) has been a rich experience that has given you so much pleasure ... and that pleasure will be there with you in memory ... so very valuable and powerful ... so different from the experience of loss and of grief ... the feelings of being cheated and betrayed.

Each day there will be for you reminders of (*name*) ... for you and all who love him/her ... and those memories will carry with them the pleasure and the spiritual union that everyone has with that person.

Each day there will be for you reminders of that very special person ... for you and all those who love him/her and those

memories will carry with them the pleasure and the spiritual union that we all have with those we love ... to strengthen you as you find peace with yourself in the knowledge that you too have to play out your part in the universal plan ...

I would like to make the point now ... that there is an absolute necessity to live ... not just in the present ... but in the here and now ...

Each day is a new beginning and the world is made new ... Yesterday has gone and we cannot live in the past ... else we cannot move forward ... because living in the past dulls the keen edge of our imagination ...

The past has value in what we learn from it and use in a positive way ... Loss can help us to realise that what we do have is valuable and to be treasured and cherished ... Constantly bemoaning what is lost and gone from our lives ... serves only to hide from us the things that we do have ... and the need to take pleasure from those things.

To grieve for (*name*) is only natural and right ... You will make those gestures that are the demonstration of your sorrow at losing so very valuable a part of your life ... for by those gestures you are moving on ... Pain will fade and the power of loving remembrance ... will become for you and those who love you ... the driving force of your continuing involvement in that universal plan ... that transcends all human understanding ... That understanding lies with the author of the plan and its secret is held from us.

As you relax now ... Deeper and deeper ... feeling safe and secure there in that special place ... nothing bothers you or disturbs you ... as my voice becomes for you the pinpoint of your focus ... and you focus only on my voice ... drifting now ... comfortably heavy and so so calm ... I wonder if you can see that (*name*) ... really can be here with you now ... here just for a short time ... see his face and notice that there is no sorrow here ... and here you can have an opportunity in the privacy of your own perfect subconscious ... to say now all of those things that you really need to say to him ... and to hear said that which you know he wants you to know ... and to do from now forward.



You can say that last goodbye and feel the love that will remain forever with you ... comforting you now and filling you with new purpose and hope ... You know now that your strength is needed by those who are also grieving for *(name)* ... and you resolve now to ensure that the positive realisation of the value of your family love and respect are carried forward and onward.

You can say this last goodbye and with a new hope ... allow him to go now. No longer will you waste what you have ... thinking only of how you feel. You now devote all your energies and commit yourself to taking the best of what is yours and utilise all of your positive energies to ensuring that what really matters ... what is really important ... the future is held close.

I am going to be quiet now and leave you for a while so that you can make peace within yourself ... allowing the power of your own inner mind to do its best work for you ... Please let me know when you are satisfied that you have done all that you can comfortably and safely do there as I wait quietly here for you. When you are done ... just say, 'I am satisfied.'

That's good ... You really have done so well there ... and now it's time for you to leave that place and return to this place bringing with you so much peace and calmness of spirit ... and a wonderful feeling of hope and contentment that the future is there for you to make your own.

*Trance termination.*



## *Part Ten*

# *Smoking Cessation*



# *Smoking Therapy*

As a practising hypnotherapist, you can expect that a good proportion of those who come to you for help will be smokers seeking to quit their habit. Hypnotherapy has the reputation of being the best therapeutic help for smoking cessation available, with an excellent success rate. When asked what the rate of success is, I always tell my clients that I am not able to be exactly accurate, as those who come to see me and who stop smoking will invariably forget to tell me in six months whether they are continuing not to smoke. The only really reliable indication I have is when a client is referred to me by another, and I have an encouraging number of those. I have heard some therapists claim a sixty per cent or seventy per cent success rate, and some even higher, but how they are able to come up with these figures without indulging in a lengthy survey over several years, I am not really sure. I am sure that if I have two clients and both are successful, then I can quote, quite tongue-in-cheek, a success rate of one hundred per cent!

I find that it pays to be honest and sometimes quite blunt with people who call. It takes some nerve to tell someone who is going to pay you for the service you provide that, unless they really want to stop smoking, they may as well not bother wasting your time and their money. 'If you really do want to stop smoking, then fine, I will make an appointment for you right now to come along, but I have to say this to you, if you are not sure whether you want to stop or not, but perhaps just thinking that you will come along and see if I can stop you, then please don't bother me and waste your money'. Make plain to your prospective clients that you need their full co-operation if you are to be able to help them to help themselves in that way. 'How many sessions will I need?' This can be the subject of some debate within the profession. There are differing views, but myself I work on a simple premise, provided that the client's smoking habit is not evidently part of the symptomology of some deeper and more complex problem, and can be safely defined primarily as habitual, then the problem can be resolved in just one session. If it doesn't work the first time, then it is not going to work.

There are other factors at work here, and they need to be resolved before this coping mechanism can be dispensed with.

During the initial interview and fact-finding exercise, you, the therapist, will be able to determine from the demeanour of your client whether or not you will have to deal with other factors before you can help your client to give up the symptom that is his smoking. This comes with experience, and that I cannot give you here.

My 'Stop Smoking' session begins with a discussion about the client's life-style, his family and relationships. I want to know about the stresses in his life; what is important; what frightens him/her; his aspirations and motivations, in essence, what are the controlling influences in their life. I want to know how they started and when; what they remember about the first cigarette smoked; why they chose to continue when the first cigarette was so awful. The answers to these questions are usually pretty much the same. 'Mum and Dad smoked, and it seemed to me that I could count myself grown up when I too began to smoke.' 'My friends all smoked, and it seemed to be the thing to do to be one of the crowd.' (Peer pressure). 'I started in order to annoy my parents and show them they couldn't tell me what to do.' Whatever the answers, they will invariably point to the association with being grown up, one of the crowd, more sophisticated and mature, establishing independence.

What do you get from cigarettes? Once again the answers are so predictable. 'It helps me to relax.' 'It helps me to concentrate.' 'It calms me down.' 'It's something to do with my hands.' 'It gives me an excuse to have a break.' I have yet to hear a declaration, 'It makes me smell nice and attracts people to me', or 'I will live longer and stay healthy longer.' or 'I really do need to get rid of this money that I would otherwise spend on luxuries and things that really matter.'

I ask when they smoke, beginning with when they wake in the morning. Before breakfast, after breakfast, in the car, on the telephone, after a meal, with a cup of tea, and so on. I ask questions such as, 'Do you know of any person who has died from a smoking related disease, or do you know of someone who is at this time

ill through smoking?' 'What do your family and friends think of you smoking?' 'Have you had any warning signs that your own health is suffering?' 'Has your doctor mentioned your smoking?' Much of the time, the answers to all these questions and more will emerge as the client begins to talk frankly, perhaps for the first time in his life, about the habit and what he/she knows to be the dangers and the social consequences.

In therapy, we use the fears and the aspirations of our clients to their profound good, as we project that danger and fear which is consciously recognised into the subconscious mind where the seat of the habit dwells. In the foreword of this book, I have mentioned that the scripts contained within should be considered as adaptable. They are not a magic formula which, if incanted in the special circumstance of hypnotic trance, will instantly turn lead into gold. You will learn to utilise the special fears and motivations of your individual clients and build into the framework which is the script effective interventions appropriate to the circumstances present. For a young woman of childbearing age, the importance of providing a good, rich supply of oxygenated blood clear and free of contaminants has to be a factor that can be used with effect. 'Do you really wish to feed your baby on nicotine, arsenic, benzo-pyrene, carbon monoxide, etc?' I am sure that by now you have caught my drift.

As therapists, we see ourselves as members of a caring profession, but that does not mean that we must not use those aspects of smoking which are frightening. Indeed, it is sometimes necessary to show the full horror of what could be and to demonstrate what is eminently possible if the responsibility is not taken by the client for his own life and health.

We accentuate the guilt and the remorse, not because we are sadistic and take pleasure from the reaction that we invoke, but because we know that emotion is a very powerful driving force. After all, what is it that constitutes memory? After the guilt and the remorse comes, the congratulations and the confidence-boosting, the sense of achievement and the knowledge that, from this moment forward, they will no longer be dependent on anything other than that which they possessed all along ... confidence and self-esteem generated from within. When all around is chaos and unpredictable,

we humans seek constancy and predictability, and it can be seen that, whatever else is happening and changing outside our control and influence, 'a cigarette stays the same'. A cigarette is constant, it is predictable, it does provide, at some level, a sense of constancy, and in this way can become a very potent influence. Therein lies the power of the habit. I cannot emphasise enough the importance of tailoring your presentation of the script of the stop-smoking sessions to each client. Do carefully consider and use his fears and aspirations. This means of course, that you listen to what he is telling you as well as to what is being said.

I have included a specimen questionnaire which will provide a basis for the initial interview. Once again, please accept it as a guide only. There are so many questions that could be asked, and so many answers that could be given. Every answer given has meaning that is particular to the person who is answering. To listen and hear really is the key.



# *Single Session Stop Smoking Therapy Method – The Smoking Gun*

Here in Britain the use of hypnosis in stop smoking therapy has been acknowledged by the British Medical Association as the most effective help available to those who are addicted to smoking. When I first began in practice ten years ago, I, in my inexperienced way, followed the format that others had passed on to me, using the form of ‘magic words’ that were the scripts that had been given to me.

Those who came to me for help were all treated with the same format, hypnosis was induced and the scripted material delivered, with some success. But there were the failures. I remember one eminent practitioner propounding the view:

*“It’s not you the therapist who fails, but the person who came to you with the purpose of quitting smoking.”*

For some time I went along with that view for, inasmuch as we all must take responsibility for our own lives, it is the smoker who has the ultimate responsibility for their own health and if they choose to endanger their life, it is only too easy to say when they become the victim of their folly, ‘it is your own fault. You knew that smoking was dangerous.’

If that is true, and of course it is, it can also be a get-out for the therapist who does not apply his mind and his training to determining the best form of help possible for the client. The client of course will be aware that he is the one who will or will not be successful. He will also be aware that he came for help because he needed it. It would therefore be remiss of any therapist not to offer the most effective help available.

So what form should our help take? Everyone is different, their needs and their aspirations are unique, and if that is accepted, then it is apparent that therapy must be entered into with the uniqueness of each client firmly in mind. Michael Yapko says:

*"Use of scripts robs hypnosis of its real potency, the strength derived from the recognition and use of each individual's unique experience."*

The idea that a strictly regimented therapy session applied with vigour can be successful in all cases has to be seen as a nonsense and often doomed to failure. We, as therapists, must have some sort of structure that we can work within, but that structure must be pliant and adaptable. *Scripts, therefore, should be adaptable. They are not in themselves a magic formula which incanted in hypnotic trance style will instantly turn lead into gold. Utilise the special fears and motivations of your clients and build these into the script as appropriate.*

Over the years, my methods have obviously been evolving and now I believe that I have reached a point where my strategy is effective within my capabilities and that my responsibilities are largely satisfied. I do my best to help that person who is placing so much trust in me, because what I do or do not do will have a significant effect on the quality and the duration of that person's life.

For years, perhaps, the client has been destroying the integrity of his very being. As Yapko says:

*"Clearly a smoker is in a physically dissociated state. How else could one be oblivious to the physical damage associated with breathing toxic fumes."*

Smoking kills, it maims and it destroys quality of life not only for those unfortunates who have unwittingly become entangled in this web of addiction, but also for those who are the family, friends and dependants of that person.

If you, the therapist, can help your client to live longer and enjoy improved health and vitality, then you will have also provided a huge and invaluable service to the client's family and friends. If you can help a child to have mum or dad around for as long as is naturally possible instead of losing that person to an early smoking-

related death, then that knowledge can give you joy, satisfaction and justifiable pride.

I have a particular grudge against the tobacco companies who, without conscience, continue their appalling business in pursuit of profit. I hold them largely responsible for the death of my father who was encouraged at an early age to believe that smoking was not harmful, but was in fact beneficial. He was just fifty five years old when he died, and I stood by his hospital bed as he struggled for each and every breath until his strength just gave out. I am one amongst millions who can justifiably feel angry that the tobacco companies have been allowed to continue their business to this day.

In the following pages I aim to give an insight into what I consider the most effective strategy to help smokers kick the habit and enjoy their full quota of years filled with good health. I invite you as a therapist to use the fruits of my experience and apply my methods to help your clients. But I would also encourage you to continue, as I have done, to add to what is already there, in the ongoing quest to achieve the best results for those who seek our help.

It is not my intention that this work should allow a complete novice to set himself up as a specialist in smoking cessation. It is necessary that a full understanding of the influential forces that are at work be understood in order that these 'tools' are most effectively used for the benefit of those who seek help.

If you, as a therapist, having read my book, become more effective in helping your clients, then my motive for this undertaking will have been achieved. Should all of us continue the process of refining the tools that we have available to us, then our ability to help those who wish to make changes will constantly improve. Knowledge is just a stepping stone to greater understanding, so further developments are both essential and exciting.

I trust that all smokers who read this book will be persuaded of the danger that they are placing themselves in by continuing to smoke and will as a result choose to take responsibility for their own health and life, thus depriving the tobacco industry of more victims.

# *Client Education*

A good place to start is at the beginning, and in this situation this relates to the very first cigarette that your client smoked. Ask him to think back to that first cigarette and tell you exactly how it all happened. Usually peer pressure is the overriding reason why it began.

*Whatever the answers, they will invariably point to the association with being grown up, one of the crowd, being more sophisticated and mature, establishing independence.*

Often we are in a hurry to achieve adulthood when we are in our early teens. So many changes happen to us during this period when the hormones in our bodies are running riot. Pubic hair begins to sprout, breasts begin to fill out, and the first interest and clumsy encounters with the opposite sex occur. We begin to project ourselves in the way that we would like to be seen, as adults, and can no longer tolerate being thought of as a child, but at the same time lacking the confidence or experience to be a complete adult. So we look for ways to affirm our desired status; means of demonstrating that we really can be adults. It is accepted that adults smoke. With our rational consideration we reject any suggestion that we are anything but that which we aspire to become. Trying to talk sense to a teenager can be a frustrating experience, as any parent will confirm!

## *The beginnings of addiction*

Tobacco companies are well aware of the addictive nature of tobacco and thus target their advertising accordingly to young people, promoting cigarettes to be socially acceptable as an indication of sophistication and maturity.

Heroic figures are portrayed enjoying the pleasure of riches and fame, striding through every situation with that air of confidence and success that attracts the beautiful woman or the handsome

man. At this age fantasy is so easily mistaken for reality and we are so gullible and naïve.

It is so easy to believe as teenagers that we are invincible, and the suggestion that we might become addicted and dependent on cigarettes seems ridiculous. This is the age when we really do know it all, but this is an illusion. The harsh reality is that we are too young to be wise and too old to be told. Parents everywhere will know exactly what I mean as they experience the frustration of watching their sons and daughters making the same old mistakes as they did. And did their parents also try in vain to pass on the lessons that they had learned through experience? In the rush to take on the mantle of adulthood, so many youngsters walk straight into the trap set by the tobacco industry.

## *Drag and cough*

When that first cigarette is remembered, I have yet to meet anyone who, hand on heart, can state that the experience was a pleasant one. As the harsh cigarette smoke is taken into the lungs, the effects are predictable. Dizziness, nausea, coughing and spluttering all accompanied by a foul taste, are what most admit to experiencing, but, determined to be seen as one of the gang and not wishing to become isolated from their peers, these young people strive to endure what is perceived as some sort of initiation into approaching adulthood.

## *The survival instinct*

The reaction of dizziness, nausea etc, to the cigarette smoke is one that is generated by the subconscious mind as it strives to carry out its prime function, that of 'survival'. It is in effect sending a clear message as it deploys its defences against the poison that has been introduced into the body. 'Stop now. You are poisoning yourself', it shouts as it promotes the vomit and cough response in its efforts to expel the substance which it recognises as dangerous.

Dizziness and disorientation are experienced as the brain is suddenly deprived of its oxygen supply. The delicate taste buds in the

mouth react violently in protest at the foul mixture which leaves that unpleasant taste which lingers long after the event. The heart-beat quickens adding to the anxiety that is part of that warning system that alerts us to imminent danger.

The human body is a wonderful miracle of engineering. Each and every part of its function is controlled and regulated by the subconscious without any conscious consideration at all. Our heart pumps oxygenated blood around our body. The liver, kidneys, the brain, every cell, each molecule is monitored and regulated precisely and without pause. The chemical balance of the organism is precise and specific and it is part of the function of the subconscious to ensure that the correct chemical constitution is maintained. When that first cigarette smoke is introduced the chemical balance is placed in jeopardy, and so those defence mechanisms are activated to protect the integrity of that delicate balance, but the young person is so determined to be one of the gang that he continues the assault on his own defences so that the subconscious programming becomes corrupted and begins to accept the new chemicals being introduced as necessary for its survival.

Now in order to ensure that this newly accustomed nicotine level is maintained, it sends out a signal, a demand for new supplies when the level drops, in the same way as it sends out a signal that we recognise when we experience hunger or thirst or feel too hot or too cold. These signals are designed to prompt us to eat or to drink, take appropriate action to get warm or to cool down. By their very nature they create discomfort which motivates us to take action to remedy that unpleasant sensation. The more nicotine the system becomes accustomed to, the more demands will be signalled. This is what we recognise as nicotine craving and addiction.

The subconscious has become fooled into a belief that it must ensure that the nicotine supply is maintained and a new 'part' of a person's survival programming is created, its sole purpose to do everything necessary to ensure that supply. To keep the smoker smoking; to maintain an addiction to nicotine:

*"For many people, a pack of cigarettes was the only friend they had."  
(Citrenbaum, King & Cohen 1985)*

## ***Chemical content***

There are over two thousand chemical compounds in tobacco smoke. Around thirty of those chemicals are known carcinogens and many are lethal poisons. We are all aware of the most common chemicals, nicotine and tar, but what of the others?

Arsenic is present in tobacco smoke, as is also cyanide, ammonia, benzo-pyrene, carbon monoxide and prussic acid. Added to this are the insecticides and chemical fertilisers sprayed on the tobacco crops. All these chemicals and many more are present in cigarettes and other tobacco products and now are absorbed into and pollute the tissues of the smoker's body.

**Arsenic and cyanide!** Both of these substances are instantly recognisable as extremely poisonous to humans. Are you aware that nicotine is one of the most poisonous substances known to man? Why, if you were to extract the nicotine from one cigarette and, with a hypodermic, inject it directly into a vein, you would be dead in seconds! There is enough in that one cigarette to kill a horse!

## ***'It helps me to relax'***

Nicotine is a recognised vaso-constrictor, ie it causes the arteries to contract. The heart has to work harder to pump the blood around the body. If someone smokes twenty cigarettes a day, then his heart will beat an extra ten thousand beats in that twenty four hours.

The effects of smoking are devastating for your heart. Nicotine causes raised blood pressure and an increased risk of bloods clots. Carbon monoxide reduces the blood's ability to absorb vital oxygen and is directly responsible for the development of cholesterol deposits on artery walls. The effect overall is an increased risk of heart attack and stroke.

Most smokers claim that a cigarette helps them to relax. If the heart is working so much harder because of the effects of nicotine, that claim becomes difficult to sustain, but what is worse is that, when

cigarette smoke is introduced into the body, the organism reacts to being poisoned in the same way as it would if subjected to a horrifying experience. The automatic defence system becomes activated, and the whole body goes into what is known as 'fight or flight mode'.

This automatic response to danger is present in all creatures. It ensures that we are instantly prepared to use maximum strength and effort to either run from perceived danger or stop and fight. Our heart beats faster, and respiration increases to pump richly oxygenated blood to the major muscles and to the brain. Adrenaline and noradrenaline course through our system, and lactic acid is produced to maximise muscle power. The brain needs additional oxygen to heighten its ability to rationalise the situation and to react in the manner which best serves the need to survive the crisis. This process is highly visible in animals. The dog's hackles rise, and in humans the hairs on the back of the neck will stand up. The whole body is in a high state of readiness for explosive maximum effort, and probably you have heard stories of how seemingly normal men and women are able to perform prodigious feats of strength and endurance in situations of great danger. An eight stone woman who lifts a car under which her son has become trapped when the jack slipped is just one example that springs to mind. At the same time as this process of ensuring that the body's defence system is maximised to produce this seemingly superhuman strength, resources are diverted away from other areas that are less important. Systems which are not required are shut down to allow power to be available where it is most required.

The digestive system is hardly necessary when you are preparing to do battle or run from danger within the next few seconds, so it shuts down, and the ability to digest food and absorb the nutrients from it are dispensed with. Similarly blood supply to the extremities is reduced, and the immune system which will not be required to fight disease at this time, also shuts down. What was that about, 'it helps me to relax'?

When all around is chaos and unpredictable, we humans seek constancy changing outside of our control and influence, 'a cigarette stays the same'. A cigarette is constant, it is predictable, it does



provide at some level a sense of constancy and in this way can become a very potent influence, and therein lies the power of the habit.

## *There is an explanation*

An element which is part of our survival instinct is the need to be comfortable. We do not like to feel cold, wet or hungry. I certainly do not appreciate any form of pain and will admit to being a complete wimp! The craving that is experienced as the subconscious delivers its message demanding that the nicotine levels be replenished is in no way something that can be described as pleasant. It is uncomfortable, and when we experience discomfort it does not improve our state of mind. Restlessness, anxiety and irritability are some of the emotional responses that are equated with discomfort. A cigarette satisfies the craving and so diminishes the discomfort, and therein is created the illusion that cigarettes promote a feeling of relaxation.

In normal circumstances, when the period of danger is over, the battle won or our escape made, the subconscious will relax its state of awareness and normal service will resume. This is the direct opposite of the 'fight or flight' response and is known as the 'relaxation' response. Now the heart beat returns to its normal level, as does respiration, and those functions which were temporarily shut down are brought back on line, and everything is fine again.

**If we continue to smoke.** The body is under constant assault, and the perception of danger is constant and unrelenting. The 'fight or flight' state that we have identified is still at a heightened state of readiness with all of those power diversions in operation, heart rate increased, respiration increased, adrenaline, noradrenaline and lactic acid production at full flow, digestive and immune systems suppressed. But, if we continue to smoke, the enzymes produced are not used in their intended fashion but remain in the tissues as toxins.

Now we have a problem.

If a smoker cannot digest his food and absorb the nutrients from it efficiently because the digestive system has been suppressed, it is small wonder that smokers are so susceptible to health problems and suffer particularly from so many digestive upsets ranging from constipation to ulcers and cancers.

## *We need our immune system*

We need it to fight with all its vigour to ensure that we have the maximum protection from the assaults on our health from so many quarters. Its function of seeking out and destroying invading organisms keeps us well protected from so many diseases that can kill and destroy our quality of life. It is at work constantly repairing the ravages of just being alive.

## *Cancer is the bogeyman of smoking*

The main strategy of many smokers to diminish the possible threat to their health is dissociating themselves from it. 'Cancer will not happen to me. It happens to other people.' Even though we know that that is completely divorced from the truth, this perception serves to ensure that the smoking habit continues, as the 'smoker' part of the subconscious feeds this and other complete fallacies to the conscious mind to ensure the continued 'beneficial' supply of nicotine.

Cancer is a condition which is latent in everyone. It does not manifest itself in all of us, and indeed the majority live through life without this problem. It begins when the cell reproduction function which is controlled by the subconscious becomes corrupted and runs out of control. It is the immune system which protects us from this dreaded condition. A smoker's immune system is suppressed because of the permanent invocation of the fight or flight response, and this must surely be a major factor as to why smokers are much more susceptible to cancers than non-smokers. The belief that smoking is responsible just for cancer of the lungs has to be discounted. True, lung cancer is sadly prevalent in smokers, but then this is the main avenue for the assault on the body perpetrated through smoking.

Smokers are at risk from cancer of the mouth, the tongue, the larynx, the kidneys, the liver, the prostate, the bladder, the testicles, the cervix, the womb and ovaries, the stomach and the colon, skin cancer, cancer of the oesophagus and cancer of the pancreas. In fact the incidence of any form of cancer that you can think of will be greatly increased.

## *The lungs*

When we smoke, we inhale, drawing the gases produced by the burning tobacco into our lungs, gases full of chemicals and poisons. The airways that conduct the inhaled air into the lungs are covered with fine hair-like projections called cilia. It is the function of the cilia to provide a defence against the ingress into the lungs of particles of dust and foreign matter.

An offending object will brush against the cilia, which are then activated to propel the foreign matter upwards again towards the mouth. The lungs and airways go into spasm as the delicate tissues of the linings are irritated and force air out in a violent explosion that is a cough. This reaction is designed to expel the foreign matter and prevent its passage down into the delicate inner chambers of the lungs where the vital interchange of gases is implemented. Oxygen is absorbed into the blood and carbon dioxide extracted and then expelled with exhalation.

Thick sticky tar in the cigarette smoke coats the tiny cilia causing them to become brittle, to lie flat against the walls of the airways, or to break off. They are thus unable to carry out their function so that the foreign particles are able to pass into the lungs where they accumulate. There is no way out. You may have seen pictures of lungs that have been removed from the cadavers of smokers showing the accumulation of soot and detritus from years of smoking. Not a pretty sight.

As the detritus accumulates the capacity of the lungs is reduced, and with that the ability to oxygenate the blood is also diminished. The mucus lining of the lungs that facilitates the chemical interaction necessary for the absorption of oxygen and the extraction of carbon dioxide becomes corrupted and its chemical composition

changed. Its function impaired, the lungs produce more mucus in an attempt to correct the situation and so the lungs fill up with fluid. Here are the beginnings of chest diseases, the breathlessness and the horror of emphysema. As the lining of the bronchi are inflamed so begins the dreaded smoker's cough and because the bronchi are weakened so the smoker becomes more susceptible to recurring bronchial infections. Smokers are ten times more likely to contract lung cancer and emphysema than non-smokers. The necessity of a good oxygen supply now requires the lungs with their reduced capacity to work harder to draw in enough air. This is the explanation for the gasping wheeze that is associated with long-term smoking. The ability to engage in any physical activity is adversely affected as the lungs begin to lose their ability to oxygenate the blood sufficiently to fuel the muscles for the extra activity. The smoker takes the lift or the escalator rather than use the stairs. That 'smoker' part of the subconscious will ensure that we get the message not to use the stairs. (*dissociative response*)

## *The kidneys and liver*

The kidneys and the liver have the function of filtering out the waste matter in the body and excreting them. Due to the massive increase in poisons and toxins introduced through tobacco smoke, these organs need to work at a greatly increased rate in their attempt to clean the blood of the huge amounts of impurities. The carcinogenic materials that are present in cigarettes pass of course through both these organs, increasing the likelihood that cancer will strike here. Kidney and liver failure is an increased risk that comes with smoking.

## *Gangrene*

Every organ, every cell of our bodies, requires a good supply of nutrient-rich oxygenated blood. Without oxygen, tissues die. The effects of nicotine contract the arteries, the effects of carbon monoxide rob the blood of oxygen. The ability of the lungs to oxygenate the blood becomes progressively poorer, and the constant invocation of the fight or flight syndrome causes the blood supply to the extremities to be restricted. The immune system is repressed

and struggles to cope with the constant ravages that are being inflicted on the body. Without oxygen, tissues die! Mortification of the flesh sets in, gangrene. To save a person's life, the surgeon has no option but to remove a leg, perhaps both. What is the quality of life now?

## ***Sexual concern***

Smoking attacks the very building blocks of life, the DNA. It attacks the eggs in the ovaries and it destroys sperm, reducing the count to levels where the chance of fathering healthy children is reduced and the danger of damage to the foetus is increased.

Sexual potency of smokers decreases more rapidly with age than that of non-smokers, and similarly the incidence of impotence is also more prevalent. Smoking increases the ageing process, and a fifty years old smoker is as old physically as a seventy years old non-smoker. Women who smoke during pregnancy are poisoning and depriving their baby of oxygen whilst it is growing in the womb. The growing life inside the mother is reliant on a supply of nutrient-rich, well oxygenated blood in order to grow to be healthy. Babies born to women who smoke are generally smaller and are more susceptible to respiratory infections. Their development is slower and they do not do as well at school as children who are born to non-smoking parents.

Any mother who deliberately laced her child's food with arsenic and hydrogen cyanide, or fed nicotine to that infant, would be adjudged some sort of monster and guilty at the least of child abuse, if not murder. For a woman to carry a child through pregnancy with full knowledge that her smoking habit is damaging her baby, that she is depriving that child of oxygen and feeding it lethal poisons, has to place her in a position whereby she could be adjudged guilty of prenatal child abuse.

The incidence of placenta separation is much higher in mothers who smoke, and the figures for miscarriage tell their own sad story, and a child born to a smoker is born addicted to nicotine and will be less content than a child who has been spared that fate.

High blood pressure is a well known risk that women face while carrying a child so, as smoking raises blood pressure, it is not a positive start to a pregnancy if the mother smokes.

With our bodies we enjoy the good things that life has to offer, and sexual relations play a huge part in the interaction between us. It is one of the joys of life, and the importance cannot be under-estimated. To be a good lover it is necessary that we are the best and healthiest that we can be but how can we give of our best in that way unless we ensure that we look after our health, giving ourselves the best chance of remaining fit and virile. Smoking hardly achieves that!

A non-smoker is aware of some things that a smoker is not aware of. One of these is his ability to detect the smell of stale tobacco the instant a smoker comes into olfactory range. That smell permeates everything, hair, clothing, furnishings, and a smoker's breath can be very unpleasant.

Smokers are not welcome in many places now. Theatres, restaurants, buses, trains and planes all seek to ban smokers from their facilities. A smoker inhales just fifteen percent of the smoke from his cigarette, while the rest goes into the atmosphere so that others are subjected to passive smoking, without choice and may even find their clothes and hair also tainted with the smell.

Research in the USA during 1995 revealed that one carcinogen that exists only in tobacco smoke can be detected in the urine of non-smokers after exposure of just 90 minutes to conditions which are typical of a smoke filled room. In 1988, four hundred and thirty four thousand early deaths were attributed to the effects of smoking. Thirty thousand of these deaths were passive smoking related. If you are a parent and you smoke, then your children are 'passive smokers'. They will suffer an increased risk of asthma and other respiratory conditions.

British medical research shows that, in a study of male doctors who smoked between 1951 and 1994, the death rate in middle age was three times higher than those who never smoked. Approximately fifty per cent of smokers die from causes which relate directly to their smoking. Each time a smoker lights up a cigarette,

that part of his subconscious mind that still tries to warn him about the dangers is overpowered by the part that wants to keep him smoking. There is usually a pang of guilt present but unfortunately ignored. At least now filters are fitted to many brands of cigarettes in an attempt to filter out some of the poisons so some smokers will live just a little longer. However, statistically each cigarette reduces life expectancy by six minutes.

It seems incredible that our smoker, faced with all these facts, nevertheless continue to smoke. These facts will be accepted at a conscious level, but we need to effect changes at the subconscious level for him to view the situation differently. The subconscious smoker is determined not to alter what it considers to be necessary for survival. In some cases, of course, with sheer effort of will, a smoker will give up, but those who come to the therapist's office recognise a need in themselves for help in achieving their goal. It may be that the need is for a formalised ceremony, ie the therapy session, that will mark the end of one era and the beginning of a new one.

I would submit that there are those for whom the therapy session is just a confirmation of the decision already made and that they have indeed already achieved their non-smoking status before they reach the office. But they have identified a need within themselves for the formal ceremonial that is the therapy session. We, as therapists, should be careful here and be aware of the forces that have maintained the client's smoking habit and aware of the nature of the subconscious 'part' to use every trick in the book to carry out its purpose:

*"In this initial period when you are seeking to consolidate changes in your behaviour associated with ceasing to smoke there may be a voice in your head which says: 'It's OK to have a cigarette, just one won't hurt you.'"* (Citrenbaum, King & Cohen 1985)

The therapist must conduct the therapy with much expertise, having gained information as to the nature of the client's addiction, hopes, fears and aspirations. And it is now that I address the content of the therapy session with regard to the nature and style of effective interventions with due consideration of the nature of the subconscious forces that we are seeking to change. The

information so far provided in these pages will enable the therapist to dissect the client's smoking habit, and confront, with clarity and irrefutable facts, all the myths and misconceptions which the client is likely to put forward.

As therapists we present ourselves as experts in what we do, so it is necessary to be well informed about the dangers we are seeking to help our client avoid. With the client formally hypnotised there are a number of approaches that we can use to deliver the interventions that are designed to effect the changes that will help him to achieve the aim of the therapy.

In order to determine the most effective approaches, we will have been using our powers of observation during the time we have thus far spent with the client. There is so much that we can learn from being an acute observer. It may be that the manner in which a person conducts himself will give us a clue. A person with a military background, for example, will conduct himself in a manner which is precise and ordered, his bearing in accordance with the conditioning that we recognise as being military.

Perhaps this person will respond to a very direct approach. Accustomed to taking orders from his superiors, he may well see the therapist as a figure of authority. 'You will not smoke' is an order that must be obeyed. Every client brings with him much information that the observant therapist can identify and use.

I remember well a young man of twenty four years who came to see me for smoking cessation. He was a Royal Marine Commando and very proud of the elite body to which he belonged. In the preamble it was established that he placed great store on teamwork and being able to rely on his comrades in arms and to have them confident of relying on him.

I asked him to visualise a scene where he was on parade with his company. I told him that he was to address the parade and explain to his comrades that he would no longer be part of the team. He had been declared unfit because of his smoking habit and was therefore no longer eligible to be a Royal Marine Commando. The effect of this strategy was dramatic. This tough marine who had seen action in the Falklands was in tears and completely



distraught. I then asked him to access the part that had been responsible for his smoking habit and addressed the matter of what smoking had achieved for him. It helped when bored, was the answer. The reframing approach was the obvious strategy to use as I asked him if he found the observation duties that he had told me about earlier to be boring. He had been obliged to hide and observe enemy positions for considerable periods of time. He said that it was cold and wet and ‘balls aching’. I asked him if he had found his smoking to be a help at that time. ‘No way! I did not want to give my position away.’ ‘So not smoking perhaps saved your life at that time?’ He agreed with me that to smoke would have been suicidal. ‘So what would you consider a good way to alleviate boredom and ensure that you remain healthy and fit that is more beneficial than smoking?’

This is of course just one example of many, and the direction taken was dictated by the unique individual situation. It is most important for the therapist to be ever ready to step off the well worn path and allow his own subconscious instincts to dictate the direction in which the therapy should proceed.

*‘You will be intensely aware of the enemy that is tobacco, no longer camouflaged, his position detected and clearly marked. You are aware of the danger to health and life that smoking represents, aware of your duty to ensure that all is done to preserve your ability to carry through your duty. You have no desire or need to smoke.’*

The use of metaphors to imbed suggestions is more effective as the message in a story is assimilated at a subconscious level. A story does not need to be truthful or factual; it is simply a vehicle for the message that we wish to convey, and everyone loves stories. There is a beneficial effect for the client. Each of us will relate the story to our own experiences, and in this way beneficial changes can occur in our lives.

As we formulate our approach to therapy, it is necessary to consider other factors that have been at work to keep the smoker smoking. These include strategies that his subconscious has employed to justify his continued smoking.

The message on the pack of cigarettes says, 'Smoking can seriously damage health'. Each time a smoker reaches for the pack he is aware of the message, but still lights up, disregarding what should be sufficient warning to prevent him. If we see a sign on the beach that reads, 'Dangerous currents. Do not swim', does that not ensure that our common sense will prevent us from taking the risk?

What we are seeing here is the subconscious strategy of dissociation, or denial – The 'it won't happen to me' syndrome. Though the smoker is consciously aware of all of the dangers to his health and even perhaps despite warnings from his doctor, his subconscious tells him that he will be fine, or that just one cigarette will not hurt. It may even give the message that it's too late now, or that it doesn't matter, or that the doctor is just trying to scare him.

How often have I heard the story, 'What smell? I can't smell anything' or 'I don't smoke many', and the person telling me that is sure he is telling the truth. To him each cigarette smoked is 'just one that won't hurt'. Previous cigarettes have been conveniently forgotten and discounted. Reality is thus distorted and truth denied as the 'smoker' part continues its task with great ingenuity and invention.

I remember a story told to me by a fellow hypnotherapist who, whilst attending the funeral of an old friend, was drawn into conversation with a man who chain smoked his way through the service and the internment.

The therapist remarked in a kindly fashion that the amount of cigarettes being smoked must be costing a fortune. The smoker replied that he needed the cigarettes to help him through the anxious time of losing his father whose funeral it was. He claimed that the cigarettes calmed him. His father had died from lung cancer a few years after losing a leg to the surgeon's knife, all attributed to his smoking.

His mother who was also at the funeral of her husband was suffering from arteriosclerosis and the beginnings of emphysema, and yet she too demonstrated how much she needed her nicotine fix. The powerful urge to continue smoking certainly demands our

respect in its ability to completely ignore such dire warnings. What must the 'subconscious smoker' part be telling a mother which so powerfully ensures her continuing to smoke and poisoning her unborn baby? How does she dissociate from the truth that is so apparent? It does not fall within the realm of rationality because it is irrational. The secondary gains even though completely non-beneficial are able to override the factual evidence. 'Don't bore me with facts. I have made up my mind.'

Maladaptive coping mechanisms that are indicative of deep seated emotional problems may need to be addressed before the client is even accepted for smoking cessation therapy. To a great degree the success of therapy depends on the screening of clients by the therapist and the rejection of those who really are not at a point in their life where there is a reasonable chance of success.

The client, who is also a heavy drinker, has a diminished chance of success in quitting smoking because of the effect of alcohol in lowering inhibition. I would suggest that both situations need to be addressed together. The client needs to understand that, if he wishes to stop smoking, his drinking must be reduced to a level that will allow for a greater chance of success.

This may seem a little harsh to some therapists who are just beginning in practice and who wish to see as many clients as possible. However it will benefit the therapist if those who are not suitable for therapy are screened out as they will appreciate this honesty and professionalism. Very often the client will accept the decision and seek help for the underlying problem, and when this has been resolved this will lead to an opportunity to help them successfully to give up the smoking which has been part of their maladaptive coping mechanism.

The smoker who declares the right to do what he wants with his own body is a typical example of how powerful denial can prove. He will steadfastly insist that smoking is one of his life pleasures and that there can be no reason to listen to the killjoys who just want to control him. He will demand the right to smoke on trains and planes, in restaurants and cinemas etc, in a crusading manner bordering on the obsessive.

What he is in fact saying, prompted by his own subconscious smoking mind, is that he cannot do without the pleasure that is perceived. The truth is that he cannot cope with the uncomfortable consequences of ceasing to appease his own 'subconscious smoker' which will make him feel so uncomfortable through the cravings and withdrawal effects that it can create. The opposite of pain and distress is pleasure and calm security, regardless of the reality of the consequences which are dealt with through dissociation tactics. The result is an overblown often vehement defence of the habit:

*"Methinks he doth protest too much." (William Shakespeare, The Merchant of Venice)*

The 'subconscious smoker', with its back to the wall, is going to use every trick in its armoury to provide both physical need and then justification for the smoker, now trying so hard to quit, to continue. It cannot be denied that, in order to beat the habit, the gauntlet of withdrawal symptoms will have to be run. The voice will say something like, 'Go on. Just one will help you to feel better so that you can really make the effort later', or 'Just one will not hurt. After all you have managed to stop for four days now and that proves that you can stop when you want to' or 'It's easy to stop, but right at this moment, there is no need for you to prove it, and nobody will know'.

There is a school of thought that says to stop smoking abruptly is the wrong way to tackle this problem, that it is far better to taper off slowly and then eventually stop. I cannot agree with this at all. This just prolongs the period of discomfort. If the 'subconscious smoker' is getting less than it needs, then it will increase its demands as the levels of nicotine decrease.

The smoker who tries a smaller or lower strength brand of cigarette, only to find that he needs to smoke more cigarettes than before, proves this. The demands for nicotine will remain at the same level, thus an increased consumption is likely to be required in order to satisfy the same craving.

Athletes do not smoke. The demands for peak physical performance have completely negated the myth that the body can still function optimally when subjected to abuse.

Smokers become out of breath when indulging in physical exercise and, in order to ensure that they are not reminded of this, they modify their involvement and do not generally indulge in those activities which demand a fully functioning respiratory system. Smokers do not take the stairs, they take the elevator, for the same reason. This can be seen as a learned response to an anticipated unpleasant experience.

I well remember one man in his early thirties telling me that he had smoked since the age of thirteen years and felt absolutely fine. I explained to him that he was not in any position to judge whether or not he was in fact fine, as he had no experience of getting older without the effects of his smoking habit. If you haven't had it, you can hardly miss it. It had never occurred to him to consider his own situation in that way.

## ***Associations***

In the same way as the 'subconscious smoker' denies that which does not suit its purpose, it also uses prompts to ensure that the habit continues. We form habits through repetition which then becomes a process of association. We associate a hammer with a nail, bread with butter, and bat with ball. These are useful associates and cannot be seen as dangerous in any way. Our subconscious employs this technique in order that we can put things into logical frameworks.

But the 'subconscious smoker' utilises this simple device to much more sinister ends. It tells our smoker, 'The car will not start without a cigarette' or 'A meal is not complete without a cigarette'. A pint of beer can be linked to a cigarette. It can be interesting to watch a smoker who has just finished a meal. The plate is pushed away, and a glazed look comes over his face as he goes into a trance during which a packet of cigarettes is pulled from his pocket, a cigarette is placed in the mouth and then lit. There is no conscious awareness of the whole of this process, it is purely subconscious.

The telephone is a favourite. Many people do not have the ability to answer a telephone unless they have a cigarette. Each time the

phone rings the 'subconscious smoker' is saying, 'It's time for a cigarette.' It delivers the same message when the call is outgoing, the telephone system is useless without that most integral of components. You will not put on weight if you smoke. Okay, tobacco does suppress the appetite. Its effects suppress the whole of the digestive system. The truth is, of course, that if you eat more than you need you will put on weight as a natural consequence. An element of paranoia can creep into the proceedings, and a well-timed remark as to any weight gain will provide a powerful incentive for the reformed smoker to take up the habit again. Smoking damages our health and kills us much more effectively than food. Smokers who are aiming to quit should be aware of the need for balanced nutrition.

Because people drink and smoke at parties, the association with having a good time and smoking is easily established. It really is amazing to me that people who have stopped smoking will come to me with the story, 'I was at this party, and a group of my friends were having a whale of a time, cracking jokes, drinking and smoking. I felt really left out of things because I was not smoking with them.'

The smoking was, in this situation, a means of establishing a bond between friends, and the giving of a cigarette to a friend conveys acceptance as one of the group. Suddenly that bonding element is no longer present, and the 'subconscious smoker' sees another opportunity to make our reformed smoker feel bad. 'You will feel so much more comfortable when you are joining in with your friends. Just one won't hurt, and you can stop again tomorrow'. Craftier than a barrel of monkeys and more dangerous than a rattlesnake is the true nature of that friendly enemy!

How is it that the hands on the ends of your arms can feel so clumsy and obtrusive? A cigarette gives you something to do with your hands. So why not a pen, a rubber ball or a haddock? The whole idea of a cigarette as a prop to help with confidence is nonsense and can easily be seen as just that, but the 'subconscious smoker' has its way of delivering such nonsense in a manner that has one purpose in mind, to maintain the smoking habit and thereby its supply of nicotine.

## ***Formatting the therapy session***

I am not shy of using scripted material in the correct context. It is useful to have at hand a form of words that can be used to address various therapeutic goals. The key is adaptation and utilisation. I have with me at all times a special book of plastic loose pockets into which I slip many carefully worded pieces to which I can refer as required. If I wish to create a particular visualisation, it is easy to flip to that page and then, using the frame of the script, adapt it to my particular client. It ensures that the semantics employed are those which have been considered.

In the following section I will work through a session with a client. This session is actually composed of an amalgamation of many. With the purpose of demonstrating to the best effect the use of various strategies and techniques. The main elements of reframing, of imbedded and of direct suggestion coupled with visualisations and suggested experience, are all incorporated in this session.

# Smoking Questionnaire

*I include for guidance a copy of the questionnaire that I normally use with my clients. I suggest that you leave your client alone for about ten minutes to ensure that each question does not provoke a time consuming verbalisation of his experience. Once completed, you, the therapist, can then choose which elements of the questionnaire to expand upon, remaining in control of the session. To a significant degree, the questionnaire is useful in that it does help to concentrate the thoughts of the client on what is important.*

Name: \_\_\_\_\_

Age: \_\_\_\_\_ Marital status: \_\_\_\_\_

Occupation: \_\_\_\_\_

Is your work stressful? ☐ No ☐ Moderately ☐ Very

Partner's name: \_\_\_\_\_

Age: \_\_\_\_\_ Children: \_\_\_\_\_

Do any others in your family smoke? ☐ Yes ☐ No

How many cigarettes do you smoke in a day? \_\_\_\_\_

At what age did you start smoking? \_\_\_\_\_

Why did you start?

- ☐ Peer pressure.
- ☐ Rebel against authority.
- ☐ To appear more adult.

Other: \_\_\_\_\_



What do you get from smoking?

- ☐ It relaxes me.
- ☐ It helps me to concentrate.
- ☐ It's an excuse for a break.
- ☐ It gives me a confidence boost.
- ☐ It's a prop.

Other: \_\_\_\_\_

When do you smoke?

- ☐ On waking.
- ☐ At breakfast.
- ☐ With tea/coffee.
- ☐ After meals.
- ☐ Driving.
- ☐ On the phone.
- ☐ At work.
- ☐ In bed.

Other: \_\_\_\_\_

What frightens you about smoking? \_\_\_\_\_

\_\_\_\_\_

Do you know someone who has died from a smoking related disease? ☐ Yes ☐ No

Do you know someone who is ill now? ☐ Yes ☐ No

What is important to you? \_\_\_\_\_

\_\_\_\_\_

Who are you important to? Why? \_\_\_\_\_

\_\_\_\_\_

Has your doctor mentioned your smoking? ☐ Yes ☐ No

Have you had any worrying symptoms? ☐ Yes ☐ No

Do you have any health problems?

- ☐ Heart problems.
- ☐ High blood pressure.
- ☐ Diabetes.
- ☐ Asthma.
- ☐ Ulcers.

Other \_\_\_\_\_

How long do you want to live? \_\_\_\_\_

Why? \_\_\_\_\_

\_\_\_\_\_

Who is responsible for your health? \_\_\_\_\_

What will you be able to do as a non-smoker that you could not do before?

\_\_\_\_\_

\_\_\_\_\_

What will you do with the money that you save? \_\_\_\_\_

\_\_\_\_\_

Do you really wish to commit yourself to stopping smoking?

☐ Yes ☐ No

What is stopping you? \_\_\_\_\_

\_\_\_\_\_

Observations: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# *The Hypnotherapeutic Session*

*The following format represents a framework within which to work. I use information gathered from the client, along with various techniques and strategies to implement the therapeutic changes necessary for a successful outcome for the client. It is important to stress that this forms only a framework; aversion techniques are fine and are extremely effective with some clients, but not all. Great consideration must therefore be given to the client's attitude and feelings so as to ensure that the session is effective without being offensive or causing undue stress.*

That's fine (*client's name*) ... You are doing so well ... and perhaps you can recognise just how comfortable you can feel as each breath that you take allows you to drift even deeper into trance ... You have co-operated so well with me, and it really is a pleasure to work with someone such as you who can believe that the success of your therapy will be assured as you continue to listen to the sound of my voice and those things which are so important to you.

It can be a relaxing experience to discover that you have been aware all along that you know of the real reason for your smoking ... It is that addiction to nicotine that seemed so strong yet now is overpowered by your commitment and your total determination as you cast off the need and the desire for all tobacco products ... All that is left is a habit problem ... You have no need or desire to smoke ... you know that ... so it will be easy ... It is now you versus tobacco and you will easily win because you are stronger than any habit created by your own mind could possibly be.

You have continued to smoke ... because you have been doing it unconsciously ... but from this moment forward you will be aware of every moment of your smoking ... The instant that you reach for a cigarette you will be intensely aware of that cigarette, and if you begin to smoke it you will be aware of all the good reasons for giving it up and all the negative and painful consequences of your smoking.

You will become disgusted with the smell and the foul taste that your subconscious will remind you of ... as it reminds you now ... that taste and noxious smell ... so long ignored and now so powerful as not to be ignored or denied. When you are fully aware of your smoking ... it is no longer an unconscious habit; you are doing it on purpose and that is not the same.

You already have no need or desire to continue smoking ... this you know ... so stopping smoking will be easy ... it will be effortless. There will be no struggle with willpower ... no guilt of smoking ... Your new and powerful awareness may make you bored with smoking ... disgusted and annoyed ... You will have no desire or need to smoke at all.

That foul taste and smell will remind you of all of the good and healthy reasons for giving it up and you will find it easy to give up those things that you do not like ... **You do not like to smoke and so you are giving it up ...** You are giving it up **now** ... not tomorrow ... not next week but right now as of this second you are giving up all the pain and the guilt of all the negative aspects of smoking ... You now choose life ... good health and happiness and you have no need or desire for tobacco products.

Now (*client's name*) I can accept that there is a subconscious part of you that wants to smoke and that part has my sincere respect ... It can appear so powerful ... and despite the fact that you want to stop smoking ... It will quit only when it is ready to do so.

*Reframe.*

I want you now to go deep inside your own mind and as you go deeper with every breath ... I wonder how quickly you can in the next minute ... experience that part of you that I will call your 'subconscious smoker' which has been responsible for your smoking. Perhaps you can ask your subconscious to allow me to be aware that it is allowing you that experience by lifting the index finger of your right hand.

*Touch finger ... ideomotor response.*

Of course ... I appreciate that this co-operation may be something that it will wish to keep private and that is fine ... Please just continue with that understanding ... I do not know just how you will experience that 'smoker part' of you that believes that you need to smoke ... or what special language will allow you to enjoy that special communication with that part in some way that is safe and comfortable to be experienced by your conscious mind ... as I ask you (*client's name*) to seek the answers to some important questions that you need to understand in order to achieve your goal.

As you listen to my voice ... concentrate intently on that internal communication that becomes so clear as you recognise now that part of you has been keeping you smoking because of some benefits or pay-offs ... I would like you now to ask your 'smoker part' to tell you now of the pay-offs and benefits of your smoking. I understand that the behaviour of that 'smoker part' has caused you to suffer negative and unhealthy consequences ... but I want to suggest that you now re-assess your understanding of your smoking to realise that the intention of your 'smoker part' has been to help you or to benefit you in some way.

Now (*client's name*) ... please take some special time and go deep inside to your inner mind and become aware of the pay-offs and benefits that are associated with your smoking. Has smoking helped you to get something that some part of you wanted? ... Perhaps attention from family or friends? Has smoking helped you to avoid something that part of you would find painful or uncomfortable? ... Perhaps intimacy? ... Again I am asking you to continue with the assumption that your 'inner smoker' has continued up to now because it has helped you or benefited you in some way ... so ... please become aware if it is comfortable and safe for you to have this awareness of how your smoking has helped you.

*In your notes there may well be something specific that you have observed that can be now suggested for consideration.*

Now keeping these pay-offs and benefits in mind ... I want to suggest to you (*client's name*) that there are alternative ways of experiencing or of perceiving that can provide you with all of those pay-offs and benefits that smoking has provided for you in the past ... but be so much healthier for you.

Now (*client's name*) ... please take some special time and go into your mind. As you go deep inside I would like you to allow that part of you which is so creative ... that can provide solutions to problems with your best interests paramount ... to construct some alternative behaviours that you can easily substitute for your smoking that will provide all of those pay-offs and benefits that smoking has provided for you in the past.

I want you to take all the time you need within the next two minutes to check with that part of you and all other parts of you that these new alternatives seem acceptable and are seen to be acceptable ... sound acceptable and feel acceptable to that part and to all parts of you ... If you experience anything which appears to be a 'No' signal such as increased tension or irritability in response to your new alternatives ... then that is okay ... you will need to go back inside your mind perhaps even further to where acceptable new alternatives can be generated ... Perhaps you may need to take into account some benefits or pay-offs that you were not aware of before. If your alternatives are okay ... then you can proceed with what we call 'future pacing'.

Please go back into your inner mind again and allow your imagination to show you yourself in those places ... those times and those situations where you have smoked in the past ... See yourself now aware of and utilising your new alternative patterns of behaviour that your creative mind has constructed for you. See yourself on the phone ... not smoking ... finishing your meal ... not smoking ... driving your car ... not smoking. Imagine yourself in these and all other contexts where you used to smoke ... using all your new and healthier alternatives.

If you experience any difficulty ... it may be necessary for you to go back and generate more suitable alternatives. Perhaps you need to take into account some future context that you have just become aware of.

If you have successfully imagined future contexts using your new alternatives ... then you have successfully completed this re-framing process.

I would like to suggest that you now thank that part of you for its beneficial communication and express your appreciation for the healthy work that has been done as I too express my appreciation. I can understand that you may not be consciously aware of the work that has taken place but you can know that your subconscious is fully aware and may even have taken the opportunity to do some work for you on other habit problems that you may have and you will be pleasantly surprised when you discover that you find it so easy to conquer other habits.

I want to congratulate you (*client's name*) ... on the excellent work you have done ... and now as you listen to my voice ... you can find that you can concentrate on that sound ... concentrating to a pinpoint as all other sounds fade into insignificance ... As you now allow yourself to enjoy the peace and tranquillity of that special place that is yours ... where you can be so **relaxed** you can recognise those signs of hypnosis ... heaviness of legs ... of arms ... a feeling of calm and of security.

You will forget about cigarettes altogether ... You have no need to buy them because you have no need to smoke them ... and so you will enjoy the special things that the money saved will provide for you. (*Give example, eg a holiday that he may have mentioned*) You have given up all the things that you don't want ... and you look forward to all those things that you do want. You know that you want to stop smoking and you know why. That reason forms clearly in your mind and should you ever through momentary lapse or childish impulse ... ever put a cigarette to your lips again ... your subconscious will provide you with a disgusting and powerful reminder of the harm to health ... the powerful stench and the nauseating taste of stale tobacco ... not to be ignored or denied. You will be aware of a powerful compulsion to break cigarettes in two and scatter the tobacco to the wind.

**If ever you accept an offered cigarette ... then you will break that cigarette in two and it will remind you of all the bad things you are giving up and of the good things that are in store for you as a natural non-smoker.**

## ***Self-hypnosis tuition***

As you are so **relaxed** and so comfortable now ... feeling so very positive about your success in stopping smoking ... I want to teach you self-hypnosis that you can use any time that you need to or want to.

In a moment I am going to have you open your eyes and then make a tight fist with your right hand or your left hand ... Whichever you choose is fine ... I want you then to count from ten backwards to zero as you concentrate on the tightness of that hand ... With each count the tightness will loosen more and more and by the time or before you get to zero ... all of that tension will have disappeared and your eyes can close as you drift back to that comfortable state of hypnosis where you are right now.

Okay (*client's name*) ... open your eyes now ... Now make that fist with your right hand or your left hand and concentrate on that tightness ... Concentrate on the tension in that hand as you begin now to count backwards from ten to zero aware of that tension as it diminishes with each count ... Try to get all the way back to zero before that you find that all that tension has gone and your eyes close ... (*Wait until the eyes close*) That's right ... relaxing ... releasing just letting go completely ... drifting into that trance state ... where you really can go into your mind and ask that it does all those things that it can do for your highest good ... aware that there really is no need for you to make the effort to try to beware of how it does those things for you ... or to remember any or all of what is said or not said here as you rest so quietly there ...

*Suggestion for amnesia.*

That's good (*client's name*) ... You have all that you need ... patience ... determination and commitment to those things that are for your highest benefit ... You can just make that fist ... make that count ... as you utilise your own ability to go into hypnosis ... You can utilise that ability to strengthen your resolve and your commitment as that person who has no desire and no need to smoke and you will, will you not?

*Await response.*



You are doing so well (*client's name*) ... It really is a pleasure to be able to work with someone who is so committed and who co-operates so very well with me.

I would like to ask you to ask your subconscious to help you now with an ability that you have to look forward in time ... that ability that you have to imagine just what it would be like if this happened or that did not happen ... I would like you to see yourself in a familiar place ... it could be your own front room ... in your garden ... it does not matter at all where as long as you also experience you being amongst all those people whom you love and who love you and rely on you to be there for them. Here in that place see your family. (*Give names of close family ... children etc.*) They are all here gathered from far and near ... They have come here because of what you have to tell them.

*Begin now to harden your voice.*

You have to tell them that despite all of the warnings from your doctor and those who want so much for you to stop smoking ... you have some very bad news. Hospital tests have shown that you have contracted cancer ... something that could never happen to you. You made the choice to ignore the good advice and the wishes of those who care so much for you and now this horrifying disease has progressed so quickly and is now so far advanced that there is little if anything that medical science can do for you ... Your days are numbered and perhaps you have just months to live ... Soon you will be gone, your life ended prematurely like so many before you ... I want you to tell them now ... and as you tell them this dreadful truth ... tell them just who is responsible ... watch their faces ... see the shock ... the disbelief ... the horror and then the grief and the anger too. An insidious habit has robbed you of your life and those who care for you and rely on you ... of that person who is so very special to them.

*Pause.*

How do you feel?

*This utilisation of shock/aversion tactics can be specifically tailored to the person using the information that you have gained from your observations.*

*The grandmother who is not allowed to hold her new born grandson ... or the uncle or aunt who is asked to keep away from little Johnny whose asthma will be aggravated by the smell on their clothing and in their hair. I am sure that you can come up with some useful variations on this theme.*

*Soften your voice now.*

Those who love you and care so much for you will be pleased that you have made a commitment to yourself to quit immediately that destructive and foul habit ... taking for yourself that complete responsibility for your own health and your own life.

I wonder now just how good you can feel as you feel that growing expanding awareness of the importance and significance of the decision you have made and the commitment to take in full the responsibility for your own health, for your own life and happiness ... and you can feel justifiably proud of that achievement that is yours as your confidence in your ability to take charge of your own life ... to set that good example to those who look up to you and admire you ... and all of those things that are so important ... grows stronger and stronger with every day ... as you grow better and better and better with every moment of each new day of your life.

You are a **natural non-smoker** ... You are pleased and proud to be the person that you are ... That positive image becomes complete and you accept yourself without question ... without condition as a natural non-smoker ... You find it difficult now to even remember to try to recall the feeling of wanting or needing or enjoying a cigarette ... the image is complete and has become an integral part of **you** making a deep ... vivid and **permanent** impression on your perfect subconscious mind ... You look to the future now ... calm ... confident ... optimistic as you eagerly anticipate all the good and positive things that are in store for you ... You realise that the past is past ... the habit ... the harm and the memory of smoking

belong to the past and you firmly close the door to the past ... along with any doubts or fears ... guilt or self-limitations.

Looking always to the future ... each new day is a new step towards the realisation of your goals, your hopes and aspirations ... a new step towards the attainment of your highest and true potential.

In a few moments it will be time for you to return to full awareness bringing with you a feeling of balance and of calm confidence in your own capacities and capabilities ... a knowing that you have a special knowledge of all your special needs to eat wisely ... to exercise moderately and safely and to practise regularly your ability to use self-hypnosis and recognise the good counsel of your own inner mind ... your own wise inner advisor. You recognise that there is no need at all for you to remember all these concepts ... They are now a vital and integral part of your inner mind that serves you in all things ... reflecting spontaneously and dynamically in your natural behaviour each of these ideas ... positive suggestions and ideas ... because they come from a fount of knowledge and self-understanding deep within the very essence of the person that you are.

*Trance termination.*

# *Reasoned Intervention*

Nothing is completely new, just revamped and sometimes improved. Recognising that a hammer is best used to drive in a nail as is a screwdriver to drive in a screw, is imperative. If all you have in your toolbox is a hammer, then everything can appear to be a nail. Sadly there are still some people out there who continue to trot out the same tired old techniques. A GP will continue to prescribe a particular drug for a recognised ailment, but for the GP it is good practice, as the condition he will be treating is usually specific and its course predictable.

As therapists, however, dealing with the symptoms produced by anxious and maladjusted subconscious processes, we do not have that luxury of specific diagnosis and treatment. There are no textbook cases for us, and a smoker is not just a smoker. He is a unique human being who for reasons of coping with elements of his life has established a perceived need to smoke. It is because we are not always privy to the reasons that are the causative events that generate the presenting symptoms, that I place so much value on the specific reframing technique developed by Richard Bandler and John Grinder, for the work of change may well continue unseen and unheard by us therapists but with undeniably beneficial effects as the client is guided to invoke the power of his own subconscious mind to achieve desired therapeutic change.

Whenever a client appears at a therapist's door, he comes with certain expectations. He may have been recommended to come by a friend who has successfully stopped smoking with the aid of hypnotherapy. 'Go and see Roger Allen. I did and I haven't smoked since', may be what prompts him to make the telephone call to set up an appointment. It is not unreasonable to expect that, because he has been told that Roger Allen is the best, he will stop smoking as soon as Roger Allen has worked his magic.

There is a school of thought that tells us that we should not encourage these misconceptions about hypnosis or the 'power' that we have to affect the lives and habits of people. I would venture this

thought for consideration, **'If it works, why fix it?'** Looking back through the annals of time we see so many examples of the ways in which the beliefs of people can manifest themselves. The shaman and the witch doctors have utilised the belief systems of their subjects with documented effect. To be precise, 'If you believe it will work, then it will work'. Another phrase that springs to mind is 'self fulfilling prophecy'. I would not advocate deliberately creating an unrealistic expectation, but who of us can say that it is unrealistic if, armed with that belief, a client undergoes therapy and the desired result is achieved? Does it really matter?

So often I have found myself faced with a client who tells me that hypnosis is magic and will provide the solution to his problem. My immediate impulse is to educate this person, but over the years I have learned to carefully consider what is my role. Am I there to provide instruction in the truths and otherwise of hypnosis or am I there to utilise the material that my client is supplying me with? If the therapy is successful, is it because the client believes, and if not successful, then perhaps he did not believe enough? I can appear to be a nice guy, taking the time and the trouble to persuade this person that his perception is flawed and that the magical effect will just not happen. Have I reduced the chances of successful therapy by proving how well informed I am, or have I perhaps just massaged my own ego?

Much of the effectiveness of hypnotherapy has to be accepted as a placebo, but how much I do not know. Let us all accept that hypnosis is a potent tool in our efforts to effect therapeutic change and for whatever reason be grateful that it does work and that lives change, become more meaningful and problems can be resolved.

If the belief system of a client is flawed and as a result adversely affects the quality of that person's life then the changes that are necessary are not in education, but in changes of perception at a level where it can produce symptom eradication in a situation where that symptom is considered to be a maladjusted response that produces more harm than good. We know that all our smoker clients are consciously aware of the harm that they do to themselves and we are also aware that it is not just by educating them about the damage to their health that will help them to stop, but that reframing of their perceptions is what is necessary.

I find that the most common concern expressed has to do with 'control'. Can I, using hypnosis, take control of my client's mind? This question of course stems from misconceptions that are the result of stage shows where it really can appear that the hypnotist is controlling the minds of those who are his subjects.

With some basic training in the nature of and the value of hypnosis as a therapeutic tool, it will be realised that hypnosis is not something that we 'do' to someone, but rather that he does in response to our suggestions. If he chooses to resist our suggestions, then hypnotic trance is not achieved. The hypnotist can only utilise the ability of the client to achieve a state that we term hypnotic trance with his compliance and co-operation.

I would usually answer the question, 'Can you control my mind?', with something in the manner of, 'My bank manager doesn't seem to think so!'. The question is answered, but the final analysis is left to the client, and therefore the 'magical expectation' aspect can still remain to serve a useful purpose.

We need to enlist the trust of our client as early in the proceedings as possible. This is vital to ensure his full co-operation when inducing trance and continuing with the therapy session.

'Now (*client's name*), you may be concerned at your ability to go into trance. Well I would like you to know that you do have that ability and I am asking you to help me to use your ability in a very simple way. Provided that you just follow my simple instructions, there is nothing to stop you achieving a state of hypnosis. The only thing that can stop you is if you choose to resist, but you did not come here today for that, did you? It is true that everybody with an IQ of over 80 can be hypnotised and I can see that you are far cleverer than that so that is fine, is it not?'

If you, as a therapist, would like to have a better understanding of the use of the many strategies that can be employed to induce hypnosis, I would recommend that you buy a copy of *The New Encyclopaedia of Stage Hypnotism*. This is the work of the 'Dean of American Hypnotism', Ormond McGill, and contains the representation of a lifetime in the field of hypnosis.

## *After the Session*

Having terminated the trance, the client should be allowed a few moments to completely re-orientate himself then he should leave promptly as we do not wish to give him the opportunity to rationalise the session content.

I explain to him that, because of his smoking, he has accumulated many toxins and chemicals in the tissues of his body that need to be flushed out. I recommend that he drink plenty of fluid, at least an extra litre and a half a day, to get his kidneys working and to eat plenty of fruit or take vitamin tablets. Nicotine destroys vitamin C, and the immune system recovers so much more quickly if the client takes extra at this stage.

‘I want you to take an audiotape with you. This tape is designed to compound the good work that we have done here today. Listen to it at least once a day for a minimum of two weeks and, after that, if you need it. The tape will help to strengthen and renew your resolve and ensure that you do not become complacent.’ I also furnish the client with a leaflet on the subject. It relates the dangers of smoking in some detail and will remind the client of just why he is making this commitment to himself. The content of this leaflet, entitled ‘Freedom from Tobacco’, follows on the next page. It is reasonable to assume that the literature that is taken away from the office by our now non-smoker client will find its way into the hands of others who may well become new clients.

Having at this point been paid, it is time to encourage him to leave with the exhortation to call in after one week to, ‘let me know how well you are doing’.

# *Freedom from Tobacco*

The day that you gave up smoking will rate as one of the most significant of your life, if only for the fact that your life will be longer and of enhanced quality. It is a fact that smokers are now readily accepting the real threat of early death and a very significant reduction in their potential to enjoy good health and all the pleasures that can bring.

It is with our bodies that we enjoy the good things of life, and it has to be folly in the extreme to treat that body with less than the respect and consideration required. During your therapy session you had the opportunity to look realistically at what smoking has meant to you and to accept fully the responsibility that is yours to ensure that you do not deliberately poison yourself.

We began with finding out why you started smoking. Usually, and with only rare exceptions, it began with 'peer pressure'. Over the years the advertising of cigarettes has been targeted at the young. The suggestions that are levelled at those just at the gate of adulthood are insidious and cruel, levelled by people who have great power to ensure that their message is heard.

Their thought is for profit and profit alone without any consideration for the harm that they inflict on their fellow members of the human race. Cigarettes have killed more people in the twentieth century than in all the wars and conflicts.

Advertising suggests that it is 'cool' to smoke; that it is a mark of becoming more adult, more sophisticated. In our formative years we are in so much of a rush to become adult and we can be so naive. Remember the first cigarette; how foul it tasted; how dizzy you felt. Perhaps you felt sick? You certainly did not enjoy it, but in the drive to be seen as one of the crowd ... more sophisticated and adult, so you persisted and you became hooked.

So what happened? Why did your body become at first tolerant of your efforts to poison it and then dependent on your continuing to



the point of addiction? The chemical make-up of the body is balanced and critical. It is the job of the subconscious mind to ensure that all is well and that the necessary functions of the body are regulated. When the first smoke entered into your lungs, it carried with it a myriad of poisonous and noxious compounds. Some you are familiar with, such as tar and nicotine.

What of substances such as cyanide, arsenic, carbon monoxide, prussic acid, benzo-pyrene and ammonia, and then the chemical fertilisers and insecticides that were sprayed onto the crop? Cyanide – that grabbed your attention. Well it would, but what about nicotine? Are you aware that nicotine is one of the most poisonous substances known to man? The nicotine extracted from one cigarette, if injected directly into a vein, will kill you in seconds. It is enough to kill a horse.

Your body reacted to these poisons by trying to expel them as it made you feel nauseous. The dizziness was caused by the fact that you had deprived your brain of oxygen, and the coughing as your lungs' defence system became activated, trying to cough up and expel the foreign matter that was attempting to contaminate them.

It is the job of the subconscious mind to protect the integrity of the body and in doing this it will give you a reminder when you are feeling hungry or thirsty; it will let you know when you need to visit the toilet. It ensures that when you are asleep your heart and other organs continue to function. You have no need to be conscious of your heart beating, or that your kidneys and your liver are quietly doing their essential work. All is regulated and controlled for your benefit by your subconscious.

In an attempt to regulate and preserve the delicate chemical balance, the subconscious provided you with plenty of signals as it told you that you were poisoning yourself. Yet you persisted, and it came to the point where the subconscious became fooled into thinking that the new and noxious chemicals being introduced through the cigarette smoke were necessary for survival and now, in keeping with its function, messages began to be sent for replenishment whenever the level of nicotine dropped. Here we have the beginning of nicotine addiction.

These messages are the craving that is experienced which have encouraged you to light up another cigarette to preserve the new chemical balance now considered to be correct by your subconscious. In trying to do its best for you it was encouraging you to continue a process that causes great harm to every organ of your body. When you introduce cigarette smoke into your body, it reacts in the same manner as it would if you were confronted with something terrifying. The body goes into 'Fight or flight mode' as it prepares itself to deal with imminent danger.

The heart beats faster, respiration increases as the need for oxygen to the muscles and the brain increases. Adrenaline is produced along with lactic acid to increase the readiness of the muscles to respond with rapid reaction as you either fight or run from the danger.

**So many people have told me that a cigarette helps them to relax. It hardly seems likely!**

As these things happen the body also shuts down those systems that will not be needed during this period of increased readiness for survival action. The digestive system is not required so it is shut down, and the immune system is also not required during this time so it too is shut down. In normal situations of danger the period during which the body remains in the fight or flight mode is brief. When the danger is past then the body reverts to its normal relaxation mode, and there is no problem.

But when we continue to smoke there is no opportunity for the body to revert from the flight or fight mode to the normal relaxation. The stress is constant, and so the body remains on alert. Now smokers are in real danger. Those enzymes produced to enhance performance are not used in running or fighting and so remain as toxins within the body.

It is small wonder that those who smoke are more susceptible to disease than non-smokers. With their immune system constantly suppressed they do not have the ability to ward off infection, and so when the cold and flu viruses are about they are the first to fall victim and they are also the last to shake of the effects of the virus. Of course a cold is the least that need concern us.

The horror word amongst smokers, the word that none dare speak, is, of course, cancer. 'It won't happen to me. Cancer only happens to other people'. This is our subconscious speaking to reassure us because it really does think now that smoking is something we need to do to ensure that our bodily integrity is maintained with sufficient in the way of poison. Cancer is within us all if the production of new cells is somehow allowed to run out of control, and then the problems begin. What ensures that we avoid this is the functioning of an ever alert and healthy immune system. When our defences are down we are more vulnerable to attack.

**Vitamin C is important for the maintenance of the immune system. Nicotine destroys Vitamin C.**

Every organ of the body, including the brain and the skin, can fall to cancer, and smoking has to be seen as a major culprit in the body's inability to protect itself against this and many other killer diseases.

The heart of a smoker will beat an extra ten thousand beats a day as it strives to combat the effects of nicotine which is recognised as a vaso constrictor. The arteries narrow under its influence, and so the heart has to work so much harder to pump the blood around those arteries which are also subject to the effects of furring up as the filth and muck is pumped around them, causing arteriosclerosis. Increased blood pressure is, of course, the result, and with it comes the heightened risk of heart disease and heart attack.

Blood carries vital oxygen to every organ, every molecule and every cell of the body. Without oxygen, tissue will simply die. Mortification of the flesh sets in – to give it a name that is familiar – gangrene. Because of the effects of smoking the tissues furthest from the heart become deprived of vital oxygen and so, in order to save your life, the surgeon will cut off your leg – perhaps both. Where is the quality of life now?

It is the function of the lungs to oxygenate the blood. The airways that lead into the lungs are covered with tiny hair-line projections called cilia. It is their function to detect the ingress of any foreign matter such as particles of dust which they then propel back upwards to the mouth, thus expelling any harmful material. The

tar in cigarettes coats these tiny hairs with a thick sticky residue which causes them to become brittle, to break off or to lie flat against the walls of the airways. They are thus no longer able to carry out this so important defence function.

The chemicals within the smoke affect to great detriment the mucus lining of the lungs that is so important in the vital interchange of gases, carbon dioxide and oxygen. Tar and other materials pass unhindered down into the small air spaces called alveoli which make up the greater mass of the lungs and accumulate there. They remain there, and so the capacity of the lungs is reduced and consequently the ability to efficiently oxygenate the blood.

You will now understand why smokers get out of breath when tackling stairs or running for a bus. You may have seen the horror pictures of a smoker's lungs on TV, but then your subconscious helped you to dissociate yourself from that too. Remember, it really has been deceived into believing that it must ensure that you get your nicotine fix for your health. The effect of chemically altering the mucus lining of the lungs has an awful and debilitating effect for some as the lungs produce too much fluid and then begin to fill up. The people unlucky enough to be so afflicted begin to drown slowly in their own body fluids. Emphysema is a word that becomes for these poor souls a nightmare as they fight for every painful breath, an oxygen cylinder constantly at their side, with only one possible outcome.

It has been established that the effect of smoking can affect the genetic pattern within the sperm of the male and the eggs of the female, the DNA, the building blocks of life. It is also true that reproductive potency is detrimentally affected. Humans are sexual animals, and one of the main pleasures of life is that of normal sexual relations. The sexual prowess of a smoker will decrease at a much faster rate than that of a non-smoker. Thus in order to enjoy sex, it follows that we must be the best that we can be, fit and healthy, free of contaminants and poisons so that we can give of our best. That means being a non-smoker!

**Every cigarette that you smoke will rob you of up to six minutes of life expectancy. A fifty year old smoker is as old physically as**

**a seventy year old non-smoker. Such are the effects of poisoning your body day in, day out.**

You have already reached the conclusion that this is not your way forward and as you listen to the tape that is provided with your therapy, the message to your subconscious will be continually strengthened and compounded for your benefit.

Do not allow yourself to become complacent. The advice given is that you listen to the tape regularly for at least two weeks and at least once every day. I know it may be boring but so is death and disease, and remember too that this is a period of re-education for your subconscious as it re-learns to protect you from what it previously thought was right for you. Until this re-education is complete your subconscious will continue to try misguidedly to do its old job and will try every trick in the book to get you to submit.

Listen to side 'B' of the tape as you drive your car or while you go about your normal daily life. The subliminal messages are powerful and will continue to drive home positive affirmations to ensure that the work of re-education is thoroughly done. You have been advised that, in order to flush out the accumulated rubbish from within your body, you need to drink plenty. A litre of water a day is the minimum you should be drinking and, if you find yourself constantly leaping up to go to the toilet, then that is great, the job is being done in the most natural and effective way. Soon you begin to experience the things that you have missed as a smoker. Your clothes and your hair smell fresh. You taste the food that you eat so much more, and the perfume of the summer flowers will delight you with its intensity.

Your energy levels will rise, and you will become and feel so much more in control of your life and so much more attractive as a person. You will notice that the condition of your skin and your hair improves. Your eyesight becomes clearer as the oxygen levels within your blood become normal and then, as your brain receives its full quota of oxygen, you will think so much more clearly. A smoker on twenty cigarettes a day loses up to twenty three per cent of clear thinking ability simply because the brain has been deprived of oxygen.

## ***Who said that a cigarette aids concentration?***

When you are thinking so clearly, you will think with the utmost clarity, 'Why on earth did I start in the first place?' Did I mention all the money that has gone up in smoke? My parting words have become a habit as people leave my office after their session, and I make no excuse for using this phrase, 'Go and sin no more'. You are now fully aware of your responsibility for your own life, health and happiness and accept that it is your responsibility to ensure that those who love you and rely on you are not deprived of that special person through crass stupidity. Congratulations on your excellent achievement as you say with pride in your accomplishment, **'I am a non-smoker.'**

The benefits of quitting or reducing your cigarette smoking can be tremendous, especially if you have smoked less than ten pack years, ie the equivalent of smoking a pack a day for ten years. Even if you have smoked more than that the benefits will still outweigh the challenges.

Aaaaaahhhhhh smoking! Gasp-wheeze-cough-choke! Oh, that was so hard to say! (Damaged voice ... no wind ... depletion of energy). Ooooh, how I hate it! This thief has managed to damage almost every fibre of my life, my character, my desire to show love to others and my ability to serve God. It has robbed me of so many of the things I cherish! Like being with people, laughing, singing, talking, hugging, kissing, cuddling, sitting near to comfort or talk intimately with someone I care about. It has forced me to be less affectionate, less expressive, less tender. Smelly people can't do these 'feely' types of things freely (you can't hug someone if they get nauseated by your smell!).

**No-one told me it would be like this when I started to smoke!**

Smoking denies me so many freedoms! Not only the freedom to love others at will or burst into song, but also, the freedom to laugh at a good joke or cry during a sad movie. I can no longer do these things as smoking has damaged my vocal cords. (Oh, how I hate the sound of my own deep, raspy, wheezy, harsh voice – a smoker's voice. Everyone can recognise a smoker by it.) When I want to express tenderness or gentleness with my voice, I can't. I

always sound angry or harsh. I want to be able to use my voice to express the way I feel, but my voice won't let me because of smoking, and **no-one told me it would be like this when I started to smoke!**

It has stolen my freedom to go places that I long to go to or to join in with others, at will, for fun activities like vacations, conferences, trips to the city to shop or whatever my friends are up to. I am unable to go away on trips with friends, drive any distance in a car with them to concerts, games, events etc. I am unable to stay in their homes or share a motel room with them. Smoking has not only made me an unaccepted, disrespected person (for smoking is offensive for non-smokers), it has forced me to become a recluse. Something I hate! Sometimes I feel a need to hide from others out of shame and embarrassment or simply to avoid hearing another lecture on why smoking is no good for me (as though I don't know that already!). I have found that I don't handle very well seeing their repulsion or comments at the sight of me smoking. I know they have less respect for me when they see me smoke and they are truly disappointed in me. Children seem to be really affected by it.

It breaks their hearts to see me smoke, but **no-one told me it would be like this when I started to smoke!**

I feel it is rude to smoke in front of someone while in their home, in their car or even while just sitting at a sporting event with them. Therefore I have learned to avoid these types of situations. I don't want to offend or insult them or hurt them with my secondhand smoke. I don't want to be rude and, since I can't go more than a few hours without a smoke, I just **don't** go! It makes me feel so left out all the time. I miss out on so much fun ... **why didn't anyone tell me about all the things I would be left out of when I started to smoke!**

Health issues? You're probably aware of cancer, heart disease, emphysema, etc, but have you ever considered the real heart issues at stake here? The isolation, the loneliness and the sadness a smoker feels because he smokes? The rejection, the hurt and the embarrassment he feels by being a smoker? The good times lost or the missed chances to go places and be with people he loves?

But the real clincher is, have you ever wanted to sing a lullaby to your child, but couldn't? Or whisper sweet nothings in your husband's ear, but couldn't? Or touch someone's face gently and say I care about you, but couldn't? Lost moments, lost memories, lost chances to say **I love you**, all because of smoking! **No-one told me it would be like this when I started to smoke!**

As far as I can tell, there is **only** one good thing about the fact that I am a smoker, and that is that I have the right and the confidence to stand up and be a **wild waving red flag** of warning to others who consider starting. **If** I could scream, without a gasp-wheeze-cough-choke, you'd hear me hollering at the top of my lungs, **'Don't smoke!! Don't even play with the stuff! You will regret it for as long as you live, I guarantee it!'** I hope someday, somewhere, someone will be able to say, **'I listened and believed what someone told me about smoking, things I didn't know before and that is why I never started!'** And that would be good.

When you stop smoking:

- **Within twenty minutes:** Your blood pressure and pulse rate drop to normal, and the body temperature of your hands and feet increases to normal.
- **Within eight hours:** The carbon monoxide level in your blood drops to normal and the oxygen level in your blood increases to normal.
- **Within twenty four hours:** Your chance of having a heart attack already decreases.
- **Within forty eight hours:** Your nerve endings start to grow and your sense of smell and taste improve.
- **Within seventy two hours:** Your bronchial tubes begin to relax and you can breathe more easily. Your lung capacity also increases which means that you can do more physical activities more easily.
- **Within two weeks to three months:** Your circulation improves, walking becomes easier and your lung function increases by up to thirty per cent.
- **Within one month to nine months:** Coughing, sinus congestion, fatigue and shortness of breath continue to decrease and your overall level of energy increases. The cilia re-grow in



your lungs thus increasing your ability to handle mucus and to clean out your lungs and to reduce infection.

- **At five years:** The lung cancer death rate drops.
- **At ten years:** The lung cancer death rate for the average smoker drops to twelve deaths per 10,000, almost the rate of non-smokers. Other cancers, such as those of the mouth, larynx, oesophagus, bladder, kidneys and pancreas also decrease. (Remember, there are thirty chemicals in tobacco smoke that cause cancer.) Pre-cancerous cells are replaced.

Every November we, as a nation, pause for a moment to remember those who lost their lives fighting in the great wars that have marred the twentieth century. Human beings fighting each other in the name of what? The answer has to be the vested interest of a few who not content with their power and wealth, who seek more and spare no thought for those who die in the struggle. Man fighting man is much like the smoker fighting him or herself for the right to quit. There will be losses on both sides of the conflict. Even the victor suffers loss. In giving up smoking you can be on the winning or the losing side. The losing side suffers greatly through loss of life and in suffering. The winning side also suffers, through withdrawal, but emerges victorious over the greater evil that is smoking.

**Plan for yourself a memorial day to celebrate your own victory over cigarettes and the death of your insidious and destructive habit. Celebrate your triumph over the tobacco companies, before others have to honour your memory at your graveside.**

## *The Battle Won?*

The client has gone from the office, having received all the warnings and feeling that nothing can deter him – that his battle is won. The enemy is not dead and begins now a guerrilla war within to regain the strength that will diminish in time as the non-smoker grows more powerful. He can lie in wait for years, just waiting for the opportunity to pounce unexpectedly at a party perhaps, or when life presents a difficulty. ‘Go on. Just one won’t hurt ... you can stop whenever you want to. You will feel more part of the group if you just have a cigarette with them.’

‘A gorgeous member of the opposite sex, obviously interested in you, offers you a cigarette’. The subconscious smoker will turn up the hormones that control the sexual urges and it will seem as nothing to just have a cigarette to achieve that sexual conquest. ‘You are so sad. Remember how a cigarette used to make you feel better? A cigarette will keep those midges away.’ A smoker is in the same boat as a recovering alcoholic. He can never smoke again because that one cigarette is all that is needed to revive that sleeping enemy within, ‘the subconscious smoker’, just waiting to grab the opportunity. Just one that will not hurt is the one that will begin the sorry story all over again. Remember that it all began with just one cigarette.

# *The Audiotape*

I use an audiotape that I have recorded myself. The fact that the client is hearing my voice when listening to it enhances the message. I will have suggested to him before he left my office that listening to the tape, to the sound of my voice, will serve to strengthen all the work that was done in the therapy session.

This is side 'A' of the tape and contains a hypnotic induction, and should only be listened to when relaxing comfortably. Side 'B' contains music within which subliminal positive affirmations are imbedded. This side can be listened to at any time, even when driving or when operating machinery and constantly feeds the positive messages direct to the subconscious.

The tape is useful in that it contains suggestions that strengthen the work done in the office. The client understands this and realises that the therapeutic benefits will be ongoing provided he listens to the audiotape.

The content of side 'A' of the tape is the 'Diamond Smoking Script'. I would add that I was in fact pleasantly surprised at the many accolades that came my way after the publication of this volume and suggest that it would prove a useful part of any therapist's library. Commercial concluded! While on the subject of post-therapy aids, I would mention that there are on the market many video tapes that are designed to help smokers to quit. Many, I feel, are of dubious worth but there is one video programme available in the UK that is part of a series or library of therapeutic video programmes known as Psychovisual Therapy. The 'Stop Smoking' video is excellent and has the distinction of having received accolades from the British Medical Council and from The Life Assurance Trust as being the most effective video programme of its kind. I myself have used these videos and am greatly impressed by them. Each of the programmes consist of no less than twelve therapeutic strategies that also incorporate powerful visual images and relaxing music while the voice-over delivers both overt and covert positive messages. Flowing computer generated colours and

shapes relax the viewer into a light trance during which the subconscious can absorb the subliminal messages more readily.

*Most PsyV programmes also include overt information delivered through a combination of voice-over and illustrations. Specially created music relaxes the viewer, as do the computer-generated images, so that the subliminal messages are absorbed that much more easily. (Carr-Jones 1992)*

Those who have internet facilities may wish to log onto the web page: [poole.internet.co.uk/videos.html](http://poole.internet.co.uk/videos.html)

If you do not have this facility and wish to know more about Psychovisual Therapy, I am sure that Michael Carr-Jones will be delighted if you give him a call. He is an eminently respected hypnotherapist and practises in Poole, Dorset.

Tel: +44 (0)1202 739369.

E-mail: [michaelcarrjones@aol.com](mailto:michaelcarrjones@aol.com)

# *Foetal Smokers*

*For use with expectant mothers, incorporate into 'Diamond Smoking Script'.*

Now as you go deep inside, you can be aware that, just as you have eyes that see the world about you, now closed and so relaxed ... you also have an eye which we can call your mind's eye ... and this eye is there for your subconscious to see all of those things which are so important to you now. Your mind's eye is very powerful, and you can allow it now to show you deep within yourself a very special part where something miraculous ... something wonderful ... is occurring ... as you travel now where your perfect subconscious mind takes you ... as you go so very deep within ... you can be aware of a gentle yet powerful connection between your own creative and maternal self with another who is yet to be born ... growing within you.

I am now going to count from one to three, and with each count, your mind's eye will show you more clearly ... within your womb ... where your own child even now is growing ... nurtured and loved: ...

**One** ... becoming clear ...

**Two** ... clearer still ...

**Three** ... you can see quite clearly now that growing child within you and you can understand now the special communication that can be experienced now ...

Here is your child ... nurtured within you ... reliant on you for a rich supply of oxygenated blood full of nutrients, so that it may develop within you and grow healthy and strong, and I know that you can feel that special love now ... that desire to ensure that your baby has nothing less than the best that you can provide ... You eat all of the most nutritious foods ... full of vitamins ... healthy foods ... and you take so much care with what you drink ... aware of caf-

feine ... of alcohol ... of chemical additives ... their potential to harm your baby ... You determine now to commit yourself to being the best that you can be ... to ensure that your child is supplied with nutrient-rich oxygenated blood, free from contamination ... free from tar ... free from nicotine ... free from ammonia ... from benzo-pyrene ... free from carbon monoxide and from cyanide and from arsenic and from all the harmful and destructive chemicals contained in cigarettes ... And you can tell that child within you now of your love and your commitment to ensure that all is as it should be ... tell that child now ... and hear the voice of your child from deep within that creates a bond that will grow and become so powerful ... and should you wish, you can ask your child whether it will be born a girl or a boy ... and you can ask and be told so go ahead now while I just stay quiet for a few moments while you speak within privately ... and you can tell me when you are content that all is well ... just say 'I am content'.

*Wait for response and continue with stop smoking therapy.*

# *Diamond Smoking Script*

Now as you relax, drifting deeper with every word that I speak, the first thing I would like you to know is just how much I appreciate and admire you for the decision you have made to give up once and for all this foul habit.

So many people come here for help with this problem; they say 'I have no discipline ... I have no motivation.' My answer to all of them is this ... that person who has no motivation and no self-discipline did not come here today; ... that person is not sitting there, comfortable and relaxed in that chair; that person did not make an appointment, ... did not turn up on time, ... simply stayed where they were, not knowing the difference between where they are now ... and where they want to be. You have all the discipline that you need ... you have all the motivation that you need ... but, what you do not have ... yet ... is self-confidence. The self-confidence that it takes to set out on any journey ... or undertake any task, knowing that you have made all the preparations ... that you are completely prepared in all respects ... believing that you can ... that you will complete your journey or task easily ... quickly and without effort ... the same self-confidence it takes to recognise the signs of success ... just as you recognise now those comfortable hypnotic sensations ... perhaps a heaviness of legs ... or lightness of arms ... those physical signs that allow you to know that you have moved from one state to another state in a calm and confident way. And in this calm and confident state ... you can offer yourself generous portions of self-confidence ... large helpings of self-esteem ... breathing out self-doubt as you relax even deeper and continue to enjoy the journey towards your goal.

Your conscious mind is fully aware of all of the dangers to health and to life that are the legacy of the tobacco trade; after all, there are enough warnings on television and in the press for all to see ... there are even warnings from your caring government on the packets that you buy ... and what about the obscene waste of hard-earned money that smoking signifies? Perhaps here ... now ... it is worthwhile to review the damage that is inflicted by you on your

body each time you light up a cigarette. Fact: ... in this country alone, over five hundred people die an early death each day through smoking. Doctors attribute in excess of four hundred and fifty thousand heart attacks each year to smoking ... and although cancer would appear to be the most obvious health hazard ... and it is true that a smoker is fifty per cent more likely to contract cancer ... It can be so easy to say, 'It won't happen to me. Cancer happens to other people.' Perhaps, then, it is right that we now consider some of the other ways that smoking can damage your health and even life itself.

The heart of a smoker works so much harder, beating up to ten thousand extra beats every day, as it struggles to combat the effects of nicotine ... restricting ... clogging ... closing up the arteries ... increasing blood-pressure as it strives to deliver oxygenated blood so necessary for the function of the vital organs of your body ... the muscles ... the brain.

You have told me that a cigarette helps you to relax ... Now I invite you to review and to question that statement in the light of knowledge that, in addition to the fact that your heart is working so much harder, each time you take cigarette smoke into your lungs, you introduce into your body in excess of four thousand different chemical compounds, many of them deadly poisons ... none of them in any way beneficial. Your body reacts to these lethal poisons in the same way as when subjected to sheer terror ... the automatic response that we know as the 'fight or flight response' is activated ... adrenaline production is elevated ... respiration increases ... blood pressure increases as the body prepares to fight, or to run away from danger. Nicotine ... Tar ... Ammonia ... Benzo-pyrene ... Carbon monoxide ... Arsenic ... Cyanide .. to name just a few and what about the chemical fertilizers and the insecticides that are sprayed on the growing tobacco crops ... remaining to be included in cigarettes ... now absorbed into the tissues of your body?

Does this sound like relaxation? You know the truth, and this truth now becomes deeply embedded in the subconscious of your mind, not to be denied.



As your heart works harder, your lungs strive to perform their essential function. The inside of the lungs and airways are covered in tiny hair-like projections called scillia, and these become coated with thick sticky tar ... they become brittle and lie flat against the walls of the airways, now unable to perform their function of preventing small particles of dust and infectious matter from entering into the small air spaces where oxygenation of the blood takes place. The lungs become less efficient as they clog with filth ... the mucus lining of the lungs becomes weakened and the whole body is starved of oxygen. Deprivation of oxygen to the brain can mean that the clear-thinking ability of a smoker is diminished by up to twenty three per cent. Smoking impairs your ability to concentrate ... it fogs your mind ... clouds your judgment ... but I don't want you to think about that too much.

Pulmonary emphysema ... chronic bronchitis ... lung cancer ... the coughs and the colds ... so frequent and so difficult to shake off ... the breathlessness that obliges you to use the lift when it would be so easy to use the stairs. The coughing ... the mucus ... the vile taste ... the awful smell now an integral part of you ... so offensive to those who object to your vile habit of smoking. You are intensely aware that you are not welcome in many public places ... theatres ... restaurants ... at work ... at play ... you indulge your habit out of sight ... in secret, ashamed, guilty. The taste and the smell that you have chosen for so long to ignore is now strong ... and from this moment forward you are reminded constantly ... powerfully ... in a manner which cannot be ignored each time that you are reminded of cigarettes.

Tissue which do not receive enough oxygen ... die ... as arteries become constricted and blocked ... arteriosclerosis becomes a word with particular meaning for you, as deprived of oxygen, ... part of you dies ... gangrene ... mortification of the flesh sets in ... and now, to save your life, a leg is surgically removed ... maybe both, or perhaps an arm. What is your quality of life now? Ask yourself right now and tell me clearly (*client's name*); is this for you? Heart disease ... stroke ... cancer of the liver ... the throat ... the pancreas ... the kidneys ... the tongue ... breast cancer ... cancer of the uterus ... of the ovaries ... of the testicles ... of the skin ... ulcers ... the list is endless and unforgiving, as the hospitals and modern medicine struggle to cope with the self-imposed

destruction of those who are unwilling to accept the responsibility for their own life, their own health and happiness ... to protect and respect the miracle that is their own body.

It is a fact that the skin of a smoker ages more rapidly than that of a non-smoker. A fifty years old smoker is as old physically as a seventy years old non-smoker. Each cigarette reduces life expectancy by six minutes ... twenty per day means two hours of life that may never be ... but I don't want you to think about that too much.

The sexual prowess and potency of a smoker will diminish more rapidly with age than that of a non-smoker, and you can know that you can give so much more in that way by ensuring that you are fitter, more virile ... more attractive ... and that means non-smoker. Each smoker inhales just fifteen per cent of the smoke from their cigarette, the remainder goes directly into the atmosphere that we all have to breathe. Those whom you love and care for must also breathe the air that a smoker poisons. Perhaps you can agree with me that one very good reason for quitting this disgusting habit is that, through your excellent example, you may influence someone younger against taking up the habit. Just think of how much you could achieve, if just one young person was prevented from taking up the habit ... think of all the misery and the pain that could be prevented if that disgusting and costly mistake were avoided.

Now (*client's name*), please take a deep breath, and, as you release all of the air from your lungs, relax and go deeper ... as you allow your mind to show you yourself in a room ... all around you here are those you love and care for, and who love and care for you ... all who celebrate your decision to give up smoking and take the responsibility for your own health ... your own life ... to become your own person. As you go deeper now, see them all before you, gathered here as you listen to the sound of my voice and the truth that is so important to you now. They are all here, they have come from far and near ... (*give names of significant people*) ... all have come because you have something to tell them ... a dreadful truth ... Your doctor has told you that you have contracted cancer and that you have but a short time to live, soon you will be gone ... You will be dead before your time, all because you ignored all the good

advice, the wishes of those who wanted so much for you to give up smoking ... you made the choice ... a choice to die, and soon you will not be there for them who rely on you to be a part of their life.

You refused to accept the responsibility for your own health and for your own life, and now the immune system that you have relied on without consideration for so long to repair the ravages that you have inflicted upon your body, has given up ... overwhelmed ... defeated ... now you will die before your time and you must tell all here that terrible truth ... and tell them why ... and tell them who is responsible. Go ahead now and as you tell them, see their faces ... see the shock, the horror, the disbelief ... and then the anger ... the grief. And how do you feel? An insidious habit has destroyed all ... your health, your life, wasted enormous amounts of money, enriching those few who would benefit without conscience or regard for the misery they purvey, selling in attractive packaging what you know to be no less than lethal poison. Now feel the guilt ... the guilt that has for so long been repressed and ignored each time you lit up a cigarette ... Now feel it strongly ... so strong and powerful ... that feeling of shame when sneaking away to indulge in that filthy destructive habit away from friends and colleagues who are offended by it.

See ashtrays overflowing with stale and stinking cigarette butts ... burn holes in furnishings and in clothes ... Stained paintwork and ceilings, brown and dingy ... intensely aware now of the smell that lingers and of the taste that disgusts you now each time you are reminded of cigarettes. And now remind yourself of your commitment, your promise to yourself ... that commitment now growing strong and powerful ... intense now ... your desire to pollute your mouth ... your body ... has gone completely ... and your subconscious mind helps you now with new and powerful responses and your desire to smoke has gone ... vanished completely, replaced with feelings of justifiable pride and deep personal satisfaction ... feelings of real and significant accomplishment. Each day you feel stronger ... more alive ... your confidence and good feelings about yourself expand and grow ... become powerful ... no longer do you offend those about you with stinking tobacco-laden breath, stained teeth and reeking clothes and hair ... you are fitter, healthier, more attractive ... more alive.

As a non-smoker, you continue to enjoy a longer and healthier sex life and give so much more in that way. You experience pleasure that you are still capable of, long after the sexual prowess of a smoker of your age has failed them. No longer do you look for self-confidence ... for self-esteem ... for ways of coping with problems ... in packets of cigarettes ... You are aware that good feelings about yourself and your life come from deep within ... not from sticks of poisonous weed, false promises and illusions. There is no room for illusion in your life. You see yourself now as a confident and self-assured non-smoker ... proud of your achievement ... those around you who continue to smoke do not concern you ... You wish for them the same good feelings and the freedom that you now experience ... the new-found reality that is life without the need or desire for the destructive effects of cigarettes. To them you express a gentle understanding indifference, coupled with your own firm resolve as you express and assert yourself always as that person who has no need or desire for cigarettes.

You can be intensely aware of the pride in your achievement each time you refuse cigarettes, and should you ever, through mistake or childish impulse, ever put a cigarette or tobacco product to your lips ever again ... your subconscious mind will remind you in a powerful and unmistakable way ... of the nauseating smell, of the vile, disgusting taste, and of the guilt that attends each and every cigarette ... You will be reminded of your responsibility that cannot be passed to any other ... your health ... your life ... your body ... your commitment to yourself and those who love and care for you and who rely on you to be there.

Now you may decide to quit smoking right now ... or perhaps you may decide that later on today is a good time for you ... perhaps you may quit after lunch ... after dinner ... or just before you go to bed. Now I would prefer that you stop smoking immediately, but it's entirely up to you to discover ... today the right time for you to free yourself forever from smoking ... aware that your subconscious mind knows what to do for you, thinking with an awareness of things thought ... those things that are done automatically for you ... driving your car ... having no need or desire to smoke ... speaking on the telephone ... having no need or desire to smoke ... enjoying all those things that you have done before, and more, as that person who has lost any need or desire to smoke ... that

person that now takes the full responsibility for life ... for health and happiness, and you can congratulate yourself right now on your excellent achievement ... experience now the feeling of deep personal satisfaction as your confidence and your self-esteem grow and expand ... as your health and fitness improve with each and every new day ... that problem finally resolved.

And now as you feel so good about yourself, you can imagine that on a table in front of you now is a packet of those cigarettes that you used to smoke ... that you have wasted so much upon. Now see a strong wind blowing ... a powerful wind and see that wind blowing stronger and stronger ... blowing a gale now ... and see that powerful, cleansing wind scattering that packet of cigarettes and see the foul contents of the packet disintegrating and being swept away by that wind as it blows away each and every trace and every memory of that tobacco ... further ... further ... away into infinity, and with it every small desire to pollute your own body.

And when you can see that cleansing wind has done its work and all traces and memory of that tobacco have gone completely ... the wind drops and peace ... calm and tranquillity return completely now ... you see yourself clearly now as a natural non-smoker and you can tell me clearly ... 'I am now a non-smoker'.

*Wait for response.*

That's good ... a very special part of you remembers clearly now the vile taste and the noxious odour of tobacco ... strong and intense ... and, should you ever through accident or childish, irresponsible impulse ever put a cigarette or tobacco product to your lips again, that part will provide you with an instant and disgusting reminder that you are a non-smoker ... responsible and proud. You are your own person.

*Trance termination.*

# *Lifestyle Junction*

You stopped smoking because you made a promise to yourself ... you made a commitment ... you made a decision ... but you know it is more than that. What this all narrows down to is one very simple premise ... on this path of life you have been faced with a choice ... the choice that you are faced with is a junction on the road, a fork on the road of life, and a choice.

Of course you can continue down that same old road ... live your life with the smell, the cough, the phlegm and the colds that are so frequent and never seem to go away ... the shortness of breath, the guilt and the fear ... Of course you can continue living your life enslaved by packets of cigarettes ... or at this fork in the road ... this junction ... you can choose to turn off the beaten track ... to take that turning off to the right ... onto a new road of opportunity ... to continue living your life in a new and powerfully positive and exciting way ... healthy ... strong ... vital ... vibrant ... powerfully alive and free from the bonds and chains that are cigarettes ... You are at that fork in the road right now ... now you must make that choice, and I want you to tell me which road do you intend to take from here?

*Pause for reply.*

Now tell me what that road looks like ... what do you see?

*Repeat and affirm client's description of the road, emphasising the cleanliness and the freshness of the air, the perfume of flowers and the taste of food, fitness and health etc, etc.*

*Trance termination.*

## *Part Eleven*

# *Therapy Strategies*





# *Ideomotor Response (I.M.R.)*

*There are many occasions in therapy where it is necessary to ask the client questions and to receive answers. It is a widely held belief that asking the client to speak can interfere with the depth of the trance. So, in order to avoid this, the client is asked to communicate via finger movements to signal yes or no. This technique is known as ideomotor response.*

As you relax comfortably ... you can be aware of the fact that going deeply into hypnosis is a rewarding and pleasant experience, and that any discomfort that you may feel will only occur in the context of the therapy ... and only if I direct you to.

Now I want you allow yourself to go even deeper ... drifting down into a state of profound relaxation of mind and body ... sensing now a gentle connection between your mind ... your body and your innermost self. With each breath that you take you relax deeper into peace and calm ... tranquillity.

And now I want to speak to that part of you which is all-knowing ... knows all about (*client's name*) ... and forgets nothing ... and which never tells a lie.

I will from time to time be asking questions that require a yes or no answer ... you can answer me by allowing the pointing finger of your right hand to lift if the answer to my question is Yes. I will now touch that finger (Touch finger) ... If the answer to my question is No, then you can allow me to know by allowing the pointing finger of your left hand to lift.

I will now touch that finger.

*Touch finger.*

*Repeat paragraph.*

Should you not know the answer to my question, or wish not to divulge this to me, then you can indicate this to me by allowing

both of the pointing fingers of your right and your left hand to lift simultaneously. *(Client's name)* need know nothing of this as he communicates with me verbally, reporting to me those thoughts and feelings ... images ... events as are necessary for the purposes of this therapy.

Do you understand the instructions that I have given to you?

*Watch for response.*

*Continue with session as planned.*

# Anchors

An anchor is simply a stimulus which initiates a response – for example, when you arrive in your dentist’s waiting room you may experience anxiety or, when you see a police car in your rear view mirror, you may get a funny feeling and glance at the speedometer. There is also a subconscious stimulus that results, for example, in the response of lighting up a cigarette – after a meal, on the telephone, with a drink, etc.

Of course the response can be a pleasant one such as the pleasure that we feel when we hear the voice of a loved one; a picture perhaps or a word that stimulates a warm glow of remembrance of a special event or person; the response that is experienced when a favourite treat is mentioned such as a Black Forest gâteau. (But then that is my Achilles heel! I wonder, what is yours?)

These can be termed conditional responses, the stimulus being associated with a particular event or circumstance, but the important thing is that a response can be controlled to enable a particular event or stimulus to be linked to a desired response or reaction. A stimulus can be any one of many occurrences, be it taste, feel, colour, hearing or smell.

A most useful explanation is the following extract from *Neurolinguistic Programming, Vol 1*:

*“Anchoring is in many ways simply the user-oriented version of the stimulus response concept in behaviouristic models. There are however ... some major differences between the two. These include: 1) Anchors do not need to be conditioned over long periods of time in order to be experienced. That kind of conditioning undoubtedly will contribute to the establishment of the anchor ... but it is often the initial experience that establishes the anchor most firmly. Anchors then promote the use of single trial learning. The association between the anchor and the response need not be directly reinforced by any immediate outcome resulting from the association in order to be established. That is ... anchors or associations ... will become established without direct rewards or reinforcement for the associ-*

*ation. Reinforcement ... like conditioning will contribute to the establishment of an anchor ... but is not required. Internal experience (ie ... cognitive behaviour) is considered to be as significant ... behaviourally ... as the overt measurable responses ... in other words NLP (Neuro-Linguistic Programming) asserts that an internal dialogue ... picture or feeling constitutes as much of a response as the salivation of Pavlov's dogs." (Dilts, Grinder, Bandler, Delozier, 1980)*

# *Six Step Reframe*

The basic steps are:

1. Identify the habit or compulsive pattern of behaviour [X] to be changed.
2. Establish communication with that part that has been responsible for [X].
3. Suggest that behaviour [X] be separated from the positive intervention of the part responsible for [X]: in other words, [X] has had pay-offs or benefits for the client.
4. Suggest that the client generate new behaviours that provide the needed pay-offs.
5. Do an 'ecological check'. Are the alternative patterns of behaviour acceptable to all parts of the person?
6. Future pace. Check out the alternative patterns of behaviour within relevant future contexts.

The technique is as follows:

Take a few deep breaths now, and make yourself comfortable, relaxing deeper with each easy breath that you take, and take a few moments to concentrate on that (*insert habit or behaviour*) that you wish to change, but something is stopping you.

Now that you know that changing this habit is important to you, I would like you to know that I have so often found that the part which is preventing you from making the change you want to make is an unconscious part of you.

If that is the case here, I would like to ask that part of you to now make itself known, in some safe way, to your unconscious mind. Please take a few moments of time to go into your own inner mind – wherever you have to go – and become aware of the part of you which, in the past, has been responsible for (*insert habit or behaviour*).

Now I don't know exactly how you will experience that part of you which has been responsible for (*insert habit or behaviour*) ... It may be a familiar type of experience, or a unique one ... It may be something you see in your mind's eye; it can be any visual image at all ... For example, you may see a face or an object, or the experience of that inner part of you may be auditory, such as a voice, perhaps your own, or someone else's, or some other sound ... Your experience of that part of you may be a feeling of some kind.

Please go into your own inner mind now ... With respect I ask that part of you to allow itself to be experienced in some kind of safe comfortable way by your consciousness ... If you do not become aware of any particular experience which can be identified as an awareness that is responsible, ... then that is fine, ... please proceed with the understanding that your subconscious may not be just comfortable with your experiencing what I have suggested, and that's all right ... If you are experiencing that part of you which is responsible for (*insert habit or behaviour*), I would like now to thank that part for communicating, and to suggest that you might also wish to thank that part.

I want now to let the part of you responsible for (*insert habit or behaviour*) in the past know that it has my respect ... That part is obviously very powerful, because even though you have wanted to make this change in the past, you haven't been able to do so. Therefore I understand that this part of you responsible for your problem will change it only when it is ready to do so. I would now like to suggest to you that, in some kind of way, (*insert habit or behaviour*) has had benefits or pay-offs for you in the past, that you have in some way gained an advantage ... I understand that the actual experience or behaviour of that part has caused negative or unhealthy consequences for you, but I am suggesting that you now reframe your understanding of it to realise that the intention of that part of you has been to help you or benefit you. Now take a few moments of time to go into your own inner mind and become aware of what the pay-offs or benefits of (*insert habit or behaviour*) have been for you. Has (*insert habit or behaviour*) helped get something that some part of you has desired? (*Give example of possible pay-off*) ... Has it helped you avoid something that would be uncomfortable or painful (*possible example*)? ... I am asking you again to assume that (*insert behaviour or habit*) has continued up to

now because it has helped you or benefited you in some way. So (*client's name*), please become aware, if it is safe and comfortable enough to have this awareness, of how (*insert habit or behaviour*) has helped you.

Now, keeping the pay-off or pay-offs in mind, ... I would like to suggest that available to you are alternative patterns of behaviour, ... of experiencing, ... or perception, that can provide whatever benefits or pay-offs [*insert behaviour or habit*] you had in the past. However, these new patterns of behaviour would be healthier and perhaps even more satisfying to you ... Now take some moments of time and go into your mind again.

Tap into the creative resources of your mind and allow it to generate for you alternative patterns of behaviour that you can substitute for (*insert habit or behaviour*), that will give you the same pay-offs as (*insert habit or behaviour*), but be healthier for you.

Now that you have constructed alternative patterns of behaviour, the next step is to check with that part of you that was responsible for (*insert habit or behaviour*), as well as all the other parts of you, that they will be comfortable and satisfied with the new alternatives. Would you go into your mind again and make sure that all the new alternatives seem all right, ... sound all right ... and feel all right to that part of you that was responsible for (*insert habit or behaviour*), and to all parts of you.

If you receive a 'no' signal, or in any way experience incongruence from any part of you – for example irritability or increase in tension, in response to your new alternative or alternatives, then it is necessary that you return to a prior step of reframing. You may need to go back and allow your creative part to generate a new alternative or alternatives. Or you may have to go back even further to identify and take into account some benefit or pay-off that you were not aware of before. If your new alternatives are okay, then I would like you to go back into your inner mind to take part in an exercise called 'future pacing'.

Please now go into your inner mind again and imagine yourself in the future on occasions when you would have, in the past, indulged in (*insert habit or behaviour*). Imagine yourself in these

future contexts with the ability to use these new alternative patterns of behaviour that you have just become aware of.

Imagine yourself in these future contexts with these alternative patterns. If you experience significant difficulty, it may be necessary for you to generate more suitable alternatives. When you have completed generating for yourself suitable alternatives which are beneficial and healthy, and have imagined successfully future contexts with alternative patterns of behaviour, then you have completed the process of reframing. I would suggest now that you thank your subconscious mind for communicating in that way, and I would like to express my appreciation for the healthy work that you have just completed and extend my thanks for the valuable communication.

*Use suggestion for amnesia. Go to trance termination and do not discuss session content with client before he leaves.*

*Original concept: Bandler/Grinder, Reframing, 1982.*



# *Parts Therapy*

1. Explain the concept to the client before inducing hypnosis. The procedure is not dependent upon this explanation, but will serve to allay any problems alluding to 'Multiple Personality'.
2. Induce hypnosis using your choice of induction and deepener.
3. Tell the client, 'You can speak to me now but you will not wake ... I am now going to speak directly to your subconscious mind ... and I want to speak specifically to that part which is responsible for *(detail problem)* ... Are you the part of *(client's name)* that is responsible for this problem *(detail problem)*? ... Please answer 'yes' or 'no'.
4. Having received a positive response, thank the part for coming forward, 'Thank you for coming forward today and speaking with me ... please tell me your name ... are you male or female?'
5. Ask how old the whole person was when the part first appeared ... encourage dissociation by proper use of pronouns. 'How old was *(client's name)* when you first appeared?' (Note: The ego state is usually 'young', so address it in simple language).
6. 'Tell me *(name of part)* what was happening to *(client's name)* that caused you to first appear?' (Elicit elaboration of those events).
7. Now attempt to define the part's goal, 'So, you appeared in order to *(punish, comfort, etc)* ... Is that true?'
8. Comment on the value of the goal and its appropriateness. Redefine it in positive terms.
9. Offer an alternative and more appropriate method of obtaining these goals; ... ask for the part's co-operation in trying out

these new methods for just one week to see how they work out.

10. Thank the part for its co-operation and assure it that you will check progress with it at the next session, 'Thank you for coming forward to speak to me today, and for the co-operation that you have shown. I would like to ask if there is any other part that objects to this arrangement? (*Provided there is a negative response*) You may return now from where you came ... I will speak with you at our next session.'
11. Trance termination: 'When I complete a count of three, the whole person that is (*client's name*) will open his eyes and return to fully-awake awareness ... remembering everything of this session that can be handled comfortably.'
12. Use distraction to discourage rationalization of the session content; ... terminate session as quickly as is respectfully possible.

# *Time on Time*

I wonder how Einstein felt when he realised the implications of the concept of his theory of relativity ... of how time and its measure is but an illusion ... its accuracy determined by so many factors that are beyond our control ... It can be like measuring a mile with an elastic rope and then understanding that the cold or the heat can cause expansion or contraction ... and is it not so that a fleeting moment of pleasure can be so short ... and a moment of pain can seem so very very long? ... It really does come down to how and what we feel ... but time moves on ... and that is certain and we cannot go back ... except in our thoughts ... We as humans have a gift ... in that we can choose to allow ourselves the recall of a moment in time ... or to dismiss it and choose another ... or even project those thoughts of experiences past ... forward to a moment yet to come ... the page unwritten ... and then predict what will be writ ... The finger of fate writes and having writ moves on ... It can be so confusing to find that what was planned ... what was expected was not to be ... and that events occur in their own particular manner ... and in the midst of this confusion when control is not possible ... we can but seek to control by making important ... the mere measure of time within the constraints of our understanding ... to be on time ... perhaps without taking the time to consider why it is important ... and what can be lost and by whom ... and then to whose advantage. That which can be written has past ... and in the writing is committed to the realms of history ... unalterable ... and yet is it not so that history can be written so differently from particular points of view and experience? ... The experience gained is personal and is coloured with those pigments available ... for if there were no blue ... how could there be blue? ... I know you will know **now** that what is important is ... **now** ... because what was **now** then becomes ... then ... and is no more ... is gone ... time spent and beyond recovery ... Only **now** ... this moment is important and of real value for **now** continues from **now** ... to the new moment of **now** ... because the **now** that is past is **then** ... and then is dead ... I know that you will from **now** ... choose to enjoy each moment ... and cast aside the negative influences of ... Sorry, **then** ... for **now** is special and important ... What

is **then** is gone ... what is to come is yet but a myth ... not even a promise ... what is real ... and I **know** that you **know now**.

You **now** are constantly on guard ... and aware of the dangers that can spoil and taint your positive and special moments ... and immediately you recognise that negative thought or emotion that belongs to **then** ... you dismiss and consign it where it belongs and generate for yourself positive and beneficial thoughts ... feelings and emotions that **now** can continue protected with a shield of positivity and belief in yourself ... your special capabilities and capacities to be that person that you really are ... unhindered and set free from the shackles of **then** ... moving ever forward in happiness and love both given and received ... aware that love ... understanding and compassion withheld is lost and gone and is wasted ... I **know** that you will choose to make **now** special and fill each **now** with love and understanding ... rejecting with ease those elements back then which have caused so much concern ... confusion and unhappiness ... as you recognise too that you can help others **now** ... as you express without fear those emotions that are born of love ... of forgiveness and your capacity to give credit and understanding to those who are special and important to you.

As you do this **now** and **now** again ... your own special qualities and personality will shine forth and so others will warm to you ... feel comfortable in your company ... as they too recognise you have learned a secret ... discover a harmony of spirit within that takes you forward on your journey ... and your byword is simple '**now** is my moment and my life is **now**' ... Changes are occurring **now** ... deep within ... some you will recognise with sudden and pleasurable clarity ... others will grow and become a permanent and beneficial part of your ever growing personality as you become more and more confident ... more and more assertive of your own abilities and capacities ... listening to that inner voice that gives you good and true counsel ... as you cast aside outmoded and inappropriate convention and habit ... comfortable with your own humanity ... personality ... allowing others who are special to you who love and care for you to share too that which they wish to share with you ... and I **know** that you will **know** too that **now** will be special.

You **now** allow people to be themselves and allow them their own priorities ... You no longer get angry because others do not agree with you or meet your own standards ... You recognise **now** that the only value the opinions of others have ... is the value that you give to them ... You no longer get angry because their opinion or standards are different from yours ... as you exercise with ever increasing ease your control over your own emotions ... recognising that reacting with anger is a waste ... It is negative and has no place in your life ... You reject negative thoughts and emotions ... choosing always to be positive ... You are not that person who will react with uncontrolled anger ... Instead of becoming angry ... you now see their point of view and you react with understanding and care .. and are calm ... while you remain assertive of your own convictions and standards ... You react always with positive thoughts and emotions.

And now (*client's name*) I would like you to experience again a particular situation that in the past has seen you react with anger and aggression ... but this time as you experience that event ... I would like you to notice that you are calm ... that you are in control of your thoughts and emotions ... that you feel so much more comfortable with yourself and with the positive emotions that are now an integral part of the manner in which you contend with all elements of your life.

And now (*client's name*) I would like you to really try to get really mad and discover that positive thoughts and emotions continue to calm you and become stronger the harder you try.

**Now** ... when you are satisfied that these valuable insights and positive messages have become fixed deep in the subconscious of your mind ... there for your own highest good and benefit ... to be recalled whenever you need them ... then you can allow yourself to drift upwards to the surface of wakeful awareness ... You will remember all that is necessary and beneficial for you to remember and open your eyes feeling calm and comfortable as the vitality flows through you now. On the count of five ... you will open your eyes and know that you have made beneficial changes and feel good:

**One**

**Two**

**Three**

**Four**

**Five ... eyes open ... fully awake now.**

*Trance termination.*

# *Blowaway Technique*

*Ask the parent or guardian if they would like to participate in the session.*

*Take the child into hypnosis.*

Now while everybody is nice and relaxed ... I want you (*child's name*) to cast your memory back into the years that have gone ... back into your growing up years ... I want you to think back to that first day at school ... You will remember that there were lots of emotions ... some very upsetting ... Think of how horrible it is to feel really sad ... and choked up with tears ... Think how awful it is to feel ashamed ... really ashamed. Think of how it is to feel anger ... fear ... feeling terribly small ... feeling alone ... imagining all kinds of things ...

A lot of these things that you have been thinking about are bound to be upsetting ... so I want you to go to the **most upsetting** thing in your life ... the thing that frightened you the most ... or even the thing that embarrassed you the most ... as you are sitting there so nice and relaxed ... just think about it now ... and as soon as you have just thought about it ... so blowwww it away ... get rid of it now ... phwwwooo ... blowww it away ... phwwwoo ... blowww it away ... phwwwoo ...

*If the child is really upset, move over to him and say,*

Now stay still ... just stay still ... I want you to say three or four words about what is upsetting you ... just three or four words about that one thing that is really upsetting you ... Tell me what it is ...? That's all done with now ... That's all over with now ... You can leave it all behind ... It used to be upsetting ... Now it's all right ... Come right up to date ... Start thinking about today ... It's all right now ... Think of all the nice things ... because when we finish here today you will feel much much better ... more confident ... you'll feel much more relaxed ... you'll find all those things that used to worry you ... they are gone now ... they are all gone now ... now you will find that instead you feel much more confident at

school ... It's good to go back there ... you'll enjoy it ... you'll like seeing your friends ... You'll amaze yourself how much you are going to enjoy going to school ... Now in your own mind ... I want you to count up to five and when you reach five ... just open your eyes please.

*If necessary give the child a protective bubble.*

*Trance termination.*

*Attributed to Auriole Hitchcock FIAH.*



# Age Progression

*A technique famously employed by the master Milton Erickson MD. He would encourage clients to experience events and situations in the future and then ask them to describe what methods they had employed to deal with the particular problem that was the subject of the therapy. This would have the effect of allowing the client to experience at a subconscious level having successfully completed making changes that were life enhancing.*

And time can have passed since this time spent here now ... a few days perhaps and then time can pass so quickly ... and then a few weeks ... even months ... since that time you and I spent then ...when you discovered something that was so special to you and how good you felt ... and the way that your thoughts at that time then ... that allowed you to look back at that time before so differently ... I wonder if you can tell me now just what is different from then ... And what can you do that is so much more beneficial that you couldn't do back at that time then ...

# *Strategy for a Past Life Recall (P.L.R.)*

*Before embarking on a past life recall, I explain carefully to the client the powers of the imagination and the nature of memory. It is important that the client is aware of the possibility that memories recalled may be simply those of watching a film or reading a book or are even just an imagined vent. The subconscious memory does not differentiate and will accept all memory as actuality. What the client chooses to accept as truth must be left entirely to them. Whether or not you, the therapist, accept or deny the truth of the events occurring is of no consequence.*

*Carry out a lengthy induction.*

*Deepening with imagery.*

Now I would like you to imagine yourself in a place that will provide for you feelings of peace and comfort ... security ... tranquility ... It may be winter ... summer ... spring or autumn ... There may be trees ... mountains ... water ... lush green meadows ... or perhaps a beach with the waves rolling in from the ocean ... whichever place you choose is a place of peace and harmony and you feel totally safe and secure here ... and as you become more and more involved with this place that you have chosen you can relax even deeper than before ... relaxing ... releasing ... just letting go completely.

This is your own private and secret place ... and you are aware that this place is your own haven deep inside where only peace and harmony abide ... and you can go so much deeper now ... turning inwards to your innermost self ... where all knowledge and all memories are kept safe for you ... some easily accessible ... others hidden deep where they cannot be so easily recalled ... but they are there ... each and every one ... never forgotten ... from so far back in this life and from a time when this life was not yet begun ... memories that have shaped and moulded your unique and special personality ... and as you go deep inside now ... you can begin to

experience a gentle connection with that special part of you that holds those memories that you now wish to explore and to re-experience ... That part now makes itself known to you in some special and safe way that you can recognise easily ... tell me (*client's name*) do you have any special or strange feelings or sensations?

*Wait for response. When your client reports any strange or unusual sensation, sound or image, continue:*

Okay, that's good ... Now let that feeling or experience grow stronger as you go deeper inside to connect more fully with that part of you. Now I am going to speak direct to your subconscious mind and I am going to ask your subconscious for permission to conduct a past life recall ... I want your subconscious to give me the answer ... Please do not do anything at all ... just continue to enjoy the peace and comfort of this place that you have chosen.

*The use of ideomotor response can be utilised at this juncture.*

I am now going to touch your forehead and ask the question ... my words go direct into your subconscious and the answer ... either 'yes' or 'no' ... will come direct from that part of you ... Please do not involve yourself at all as your subconscious mind provides the answer to my question.

*Touch centre of forehead with finger.*

Am I speaking to that part of (*client's name*) which is able to give me permission to conduct a past life recall? ... Please answer 'yes' or 'no' ...

*Wait for response. If answer is 'yes' you can proceed:*

Thank you, subconscious mind, for communicating with me ... I have been asked by (*name*) to help him to go back to that time before this current life to a previous existence ... Do I have your permission to do this and help in this way? Answer 'yes' or 'no'.

*Await response. If response is 'yes', then continue:*

Thank you, subconscious mind ... I know that you will be there to ensure that all that is revealed will be done in a manner that is safe and beneficial for (*client's name*).

*Remove finger from forehead.*

Now (*client's name*) we can proceed but first ... for your protection ... I want you now to see forming around you ... a white light ... a warm and comforting glow that surrounds you and envelops you in its protective aura ... a safe protective cocoon that will remain with you throughout the coming experience and beyond. Know now that I am with you at all times and that at any time ... if I touch you on the shoulder like this ...

*Touch shoulder with a firm but gentle pressure.*

You can then immediately safely return to this time and this place ... here ... now ... to safety and peace and nothing can harm you or disturb you at all. Now I am going to count to three and then snap my fingers ... and you will find yourself with me in a long corridor that stretches back through time ... right back through to the beginning of this life. You will see that there are many doors on either side of the corridor and behind each of these doors are stored memories of this life ... some good, some bad and also others that your subconscious mind has kept from you ... and as you walk along the corridor ... as you pass each of these doors ... you will be aware of feelings and emotions ... images ... sounds and experiences that emanate from within each of the rooms behind each of these doors. It may be that behind one of these doors is a memory that has been causing you pain in this life ... a memory of an event that needs to be addressed here and now ... Your subconscious mind will guide you here ... and should there be a particular door which merits your attention ... you will be drawn to this door ... and you will know that before we proceed further ... this door must be opened and you must deal with what lies within that room beyond. So go ahead now ... walk along that corridor ... past each of these doors ... Ahead of you at the end of the corridor you can see in the distance a door ... so much heavier ... so much more imposing than all of these along the sides ... This door is that door through which you passed into this life from beyond ... and it is this door that you must now go through to see what was

before ... and it awaits you now ... You have the key and it will open for you ... but you must pass by all the other doors of this life before you can pass through this one. Go ahead now ... Take your time ... If there is a door that beckons you before you reach this special door ... then that is okay and we can pause to deal with whatever needs to be done ... You can speak to me clearly now as we go ahead ... but you cannot wake ... Just tell me when you are at the door to that life before ... or a door that needs to be opened here before we go on ... I am with you at all times.

*Events as they occur will determine progress. It may well be the case that the client will be compelled to enter a door on this side of the veil. Here you should proceed ... allowing him to enter that room and deal with the content which may be the cause of some problems in this life. Proceed down the corridor when the client feels able to leave that room ... into the corridor ... and then firmly close the door on the memory accessed ... having dealt with it in an appropriate and beneficial way. You as the therapist must use your best judgement.*

Now as you stand before that door that all those years ago you entered through into this life ... are you now certain that you wish to open that door and step through to whatever lies beyond?

*Await response.*

Okay ... that's fine ... I want you now to see the key to that door in the lock ... Reach out now and turn that key ... Feel it turn easily ... Now push open that door. Now I will count to three and on the count of three you will find yourself in a time before this time ... this life ... in a place where you have been in another time ... where you have lived before:

**One ...**

**Two ...**

**Three.** Where are you now? ... Are you inside a building or outside? How old are you? ... What is your name? ...

*The questions that you ask are of necessity in accordance with the natural progression of the client's experience. The main points at this stage are*

*to ascertain details of age, sex, nationality and profession, questions as to family and friends etc, to determine the period in which this life was lived. I remember many years ago being advised to allow my own subconscious to help me, and I should like to pass on this suggestion. I personally record the sessions in order that facts that arise can be checked by the client if that is his wish.*

*At the end of every life there is a death, and this is a matter which can be important to the client's experience. Obviously there can be violence, sometimes horrific events, but you have assured your client that they are beyond harm. Remember to use the name that is given in the life recalled when speaking to your client.*

Now (*client's name!*) in a moment I am going to count from one to three and then I will snap my fingers ... and you will find yourself in that time ... in that place ... just before you pass into spirit:

**One ...**

**Two ...**

**Three ...**

**'Snap'**. Please tell me where you are and what is happening to you.

*Here you will be exploring the circumstances of death. It could be sickness, violence or just old age. The client may have died alone or with others around. Your questions will elicit the details.*

Now when I snap my fingers you will leave this life ... passing into spirit. **'Snap'**. Now let's go to your funeral ... Who is there? ... What does it say on your memorial? Etc, etc ... When I snap my fingers again ... I want you to find yourself in that place where all souls go between lives ... **'Snap'**. Describe to me now this place where you are ... Are there any people in the life that you have recalled that are there with you now? Are there any people there who will be with you in your next life? What was the purpose of the life that you have just recalled? ... Were you successful in that life ... achieving that purpose? Now as I count from one to five ... I want you to find your way back to that door through which you

came to this life recalled ... Now go through that door into the corridor and then firmly close the door behind you and turn the key.

Now I want you to return to the place of comfort and safety where you were before we began the recall ... Relax now and enjoy the peace and calm tranquillity of this place ... Notice now that the white light that enveloped you ... is still with you ... all around you ... a protective aura ... and as you relax deeper now ... that white light begins to enter into your body to be absorbed ... to become part of you and you can feel its positive force ... its comforting energy ... as it circulates within your body now ... relaxing you ... calming you ... You feel an emotional calm that cancels out any unpleasant feelings and emotions that you may have had and you feel more relaxed and comfortable than you have ever felt before.

In a few moments ... you will be able to return to full conscious awareness. You will remember everything that is safe and beneficial for you to remember about your previous life recalled ... Your experience will strengthen you and help you to better accept those things in life which will remain forever unclear ... and you will be aware of feelings of peace and calm ... a gentle acceptance of what is to be ... allowing you now to feel free of anxiety about what will be ... as that new understanding deep within your subconscious is utilised to your highest benefit.

*Trance termination.*

# *Past and Interlife Experience*

*For use in past life and interlife regression sessions.*

Now as you relax so very comfortably there and begin to travel into a state of deep relaxation ... breathing easily and deeply now with your eyes closed listening to my voice and beginning now to enjoy the experience of deep relaxation as it overwhelms you now ... each word that I speak helps you to relax even more as you proceed ... slowly at first before you take that step that will lead to that celestial sanctum ... moving inside now deep within yourself ... moving steadily ... focusing on moving deeper and deeper into an altered state of that which appears real. Nothing concerns you at all except your own mind and the sound of my words as you go deeper with your consciousness.

Moving ever deeper ... please visualise now high above ... far beyond the clouds in the sky ... a huge and ancient building ... and know that this magnificent and beautiful place ... is a holy place ... much larger and much grander than any holy place of worship that could be found here on earth ... This celestial sanctum has a colossal double doorway ... beneath huge arches and massive towering twin spires.

Leading to the massive entrance is a set of huge stone steps ... Concentrate on bringing into being this vast holy sanctum ... every minute detail of its elaborate masonry ... and then see yourself poised at the foot of the steps looking up expectantly at the doorway ... Now start climbing the steps ... and notice the rough hewn granite as your shoes touch each step ... one after the other ... It's a long long climb ... but at last you reach the top and stand beneath the immense wooden door. Breathe deeply ... Pause ... Now stretch out a hand to feel the rough texture of the wood ... Brush your hand lightly over the varnished surface ... Feel the cracks ... the knots ... the joins in the heavy timbers. Now give a slight push to one of the doors and notice how easily it swings slowly open ... inviting ... as gradually the dimly lit interior is revealed and you



step inside across the threshold onto the echoing flagstones of the vestibule.

Stand there now and look around you ... Observe the high vaulted ceilings ... the stained glass windows ... the massive columns and row after row of wooden benches. Shafts of light slant diagonally across these benches ... the air smells sweetly of incense and you are overwhelmed by the solemnity ... the stillness and the magnificence of the scene. Rather than proceed down the main aisle towards the great altar ... you turn instead to the left and walk towards the far wall. It's a long way away. As you walk be aware that the flagstones beneath your feet have given way to a floor of polished marble and that the wall is panelled in dark hardwood from floor to ceiling. Now look along that wall for a door ... a small door ... It's not easy to see ... You must look carefully. But at last you observe a small brass door handle and you proceed towards it. When you get there ... open that door ... and when you walk through that door ... you see a stone stairway. The steps are worn and narrow ... and they lead down into the cellars ... Move down these steps ... Feel yourself descending deeper and deeper into the very foundations of the building. At the foot of the stairway stands a man ... an old man. His hair is white and he is wearing a long black gown that reaches almost to his ankles. He is the guardian of the records and he is expecting you here ... but he wants to know why you are here. Explain your quest for self-exploration and ask to see the record of your last interlife. The old man ... bowing his head ... listens attentively to your explanation and grants your request.

Next your guardian beckons you to follow him into the library. You seem to float behind the flapping hem of his gown as he sets off through the seemingly endless corridors ... past shelf after shelf piled high with books and video cassettes. At last he comes to a halt between parallel lines of stacked volumes. He stands there for a few moments before pointing to a particular shelf of books and video cassettes ... You follow the line of his arm ... and your gaze alights upon your own name inscribed on the shelf in gold embossed lettering. Read this name and verify that it is indeed the name by which you are known ... then survey the books and video cassettes that are on the shelf ... your shelf.

There are many ... many books many ... many video cassettes on this shelf of yours ... one for each of your past lives and one for each of your interlives. Observe the succession of leather spines ... placed in chronological order from left to right. As this life is not over yet and its record has not been completed ... the book and video cassettes on the extreme right are those that contain the record of your most recent interlife experience. Ask the guardian for this record and watch him steadily as he reaches up and retrieves the book or video that is applicable ... and hands it to you. Hold the volume firmly ... feeling the texture of its soft leather cover ... and know that in a few moments you will open its pages to observe the contents of your last discarnate experience. If you have been handed a video cassette then you may use the video player that is there for that purpose. You may choose to look at any aspect of the interlife ... the threshold ... the judgement board ... planning the next life ... anything you wish. When you open the book or view the video ... you will see or hear with no fear ... words ... pictures ... even events that appear to you as they occurred ... moving pictures ... sounds ... experiences. What is contained therein has already happened ... It presents no surprises to your subconscious ... You are merely looking at the record.

Now ... open the book or move the video forward or back and examine whatever section you have selected. Absorb the record calmly ... passively ... without emotion. You have all the time that you wish. When you have seen all that there is to see ... close the book or switch off the video player and hand back either the book or cassette to the guardian who is waiting patiently some distance away. He replaces the book or video cassette on its shelf and then motions for you to follow him once more through the labyrinthine corridors to the stairway leading back to the great hall. You hasten after the old man until you are brought to the place where you first met.

There you bid him farewell for the time being and ascend the stairs ... proceeding back to the silence and majesty of the great hall. You close the door behind you and pause for a moment to savour the peace and tranquillity beneath the highvaulted ceiling before returning to the vestibule and the enormous doorway. Now step outside the celestial sanctum and slowly descend the stone steps ... and as you move one foot before the other you find that normal

consciousness is returning so that by the time you reach the bottom of the stairway you are once more fully awake and aware of your surroundings in this life.

*Terminate session.*

*Snippet: The light is more easily seen when all else is dark.*

# *Pinpoint*

## *Regression technique.*

And now ... as you drift deeper with the sound of my voice ... into that place of safety that you can choose ... nothing bothers you or disturbs you at all ... and while we, for the purposes of this therapy, begin to explore those memories of yours ... of significance and of value ... I want you to know that I am *here* with you as you rest quietly *there* ... nothing can harm you at all ... you can experience now a feeling of calm ... of peace ... of tranquillity. And now I would like you to allow your subconscious to show you a railway station ... a very special railway station, where the trains that run on the track can go forward in time and also backwards to times past ... to memories of events that have occurred and have been hidden from you ... memories perhaps that are hurting you now and causing you anxiety and pain ... those memories that when exposed to the light of conscious awareness ... and your new experience and ability to form more appropriate and beneficial perceptions ... will lose their power to harm ever again.

Now experience yourself on that station ... choosing the carriage in which you will travel on that special train that will take you on that journey to past memories that are so important to you.

As you settle into your seat ... you relax deeper ... as the train begins to move off backwards into time ... as if then was now ... now is then ... as the train gathers speed ... you look out of the window ... events experienced pass by ... remembrances like telegraph poles along the track ... some instantly recalled ... some distant and vague ... so many ... so fast now ... the train gathering speed ... hurrying to where your subconscious mind knows is your important destination ... that special and important event in time ... and you can notice now that the train is slowing ... the clatter of the wheels changing note as the images that pass your window become slower and more distinct ... and now the brakes are applied ... as your subconscious mind chooses the exact moment ... the time that is now as the carriage comes to a halt and the door

opens ... you step out ... and things and events are clear ... there ... now ... and you can talk to me and tell me what is happening ... who is there ... why is this important ...

*The client's responses will now determine the direction and nature of the therapeutic interventions which are appropriate to use.*

# *Anger and Depression*

And as you relax more and more, you can know that how we feel about something imagined or real, ... is really up to us.

It's like the man I once knew who bought a car ... brand new ... his pride and joy ... and he polished it and waxed it ... vacuumed the inside at least once a week, sometimes more ... He was so proud of that car ... until one day another driver reversed into it and put a huge dent in the side ... scraped the paintwork, and he was so upset and hurt that he flew into a rage at first ... he refused even to drive the car for a week ... and when he finally did drive it ... he drove it like a lunatic ... thrashing the engine and crashing the gears ... and he refused to clean it or polish it ... and every time that he saw that huge dent ... a big deep depression in the side ... he became so very angry and sad ... and sometimes he even cried. It changed his whole life ... nothing seemed to make him happy any more ... nothing seemed like fun.

He kept looking at that dent ... which reminded him how upset he was ... how angry ... every time he saw it he felt a twinge inside ... and he thought to himself ... 'Why bother? ... Why me? ... Nothing ever goes right anyway!'

The dent began to rust ... and after a while it became an ugly hole that he glanced at every day and felt that sad ... mad feeling again. After a while ... he just didn't want to go anywhere ... didn't want to do anything, because each time he went out ... he saw that hole again ... and felt bad again ... just as though he wanted to go inside and hide. It was as if he wanted to feel bad ... he felt as if he had a right to ... and he was right ... but he could have done something ... because he did have insurance, unlike the people who live in areas prone to floods ... who live next to rivers or by the sea ... where everything washes away when the river overflows its banks ... or the tide comes in further than normal ... they lose everything they have ... but move back when the waters recedes ... telling others that they are just glad to be alive.

I suppose it's hard to be mad at a river or the sea ... to take a flood personally. They just call it 'an act of God' and go to church to pray that it will never, ever happen again ... but they know that it most probably will ... because rivers flood and the tide rises ... just as people make mistakes or do things wrong ... It's just their nature ... the way they are, and nobody thinks that a river or the sea should be different ... or gets angry when it does what it does ... and nobody worries that they caused the rain or the high winds that caused the flood.

They just move back in and get on with their lives ... and go swimming or boating ... glad that the sun is back ... the damage undone. Now (*client's name*), ... whether you like it or not ... it's entirely up to you ... but if you really want to feel better ... perhaps you can pay closer attention to what you think and what you do ... because you can choose to think about things that make you feel good ... that make you sad and feel bad ... or you can begin to do things that make you feel good ... It's entirely up to you.

You can think sad thoughts ... you can remember bad feelings, or you can replace them with a comfortable participation in things that you enjoy. You create the space in which you live ... You have the ability to learn how to direct your thinking in whatever way you choose. You can change what you do ... you can do things for you. And so tonight ... tomorrow ... this week ... what I want you to do is this: ... every evening ... when you eat your evening meal ... your unconscious mind can automatically remind you ... perhaps with a particular sound ... a particular thought ... a particular image ... a stop sign of sorts ... an alarm ... that this is the time for you to decide what you will do that evening.

You can either decide to do something interesting, or something fun for a change ... or you can just decide to sit and think hard about every unpleasant thing ... about everything maddening event that has happened to you and about how upset you want to be about it. It's completely up to you ... to enjoy yourself doing something different ... or to practise making yourself feel bad.

*Trance termination.*

# *Physical Dissociation*

And when your thoughts begin to travel faster than your body can keep up with ... you can rediscover how the mind can travel so far and so fast ... and you can wonder about things that exist in the universe ... the size of the mighty ocean ... the age of the huge trees that fill the sky ... and the number of stars in the night sky ... things that you have wondered about from time to time ... and you can let your mind float freely in that place that you find yourself drawn to ... while your body remains here ... comfortably here ... there is no need to disturb it ... no need to allow it to hold you back ... You can just enjoy the freedom of letting your mind float freely ... to the places that you most enjoy ... and while your mind is there ... and your body is here ... it can be so comforting to know that your body is here ... waiting comfortably ... patiently for as long as you'd like it to float freely without having to notice it ... because your mind can go anywhere that it wants to go.



# *Coping With Abreaction*

When a client experiences the emotions that are attached to long-repressed memories, the event can be extremely dramatic and to a degree quite daunting for the therapist. The importance of the therapist remaining calm and reassuring is paramount as he/she continues to speak to the client in a voice which is calming and confident.

Explain to the client that the event being experienced is of importance and that there is no need to fear it, as it is but a memory. Initially it was frightening but, having survived the original event, there is no question of its having any power to harm ever again. Now, in the light of conscious awareness, it has lost entirely its power to hurt.

Before initiating a regression session with a client, I make a provision, for example, of suggesting that, if I place my hand on his forehead, then he will immediately return to the place of safety that has been provided before the regression. This can be a garden, or a beach, a familiar room, etc It matters not, as long as it is a place where the client can feel safe and secure. Having calmed the situation and restored the client to a relaxed state, I will then invite the client to return to the same scenario which frightened him so much. The difference, however, is that first I explain the importance of reviewing the event in order that it can be finally resolved, and a more beneficial perspective formed.

The use of visualisation can include dissociative techniques – perhaps a video of the event, suggesting to the client that he has a remote control with which the video can be run, stopped, backed up, freeze-framed or run forward. The more control that can be suggested, the more comfortable the client will feel, and in this way he will feel in control over the past problem area.

Approach the situation by degrees, perhaps allowing just the sound of someone speaking about the event, or perhaps looking at the scene from far away. As he draws nearer, the event can be run

through without the client actually in the picture at first, then little by little the scene can be added to at a comfortable pace, including the introduction of the client into the scenario.

‘And now that you do know what is really occurring there ... you are able to see yourself very clearly in that place at that time ... on the count of three you will be there at that place and at that time’.

There are so many ways that this situation can be approached, limited only by the imagination and expertise of the therapist. You will be there to determine how you will need to tailor your approach in a professional and reassuring manner. ‘I know and you know too that this event at this time and place is very important and significant to you ... and I would like you to take me along with you as you re-experience now the whole event ... but because I am not able to see or hear what is happening ... or know about your feelings and emotions ... please help me by telling me what is happening ... and how you are feeling ... there is nothing here that can harm you and I want you to know that I am with you here and you are quite safe.’

Calm is the key, with the understanding that no harm can come to your client here as he releases what is after all emotion that has been contained harmfully for so long. The abreaction is a release and to you, the therapist, the most potent indicator that significant progress is occurring. A large box of man-sized tissues is a must for every consulting room.

## *Part Twelve*

### *Metaphor*



# Emelda

*This metaphor was written especially for Kay, a young lady of twenty eight years who was causing her now retired parents much distress through her ever increasing demands on them. The purpose of the therapy was to allow her to realise at a subconscious level that she was responsible for her own life and that her demands were unreasonable.*

I am reminded of a story about a very wealthy landowner who many years ago was famous for his kindness and generosity to those who were in his service. He had many servants and retainers, and, for their benefit, he established a fine home where they could live in comfort and security in their old age.

He had two daughters of whom he was very proud as a father should be and doted on them both, giving to them all of his love, for he had lost his own wife, their mother, in childbirth when the younger daughter was born. The elder of the daughters was of a loving and kind disposition, taking after her father, and was soon married to a prince who took her far away.

The other daughter was a concern to her father who noted well her manner of always getting her own way through her disruptive behaviour and manipulative ways. But he loved her and in his concern for her he charged one of his most trusted servants and the servant's wife that they should take care of her and be responsible for her wellbeing on his death. Although the daughter was not best loved by the servants, the man concerned gave his pledge to his master that he would indeed ensure that the rich man's daughter was looked after.

The rich man provided for the couple a generous income and a comfortable home across the valley so that they could live in comfort in return for their watching over the daughter and ensuring that no harm came to her.

Eventually the rich man died, and, as he had no son, his daughter inherited from him half of his wealth and the great manor house

and all it contained. Now the work of the servant and his wife began. In her fashion, the daughter devised a complex manner of ensuring that the retainer and his wife would always be at her beck and call, for were they not responsible for her, had they not promised her father? On the top of the mansion house walls, she caused to be installed a great drum and a huge horn, the beat and the note of which were such that they would fill the valley with her calls, and none would escape the noise of her demands. Also was erected here a large flagpole from which she could fly banners which demanded the attention of the retainer and his wife.

Her calls were loud and many and her manner towards the faithful retainer and his wife became ever more abusive. But the promise to take on the responsibility for the daughter's wellbeing had been given by an honourable man. Without complaint he took from her the responsibility of her own wellbeing. Many were the times when he and his wife would trek across the valley to answer her calls, to draw the water from the well and to cut the wood for the fire, to cook and to clean as she wasted her life, lay in her bed, growing larger and less attractive to those who would woo her for her wealth, indulging herself at the expense of those who now loved her not as they had loved her father.

As the retainer and his wife grew older, so they became more frail and the work of their demanding mistress became too much. They asked for help, that their mistress might employ others to help them, but her reply was, 'Whose responsibility is it to look after me?' They received no consideration at all. As the old man grew more frail and more slow, then the beating of the drum and the blast of the horn grew louder and more insistent, and all in the valley heard the clamour of her demands and kept away.

But the old retainer and his wife, ever faithful to their promise, struggled ever on to do their best. Slowly and painfully they kept to the task, now to be beaten for their slowness and abused with the lash of the woman's tongue for their failing strength. Those who ran the home for the elderly ex-servants of the rich man tried in vain to persuade them both to give up their charge, for they had done their duty, done their best and without gratitude or consideration.

‘Come now and enjoy the retirement that you have earned, take on that responsibility which can only be yours, while you can still stand on your own two feet, and allow others to take on the responsibility which never was yours and can never be removed from that person who is responsible for that life.’ But the old man persevered, for he had given a pledge. The day came when the drums were beating and the horn blasts filled the air with their demanding row, but the onset of age had dimmed the eyes and the hearing of the old couple, and for them the world was quiet and peaceful, time to enjoy the loving company that had been the mainstay of their marriage.

The daughter fumed and raged; the noise was horrendous, but to no avail. She called for her carriage and at a breakneck pace rode to the cottage where the old couple had lived at her beck and call for these many years. Her years of self-indulgence were apparent now, her gluttony immersing her former beauty within a now grotesque body, her face livid with rage and hatred at this unforgivable lapse in the attention to her whim. She crashed through the door. Within the old man dozed in the chair by the fire as his wife, now hobbling with the aid of a stick, busied herself with the preparation of their evening meal. Her rage was enormous as she lashed out with her cane, striking the old man from his chair, cursing the elderly couple with the language of the gutter as she set about them in her tantrum. Even though she recognised the frailty of those who had taken so much responsibility for her, she would show no consideration, and so she smashed and destroyed the things that were precious within that home, screaming her rage at the world. It was the coachman who saved them more hurt. He seized the struggling Emelda and threw her back into the coach. He then drove her back to the big house and locked her in her room to allow her temper and rage to subside. He took care of the horses as he had done for so many years and then packed up his few possessions and left, never to return.

The home over the mountain had two new residents the following day, for those who were concerned came and they fetched the old couple away from harm. Now they would live the remainder of their lives in the peace and harmony they deserved, that responsibility so long misplaced now firmly laid where it belonged. They would enjoy the sunshine and the softening glow of eventide in

the evening of their lives, looking not back at those years so cruelly taken from them, now responsible only for themselves, having done their best and more.

And what of the daughter? What happened to her? Who would care now? WHO WOULD TAKE RESPONSIBILITY FOR HER LIFE AND WELLBEING NOW? Perhaps she did make the effort to put aside old ways and to listen to that wise inner voice; perhaps she accepted the responsibility for her own life; perhaps she looked from within herself to others and thereby grew as a special and unique person, to become part of life as it is and to enjoy what there is.

I hope that she will be OKAY; I wonder what you think? WILL SHE BE OKAY?



# Bicycles

*This metaphor was written specifically for a young lady who had been with her fiancé for a number of years and was now finding herself attracted to another man at work. He was the complete opposite of her fiancé, extroverted and brash, devil-may-care. He had shown an interest in our heroine, but then he had shown an interest in so many others before. How was she to choose what was true reality?*

As you relax more and more ... the mind can wander at times the way that nomads wander from place to place ... never going anywhere special, just drifting from here to there ... which can sound so romantic and so relaxing too ... unless there is something you want to do or somewhere that you want to go ... something that really is important for you to have ... because it really can be difficult to arrive at your goal if you do not know where you are going ... don't use a map, just take a turning to the right here ... and there a turn to the left ... to the right again without a plan ... and then wondering which is the right direction to go ... what do you really want to do?

Consider now the animals of this world ... those that migrate from place to place ... How would it feel if you were to wake one day and suddenly feel that feeling that tells you ... as sure as you can be, that it is time to do something different ... time to fly south ... time to swim north ... to cross the ocean ... or the mountains ... the feeling that the whales feel ... that the snow geese feel ... that the king salmon feels ... that the wildebeest feel. I wonder how it would feel to know something without knowing why ... know something deep down ... and be so sure that you know ... what is wanted ... what is needed ... in the way that a small child knows when it needs to drink ... but still does not know what thirsty means ... a craving ... perhaps a desire ... wanting ... whenever our mind can picture the kind of meal that we crave.

You watch people in a restaurant ... looking through the menu ... allowing their mind to imagine the texture of this food or the taste of that ... until they find one that tastes perfect to the mind ... like

trying on clothes to see if they suit ... or possible futures ... imagining the time and the place ... that tastes ... feels ... looks and sounds just right ... yes, that's it ... everything in imagination ... just fine ... experiencing that future feeling of satisfaction when everything is just fine ... and you finally have what is needed ... and have done all that is required to have that way of being you to hold that wonderful feeling ... and to know that there is no need to wonder ... no need to wander any longer ... to know what direction to take and to enjoy that knowing and going there when you want to from now on ... like a homing pigeon that somehow seems to know which way there ... back to where it belongs ... it gets its bearings ... knows which way to go and it goes there to where it needs to be to feel comfortable and happy ... where it needs to be.

And I am reminded too of the man who rode a bicycle each and every day to his work and then back home in the evening ... a machine that he had had for many years ... a gift from someone who loved him ... someone who was happy to make him happy. He was so delighted with that bike ... he cleaned it and polished it ... oiled it and made certain that every small part was kept in good condition. The bicycle served him well ... carrying him so many hundreds of miles ... to work and even on holidays ... carrying too all of his camping equipment ... and all that he needed to enjoy the experience without concern that he would not have what was needed.

He called one day at a shop in town to buy a new tyre for his tried and tested steed ... and it was then that he saw the new model ... a bicycle with all of the newest features ... derailleur gears ... sports handlebars ... a drinks container that he could drink from as he rode ... the paint was so bright and so shiny ... and he wondered how it would be to ride that bike ... to own that bike ... after all, the one he had was old ... and he knew it so well ... all of its scratches ... all of its little faults ... things that needed to be attended to, like the tyre that was now worn ... and there was no desire ... no feeling of excitement ... at what was known ... so familiar ... and so he determined right there and then that that bicycle would be his ... that he would save all of his money and would have for himself that new and exciting machine.

He continued to ride his old bike ... now imagining himself on that new machine ... longing for the day when he would achieve his goal and own that new machine ... but he neglected his old bike that had carried him through ... and carried him still ... did not bother to clean it or to look after it any more ... as he dreamed only of that machine that would be his. Then came the day when he realised that dream ... that new bike was his, and he abandoned his old and faithful machine ... leaving it to rust and decay in the garden shed of his parents' home ... and he rode that bike in all its splendour ... others admired it and wanted it too ... and then one day it was taken away ... stolen ... and he was so sad ... that attractive machine ... that so many others admired and desired ... had been taken by another ... never to be seen again.

He went back to that old and faithful machine ... and soon discovered that it had been there all the time ... there when he needed it ... ready to begin again ... and not to complain or let him down ... and he never ever did need to drink whilst riding along ... some attention now needed ... and a coat of paint can be so easily applied ... even as the imagination can choose to allow that look or this look to seem perfect or not ... and when that knot is tied ... will that knot be the one that will slip ... or not ...? And I know that you too will choose that which is right for you to do ... aware of what is true and that which is durable ... that will be there whenever you need the comfort and the stability of something comfortable ... like a jumper or a pair of shoes that fits just so ... aware of the comfort ... and aware that you do not need to know how it is comfortable ... it does not concern you ... it is just comfortable ... as your own unconscious mind is allowed now to do those things ... that are the right things for you ... as you trust even more than ever before that part of you which takes care of your best interests ... to your highest good.

# *The Art Collection*

*Metaphor for smoking & substance abuse etc.*

I am reminded of a man whom I knew many years ago, named Henry, who was very interested in art. He didn't have much money, but he worked hard and saved what he could to put together a very fine collection of works of art of which he was justifiably proud.

He consulted an acquaintance of his, an acknowledged expert, as to the best way of looking after his collection of fine porcelain and china. The acquaintance sold him a special substance, which he had formulated, with precise instructions as to the manner and the frequency with which it should be used. He told Henry that, if he used it regularly, then he would have no need to worry and that he could just relax, happy in the knowledge that he was doing the best he could to preserve his collection of fine works.

Henry paid the money and, throughout the years, he cleaned and lavished attention on his valued collection, always ensuring that he purchased a good supply of the compound, feeling relaxed with the thought and the idea that he was doing the best that he could to ensure the well being of his works of art.

He failed to notice the fact that he always seemed to have a dull throbbing headache. The skin on his hands became reddened and sore, his fingernails became brittle and unsightly, and nothing seemed to make it better. He was unaware of the pungent smell that had become part of his person. It clung to his clothes and his hair. At least he had his collection of fine works of art.

It was a few years before he managed to put aside enough money to take the holiday that he had planned for so long. Before he left, he asked a very good friend of his to look after his collection while he was away. He gave precise instructions as to how the art treasures should be cleaned and attended to, using the special compound that was so important to him for his peace of mind.

The friend promised to do as Henry asked, even though the smell of the compound was disgusting, and it so easily stained his hands and clothing.

Henry went on his holiday and was amazed to discover that after just a few days the headaches and the pains, the reddened and sore hands, cleared up and he felt so much better and more alive than he had felt for such a long time.

Imagine how he felt on his return when he found that his friend was unwell, suffering as he had done. And the smell now so apparent upon him was so disgusting. He quickly deduced that the compound that he had relied on so much for peace of mind was the problem, and a professional analysis established that it was full of poisonous and toxic chemicals. That very day Henry destroyed his whole stock of the compound, and he knew that his health was worth more than any possession no matter how valuable or rare. Henry sought further advice from the most respected experts in their field as to alternatives to meeting his responsibility of caring for his all-important works of art, in a beneficial and healthy manner.

To his surprise, the answer was simple and inexpensive, and it had been there in front of him all the time, simple solutions of mild and appropriate cleaning materials would achieve exactly the results that he desired. His works of art would be cleaned and cared for in the most natural way that would prove healthy and beneficial.

The manufacturer of the compound would continue to produce and sell his lethal poison without regard or pity for those who would suffer from his irresponsible and mercenary actions, but Henry had made the decision to take responsibility for his own life and his own health. No longer would he rely on the advice of others whose best interests were not Henry's. He had accepted the evidence as it was, relying on his own judgment and his own ability, not knowing or needing to know how his own inner mind knew what to do for him, and I wonder now if you will not now allow your own wise inner advisor to do those things needed for you ... and you will, will you not?

*Go to **Stop Smoking** or whichever script is appropriate.*

*The above metaphor lends itself to so many applications. I wonder how many you will find it useful for.*

*Part Thirteen*

*Amnesia and  
Recovering Memory*





# Amnesia

*It can be useful for the client not to retain memory of session content if rationalisation could prove detrimental to what has been achieved subconsciously.*

As you drift and dream ... continuing to relax in that special way ...breathing easily ... quietly ... relaxing deeper and deeper with every gentle breath ... I wonder if you can recall how much you have concerned yourself with those thoughts ... those fleeting memories of events ... ideas that drift in and out ... The subconscious mind can work so hard when it relaxes too ... and then you can become so aware of how difficult it can be to recall what I was telling you five minutes ago ... And then what if you could remember what I said seven and a half minutes ago ... what you were thinking ... just a minute ago ... or even four minutes ago ... It really can seem to be just too much effort to make ... to try to remember ... not worth the bother ... so much easier to just allow that relaxation ... that comfortable time to continue ... with a knowing that you really have no need at all to concern yourself at all ...

I wonder if you are aware, that good co-operative hypnotic subjects are so easy to spot as they close their eyes just as you are doing now? It can be such a relaxing experience to just allow your eyes to close naturally, wouldn't you agree? Many of my clients tell me that my voice can sound so much more relaxing when you close your eyes. Can you close your eyes now? When you are ready to begin, just allow your eyes to close.

*When asked a question by the therapist, the client replies, 'I don't know', use the response, 'If you did know, what would the answer be?' Advice is something that a therapist should avoid giving at all costs. To give advice that is compatible with the situation of the client we would first need to be in the client's situation, experiencing exactly as he experiences which is, of course, impossible. Advice is invariably prefixed by the one phrase that devalues the whole exercise, 'If I were you'. We all see the world from our own particular point of view, and, no matter how good we may feel*

*we are at relating to another person's point of view, it will remain that other person's point of view, and not our own.*

# *Confusion Technique to Facilitate Amnesia*

And now that you have had the opportunity to discover new possibilities ... while you can learn from past experiences ... your conscious mind can begin to wonder how it will know which things to remember ... and which things only your subconscious need know ... and then you can remember to forget ... or you may choose to forget to remember ... Your memory of forgetting forgets what it has forgotten ... but you can only forget what you have forgotten when you realise it's too difficult to remember anyway ... and then you can forget all the confusion ... and relax even more deeply than before ...

# *The Filing Cabinet*

*For use in analysis to assist the client to access relevant memories, re-evaluate and dispose of uncomfortable repressions.*

Now as you relax more and more ... each word that I utter is just a signal for you to go deeper now. We are going to be working directly with your subconscious mind.

You will recall that I have told you that every memory ... dream ... event in your life is stored in your unconscious mind ... good ... bad ... insignificant ... it's all there stored ... rather like a filing cabinet ... and now your subconscious will assist you here to go through that filing cabinet, seeking memories of importance to you ... of significance that relate to your problems ... memories ... feelings and emotions that will be beneficial for you to recall here in the course of your therapy.

Just relax ... deeper now ... and allow yourself to drift along one passage of your mind until you can see a faint outline ... of a grey door. As I count to three, with each count see it becoming clearer:

**One** ... becoming clear now ...

**Two** ... clearer still ...

**Three** ... you can see it really clearly now ... as you draw nearer and nearer to that door. Closer and closer now ... reach out now and open the door ... now enter into the room beyond that door ... and close the door behind you.

You can see now that you are in a cream painted room ... well-lit and airy ... even though you cannot see the source of the light, you will see everything. In the centre of the room is a plain, wooden table ... to the side of the table is a tall filing cabinet with four grey drawers ... and one black drawer at the bottom. There is nothing else at all in the room. As you walk over to the cabinet ... notice the label attached to the black drawer ... the red print says clearly ...

not to be opened ... not to be read. The grey drawers contain all of those day-to-day memories of your life ... mostly happy ... some sad ... everything that you have seen ... done ... heard ... or experienced; ... memories that are available to you at all times to help you with each new experience.

The black drawer however ... contains memories that your subconscious has decided to keep from you ... to hide from you ... and the answer to the problems that you have are there in that drawer ... that memory or memories that form for you the basis of so much hurt and pain ... so much misery. Within this drawer are those memories that, once shown to the light of conscious awareness, cannot be re-filed in a hurtful way ... or cause you problems ever again. Hidden away ... yes ... they caused you problems and pain ... but once brought out into that light of awareness they lose that power to cause you problems ever again, just as if they were never there.

You have come here to understand ... and to resolve your problems. By using this opportunity to examine those hidden files ... you can resolve them ... easily ... quickly ... and permanently. You cannot see your subconscious mind ... since it is formless ... but as you wait now by the table ... the black drawer will begin to slide open ... silently ... on well-oiled runners. As it slides open ... you can see the label on the drawer being removed as if by invisible hands ... torn in half ... and then dropped onto the floor.

You are now free to examine everything in the drawer. Look inside and you will observe a number of ordinary brown files. From here ... I can't see how many files there are in the drawer, but you ... there ... can see and you can count them now. Tell me (*client's name*), how many files are there? Inside each of these files is a piece of paper, or perhaps several sheets. Each sheet will have on it a word or words written or printed upon it ... perhaps in black ink ... perhaps in coloured ink. You may find that some of the sheets have no writing at all, but a picture ... a drawing or a photograph which you will recognise and find easy to understand.

Now your subconscious is taking out the first file ... laying it open on the table ... handing to you the first page ... it is in your hands now. Look at it ... and tell me what you see.

There may be only one word on the page or it may be covered with writing or with pictures ... look at the page ... let what happens happen ... you are looking at memories and they cannot harm you. As you reach the end of the page, turn it over and examine the back ... there may be further detail.

What is on that page? It is no longer a secret ... dark and hidden ... no longer the unknown ... its power to harm you has gone ... it no longer has that power. Now that piece of paper is of no further use. Lay it quietly on the table for your subconscious to dispose of safely ... in any way it sees fit. Then go and take out the next file.

*Continue until the client tells you that the drawer is empty.*

Now that you have had this opportunity ... and you have seen all that was hidden away from you for such a long time ... you have been able to see and to understand what has been causing your pain. Now that you know what was there, it can no longer hurt you in that way and cause you problems ever again.

Now watch, as the drawer begins to change colour ... that deepest black now fading to become grey ... the same as the others ... now ready to store new and pleasant memories for the future.

# Snapshots

*This is a strategy to move the client into accessing memories that are important during analysis.*

Now in this relaxed and comfortable situation, your subconscious for your benefit will accept my suggestions which are for your benefit and welfare in the context of this therapy ... here as you listen to the sound of my voice and the words that I say or do not say here ... and each word relaxes you as you go deeper into relaxation with each word that I utter.

I would like you now to allow your subconscious to show you a room ... a well-lit room that is very warm and comfortable ... a room where you feel totally safe and secure ... in the centre of the room is a large table that is there for you ... and there is a comfortable chair there just for you ... now walk across to that chair and sit down and become ten times more deeply relaxed.

As you go deeper now, you can see that on the table, there is a large wooden document box, a very old box, and you will see that on the table, beside the box, there is a key to that box ... Now you can pick up that key and find that it fits the lock on that box perfectly, and it turns easily as you unlock that box.

Now look inside the box and find it full of mementos of your life ... there are albums filled with photographs of all manner of things ... objects, things that you will recognise, ... most of them unimportant ... but some of great importance to you, of significance and of value here. These are snapshots of your life, hidden for so long in the deepest parts of your subconscious memory; yes, they may have caused you pain and problems in the past, but now, exposed to the light of day and to your conscious mind, they lose their power to cause you pain.

It is for you now to take out those albums from that box. I cannot see how many there are, but I know that you are able to see clearly now, and find that special album of significant importance and

value to you now, just one in particular that stands out now in some way that your subconscious will understand indicates that here within are the answers to your problem(s).

Find that album now and place it on the table in front of you. Now you can begin to examine the contents of that album, so open it up at the first page and then examine it carefully and tell me what you see that is of importance to you, of significance and of value. You can speak to me clearly but you cannot wake ... Now go ahead, aware that I am here to help you and that you are perfectly safe and secure. All within that album are but memories, they do not have any power to harm you in any way. Now tell me (*client's name*) ... what do you see here? ... What do you feel? ... What are you experiencing?

*Continue to deal with each page and it's contents in turn, and then, in a significant manner, have the client dispose of the material – tear it up, or throw it into the fire, or whatever seems appropriate. Ensure that any photographic negatives are also destroyed at the same time, and assure the client that he can be satisfied that no other copies exist.*



# *The Three Doors*

*Strategy for eliciting repressed memories.*

And now as you relax and go deeper ... please allow your subconscious to show you yourself *Here* standing *There* in a corridor ... You feel totally safe and secure ... the corridor is well-lit, although you cannot determine the source of the light. The floor is carpeted with a thick pile carpet, and you can be aware that the colour of this carpet is a colour that your subconscious knows to be relaxing. Tell me (*client's name*), what colour is the carpet there?

You see that this corridor has three doors and that each of these three doors has a number on it: ...

**One ...**

**Two ... or**

**Three**

Behind each of these doors are kept all of your life memories ... not one single experience has been missed ... all are stored there ... here ... safely stored. Doors one and two are painted grey ... behind these doors are all of the ordinary memories of your life ... some happy, some sad ... all of the everyday ups and downs of life ... thoughts, images ... all of the emotions attached to each of those memories are there ... there for you to recall as experience ... wisdom ... likes and dislikes ... ways of doing things and ways of coping with each new experience that life offers you. Door three is different ... this door is painted the deepest black ... a door that has been for such a long, long time kept securely locked ... the key hidden from you by your own subconscious.

Hidden from your awareness are memories that are uncomfortable ... tragic ... black, guilty secrets ... memories of hurt and sadness ... of anger and frustration ... evil memories that, whilst hidden and secret, form the basis for so much hurt and misery for you.

Behind that door lie the answers to problems that now affect the quality of your life ... memories whose power lies in the fact of their secrecy ... memories that will lose their power when that door is opened and they are exposed to the light of conscious awareness ... lose their power to hurt you and cause you problems ever again ... You will be free.

Your subconscious mind will now show you the key ... see it now floating in front of you ... and as you watch that key moves to the lock and now in the lock ... it turns easily and silently, and that door slowly opens wide. You are here ... in that corridor there to resolve your problems ... to understand ... and now you can enter into that room and resolve them easily and permanently. As you enter the room, you notice that the door remains open wide ... within this room is your unconscious ... you cannot see it because it is formless, but as you wait there for just a moment, it will reveal itself to you in some safe way that you will understand ... and it will reveal to you in some manner ... it may be visual ... a face perhaps or a familiar place ... or perhaps a sound ... a voice or even music ... it may allow you to experience its presence by way of a feeling ... but you will understand as it begins now to reveal to you the very source of your problems.

It may show you pictures ... or words ... a drawing perhaps ... maybe in colour, or in black and white ... a photograph perhaps ... whatever it is, you will know it and understand it. Whatever your subconscious mind shows you here ... is okay and safe for you to look at ... You are looking at memories ... so now look around the room and whatever happens ... just let it happen ... Whatever you are shown is right for you now to know about ... perhaps a secret exposed ... and because it is exposed ... its power to hurt you will be gone ... over, once and for all time. Tell me what you see ... what you are experiencing as you enter into that room now.

*I explain to the client that once they have dealt with all of the memories important to them in the room, the power of those memories to harm them will be negated. Once they are satisfied that they have done all that is necessary, I tell them to go out into the corridor and then to close the door. If they have done all that is required, then the door will close easily, but if there are still matters that need to be dealt with, then the door will not close. Tell them to go ahead, 'Can you close the door?' If the answer is*

*'No', then they have not finished, and they must go back to confront whatever is preventing them from moving on.*

As your subconscious mind has revealed these secrets to you for your understanding ... I wonder now if you have noticed that the door is now beginning to change colour ... changing now to grey just like the other two ... the room is empty now and ready to store new memories ... positive and pleasant memories for the future.

*Trance termination.*



## *Part Fourteen*

# *‘Performance’ Improvement*



# *Sports Performance*

As you prepare to (*engage in sport/play sport*) allow your imagination to show you a scene ... a familiar place perhaps or one that you can create for yourself ... it does not matter at all ... as long as you can find this place restful and strengthening ... a place where you would choose to be if you felt a bit low or depressed and you wanted to feel better ... If you wish ... you can choose to have somebody there with you ... someone special to you who makes you feel good ... who gives you strength and purpose ... This person may be a brother or a sister ... mother or father ... or someone who is very close to you ... It may be someone whom you admire from afar ... living or otherwise ... By doing this and allowing yourself to experience that place and that person ... you are choosing a place and a person who strengthen and motivate you to your maximum potential.

Some can draw strength from a scene such as a candle flickering ... a watermill turning ... or a bonfire ... or a mountain stream as it rushes over the rocks. It matters not ... as long as it is a scene which provides for you an inner peace and tranquillity and gives to you a special feeling of confidence and inner strength of purpose. So now (*client's name*) imagine yourself at that place... at peace with your own inner self ... and maybe with that special person ... and allow that special feeling of calm and confidence ... of tranquillity of spirit to grow and to expand ... as you experience it ... breathe in the essence of it ... breathe in the clear air ... absorb the powerful and positive vibrations and with each breath ... you can feel that strength and purpose ... feel your mental and physical being strengthening ... experiencing now that surge of energy pulsing through your body as your powers centralise ... as your mind focuses intently on the task at hand ... your concentration and your energies vibrating and pulsing with positive intent and purpose ... your mind and body in perfect tune as you prepare for that moment when all your energies both physical and mental will be in harmony and unison ... as your mind sees you completing the (*race/task/performance*) ... achieving your goal ... a winner ... a champion.

As you do this, feel yourself gaining in strength and health ... increasing your vitality ... taking all that you need physically and mentally from this experience ... feeling better and stronger ... more alive ... more confident in your ability to achieve ... to win ... to overcome. Practise this for just a few minutes each and every day ... actually drawing the strength and the vitality ... both physically and mentally from whatever helps you ... Know that you can do all that you need to do ... whatever you want to do ... whatever you believe you can do ... You can do it ... if you allow your mind to accept that you can do it ... You can do anything that you want to do if you want it enough and you believe in your own abilities and capacities for greatness and for achievement ... Practise this and then practise some more ... for a few minutes each and every day ... you practise to train your mind to give you the best opportunity and the positive belief in your ability to prevail ... Once you have done that ... you can relax ... confident and assured in the knowledge that you have prepared yourself in the most effective and diligent way possible to be the best that you can be ... the best that you can ask yourself to be. Know and believe that ... if it is attainable ... if it is realistic ... then it is achievable ... that what your mind can conceive ... it can achieve. Whatever you believe you can achieve. Work on believing it ... and as you believe it so will it be ... and you will achieve it. When you are in competition ... before you make a single move ... you can visualise in your mind a successful outcome ... visualise what you wish to happen ... happening for you ... what you need to do to do well ... for you to succeed.

Practise doing this every day as part of your training and preparation ... and never make a move when you are actually competing without visualising a successful outcome ... Concentrate on what will happen next ... in the next few minutes or the next few seconds ... What happened before does not concern you at all ... It is of no value to you as you shut out from your mind all that is not important to you in your quest for excellence ... Visualise with all your strength and concentrate on only that which is important ... the present moment and the immediate future ... on what will happen next ... Shut out all that is unimportant and irrelevant ... concentrating on that special moment as all of your abilities and strengths ... concentrate and unite in perfect harmony ... providing for you the perfect balance of concentration ... of positive



tension and calmness and clarity of thought ... your body and mind perfectly attuned to provide you with maximum and most effective concentration of effort both physically and mentally ... Concentrate on that future and concentrate on making it happen ... You have all the resources you need to perform at your very best and you know that you will perform to your highest potential ... You have excellent powers of judgement ... Your decision-making will be at its optimum... You will be clear and definite ... and in excellent form both mentally and physically ... you will have all the determination ... confidence and stamina to perform at your best and for as long as you need in order to achieve your highest potential ... You believe in yourself ... believe in your ability ... Whatever you do you will do well and you will do it better than you have ever done it before ... You now believe yourself to be a winner. You **are** a winner.

*Trance termination.*

# *Pass Your Driving Test*

As you go deeper now ... each breath relaxing you more ... you can imagine it is time for you to demonstrate your ability and skills as a driver ... knowing that you are going to be successful. What usually occurs is that which you expect ... and you expect that you will be calm ... confident ... relaxed and in complete control. You expect that you will pass your test easily and without effort ... and you know now that what you thought could be difficult ... will be so very easy because you are relaxed and in the perfect frame of mind to succeed.

When you are called upon to demonstrate your skill as a driver you will be calm ... confident ... and completely relaxed.

You will be so pleasantly surprised at the ease with which you will maintain your calm and confident manner ... as you demonstrate your skills and your abilities as a driver ... you will be amazed that something you had thought would be difficult ... will be so very very easy ... it will be easy because you will be completely relaxed and calm ... and in this relaxed and calm ... confident state you will be in the perfect frame of mind ... you will be successful ... you will pass your driving test. Now (*client's name*), I want you to visualise as vividly as you can these following scenes that I will suggest to you. Every day ... I want you to practise visualising these scenes ... imagine them as vividly as you can ... and in every scene you are calm ... confident ... and relaxed. You are now in the car driving to the test centre. After completing the necessary formalities ... you emerge from the test centre with your examiner ... and you walk towards your car. You now sit in the car and make all of the necessary checks and adjustments before you start the engine. Now you are driving the car and doing all of those things that you have learned ... you perform each and every stage of your driving extremely well. Imagine yourself ... carrying out a three point turn ... excellent ... Now reversing around a corner ... keeping just the right distance from the kerb ... perfectly ...

Now imagine yourself parking the car between two other vehicles ... taking your time ... judging the distance just right ... parking beautifully ... excellent.

Now imagine yourself performing an emergency stop ... braking the vehicle to a halt quickly and with complete safety ... perfectly. Now imagine yourself doing a hill start ... balancing engine ... clutch and hand brake absolutely perfectly ... pulling way smoothly ... very good! Imagine yourself driving in traffic ... keeping a proper distance ... using your mirrors ... observing and giving proper consideration to all other road users ... driving safely and smoothly ... with anticipation and confidence ... knowing that you are competent and have studied and practised until you are perfect.

Practise visualising these scenes as vividly as you can throughout the day as often as you can ... in the morning ... when settling down for the night ... whenever you have some time to yourself ... seeing yourself at all times ... calm ... confident ... and relaxed.

You have studied the Highway Code ... all of the information that you need is there in your memory because you have made the effort to study ... all of this information will spring instantly to mind and to your lips at the moment when you need it ... so see yourself right now ... answering questions on the Highway Code ... see yourself answering each question easily and fluently ... answering every question correctly ... and you expect to be right ... perfect!

Now imagine the examiner ... telling you that you have passed the test ... congratulating you ... handing you a piece of paper confirming that you are now a qualified driver. When you actually take your test ... you will have taken your test so many times in your mind, it will be like something that you have done before many times ... with great skill and confidence ... in reality it will happen just as you have practised in your mind.

You will find it easy to produce a polished and accomplished demonstration of your driving skills ... You are going to pass your test ... you are going to pass your driving test with consummate ease. You will be aware of a voice that speaks to you from within

... as you take your driving test ... you will hear the calm and comforting voice of the skilful driver within you ... that voice will calm you ... it will relax you. Please practise your visualisations as many times as you can throughout your day ... visualise each and every step ... each action ... each procedure ... do it in the morning ... do it before you retire at night ... in every scene see yourself ... calm ... confident ... and relaxed ... skilful ... and knowledgeable.

You have done all that you need to pass your driving test ... you have prepared yourself physically ... you have practised all the skills and the techniques that are necessary ... you have the experience ... you have done it all many times successfully ... you have studied the Highway Code ... you are prepared mentally and physically ... just believe that you can pass and you will pass your driving test ...

Now go ... and pass your driving test.

*Trance termination.*

# *Hypnosis in Entertainment*

*"There is, I know, a growing strength of feeling within the profession regarding the use of hypnosis for entertainment purposes. I am not alone in my misgivings at what can be a demeaning of something which is, after all, a proven, effective therapeutic tool.*

*Many people will not seek out hypnosis as a therapeutic alternative as a result of having watched stage hypnotism, because they cannot even begin to comprehend how what they have seen in a night club show can be used clinically to help someone in distress.*

*Colleagues of mine have pointed out that many people seek out hypnosis in therapy because of the stage hypnotist, but such people tend to believe that hypnotists have mysterious powers, and so they approach treatment unrealistically."*(Michael Yapko, 1990)

There is a danger, of course, that the imagination, unfettered by the critical, analytical conscious mind, will allow emotions and images to be created which will be accepted in memory as if in actuality. Certain sensations and effects can be suggested which are potentially dangerous, in the same way that the power of suggestion can be used to help someone to stop smoking or biting their nails, suggestions can also, if delivered in an untrained and irresponsible way, promote a behavioural or emotional response not intended.

For those who have undergone formal training, the phrase 'symptom substitution' will go some way towards the emphasis I seek here. As a therapist, I am aware that when I facilitate the removal of a symptomatic response, I must take care to ensure that I have dealt with the causative event, to ensure that I have not just made way for another, equally detrimental, substitute symptomatic response. When using 'Parts Therapy', it is always good practice to instruct the 'part' which is responsible for the symptom to accept a new and more beneficial task, an implanted substitute, such as helping with confidence or in a particular circumstance.

There are so many incidents where harm is done when an untrained and, dare I say, irresponsible person begins to make fun, tinkering with the delicate intricacies of the human psyche. I paid

a lot of money for my car; it represents, to me, a major investment. When I take it for its regular servicing or for repair, I am content that the garage which I have used for many years is equipped with all the necessary tools, and that the technician who will tend to my pride and joy is properly trained and is qualified to do the work. I certainly would not entrust my car to an untrained and unqualified jerk whose only tool was a rather large hammer. It seems reasonable that, when dealing with something as complex as the human psyche, we should ensure that unqualified thrill-seekers are not let loose with nothing more than the 'large hammer' which equates so well with an easily learned ability to induce hypnosis in very susceptible people.

It is necessary to look very carefully at the use of hypnosis for entertainment purposes, for so many misconceptions can arise from what is seen to be some kind of controlling magic. The first consideration has to be the subject and his susceptibility, and the second his state of mind and general state of health, including depressive tendencies, epilepsy and even psychotic tendencies etc, etc. How on earth can a stage hypnotist have knowledge of these so important factors before he begins messing with their subconscious? It is imperative that he implement a considered means of carefully vetting his subjects.

Be warned, before hypnotising anyone, it is absolutely essential that the subject's personal history be investigated, for it is a fact that cases of damage levelled at stage hypnotists have invariably revealed that subject had problems before the event. I myself have had the experience of having to help people whom I term 'victims' of stage hypnosis, who have been traumatised by their experience. Without exception, they have proved to be people who had problems to begin with, and the experience of the stage show has served to heighten their insecurities and feelings of lack of control. They should never have got past a realistic vetting procedure.

Some clients express a real concern when beginning therapy regarding the all important matter of control. Invariably, the source of their concern is their experience either as the 'victim' or as a spectator at a stage show. It takes time to explain the reasoning behind the pronouncement that 'Nobody can control the mind of another', and I would guess that many hours of my time have

been wasted in this fruitless exercise. I would prefer that my time be utilised more effectively therapeutically. Those who are selected by the stage hypnotist are the most susceptible that he can find, those who will perform to order. He does not want those who will provide a challenge to his 'powers'. Those he picks are, in the first instance volunteers, because they are not concerned with the fact that they will be made to look silly. They want to be the centre of attention, and are willing to subject themselves to the ridiculous suggestions which will be the content of the show.

If they were not willing to accept the suggestions of the hypnotist, perhaps because the suggestions fell outside their normal moral parameters, or were dangerous, they would simply be shocked out of trance if in fact hypnotised and refuse to comply. The embarrassment that can result from a suggestion that someone perform sometimes lewd and even disgusting acts is real. It may just be that the young woman who begins to remove her clothing in line with a suggestion by the hypnotist is in fact acting out one of her fantasies. The question as to whether or not she is acting within her normal moral constraints then does become somewhat difficult. Inhibitions are certainly affected within the trance state.

What a mind-bending thought, that you or I could in fact control the mind of another. Surely every hypnotist in the land with just a modicum of skill and knowledge would become extremely rich in a very short time, as bank managers emptied their vaults at a simple suggestion! The proposal is simply too ridiculous and not worthy of the time and concern that, sadly, it commands. I am not opposed to stage hypnotism to such a degree as those who would like to see it banned; there are some performers who are extremely careful and do ensure that they do not cause any harm, by means of vetting those who volunteer to come up on stage. I would personally like to see strict, enforceable guidelines laid down so that every person calling himself a hypnotist should be licensed within stringent requirements as to qualification. I have no doubt that the debate will continue.

As a therapist, you will find yourself in the privileged position of being trusted by people who sometimes feel that they have no reason at all to extend their trust to anyone. I would suggest that you owe it to the profession, to those who will be your clients, and then

to yourself, to be the best that you can, keeping an open mind. We cannot both judge others from within the constraints of our own experience and then allow them to be responsible for their own life. We are not advisors and how can we be, when the advice given usually begins with 'If I were you ...'?

We are not that person, and we never can stand in their shoes, or experience in the way that they do, or feel their pain. The most valuable thing we can offer is the help that they require to help themselves better understand, and restore in them the faith that they need in their own abilities and capacities to make the judgments and decisions which are right for them; to help them gain that confidence which tells us all that it really is okay to be who we are.

Now I have come to the end of this book, I sincerely hope that my efforts will be of some value to you. This work is the amalgamation of many others over the years. I have tried to give accreditation wherever possible, but like so many before me, I can only apologise to all those who have contributed to the great mass of knowledge encompassed within the profession who I cannot bring to mind. I trust that my thanks to all who have influenced me will be accepted.



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