

What's there that hasn't been accepted?

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Basic ideas of Ericksonian Hypnosis

1. Hypnosis is a relationship
2. Trance is naturalistic
3. Trance is a special learning state.
4. Trance occurs when identity is disrupted, and in order to reorganize identity.
5. Hypnosis is one of the social/psychological rituals to contain and humanize trance.
6. Effective hypnosis and psychotherapy are based on the utilization of whatever the person brings to the relationship.
7. Each person is unique (an “incurable deviant”)
8. The three basic principles guiding the work are utilization, complementarity, and diversity.

Hypnotic principle # 1: Utilization

An exercise in joining ongoing patterns to introduce new possibilities:

1. Pacing statement (“This is so”)
2. Pacing statement (“This is so”)
3. Pacing statement (“This is so”)
4. Leading statement (“And this can be so”)
5. Receiving back (“And what are you aware of now?”)
6. Feeding back feedback (“And you’re aware of X”)
7. Return to step 1.

Hypnotic principle # 2: Complementarity

1. X is so (pacing a present state)
2. X’ is so (accessing a complementary state or truth)
3. And what a nice thing to know that you can enjoy BOTH at the same time (Unifying opposites)

Hypnotic principle # 3: Generating multiple possibilities for each response.

1. Statement of general ability ("Your unconscious can express X in so many ways.")
2. Possibility # 1 ("Maybe it will happen in this way")
3. Possibility # 2 ("or perhaps it will happen in this way")
4. Possibility # 3 ("or maybe this way")
5. Ratification of general ability ("I don't know exactly which way your unconscious will choose to express X")

The use of complementarity of hypnotic communication

- I. Three principles of hypnotic communication
 - a. Pace (join what's so)
 - b. Complement (balance)
 - c. Integrate (unify or harmonize differences)

- II. Some complementarities in hypnotic communication
 - a. conscious/unconscious
 - b. hold on/let go
 - c. stay out of trance/go into trance
 - d. listen to hypnotist/don't listen to hypnotist
 - e. a part of/apart from
 - f. left/right
 - g. here/there
 - h. remember/forget
 - i. then/now

- III. Some complementarities in hypnotherapy
 - a. problem/resource
 - b. child/adult
 - c. past/future
 - d. self/other
 - e. no/yes
 - f. alone/together
 - g. inside/outside
 - h. don't change/change
 - i. serious/playful
 - j. inward/outward
 - k. imaginal/physical
 - l. trust/don't trust

Mutual hypnosis

1. As isolated individuals, both therapists and clients are inadequate, incompetent, and incomplete.
2. As selves-in-relationship, therapist and clients are extraordinarily powerful and competent.
3. A major function of therapy is thus to embed both therapist and client processes within the "weave of the total complex."
4. This relational field, especially when combined with a future orientation, can generate/invent many solutions to a given problem.
5. A major task of the Ericksonian therapist is thus to develop such a relational field.
6. Mutual hypnosis is an experiential model for how this might be done.

Mutual hypnosis exercise

1. Tune inwards to own center
2. Open outwards to include partner and surrounding field
3. Simultaneously cycle through induction loops:
 - Now I am aware that I see _____
 - Now I am aware that I hear _____
 - Now I am aware that I feel _____
4. Simultaneously: Shift to Middle of Nowhere
5. Sequentially: alternate phrases to generate a mutual hypnotic reality.
6. Reorient

Steps in a Hypnotic Session

- 1. Gather information**
 - goals, history, related information
 - identity complexes (trance/non-trance, problem/resources)
- 2. Introduce trance**
 - a. you want something
 - b. your conscious mind can't do it
 - c. your "unconscious mind" can
 - d. let's try
- 3. Brief induction(s)**
 - magnetic hands, touching "neglected self", hypnotic language patterns, experiences of well being, five elements
- 4. Identify and incorporate response patterns**
 - what works (patterns, images, suggestions, postures, etc.)
 - what interferes (internal dialogue, curses, rational analysis, unspoken fears/longing, unattended wounds)
- 5. Develop unconscious signals**
 - finger signals, hand levitation, other signals
- 6. Develop deeper trance**
 - induction protocols, five elements, nonverbal rhythms, confusion,
- 7. Develop special place of Centered Generativity**
 - Middle of Nowhere, Field of Infinite Possibilities
- 8. Introduce trance phenomena**
 - regression, progression, time distortion, dissociation, identity change, dreams, somatic alterations.

9. Access resource state/problem state
--tracking the "center" state of holding frames

10. Weave new states/identities
--multiple rhythms, symbols, states
--hypnotic jazz compositions

11. Integration process
--background support

12. Future orientation
--posthypnotic suggestions

13. Self appreciation

14. Reorientation

15. Post-trance processing

16. Beyond the session
--homework, non-hypnotic work, next sessions

Mindbody intelligence: **5 Natural Elements of Hypnotic Learning**

1. **Earth**. Gravity, weightedness...going down...sinking....feeling heavier....weight in lower half of body.....weight on undersides....dropping deeper...."don't need to move, don't need to talk"...heavier and heavier...planting seeds...caves of exploration....climbing a mountain...walking in the desert....

2. **Air**. "opening up"....expansive....."lighter and lighter ... clearspaciousness....wider and wider....lifting....drifting....breathing in and out.....the winds of change...blowing your mind...fog clearing....eye of the storm...

3. **Water**. Rivers of thought....streams of consciousness....deep pools of resources....cleansing waterfalls....down under....oceans of longing....treasures under the sea...eddies and dams...leaking....thoughts floating by...ripples of change....waves of feeling...diving deeper....
4. **Fire**. Warmth....passion....heart opening....sun radiating....fire burning....fire protecting....transforming fire....radiance....burning through fog....points of light....daylight breaking....
5. **Wood**. Tree of life...branches of self....roots of consciousness...fruit of learning....protective bark....rings of learning....fruit of labors....safety nests....fences....shady places....

A Sample Induction Using Natural Elements

(General introduction) “Hypnotic trance is a natural learning process, a way of safely tuning into your own inner creativity, a way of learning about your capacity to feel comfortable, to change in desirable ways, and to develop new possibilities for yourself. Much of the value of hypnotic trance comes from reconnecting your conscious, intellectual self, with the more basic intelligence of your somatic self. So what I’d like to do with you today is to help you to learn how to sense that mindbody unity that allows for a deep hypnotic trance. Does that sound like a good idea to you? (Wait for “yes” response; if needed, address any questions.)

(Earth) Great... So in order to begin, it’s a good thing to get settled into a comfortable, safe, open position. Generally speaking, it’s best to have both feet flat on the floor, hands resting comfortably on your legs, back reasonably straight. You might begin by focusing your eyes on a spot in front of you...or, if you find it more comfortable, you might close your eyes and just begin to pay attention to your inner processes....either way, you can begin to really allow your attention to become more and more absorbed in the growing feeling of heaviness in your body....as you breathe in and breathe out.....comfortably and easily....you can breathe in comfort.....and breathe out tension.....breathing in relaxation.....and breathing out tension...and as you breathe in relaxation...and breathe out tension....you can feel yourself beginning to sink deeper and deeper into the growing comfort of your body....you can feel the weight sinking into the lower half of your body...your feet....relaxing and growing heavier....your calves....relaxing and growing heavier.....the backs of your legs....relaxing and growing heavier....your whole lower body getting heavier....becoming part of a deeper ground of your unconscious...sinking....relaxing.... deeper...deeper into a connection with something below your conscious mind....and as you feel the weight allowing

you to sink deeper, you can feel your buttocks getting heavier and heavier....your tailbone touching the seat, the bottoms of your feet opening to the sinking feeling, taking you deeper, deeper, and deeper....your body and the earth becoming one...your weight and the ground and the center of the earth becoming one....(continue if needed)

(Air)....and at the same time you feel that heavy, sinking feeling, you can also feel the lightness of your upper body, the openness of your mind, the freedom of your thinking, the drifting of your thoughts....the deepening of your trance...the shifting of your consciousness....the lightness of your being.....and as you feel the heaviness underneath, what a nice thing to also feel the lightness above....the sky.....clouds drifting by and away....the awareness of expanding space all around you....a safe place to expand, to feel the lightness of being...your thoughts like feathers, blowing in the winds of change....your body heavy and relaxed...the connection of heaven and earth....the connection of mind and body....the connection of deeper and deeper hypnotic trance.....the heaviness taking you deeper, the lightness opening you wider....deeper....lighter.....heavier....more open....trance...experiencing both at the same time.....deeper....lighter....more and more into a trance....a trance of many qualities....a trance of relating many different things.....a trance of heaven and earth....mind and body....conscious and unconscious processes....walking on the ground, and seeing it all from above....two places at the same time....two qualities as one....becoming one....becoming one....becoming one in trance...

(possible elaborations: fog clearing, seeing hidden resources; climbing mountain, feeling connecting to heaven and earth; bird's eye view of fields of patterns;)....

(Water)....and as you continue to feel that heavy light feeling of grounded openness, you can also enjoy the shifting forms of water consciousness....a river of resources rippling through your awareness....you can be on the banks of your consciousness, allowing the river to flow through you....different associations....different images....a long forgotten pleasant childhood memory....rivers of resources.....pools of images....ponds of feelings....eddies unfurling and coming back into the mainstream of your consciousness....new precipitations of feelings flowing through the earth so deeply down into the center....open to the stars above...the salmon fish moving upstream....the salmon memories coming back home....the dams breaking....the feelings flowing....the rivers returning....the waterfalls cleansing... (possible elaborations: the physical/emotional/spiritual body being cleansed under a waterfall; diving deep into a shipwreck to recover lost treasures; floating on the surface, being supported by the ponds of resources; etc.)....

(Fire) And as you continue to feel the support of the heavy earth, the openness of the sky, the fluid shape shifting of the water, what a nice thing to also know that you can feel the warmth of the Fire of Being....the sun in the sky....the warmth in your body....the sun giving warmth....expanding....giving light....your own being feeling warmer from the sun outside and Sun within....the heart of your own being pumping like a sun....your own eyes radiating like orbitals of Sun....your own center with the passion of your desire....so much fire....so much warmth....so much light....as you feel your mind become One again in trance....One with the elements of your being....the warmth in your whole body....relaxing more and more....feeling more and more a security, an inner warmth....a new connection with your inner Being....(possible elaborations: night fire to keep predators at bay; fireside chat with community; whole or part body warmth development; burning negative images in ritual fire; fire lighting the path of recovery...)

(Wood.) And as you feel that sense of deeper connection, so many other learnings....so many other realizations....so many other connections....the natural element of wood....a tree....a very old tree in the middle of a field....looking closer....a tree like your life....so many branches....a tree in the garden of your spirit....such deep roots...reaching deep into the unconscious....the tree of your life....branches of your being....a long history....a tree that offers shade....a Being that bears fruit...a tree that opens to the sky...that reaches deep into the earth....that needs the water of life...your own being....like a tree....reaching deeper in a silent language....reaching deeper in a connection with what has been buried....(perhaps elaborate a bit)....reaching upwards for a connection to the heavens....reaching outwards for a connection with others.....the tree of your life...the garden of your delight...the growing consciousness of your own connection with it all....deeper and deeper....lighter and lighter....into a learning trance....(perhaps elaborate with other "wood" or "tree" associations).....

(Situate all natural resources in Field of Possibilities)

Because you can feel yourself just drifting, learning, enjoying...integrating so many different things in a trance....you can really enjoy sensing yourself in a beautiful place...a safe place....a Field of Infinite Possibilities....a Field where you can feel a connection to so many different realities at the same time, all flowing through you...all arising within you....all being created and recreated with each passing moment....a Field of Infinite Possibilities which you can enter whenever you'd like to find a deep ground of connection.... an open sky of possibilities.....flowing rivers of resources....burning light of warmth and passion and fierceness.....a tree of life in the garden of your being...all arising and falling, integrating and healing, weaving and giving new life in the Field of Infinite Possibilities....the Field of Infinite Fields...the Field of Infinite Possibilities...a field where you can feel so many different times—past, present, and future all folded into a single moment of change.....each folding, folding into a deeper awareness of so many ways to .where you can find and feel all the natural elements of your deeper being...in the Field of Infinite Possibilities....the solidness of the earth...in the Field of Infinite Possibilities....the open sky and air of your mind...in the field of Infinite Possibilities....the flowing waters and deep pools of thoughts and resources....in the Field of Infinite Possibilities....the burning passions and light and fierceness of your core being...in the Field of Infinite Possibilities.....and the roots and branches of your deeper personality...in the Field of Infinite Possibilities....Time before and Time after....the intersection of the timeless with the time....in the Field of Infinite Possibilities....a safe place.....to help you to heal, to help you to learn, to help you to grow more and more confident over the coming days....so why not take a few moments of clock time, all the time in the world to allow you to appreciate these and many other resources still to be realized...in your own hypnotic Field of Infinite Possibilities.....to enjoy trance as an ever shifting state of mindbody unity, of deep learning, of safe connection with yourself....(pause)...and in sensing those possibilities, you can begin the process of reorienting back into the room, bringing with you those infinite awarenesses, along with a curiosity about how you will make use of those awarenesses over the coming days.....that's it....you can reorient, back into the room, slowly and comfortably....with your eyes open and your body reorienting with complete relaxation and clarity....all the way now.... that's it....(when client opens eyes)...Hello!"

(After reorientation, discuss for 5-10 minutes, careful to ratify and bless each unique experience that the client shares.)

Induction example

(Note: during induction, special attention should be paid to nonverbal patterning such as establishing and maintaining nonverbal rapport; developing eye fixation; using voice tonality that is resonant; using pauses, silence, and tempo shifts to absorb and depotentiate conscious mind; marking out key suggestions; keeping the underlying beat; and developing focused relaxation (i. e., absorption) in both hypnotist and subject. Also, each idiosyncratic aspect of the client's experience—both positive and negative—should be welcomed and integrated within the induction. Good luck, and may the force be with you!)

1. **Identify goal.** "I'd like to welcome you here today....and I'd like to ask you to take a few moments to relax, go inside, and sense any special goals that you might have for our work here together....(give client some moments to identify and speak goal. Make sure goal is in positive terms, e.g., I'd like to do/experience this process/outcome.)

2. **Introduce hypnosis.** "I'm glad that you want to achieve something here today. I think you really can accomplish a great deal with the assistance of your inner self. There are so many different ways that you can learn to listen, to trust, to be guided by, to be helped by your own intelligence, much of which you don't yet know about....So today I'd like to help you through the use of a hypnotic trance....You may or may not know that in a hypnotic trance your own inner intelligence guides the way. As a hypnotist, I can help you tap into your own inner intelligence... I can help you learn to use your own creative unconscious mind to achieve desirable goals....Is there anything you'd like to talk about before you go into a deep trance here today? (If subject has concerns/questions, address them here.)

3. Getting comfortable. "Ok....so in order for you to go into a good trance, I'd like to ask you to begin by getting yourself very comfortable.....a good trance subject usually has both feet flat on the floor...and both hands resting on the lap... (wait for subject to respond accordingly)....that's it.....getting yourself ready to go into a deep trance....very comfortable.....that's it.....and you can let your eyes remain open for the time being, finding a spot somewhere in front of you to let your eyes concentrate and relax.....concentrate and relax....concentrate and relax....and you can keep your eyes open, really not needing even to blink until you're beginning to go into trance....and as and when you blink (pause until blink develops)...that's it...you can begin to go into a trance.....each time you blink...(pause until blink)...that's it...you can begin to relax and go a little more into trance...(pause until next blink)...that's it...your inner self really can begin to direct your experience in a comfortable and secure way...and as you so comfortably continue to concentrate, you can find that place inwardly where you can attend to the need to attend to your unconscious needs...

4. Emphasizing conscious/unconscious differences. ...because you really do have an unconscious mind....your unconscious mind is listening right now....your unconscious mind has brought with you a variety of important experiences and areas of your life that can be comfortably and positively addressed....your conscious mind, the front of your mind, the mind that thinks logically, is also operating, of course...it may be wondering...it may continue to watch...it may continue to analyze...it may have concerns and doubts (PERHAPS IDENTIFY AND PACE ANY SPECIFIC CONSCIOUS PROCESSES)....that's ok...because your unconscious mind can help you out here today...isn't that a nice thing to know?.....isn't it nice to know that you have both unconscious needs and capacities...and conscious processes and concerns?....and what a nice thing to know you can enjoy BOTH at the same time!!!

5. Emphasize examples of unconscious mind. and your unconscious self is not entirely unknown to you...for example, you've experienced your unconscious mind at work when you've gone to sleep at night and dreams...and you woke up the next morning and realized that you were thinking during the night with those dreams....but you weren't consciously thinking, you were able to become deeply immersed in unconscious thinking without really knowing it consciously until afterwards ...just like when as a child you sat in the classroom, listening to the sound of the lecturer drone on and on...and perhaps it was a long, hot day, and you couldn't wait the get up and go outside and run and play...but the teacher kept droning on and on, and you began to look out the window and your mind began to drift...your unconscious mind was taking you

away from that uninteresting lecture and moving you into a more interesting reality... so you see your unconscious mind really can allow you to move from one reality into another... and that's what a trance is.... letting your unconscious take you deeper and deeper into a state of deep absorption, of complete relaxation... (elaborate along these lines)

6. Encourage letting go of conscious mind. ...and as your unconscious mind becomes more and more focused, more and more concentrated.... more and more absorbed... your conscious mind can begin to let go.... to relax.... to drift... just like snow on a windy day... drifting from one place to the next... changing, trance-forming now, relaxing... not needing to pay attention consciously, just letting your mind drift... like watching a relaxing television show... your mind concentrates on the television and your conscious mind just relaxes for a while... (elaborate if needed)....

7. Suggestion loops: Pacing/leading, complementing, and covering possibilities. And as you relax your conscious mind and focus your unconscious mind, you can begin to see, can you not, that there is room for each and every part of your self and your experience in a deep trance... even as you're sitting there, listening to the sound of the voice, noticing the thoughts your mind is thinking, sensing the deep, long-ignored experiences beginning to develop, you can discover yourself going deeper and deeper into trance... you can listen and not hear, or hear without listening, or be able to consciously hear one idea while unconsciously recognizing a totally different idea.... you can go deeper, then lighter, then deeper still moving... all in developing that creative trance that expresses the entirety of your unique personality... using each understanding, each thought, each new development to take yourself deeper... each thought... that's it... that thought.... each feeling... yes, those feelings... each seemingly insignificant movement of your body... that's it... to take you in and out, up and down, in and out of trance... until at some point you go in for awhile and forget to come out....

8. Elaborate with images/metaphors....you see, you can lead a horse to water but you can't make him drink, can you?...that's so true, is it not?...and I can point out that the water is over there (shifting voice) but I can't tell you not to go over there in a trance, now can I? Your unconscious can dip in, dip out, slip in, slip out, and then slip in and forget to slip out for awhile... and your conscious mind can rest on the shore, warm and comfortable, becoming more and more relaxed and tired... a beautiful separation of powers, of church and state, of conscious and unconscious... you take the deep road and your conscious mind can take the surface road... and we'll meet in deep trance after awhile... because there are so many ways to enjoy the water, so many different ways to get beneath the surface... you can dive right in and go very deeply, going very deeply beneath the surface.... or you can just imagine yourself going in and enjoying the temperature changes in your body... the freedom of movement... the ease of navigating through the waters... the pleasure of feeling your body relax... the rhythm and movement of your breathing.... forgetting about everything else, and just enjoying the experience... (this theme or others may be elaborated with specific stories, incidents, etc. for example, you might tell a story about a boy or girl having fun at the beach for the first time.)
9. Pace and depotentiate any possible "resistance". ...and in going for a swim, you may find yourself of two minds... or perhaps even more minds... on the topic of how to best go about doing it... you may find yourself interested in going in, but concerned about something at the same time... is it safe?... is it time now... is it something you really want to do?... how will it work?... will you want to come out immediately or stay in for a long while... so many different things to be absorbed, distracted, worried by... (INCLUDE ANY OTHER SPECIFIC CONCERNS, OBJECTIONS, WORRIES, INTERNAL DIALOGUE, ETC.)... you can feel any such concerns as they wash through your mind, play through your mind, leading you deeper through your mind to a deeper mine of gold, purple, yellow, rainbow red and crimson tide of a kaleidoscope of jewels of thought... and you can allow them to be there even as you here can let those thoughts and concerns be over there, even as you here can let yourself watch yourself going in yourself right down now, left with a comfortable realization... so many minds to mind... minds to mine... minds to mine... the storehouse of learning to go even deeper now... digging deeper to find the incredible resources of hypnotic learning....

10. Introduce deep self in trance. ...and as you go so much deeper into the mine beneath the mind that minded going into the mine, you can realize, "what's here is mine"...it really is yours for the asking...no need to mind what's outside the mine now...you can keep going deeper into the mine within...because in the mind, below the mind...the mine of resources to be mined and minded can be explored in so many ways...and when did that light on top of your head get turned on?...leading the way... the light beaming from your unconscious mind leading the way down and through the mine within the deeper mind of your inner self...and your hearing can be so much more attentive...and your vision can see the electromagnetic fields within and around you...your awareness so aware within the mine that you can hear what you couldn't hear above ground...that voice...that faint, quiet voice...a younger voice...calling to you...where is it?...where is that voice?...calling your attention...pay attention to the inner voice of the mind's mine of resources...she (or he) is calling to you...that's it...you can hear and feel that other presence deep within the mind's mine that is you...mirror images curved to infinity, a silver surfer looping in ever widening circles...you're home now, home now...to return to the place from which you began and know it for the first time...that's it...that's it...that's it...such a long time ago, that inner voice was lost...forgotten...the avalanche of experiences...the explosion of the structures...the unexpected problems...the abandonment of the mine...the canaries flew away...it wasn't safe to go back down then, wasn't it not?...the forgetting of the one left behind...but as you go deeper now into the mine of your mind, not minding the mining of new resources and discoveries, something is safely leading you to that voice...the light beaming brighter now...that's it...the ears hearing the voice within the mine...the door that you can sense that has been built since you had to leave...opening slowly but widely...the underground structure...as you eyes become more and more accustomed to seeing in the mine of the mind, you can see there's a presence over there...that's it...over there now...all parts of the deeper mine that is beneath your mind that is now part of your deeper mind...and you can see in the shadows her (or his) presence, stepping out of the shadows...kaleidoscope eyes, diamond ears...diamonds on the souls and your shoes...the shimmering body of light...you can sense with all of these your inner self that has been living within the mine of your mind...waiting for you to return...waiting for you to return...that's it...waiting for you to return...

11. Reconnect with deep self. ...and as you see and sense and behold and recognize... you can recognize that the voice is not over there now... the voice is now within... the soft but deep voice that has been calling for so long... is now within you... and as you feel it within you, you can sense that the mind and the mine are now one... the mind is the mine within you... and the mine of resources is now within your mind... that other self, left behind in the mine, is now part of your mind... even as you are part of that deep mine of resources... the two connecting as one... integrating, connecting... and what is the sound of one self happy?... the sight of one mind relaxing... the feeling of a mind expanding and integrating the kaleidoscope... the fish back in school, swimming happily in currents of our time, beneath the waters that is now under the bridge ... the dreams beyond the limited self... the hopes of the younger self... that's it... that's it.
12. Reintroduce problem/goal. ...and even as you feel that integration of the mind and the mine, you can remember why you have come so far... why you have walked this deep path within yourself... you have returned for a reason... there have been problems outside the mine... problems in the world above... problems in your life... problems you couldn't solve on your own... problems that led you on this journey... difficulties, confusions, problems that you have come here to solve...
13. Suggest hypnotic problem solving. ...and yet even as you recognize that outside the mine there has been problems, you can sense that here... within the safe place... of deep integration... of the mind within the mine... the problems have disappeared... in the province of the mine of your mind, the dust has cleared and the radiance of your jewels are sparkling in the new light of inner calm... and within that safe, beautiful place, you can let that spiritual presence within you begin to sense your problems... their nature... their origin... their meaning for you... you can sense that other self within you... the one who sees, who knows, who grows, who sows the seeds of new life... to begin to solve that problem... you can let your heart be open and relieved of your problem... yes, that's it... your heart open and relieved, letting all the pain and misunderstandings of the problem slip out of its stronghold and into the gentle hold of your deeper self... you can drift, dream, walk about, think about, be in surround-about-a-whirling dervish of new understandings... the wounds, seen and recognized... the longings, felt and relieved... the hidden strengths,

sensed and mirrored back...no need, no possibility for linear understanding...no way to consciously develop the solution...going deeper...safer...deeper...truer...deeper...further...into a reconciliation...beyond the problem...beyond the problem...beyond the problem...a strange sense of hypnotic change...a deep hypnotic change...(THIS CAN BE ELABORATED A BIT MORE.)

14. Future orient. ...and you can feel so secure...so absolutely calm and relaxed about your inner mind...that your upper mind can begin the process of walking back up the path toward the outside world...but slowly and easily, wistfully and joyfully, curiously and affectionately....for each step you take into the future, toward returning with a healed sense to the outside world...you can feel free to take a moment and look back, watching within the core mine of your mind that the changes are still continuing...you can walk free of the problem...because the problem has been left behind back there...with each step you take, each breath you take....you can sense a growing distance between you and the problem...and from that growing distance, you can see that the problem is being changed...or is it you that is being changed? ...or is it both you and the problem being changed as you increase your distance to it? Double visions of the unread decisions, being trance-formed into integrated revisions...seeing it in good hands in the wise witness watching in the mine of your mind....watching it be taken care of gently, wisely....allowing you to go ahead into your life...moving toward the future...walking up, back to the outside world, where you now realize that since the mine is within your mind, the mine of deep resources is always within you...the mine of your mind beneath what you had minded before...no need to ever mind the "never mind" of your earlier disappointments...and so you can enjoy the jewels from the mine of your own deeper mind that is deep within you...

15. Reorient. ...and so as you get closer to the surface, all the characteristics of the outside world slowly emerge into your awareness once again...the time of minutes and hours...the mind of thinking and acting...the awareness of the sounds of the room...and so just take those few moments to feel, like the light awakening the landscape on a bright new morning, your conscious awareness slowly bringing you into the new day of being in the room here now, slowly waking up.....back to the future...with the present of the mind's mine within you always now...returning into the room, with the mine within your mind, returning with you, but operating safely within you....
16. Post trance discussion. Welcome subject back to external reality. Be supportive to how client would like to process the experience. Emphasize each experience as valid and important, even those that seemed to interfere with expectations or hopes. Emphasize how each person's experience is unique, and trance is an opportunity to learn the unique ways and means of the inner self. Discourage overly analytical or critical review of experience, instead encouraging acceptance and curiosity. Congratulate subject on accomplishments, and note that this is beginning rather than an end. The journey is endless.

Age Regression

Some basic assumptions

1. Memory can be utilized in many ways, both in terms of what is recalled and its meaning.
2. How one relates to memories strongly affects quality of life.
3. How one relates to memory can be changed.
4. Every memory is a potentially valuable resource.
5. An individual has stored in memory—both individual and collective—all that is needed to live creatively and happily.

An age regression method

1. Identify goal
2. Pre-induction childhood associations: nicknames, favorite toys/pets/ friends/games, unpleasant associations
3. Use induction protocol, interspersing childhood associations when appropriate.
4. Shift to "Field of Possibilities":(Signal when accomplished)
5. Summon Inner Advisor for guidance (Signal when accomplished)
6. Ask inner advisor to access memory resources related to goal achievement (Signal when accomplished)
7. Ask Inner Advisor to identify memories that need to be reframed related to goal achievement (Signal when accomplished)
8. Give 5 minutes of clock time for integration of new learnings within Field of Possibilities
9. Future orientation toward goal achievement
10. Reorient

Creating Happy & Health Futures

1. Identify goal
2. Trance induction into the Field of Infinite Possibilities
3. Allow goal state to appear within a crystal ball at the end (lower right hand corner) of an "rainbow arc"
4. Allow early memory to appear within a crystal ball, moving to the beginning (lower left hand corner) of rainbow arc.
5. Allow slightly later memory to arise within a crystal ball, in second place on rainbow arc.
6. Allow slightly later memory to emerge in third place in arc.
7. Allow "present memory" to emerge at top of arc.
8. Allow "future memory" and develop in next place on arc.
9. Allow another "future memory" to develop in next place in arc.
10. Suggest overall view of arc: "interconnected jewels on a string"
11. Suggest integration of "memories" into new identity that allows future development.
12. Permissive amnesia and self-appreciation
13. Reorientation.

Deep trance identification

Session 1

1. Identify identification character
2. Develop inner space in Field of Possibilities
3. Invite spirit of being into your inner space
4. Sense/describe/model the identification being.
5. Notice what will help identification process
6. Notice what might hinder process/how could this be worked with?
7. Return inside/thank spirit/ orient to present

Session 2

1. Mindbody centering: Invite spirit back
2. Induction into hypnotic trance
3. Move into "safe place"/ "sanctuary" in Field of Possibilities
4. Relinquish personal "sphere of identity"
5. Allow identification spirit to bring new "sphere of identity"
6. Open eyes: conversation with partners as identification being
7. Reorient inwardly
8. Identification being moves from "sphere of being"/ personal identity returns
9. Deep integration of gifts given from identification being
10. Future orient: Notice continued integration and new responses
11. Thank spirit
12. Reorient

Dissociation

I. General Points

1. Dissociation is a naturally-occurring phenomenon in which unconscious processes are operating independently of conscious mediation.
(IDEOBYNAMICISM)
2. Dissociation can involve thoughts, emotions, sensory experiences or behaviors.
3. Dissociation can be experienced as (1) an involuntary action of a behavior or thought process normally under volitional control or (2) a lack of awareness of such processes taking place.
4. Virtually every hypnotic phenomenon involves dissociation (e.g., amnesia, posthypnotic suggestion, hallucinations, age regression, age progression, time distortion, ideomotor responses.)
5. Thus, dissociation is a general process, which plays a central role in hypnotherapeutic work.

II. Dissociation Techniques

1. The Middle of Nowhere
2. Confusion Techniques
3. Ideomotor techniques
 - Finger response/head nodding
 - Hand levitation
 - Automatic writing/automatic talking
4. Partial body dissociation (e.g., disconnected hands)
5. Full body dissociation (e.g., phantom body, dual bodies)
6. Shifting time/space referents (regression, progression)
7. General or specific posthypnotic suggestions

III. Applications of Dissociation

1. Deepening trance
2. Convincers
3. Hypnotherapy
4. Unconscious communication
5. Pain control
6. Pattern interruption
7. Generating new reference structures
8. Other specific clinical use

Exercise: Integrating Polarities

- 1a. Generate associational list for Polarity A
- 1b. Generate associational list for Polarity B
- 2a. Hypnotically present list A
- 2b. Hypnotically present list B
3. Alternate lists
4. Blend lists
5. At cue: "So why not take several minutes of clock time to allow your unconscious to integrate these associations into a new, more satisfying pattern beginning NOWWWW!!"
6. 2 minute integration: Background support
7. Future orientation
8. Reorientation

Themes and Metaphors for Hypnotic suggestion and story-telling

I. Empowering Ideas for Trauma Survivors

- ⌘ You have a future
- ⌘ You have an unconscious
- ⌘ You have resources
- ⌘ Your body belongs to you
- ⌘ You can change your relationship to your memory
- ⌘ You have boundaries/shields
- ⌘ You can Trust
- ⌘ You have inner guides
- ⌘ Your emotions are allies
- ⌘ You can reject others
- ⌘ You can release self-blame
- ⌘ You can heal
- ⌘ You can experience intimacy
- ⌘ You can enjoy your sensuality and sexuality
- ⌘ You can support and respect yourself
- ⌘ You can participate in a community

II. Hypnotherapy Modalities for Empowerment

- ⌘ Hypnotic suggestions
- ⌘ Trance phenomena
- ⌘ Stories
- ⌘ Tasks
- ⌘ Rituals
- ⌘ Play therapy
- ⌘ Art therapy
- ⌘ Couples, family, group therapy
- ⌘ Cognitive conversations

The problem is the solution:

The transformation of symptom complexes in ritual trance

(Two therapists, one client)

Therapists interview client to develop symptom complex:

-especially "automatic" or "recurrent" behaviors, cognitions, perceptions, internal responses

Therapists depart and plan

- 1a. Identify trance phenomena in symptom complex (alterations in time, space, perception, age, nonvolitional behavior, memory, body experience)
- 1b. Each therapist selects 1-2 trance phenomena to develop in therapeutic trance.
- 2a. Identify basic themes/patterns in problem
- 2b. Each therapist develops 1-2 therapeutic metaphors that pace/lead pattern.

Therapist return for hypnotherapy work

1. Orient client's attention
2. Double induction: playing with polarities
 - go into trance/stay out trance
 - relax/stay alert
 - change/don't change
 - listen/don't listen
 - visual/kinesthetic metaphors
3. Deepening instructions: stories/images/metaphors/trance phenomena
4. Therapist 1: suggest trance phenomena/
Therapist 2: deliver therapeutic metaphor
5. Therapist 1: Deliver therapeutic metaphor
Therapist 2: suggest trance phenomena
6. Both therapists: Suggest deep unconscious integration
7. Posthypnotic suggestions:
 - new responses in problem context
 - continued integration
 - return to trance when needed
9. Reorientation

I. Generating symbols from:

- Voice tone
- Face
- Hands
- Words
- "Everything"

II. Check symbols

III. Hypnotically use symbols

- 1a. Therapist #1 hypnotically presents long list
- 1b. Therapist #2 hypnotically presents long list
2. Therapists alternate long lists
3. Therapists simultaneously cycle through short lists
4. At Cue, simultaneously:
 “So why not drop deeply into trance and dream a 2 minute dream of integration, allowing these symbols to move into a new, more satisfying pattern beginning NOWWW!!!”
5. 2 minute integration dream: background support
6. Future pace
7. Reorient

Integrating Parts

- a. Identify problem
- b. Identify and program parts: critic/encouragement and fear/safety
- c. Person tunes to problem process and orients to each external parts as it accesses internally
- d. When person is overloaded, closes eyes: all parts speak simultaneously
- e. At crescendo, all parts stop and say: "And so why not drop deeply into trance and integrate these parts into a new resourceful solution NOWWW!!!"
- f. During integration, parts offer background support
- g. Each part states value and support
- h. Person reorients

Hypnosis and psycho-somatic alterations for health and healing

Associational alterations: The "golden light" technique

1. Identify somatic alteration
2. Extend hands/eyes wide/relax and concentrate
3. On inhalation, expand and widen attention/on exhale, totally relax
4. Inhale golden light through fingers, deeply release tension on exhale
5. Let golden light move to target location, notice submodality changes
6. Replace pain with pleasure/allow healing
7. Future orientation
8. Reorientation

Retrieving past and future resources

1. Identify somatic problem
2. Develop light trance
3. Head to left: pre-problem self
4. Head to right: Post-problem (future) self
5. Head to middle: Integration of resource selves in pleasurable new ways.

Additional techniques:

1. Red balloons
2. Glove anesthesia and transfer
3. Therapeutic metaphors
4. Time distortion
5. Out of body experiences (e.g., with guides)

Hypnosis Empowers Many Therapeutic Processes

- 1a. Centering.
- 1b. Encouraging exploration.
- 2a. Deframing.
- 2b. Reframing.
- 3a. Potentiating resources (e.g., past)
- 3b. Inventing new possibilities (e.g., future).
- 3c. Connecting with inner potentials (present/timeless)
- 4a. Enhancing receptivity.
- 4b. Promoting boundaries.
- 5a. Developing separation (dissociation).
- 5b. Developing connection (association).
- 5c. Integration ($1 + 1 = 3$).
- 6a. Connecting mind/body.
- 6b. Disconnecting mind/body.

III. Model for Brief Hypnotherapy

1. You want something.
2. You have resources.
3. You can use resources to achieve goal.
5. You can continue to develop goal-state.

I. Values of Brief Hypnotherapy

- 1a. The relationship is cooperative, conversational and co-creative.
- 1b. Clients are always cooperating.
- 2a. The focus is on solutions, possible futures and resources.
- 2b. Problems, the past, and deficits are secondary.
- 3a. Meaning is constructed/deconstructed in therapeutic conversation.
- 3b. Therapeutic conversations deconstruct pejorative meanings. (e.g., symptoms) to reclaim processes in the service of self.
- 3c. Where singularity was, plurality shall be!
- 4a. There are no preconditions for change.
- 4b. Clients are already changing.
- 4c. Therapy identifies and amplifies change.
- 4d. Understanding follows change, if it occurs.
- 5a. The solution context is always bigger than the problem frame.
- 5b. The solution context includes multiple selves, multiple frames, exceptions and other resources.
- 5c. Therapeutic conversations occur in the solution context.

Three core ideas for hypnosis

1. There is an inner self that is trying to become conscious.
 - there is another intelligence that lives within you
 - your unconscious is very intelligent
 - your unconscious is not a thing; it is a being
 - your unconscious is not a part of your conscious self; it is autonomous (e.g., an artist's muse)
2. Each stage of awakening is initiated through "out of control" disturbances such as symptoms, crises, altered states, major life changes, etc.
 - the problem is the solution/the attempted solution is the problem
 - when your "other than conscious" self predominates, listen!
3. For a problem to become a solution, proper conditions must be present.
 - the principle of utilization/cooperation/sponsorship is cornerstone
 - a ritual space must be present
 - the Statue of Liberty says it all: "Give me your tired...."

Five basic axis's for hypnotic communication

1. Reorganizing attention
 - a. expanding into field ("wider and wider awake into trance")
 - b. dropping into center ("deeper and deeper down into your core")
 - c. relaxing muscles ("letting go and relaxing more and more")
2. Sensing the one pointedness of spirit
 - "bodiless mind", "the middle of nowhere", "spirit behind matter", etc.
3. Affection for it all (touching, felt sense, somatic listening, field presence)
4. Transformational (shifting frames) principles
 - joining (making room for)
 - complementing (balance, opposite truths, both/and)
 - diversifying frames (multiple surface structures)
5. Dosing with three archetypal energies
 - tenderness (relax, soften, acceptance, loving, etc.)
 - fierceness (focus, intensity, separation, penetration, etc.)
 - mischievousness (confusion, playfulness, multiple frames, nimbleness)

5 stages of transformational change

see page 60

What hypnosis teaches us about psychological experience

- (1a) Trance is naturalistic: It occurs whenever identity needs to be recreated.
- (1a) The deconstruction of identity generates trance phenomena:
 - a. Paradoxical injunctions
 - b. Both/and logic
 - c. Non-volitional behavior/experience: I'm not doing it
 - d. Intensified experience
 - e. Deep, sustained absorption: "nothing else exists"
 - f. Temporal variability:
 - g. Somatic changes
 - h. Identity alterations
 - i. Other phenomenological/existential alterations
 - j. "jazz rules" and other "disciplined wildness"
- (1c) Trance as "crisis"—danger and opportunity. The value is dependent on context:
 - a. Self-valuation process
 - b. Level of trust: Is it safe?
 - c. Body/mind organization
 - d. Content variability
 - e. Frame variability
 - f. Context sensitivity
 - g. Relationship to "otherness": antagonistic or cooperative.
- (2a) Trance is a special learning state related to identity deconstruction/reconstruction.
- (2b) When in trance, problems disappear
- (2b) Trance is a safe place for disconnecting (dissociating).
- (2d) Trance is a safe place for reconnecting and healing.
- (2e) In order for reconnection, trance needs healing traditions.
- (2f) Hypnosis is one tradition among many for ritual space and ritual trance.
- (3) There is another intelligence that lives within you.
 - there are two of you
 - there are many ways to describe that relationship: conscious/uncon.;
- (3b) Your relationship to the intelligence is variable
 - domination/submission/indifference/ignorance is normal way
 - cooperation is the artist's way (THE PROBLEM IS THE SOLUTION!)
- (4a) Confusion and chaos can be good things; they're necessary for deep change.
- (4b) Reality is not fixed: you can transform it!
- (4c) You are an incurable deviant, and it's just getting worse.

The Triunal Mind in Self-Relations

1. A Relational Self is constituted from 3 minds: Somatic, Cognitive, and Field.
2. Each Mind has two distinct levels: Basic and Generative. The Basic level constitutes the remedial operations of each Mind. The Generative level of each Mind is a unified field, a meta-state, that “includes yet transcends” its Basic level, transforming its nature and functions.
 - a. Basic Somatic: Mammalian instinct (including food/sex/hierarchy position; fight/flight; emotional history)
 - b. Generative Somatic Mind:
 - limbic resonance
 - centering
 - subtle body (second skin, somatic sanctuary)
 - archetypal attunement
 - a. Basic Cognitive Mind: Social/intellectual, maps/plans/rules/ frameworks/ etc.; shared meanings, fixed values, control of environment, advancement of self-interest, maintenance of self-identity
 - b. Generative Cognitive Mind: principle and processes of sponsorship; both/and (relational) thinking; cognitive resonance; resonant intentionality; systemic (field-based) thinking (non-linear, multiple perspectives, creative chaos).
 - a. Basic Field Mind: Multiple fields (physical/ archetypal/social/family/historical) all act as constraints
 - b. Generative Field Mind: Field of fields; openness beyond form; resonant attunement with collective consciousness; “being with” without identifying.
3. Each Mind has complementary dimensions of “energy” (resonance/felt sense/translucence vs. opaqueness/texture) and “information” (content/ structure/ patterns/symbols), each of which can be organized/ experienced/ expressed in many ways.
 - 4a. When unintegrated, each Mind functions only at its Basic levels, allowing adaption but not transformation.
 - 4b. When integrated, the three Minds form a Relational self that goes beyond remedial functions to transformation of deep identity programs. Some generative properties include: field-based identity, subtle energy thought and action, centering, translucence. openness, focused but flexible intention; integral and relational processing; archetypal/self balance.

- 5a. In ordinary states, one can adapt sufficiently with Basic Mind.
- 5b. In extraordinary states, Generative Mind is needed for positive outcomes.
- 5c. Extraordinary states can be pleasant (“transcendent experiences”) or unpleasant (pathology, suffering, crisis).
- 5d. Extraordinary states can develop from multiple triggers (trauma/life changes/developmental shifts/focused intentionality)
- 5e. Extraordinary states are different from ordinary states in many ways: destabilized identity; creative chaos (non-linear dynamics); multiple truths; intensified awareness; timelessness; beyond conscious control.
- 5f. Extraordinary states are the bridges from one level of consciousness/identity to the next. Without them, deep change, transformation, healing, and happiness are impossible. They are requirements of the nervous system: You will experience them, with or without your presence.
- 6a. The relationship of the Self to an extraordinary state determines its meaning, value, outcome and form.
- 6b. Self-Relations is the study of how to generate, enter, and navigate extraordinary states of consciousness—both pleasant and unpleasant--in order to grow/transform/heal consciousness.
- 6c. To transform problems/suffering into solutions, SR examines how to create and maintain the “proper conditions” of Generative Mind.

A generative self:

- (1) is happy, healthy, helpful, and healing**
- (2) is connected to 3 minds: somatic, cognitive, and field**
- (3) practices multiple organizations of cognitive self**
- (4) practices "sponsorship" (awaking human awareness) with self and others**
- (5) moves fluidly between and across 3 levels of identity: content, form, field**
- (6) can claim the past, connect with the present, generate the future**
- (7) remains whole (preserves, protects, and expands self) by extending, not contracting, "chi" or Spirit**
- (8) is a "multiple personality" and incurable deviant**
- (9) enjoys paradox, metaphor, contradiction, multiple truth, double descriptions, rapidly-changing realities**
- (10) enters into multiple altered states of consciousness (inner and outer)**
- (11) remains open to the Other, especially the "negative other"**
- (12) can limbically resonate/entrain/reorganize other nervous systems**
- (13) lives in the space between opposites: underworld and upperworld, timeless/time, past/future, self/other, personal/archetypal, yin/yang, knowing/not-knowing**
- (14) lives in the space beyond opposites (Generative Field)**
- (15) embodies fierceness, tenderness, and playfulness**
- (16) is on a path of Self Realization (Kingdom is within)**

The invisible presence

1. "An invisible presence....."

- There is an inner self that is trying to become conscious.
- there is another intelligence that lives within you (the unconscious, the spirit, inner being, the guest...)
- this inner spirit is very intelligent
- it is not a thing, it is a being
- it is not "a part of" or the property of your conscious self; it is autonomous and has its own (e.g., an artist's muse)

2. ...is trying to wake up...

- Each stage of awakening is initiated through "out of control" disturbances such as symptoms, crises, altered states, major life changes, etc.
- the problem is the solution/the attempted solution is the problem
- when your "other than conscious" self predominates, listen!

3. ...from dreamtime...

- two types of dreamtime: the "field of infinite possibilities" (the creative void, the collective unconscious, the spirit world...) and "neurosis" (half-baked experiences, neglected selves, received by somatic self/rejected by cognitive self....)

4. ...into human consciousness."

- Human consciousness is the "second coming", the double-birthing relational Self that practices self-awareness, self-acceptance, sponsorship of life...
- For a problem to become a solution, proper conditions must be present.
- the principle of utilization/cooperation/sponsorship is cornerstone
- a ritual space must be present (safety, experiential forms, blessings and guidance, death and rebirth...)
- the Statue of Liberty says it all: "Give me your tired...."

Identity, trance, and ritual space

- I. Identity is the basic distinction of self: Who am I?
 - a. Identity is the basis for organizing/navigating self and world.
 - b. Identity is represented in many modalities: thoughts, feelings, histories, images, physical place,
 - c. Identity is organized at multiple levels: world, culture, family, relationship, individual, intra-individual, etc.
 - d. Identity is organic, dynamic, constructive (it needs to be recreated in an ongoing way)
 - e. Identity has the dual function of preserving self (continuity) and changing self (discontinuity, growth).
 - f. Identity moves through death/re-birth cycles

- II. Trance is the naturalistic learning state activated whenever identity is disrupted, and within which identity is re-generated.
 - a. Trance can be triggered in different ways:
 1. Traumas
 2. Life changes/ developmental transitions
 3. Transcendent states: going beyond the "normal self" (e.g., flow, "zone", prayer, scientific breakthroughs, intense activities)
 4. Intentional trance (hypnotherapy, selfhypnosis, etc.)
 - b. Trance has many properties that allow for identity reorganization: both/and logic, multiple truths, subtle body, temporal/spatial freedom, somatic alterations, meta-cognitive centering (witnessing), non-judgmental processing, transpersonal connectivity, numinosity/luminosity, sensuality...
 - c. There are many kinds of trance.
 - d. The value, meaning, and form of trance depend on the social contexts in which it is held.
 - e. A symptom is a trance without ritual space to hold/guide it.

- III. Hypnosis and therapy are forms of ritual space that provide a container for trance experiences to be helpful.
- a. Primary process (trance) is not fully human; it needs human rituals to make it human. In ritual space, a problem (symptom) becomes a solution.
 - b. The principle of utilization/sponsorship is key: all primary process is accepted, given sanctuary, blessed, guided, mixed with resources, allowed to transform into valuable human forms.
 - c. The Statue of Liberty says it all: Give me your tired, your poor, your lonely....
 - d. Hypnosis provides many important things to trance: centering, embodiment, relationality, intentionality, safety, relaxation, blessing, curiosity, sponsorship,
 - e. Hypnosis/therapy allows old patterns/energies to be transferred from "negative hypnosis" contexts into "positive hypnosis" contexts, thereby allowing new meanings, expressions, creations.

B. The Sponsorship of Soul: A Self-relations Approach

"An aged man is but a paltry thing

a tattered coat upon a stick
unless Soul clap its hands and sing
and sing louder and louder still
for every tatter in its mortal dress."

W.B. Yeates

Premises of Self-relations

- Each person has an indestructible "tender soft spot" (or center) at the core of their being.
- The river of life moves through you, except when it doesn't.
- Life is great, but sometimes it hurts like hell.
- There are two of you: What is the basic relationship principle?
- An intelligence greater than you exists in the world.
- You are an incurable deviant and it's just going to get worse:
 - The path that is yours alone.

These principles suggest three order of intelligence

- the center of the somatic self (the principle of beingness)
- the sponsorship of the cognitive self (the principle of
 - relatedness)
- c. the field of relational self (the principle of belongingness)
- **In experience of well being**, all are present: center, cognitive, complementarily and sponsorship, and connection to the field. In problematic experiences, there is a "break in beingness," a "break in relatedness," and a "break in belongingness." Thus, therapy works to (a) return attention to the center, (b) sponsor differences and mend mental relations ("I" and "thou"), and (c) reunite self with the larger field.

There are MANY, MANY ways to accomplish this. The Coach must use the client's understandings and experiences at the basis. It is a poetic, not literal, practice. To paraphrase Ikkyu, the three main principles guiding the approach are attention, attention, and attention.

Principles of Positive Sponsorship

- a. to awaken awareness of the goodness and gifts to the self
- b. to awaken awareness of the goodness and gifts in the world
- a. to encourage practices and traditions that connect self-in-world and world-in-self

Principles of Negative Sponsorship

- a. to turn one away from (numb, deaden, or curse) the goodness and gifts of self
- b. to turn one away from goodness and possibilities in the world
- c. to install practices and traditions of neglect and abuse of self and the world

Basic Ideas Regarding Sponsorship of Experience

- a. The relational self connects two forms of experience: the fressen energies of nature (the somatic self) and the essen awareness of mind (the cognitive self)
- b. Self develops when essen sponsors fressen
- c. Symptoms develops when essen awareness ignores or attacks fressen energies
- d. Your precense is required, but you can't do it alone: Sponsors need sponsorship

Therapeutic Skills of Sponsorship Include:

- Centering / opening attention
- Deep listening / proper naming
- Being touched by / touching soul
- Blessing / identifying alien influences
- Challenging / accepting
- Distinguishing uniqueness / connecting with differences
- Holding an experience / letting go

Values of Centering

1. calm alertness of mind / body,
2. stabilize attention (away from stressor),
3. allows unitive (non-dualistic) experiencing,
4. connects with “ki” or life force energy
5. activates intuitive / archetypal knowledge
6. provides “sanctuary” or container for “homeless”
experiences,
7. allows cognitive / experiential differentiation /
integration,
8. allows powerful expressive capacity

- a. Develop comfortable, receptive position
- b. Identify any positive intentions / goals / outcomes
- c. Induction: Repeat cycle of statements, filling in new content each time.
 - Now I am aware that I see _____
 - Now I am aware that I hear _____
 - Now I am aware that I feel _____
- d. Next cycle of statements:
 - Now I am aware that I see _____, and I give permission for it to take me deeper into myself (breathe and relax)....
 - Now I am aware that I hear _____, and I give permission for it to take me deeper into myself (breathe and relax)....
 - Now I am aware that I feel _____, and I give permission for it to take me deeper into myself (breathe and relax)....
- e. Once entranced: note, accept, and allow each experiential form to contribute to solution: Now I am aware that this experience is happening, and I can allow it to contribute to a generative solution....
- f. When ready, allow integration and movement beyond problem: And now I can allow all these pieces to integrate even while I move to a more comfortable place....
- g. When ready, reorient comfortably

Exercise 2a:

A Question of Identity

- a. Partners develop nonverbal relaxation
- b. Person A asks Person B: "Who are you?"
- c. Person B lets response emerge, states "I am X."
- d. Person A pauses, senses, and says, "Yes, I can see you are X. Who else are you?"
- e. Process is repeated 4-5 times.

Exercise 2b: A Question of Identity: Integrating Complementary Selves

- a. Work in triad: Coach A, Coach B, Subject
- b. **FIRST STEP: AFFIRM PRESENTING IDENTITY**
 After relaxing and centering, Coach A asks Subject: "Who are you?"
 Subject tunes inwardly, lets identity arise, speaks: "I am 'X.'"
 Coach A pauses to sense and feel connection to Subject as "X," then affirms: "Yes, I see that you are X."
- c. **SECOND STEP: ACCESS COMPLEMENTARY IDENTITY**
 Coach B non-verbally (intuitively) senses an identity in Subject opposite (or complementary to X, then says,
 "And I see that you are also Y."
 Subject receives, lets statement move through ;mind/body, and just notices the effect.
- d. **THIRD STEP: INTEGRATE IDENTITIES**
 Both Coaches now say simultaneously,
 "And what a nice thing to know that you can enjoy BOTH at the same time!!!"
 Subject feels the experiential effect, then reorients to Coaches.
- e. This cycle is repeated 4-5 times, and then the triad reorganizes so that each person gets a chance to be the subject.

Exercise 2c: "Good self/bad self" identity

- a. Partners nonverbally center, extend into relational connection
- b. Partner A says, "What I want you (or the world) to see is that I am _____,"
 "What I don't want you (or the world) to see is that I am _____"
- c. Partner B listens, gives nonverbal sponsorship, then replies with same statements for self.
- d. Partners alternate 3-5 rounds, taking time to speak, touch, make visible, and release each truth.

- a. Center, open, soften, relax
- b. Feel and touch physical "center"
- c. Let attention drop into "center"
- d. Add verbal affirmation, suggestion, or prayer
For example:
 - "May I be peaceful and happy."
 - "May I look upon myself with the eyes of understanding and love."
 - "I will stay with you."

Exercise 3b: A Question of Centering (with partner)

- a. Both partners tune inward, center, soften, relax.
- b. Each partner reconnects with an eXperience of being centered.
- c. Each partner physically touches his/her body/mind center.
- d. When ready slowly open eyes to connect with partner. If you lose center, close eyes to reestablish it.
- e. Take some moments to sense how to connect with partner while giving "first attention: to center.

Exercise 4a: Speaking from One's Center (with partner)

- a. Partners get comfortable, centered, open to field, tuned to each other
- b. Partner speaks:
 - Today my woundedness is about _____.
 - Today my longing is for _____.
 - Today my vow/commitment is to _____.
- c. Other partner responds with the same statements.
- d. Process is repeated as many times as you'd like.

(Let each response be one word or phrase. Let the response come as you speak each statement; don't pre-determine or intellectually try to figure it. When it comes, feel its somatic center; when you speak it, try to let it lift from its somatic center out into the "world of the living." In other words, release it to allow for next statement.)

Exercise 4b**Connecting with a Neglected Self: Breathing “to, through, and around” a negative experience**

1. Identify “problem”
2. Locate somatic center of problem
 - touch center (with hand)
 - touch center (with mind)
 - breathe TO felt sense of negative experience
 - breathe THROUGH negative experience
 - breathe “around”, while dropping under, negative experience
 - give blessing
 - listen and learn with open curiosity and gentle protection.
3. While in receptive mode, do something—a small response—that you’ve never done before;
4. Notice resulting state and proceed accordingly

Exercise 5:**Testing the Center**

- a. Identify challenge (question, relationship, future, memory)
- b. Reconnect with center (take time!)
- c. Ask yourself to imagine moving successfully through the sequence
- d. At each moment, ask, “Does this thought/feeling/response bring me closer or further to my center?”
- e. Each time connection with center is broken, reestablish.
- f. Repeat until you can move through the sequence and stay connected with center.

Exercise 6:**Using the Center as a “Healing Sanctuary”:
Sponsoring Neglected Experiences with Tonglen Practice**

- a. Identify a difficult “other” you’d like a better relationship with.
- b. Identify an experience of love and happiness.
- c. Center, open, let breathing circulate (establish an immune system)
- d. Establish a “sanctuary” in center
- e. Let “other” ride breath into sanctuary, giving it place
- f. Let experience of love ride the exhalation and fill the field around you.
- g. Repeat until experience is transformed.

Exercise 7:**Five Principles for Effective Attention:
Not Too Tight, Not Too Loose**

- a. Drop (or center) attention
- b. Opening attention (field-based identity)
- c. Softening/lightening attention
- d. Entraining attention
- e. Clearing attention

Exercise 8: Cultivating and sensing archetypal energies

- a. Partners get comfortable, centered, open to field, tuned to each other.

b. Partner A says: **See my tenderness....**

See my fierceness....

See my mischievousness.....

See me

c. Partner B says: See my tenderness....

See my fierceness.....

See my mischievousness..

See me.

d. Partner A says: I see your tenderness.....

I see your fierceness.....

I see your mischievousness.....

I see you.

e. Partner B says: I see your tenderness.....

I see your fierceness.....

I see your mischievousness.....

I see you.

f. Partner A says: May tenderness remain with us.....

May fierceness remain with us.....

May mischievousness remain with us.....

May each of us remain with us.

g. Partner B says: May tenderness remain with us.....

May fierceness remain with us.....

May mischievousness remain with us.....

May each of us remain with us.

(In making each statement, the interest is in allowing the words to evoke the energy, and then to allow the energy to arise as a felt sense and extend out into the relational field.)

:

Exercise 9: Relational focusing

- a. One person is Client, the other is Coach
- b. Client is invited to complain without interruption. Coach moves into centered, receptive mode, not listening to words or talking with client.
- c. Coach finds felt sense of own center, places hand there.
- d. As Client continues to complain, Coach becomes curious about where client's felt sense of center is.
- e. Coach asks client to notice where center of problem or disturbance is most felt in body, and place hand there.
- f. Coach senses where client's center might be, and asks client permission to place hand there.
- g. Client continues a bit longer, noticing the effect of Client and Coach connection to center.

Exercise 10: Prototype of self-relations

1. Identify problem

- Specific instance(s): a frame-by-frame behavioural / experiential; sequence
- How is it a problem?

3. Identify “neglected self”

- Somatic location
 (“Where in your body is the disturbance centered?”)
- Age
 (“Let a number representing an age for that feeling come to mind.”)
- Shift to “he” or “she” (for example: “So she’s four.”)

Activate competent cognitive self

- “And how old are you?”
- “What’s the best thing about being (your present age) compared to (“neglected self” age)?

Identify and externalize curses/negative hypnosis/aliens

--“If your mother/father were sitting here listening to this conversation, what would he/she say or do in response to you?”

--“what would you say or do if this was happening to your child/friend/loved one?”

Connect cognitive self with neglected self

- How much do you feel (on a 1-10 scale) the presence of
 - (a) neglected self
 - (b) cognitive self, and
 - (c) connection between them?
- Adjust intensity levels if needed.

Go back through problem sequence: holding connection, noticing differences.

Further development with the relational self.

Exercise 11: **Somatic Modeling: The problem is the solution**

1. Somatically represent symptom
2. Add in steps:
 - bodymind centering
 - graceful, slow movement
 - sound
 - statements of longing: "I long for....."
 - complementary movement
3. Follow new movement to solution
4. Return to symptom: Express movement in multiple ways

Exercise 12: Bodymind centering and archetypal resources

(An exercise in triads: Protagonist, Antagonist, Coach)

1. Protagonist sets up problem situation
 - Identify problem situation
 - Identify interior or exterior attacker that triggers problem
 - Program Antagonist to present attack
2. Antagonist attacks (Lover Resource)
 - Protagonist steps "off line" of attack to side
 - Coach helps Protagonist with bodymind centering
 - Coach helps Protagonist access Lover resource
 - Protagonist senses what needs to be sponsored in self and other
 - Protagonist notices ways to sponsor
 - Antagonist attacks again, Protagonist experiments with new responses
3. Antagonist attacks (Warrior Resource)
 - Protagonist steps off line again
 - Bodymind centering
 - Connect with Warrior presence
 - Notice what needs to be sponsored in self and other
 - Become curious about how this sponsorship may happen

--Antagonist attacks again, Protagonist sponsors from Warrior mode

4. Antagonist attacks (Magician Resource)

- Step off line
- Bodymind centering
- Access Magician/Mischievous archetype
- Notice what needs to be sponsored
- Notice how this sponsorship might occur
- Receive attack again, experimenting with new responses

5. Antagonist attacks (Multiple archetypes)

- Step off line
- Body mind centering
- Access all three archetypal modes
- Notice what needs sponsorship
- Experiment with sponsoring

6. Return to center, review exercise, integrate new responses.

Exercise 13: Changing Negative Sponsorship

1. Develop bodymind unity: opening/centering/relaxing
2. Identify disturbing event.
3. Identify negative sponsorship messages (e.g., "you're an idiot")
4. Distinguish them from self
 - write them down
 - speak to others about their negative sponsors
 - think/speak of them in third person
5. Connect with previous sponsors
 - sense earlier age present ("how old does it make you feel?")
 - if your mother/father/other were present, notice what they would say or do?
6. Closely study effects of each negative sponsorship message.
7. Access positive sponsor
 - other beings
 - other positive people in your life
 - self in relation to self
 - self in relation to others
8. Closely study effects of positive sponsorship message.
9. Install positive sponsorship message.
 - breath into center
 - deepen with mindbody "felt sense"/"telepathic link"
10. Move through disturbing event again, this time with positive sponsorship connection as primary.
11. Identify and develop "community of saints" for sponsorship field.

Exercise 14: “Magnetic hands” technique (Sensing Energy Fields)

1. Develop relaxed, alert posture: Drop into center, open into field
2. Extend hands out, palms facing toward each other (heavy relaxed elbows, relaxed lower back and shoulders)
3. Breathe through hands, allowing sensations to develop
4. Focus on space between hands, developing magnetic pull
5. Close eyes, breathe into magnetic field, go deeper into trance
6. Using magnetic field as guide, explore hypnotic process.
7. Reorient

<u>centering</u>	<u>The neuropsychology of disembodied intellect</u>	<u>The neuropsychology embodied</u>
<u>Agitation level</u>	high	low
<u>Attentional scope</u>	narrow	wide
<u>Muscle tonus</u>	tense	relaxed
<u>Attention</u>	alert	alert
<u>Identity</u>	\position-based	field-based
<u>Logic</u>	either/or	both/and
<u>Relation to "other"</u>	separate (external)	connected (internal)
<u>Orientation to world</u>	suspicious, cynical	curious
<u>Thinking</u>	obsessive	meditative
<u>Action</u>	reactive	responsive
<u>Defense</u>	blocking, attacking, dissociating	blending, joining, redirecting
<u>Field experience</u>	dualistic	unitive

Connecting with the Inner Advisor

1. Identify goal
2. Trance induction (using "natural resources" protocol)
3. In Field of Possibilities, introduce idea of Inner Advisor
4. Suggest finger signals from Inner Advisor
 - relaxed focused intensity
 - suggest different signals: yes, no, I don't know, "need help"
 - get feedback/ratify what's happening
 - if needed, modify communication signals
5. Use signals for checks
 - correct goal?
 - Inner Advisor willing to help?
6. Five minutes of clock time: Inner advisor leads journey
 - "yes" signal at important places
 - "need help" at any times
 - "no" signal when something needs to be rejected
7. Suggest 5 minutes of integration/appreciation/future orientation
8. Reorient and discuss.

The two basic actions of hypnotic therapy

I. THE DESCENT INTO A MINDBODY LEARNING STATE

A. Some basic principles

- the drumbeat: mindbody unity, entrainment, repetitive rhythm
- the cycle of attention: concentrate, extend, relax while keeping focus, drop deeper, let go...
- balance principle
- concentration into/through body
- letting go, letting happen, inner intelligence, new learnings
- trust, safety, proper distance
- somatic intelligence/sensual intelligence
- generate a field: the magnetic hands experiment
- not knowing, not doing
- the descent: going down under....

B. The three basic archetypal energies

1. Tenderness

- softness, soothing, relaxing, vulnerability
- safety, trust, holding environment
- vibration resonance, drumbeat, harmonizing

2. Fierceness

- extension, concentration, penetration through fear and defenses
- intensity, focus, seriousness, courage
- courage, centering, deepening
- respect, protection, challenging

3. Playfulness

- tempo shifts, mood shifts, attention shifts
- pattern interruptions/overloads
- counterpoints, frame shifts, appositions
- humor, ambiguities, word plays
- twirlings, rhymes, non-linear progressions

I. THE TRANSFORMATION INTO NEW IDENTITY

A. The basic hypnotherapy idea: “You can experience X in so many ways”.

B. The identity complex

--“trance” complex/”not trance” complex

--symptom or problem complex/ resource or solution complex

--trance phenomena complex

C. The basic hypnotherapy pattern

1. Enter and differentiate symptom complex
 - a. Select 3-4 main distinctions
 - b. Frame each distinction as ability (“You have the ability to experience X in so many ways”)
 - c. Generate stories/hypnotic phenomena
2. Access and mix resource complex
 - a-c. same as above
3. Weave and integrate new identity complex

D. The basic suggestion loops

1. Pacing and leading
2. Joining and complementing
3. Encouraging and differentiating

5 stages of transformational change

I. The Call

1. 3 stages: the garden/the desert/the return to garden
2. Signs of the call (marks of a symptom)
 - repetitive,
 - somatic disturbance,
 - negative and destabilizing to ego
 - fear/violence towards the "it" of "negative other"
 - undesired consequences
3. Crisis = danger + opportunity
4. Triggers: Why now?
 - Recent trauma (illness, loss, failure)
 - old trauma returning
 - negative event (job loss, death of loved one)
 - positive event (getting married, having a child)
 - developmental change (menopause, puberty)
 - major challenge (job, relationship)
 - symptoms (anxiety, depression, substance abuse)
5. The generative understanding
 - "something is waking up"
 - "you're up to something big"
 - "the problem is the solution"
 - "terrible gift"
 - call to return
6. Connecting with the call: Where's the inner energy?
 - "bad self" story as hypnotic induction
 - conditioned abandonment: "touch and go"/ "slippage"
 - felt sense, therapeutic focusing, and not-knowing-

II. Responding to the call: The descent

1. Why descend?: the limits of the ego-self
 - mind/body dissociation: the disembodied intellect/the overwhelmed somatic self
 - solution outside of identity frames: new growth needed
 - frozen meanings
 - isolated states
 - fear of going down (chaos, uncertainty, disappearing, death)
2. The symptom as an attempt at identity change without ritual space: "negative trance"
 - "depression"
 - negative fantasies
 - addictions
 - compulsive behaviors
3. The need for ritual space
 - non-judgmental
 - multiple intelligences
 - field
 - sponsors
 - multiple logics
 - death and rebirth
 - mind body unity
 - safe container for surrender
4. The three keys for descent:
 - centering: somatic intelligence
 - field: the space beyond the problem
 - sponsorship: guidance and support
5. Inviting descent
 - motivation: suffering, longing, calling
 - attention
 - support and trust
 - seriousness, tenderness, playfulness
6. The process of descent
 - non-rational -letting go, surrendering, falling apart, going down
 - the surrender of the isolated ego
 - returning to sensual intelligence
 - the language of soul: woundedness, longing, vows
 - connection to other self (the unconscious, neglected self, invisible presence)

III. The transformation

- negative bonds are dissolved, new activity is allowed
- the shift happens
- the problem becomes a solution
- new associations: both/and, multiple meanings
- wholeness, unity, and self-acceptance returns
- new growth: "transcends yet includes"
- "good self" plus "bad self"= "both/and, and much more Generative Self"

IV. The return into the world: Action and results

1. The three areas of self-actualization:
 - work
 - love
 - play/practice
2. New actions and behaviors: What do you need to do in the world?
 - goals
 - identifying and solving problems
 - improving relationships
 - reparations
 - training, education, social changes
3. Post-ritual dangers
 - addiction to altered states
 - cult-like phenomena
 - "seven deadly trances"
 - irresponsible behaviors
 - magical thinking
 - let downs ("nothing has changed")

V. - Living in two worlds: Self-sponsorship

1. The principle of sponsorship
 - the "Erickson function"
 - awakening the goodness/gifts of self/world
 - bridging inner and outer worlds
2. The sponsorship qualities of the cognitive self
 - touching
 - mid-wifing
 - blessing
 - connecting and joining
 - holding
 - resonant naming
 - integrating
3. Re-authoring life stories
 - the past
 - the present
 - the future
 - the world
4. Re-claiming and sponsoring neglected selves
5. Ongoing practices: MindBodySpirit unity
6. Soul in community:
 - vocation
 - communities
 - retreats/renewals

A Self-relations Approach to Couples

1. Each person has a somatic self and a cognitive self
2. The somatic self
 - is like a mammal (intuitive, relational, non self-reflective)
 - is like Helen Keller
 - is connected to emotional, archetypal language
 - has its own intelligence, brain(s), needs, orientations
 - is not fully "human" or "cultured"
3. The cognitive self
 - gives meaning and direction
 - blesses or curses
 - can be organized in many different ways
 - is originally held by others, gradually also by one's self
 - is a "sponsor" for life emerging
- 4a. When the cognitive self and somatic self are in harmony, a relational self characterized by well-being, growth, and effective performance is achieved.
- 4b. When the selves are out of harmony—e.g., one predominates over the other—ill-being, stagnation, and ineffective performance occurs.
5. So one of the prime challenges of healthy relationship with self and others is to cultivate an awareness of and interconnectedness with one's somatic self.

A developmental model for couples

- 1a Before a couple meets, they have been "sponsored" by a family of origin.
- 1b. This original sponsorship results in a "good self/bad self" split—i.e., some parts of somatic self are integrated, some are not (i.e., "neglected selves")
- 2a. A person finds a partner that shares the same "neglected selves" **AND** who seems to promise sponsorship for one's neglected self.
- 2b. This leads a person to believe their partner will "heal" them or make them whole.
- 2c. When this doesn't happen, some negative process begins—fighting, dissociating, acting out, "exit" strategies.
- 2d. The negative process ends when a person finds a way to self-sponsor **AND** still remain connected to their partner.

Three stages of intimacy

1. Merging ("falling in love", becoming one)
2. Separating, differentiating (becoming two)
3. Reconciling ("not one, not two", mature intimacy, being with self and other)

Five domains of growth

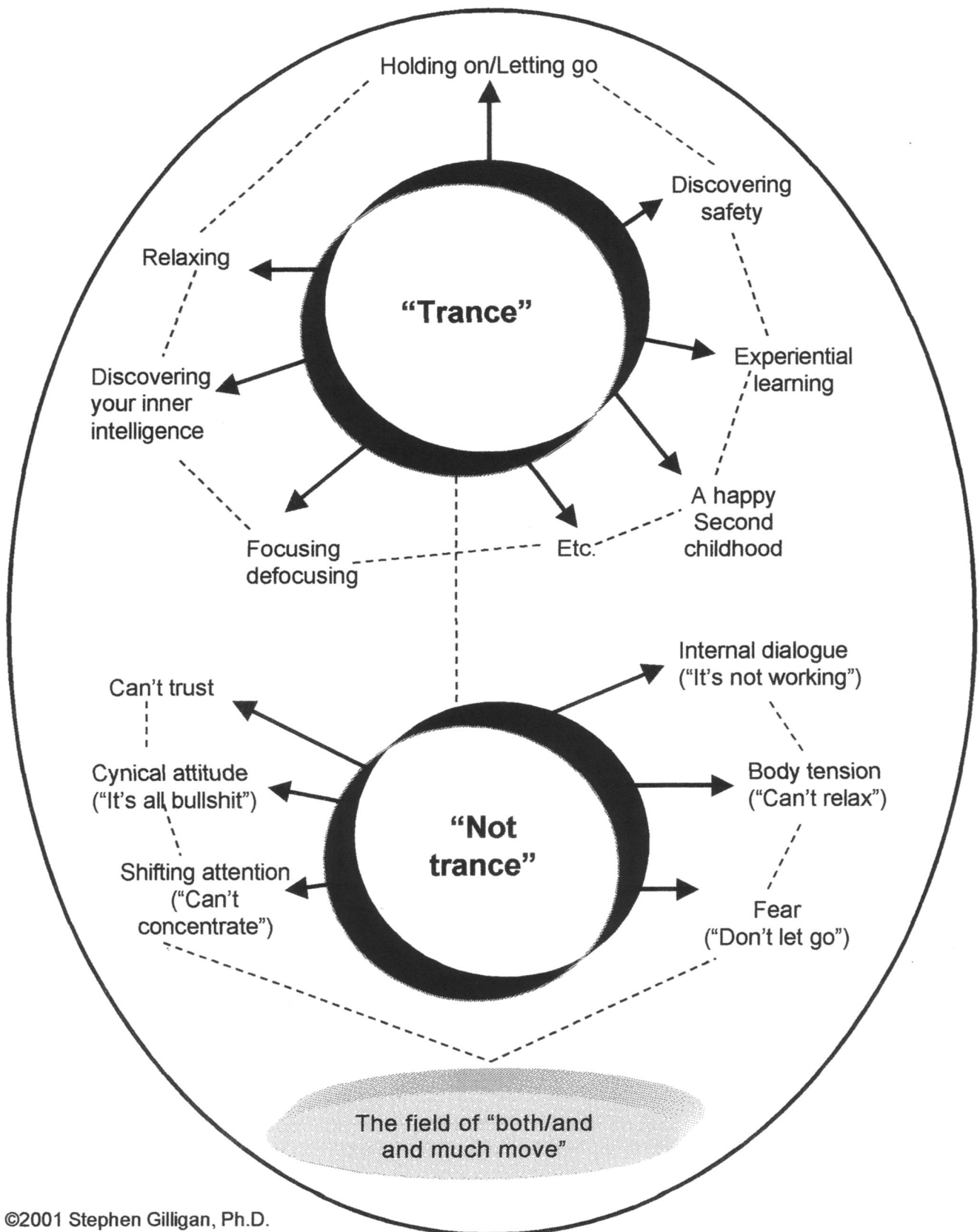
1. Healing childhood wounds
 - families of origin
 - "neglected selves"
 - "curses" and other transgenerational patterns
2. Social identity
 - kids
 - money
 - home
 - work
 - religion/spirituality identity
 - friends
 - leisure time
 - politics
 - major changes
3. Sexuality/emotional sharing
 - sexual connection (lust and friendship)
 - faithfulness/commitment
 - patterns of fighting
 - practicing romance

4. Spiritual growth
 - personal practices
 - spiritual/religious beliefs and practices
 - aging/illness
 - forgiveness and acceptance
5. Crises/losses
 - illnesses
 - job losses
 - deaths
 - kids leaving home
 - affairs/"acting out" processes

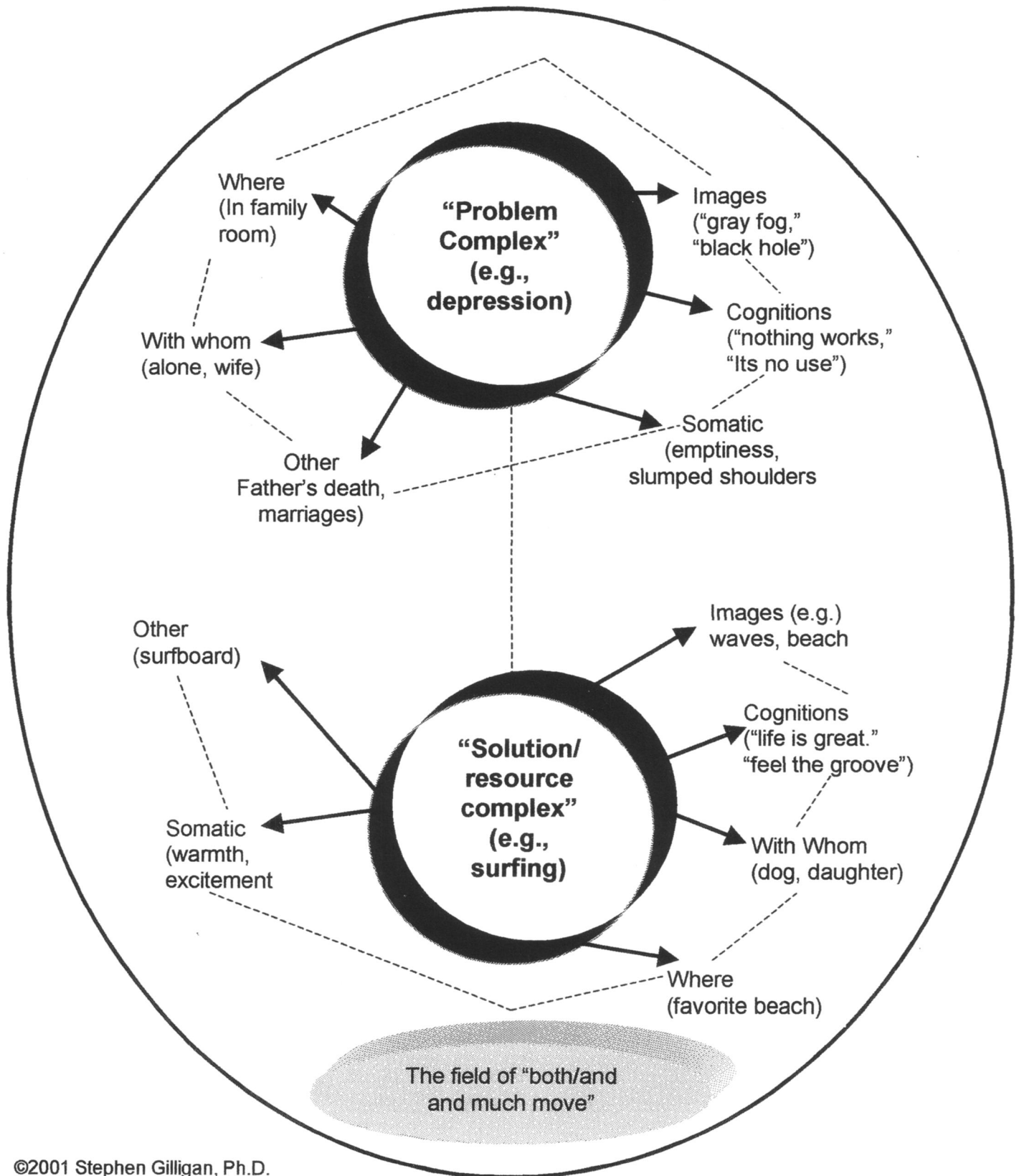
TRANSLATING PROBLEMS INTO RESOURCES:

1. Identify problem
2. Generate identity complexes
3. Translate complexes into
therapeutic ideas/forms
4. Develop hypnotic learning state
5. Introduce & weave distinctions
into new patterns/identities
6. Integration into Generative Self
7. Future orient
8. Reorient & process
9. Feedback and further work

Experiential complexes in hypnosis and symptom transformation



**Examples of problem & solution complexes:
Weaving new identities in hypnotherapy**



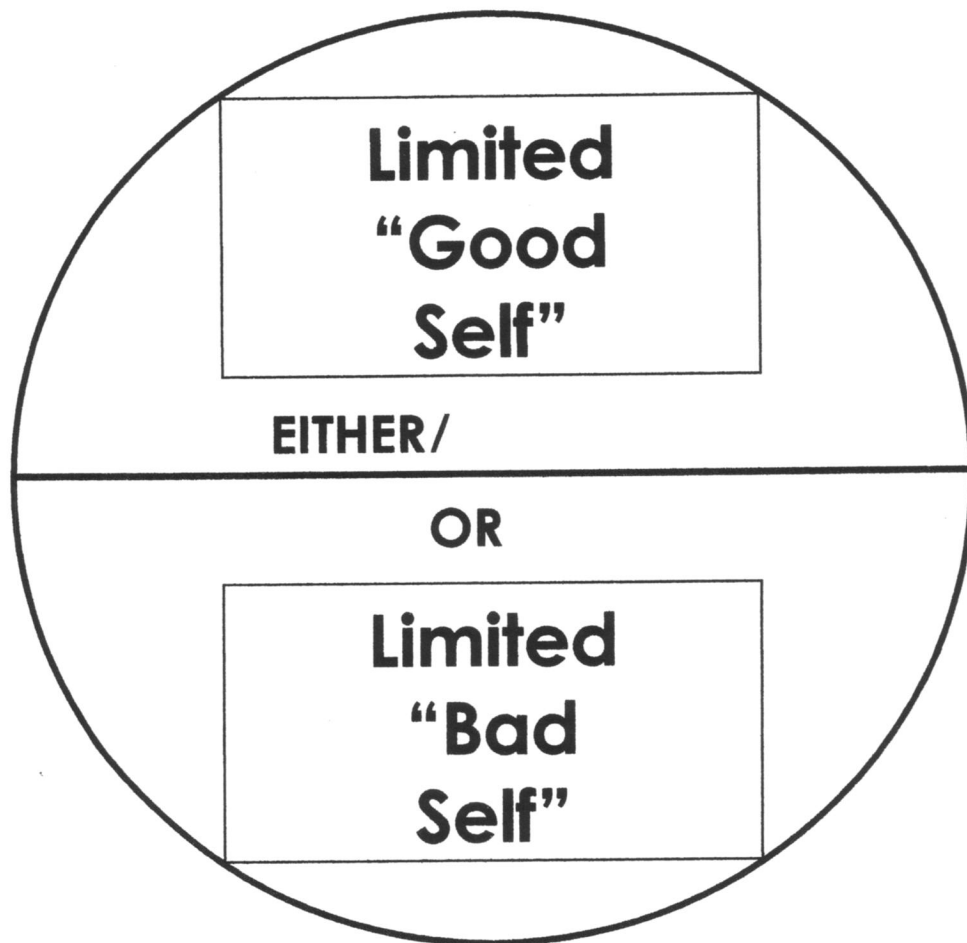
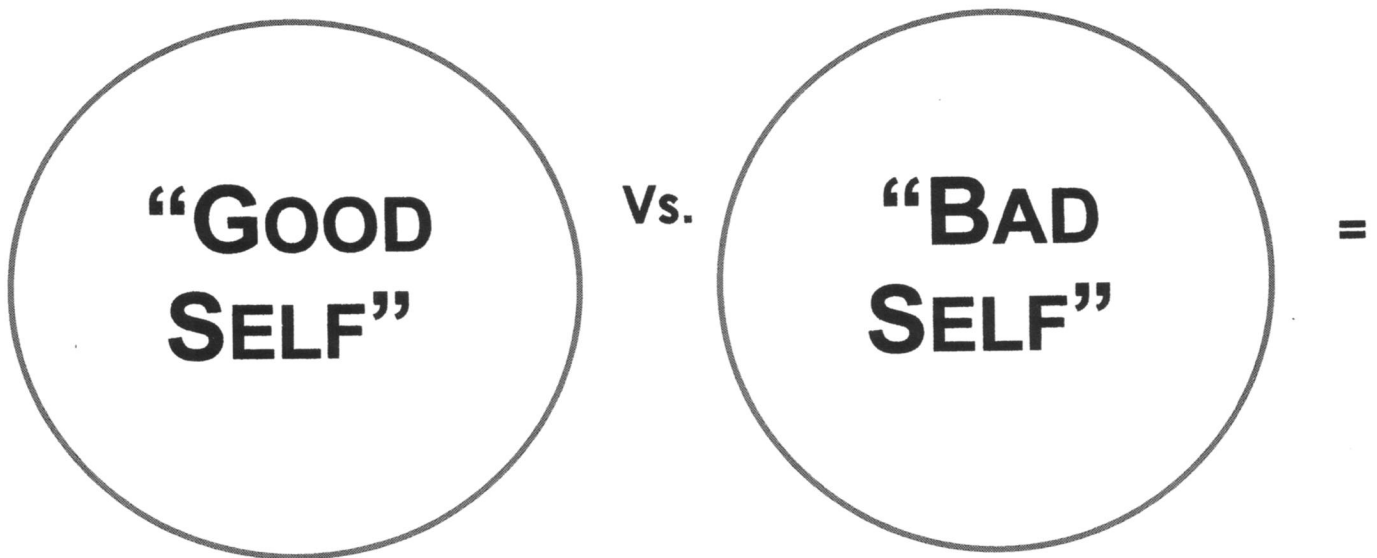
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Translating identity distinctions into therapeutic ideas:

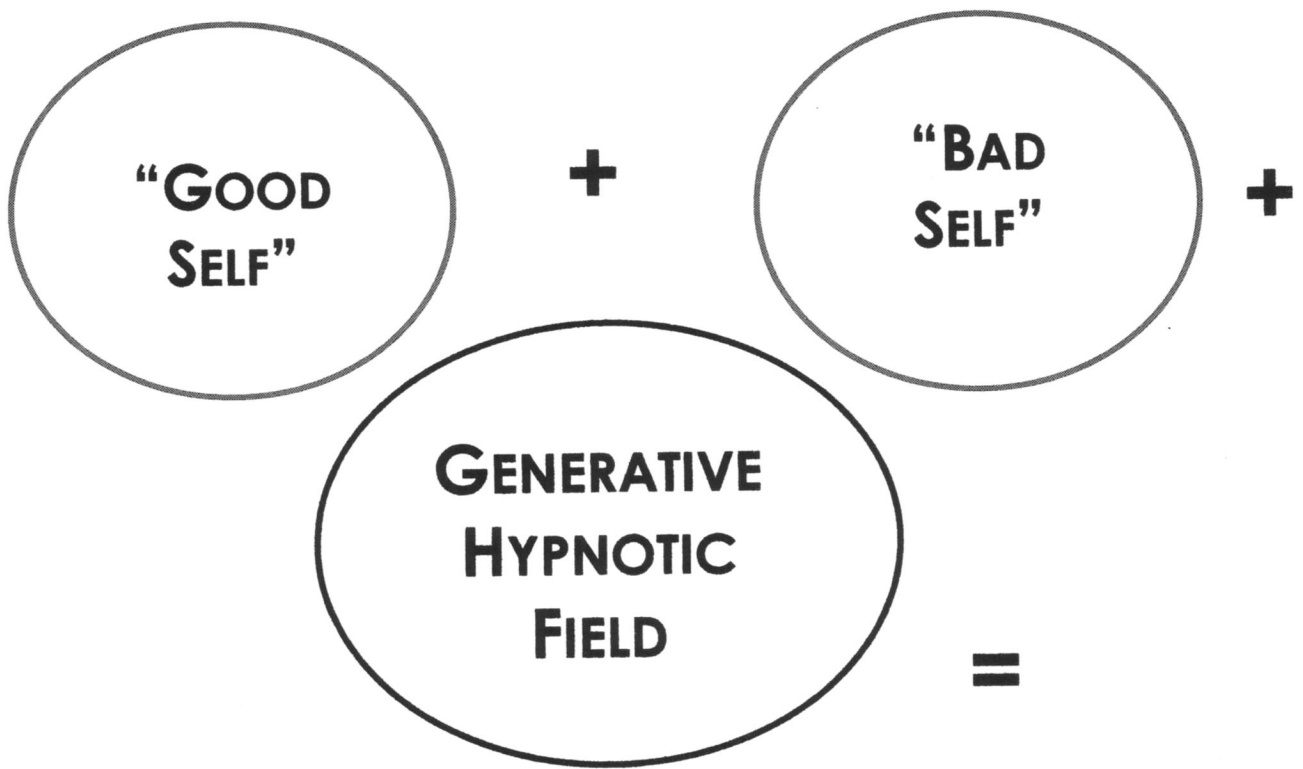
“YOU CAN EXPERIENCE X IN SO MANY WAYS!”

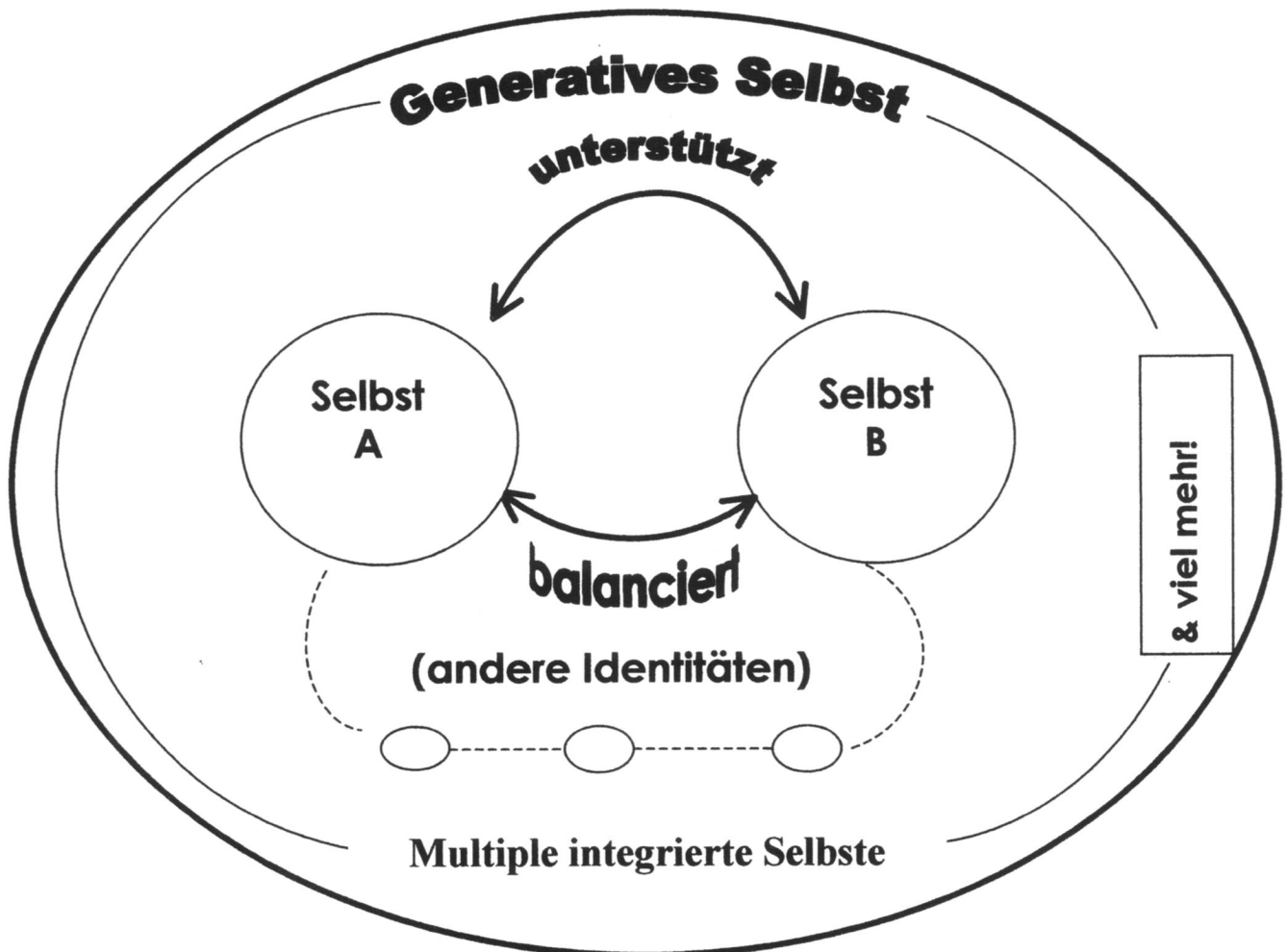
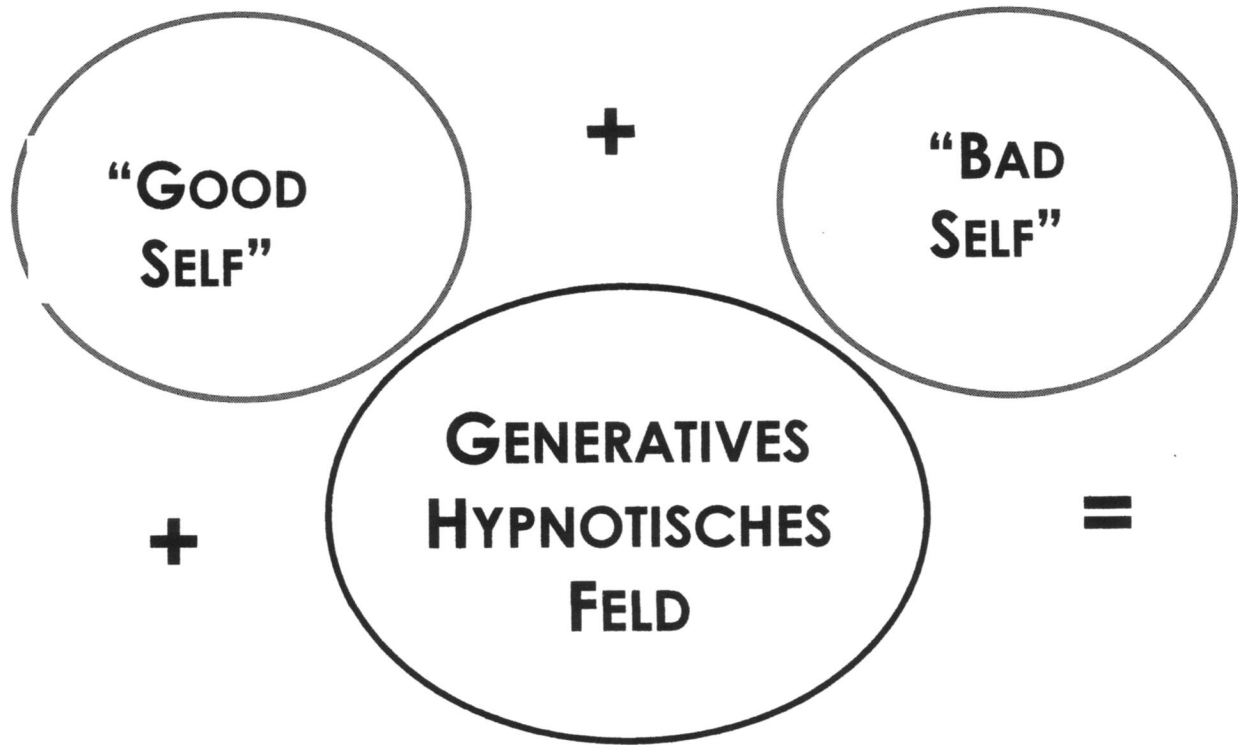
X is:

1. “black holes”
 - Hawking’s worm hole theory
 - Story: Alice in Wonderland
2. “giving up”
 - letting go of old ideas
3. “fathering”
 - a son becoming a father
 - discovering new male “fathers”
4. “surfing”
 - surfing through bad feelings
 - oceans of new feeling



**Polar Identities without a Generative Field:
"Either/or and not much else."**





Polare Identitäten im Generativen Feld integriert: