Lessons from Hypnosis: Better Integrating the SubConscious Mind

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Hypnosis

- More focus less information
- Easier based on where the brain waves are
  - Beta, Alpha, Theta. Delta
- A traditional hypnosis
  - Inductions
    - Deeper brain waves
    - Making the focus easier
- Transform the subconscious mind

Why Hypnosis

- Can't write directly in to subconscious mind
  - Unless it new information
  - OR traumatic information
    - Unexpected
    - Extreme
    - Isolating
- Hypnosis let's us by pass the critical factor to work with what is in the subconscious mind

Why I Tap?

- **Hypnosis harder to do in many settings**
- **Requires time**
- **Require belief by the participant**

But I am really doing hypnosis

- **We can still do powerful work in the Bata and Alpha state**
  - **Which is often referred to as waking state hypnosis**
- **Tapping — Tune + Tapping = Relief**
- **Telling someone to tap, replete phrases, and tune in to the the body is a great way to build reporter and to get them do what you want**

Skills we can get from hypnosis

- **Parts Work**
  - **working with others**
  - **tapping on your own**
- **Hypnotic Patter and Language**
  - **for working with others**
  - **Writing scripts/recording audio for others or self**

Parts Work

"parts work" NOT "Parts Work"

Parts works is a a way of isolating the specific

- By doing this we can
  - Understand what work the part is doing
  - To discover why it is doing that work
  - To see how it is doing this work
  - Transform the part/program in to a more useful process

Why we use parts

- Allows us to take a step back
- Work on only a portion of ourselves
- We are bad eyewitness to our own experience
- Much easier to do transformation
- Transform a part, transform the system

Types of parts work

- **Short Term**
- **System/Task based parts work**
- **Age parts**

Characteristic of Parts

- Are trying to be helpful
- Feel like they must do their job or something bad will happen (they never take a day off)
- Operating from a place of thinking they know best
- Often are unaware of other parts

Struggles parts have

- **Trying to solve problems that aren't problems**
- **Flight the last war (right issue, old technique)**
- **Trying to do all the work along**
- **Trying to solve an unsolvable problem**
- **Over functioning**
- **Misinformed about the danger**

Parts Process

- **Step 0** - Tapping the whole time
- **Step 1** - Tune into an action you want to take
- **Step 2** - Notice where the resistance shows up when you are trying to take action.
  - This is going to be our part. We are now going to treat the part as if it is completely independent.

Parts Process

- **Step 3** - Ask questions to find what is motivating the part
  - How is it keeping us safe?
  - What is it afraid will go wrong OR what danger does it perceive?
  - What proof does it have that could happen
- **Step 4** - Thank the part
  - For wanting us to be safe
  - For working so hard

Parts Process

- **Step 5** - Solve the problem for the part the way you help an employee
  - Give it information it is missing
  - Give it skills it needs
  - Give it access to other parts that are also working on the problem
  - Ask if it what it needs to solve the problem

Parts Process

- **Step 6** - Imagine take the action again
  - If there is no resistance to taking the action move to step 7
  - If there is resistance return to step 3 with either the same part or a new part
- **Step 7** - Thank the part
  - For working so hard
  - For being open to change

Age Parts

- New step 1 and 2 PLUS step 2.5
- **Step 1** - Tune When you feel this sensation
- **Step 2** - Ask how old they feel when they feel this emotion
- **Step 2.5** - Talk to the child

Step 2.5 - Talk To Child

- It is loved and cared for
- The love and care exists even if the young self doesn't believe it
- We are not trying to change its mind
- It is allowed to think, feel, and believe anything it wants. It is even allowed to be confused about what to think feel and believe

Hypnotic Patter and Language AKA Rapport

Rapport: Being in sync with another person

- **In hypnosis this is essential**
- **Also true with any sort change work**

Rapport Basics

- Answer worries before you begin
- Concentrate on their issues, not your technique
- Affirming the action you want
- Everything is perfect
- Active listening
- Eye contact
- Take notes (thoughts on video)
- Repeat what you think you heard
- Meet them where they are, not where you are
- Give them proof it worked

Hypnotic Contract

- **A hypnotic contract is when you ask your client if they are ready to be hypnotized.**
  - **When they say yes they are committing to do the work. They have just bound themselves.**
- **How I use this will my clients:**
  - **We are going to do this, this, and this. Does that sound good to you?**
  - **Are you ready to start doing healing work?**
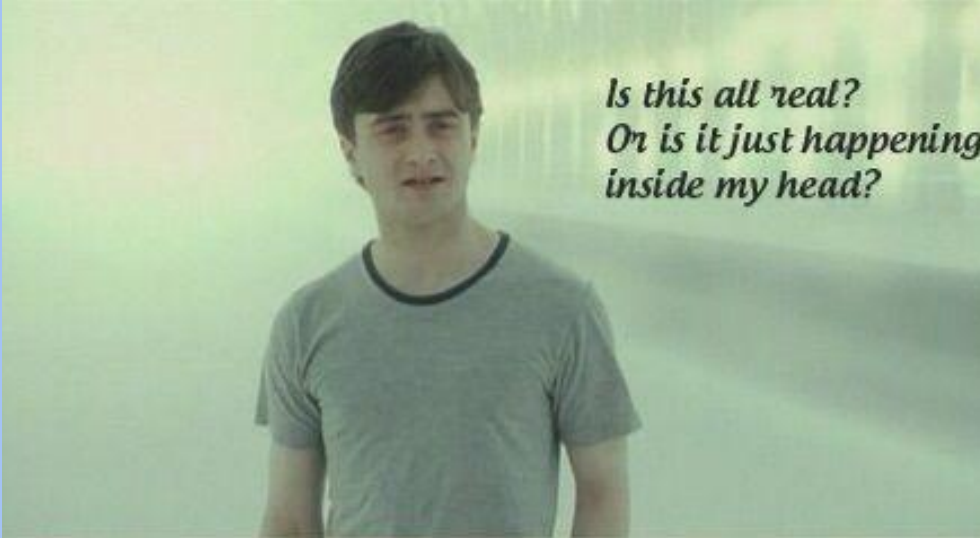 - **Are you ready to do some awesome work?**
  - **Are you ready to let go of...**

Navigation

- **Use what they want or don't want to our advantage**
- **Give options to informations gathering questions**
- **Mind Reading (well mind writing)**
- **Double bind**
- **Subordinate clauses of time (before, after, during, as, since, when, while)**
- **Use of "OR" when both outcomes are good**
- **Use of "Notice" to draw attention to a positive outcome**
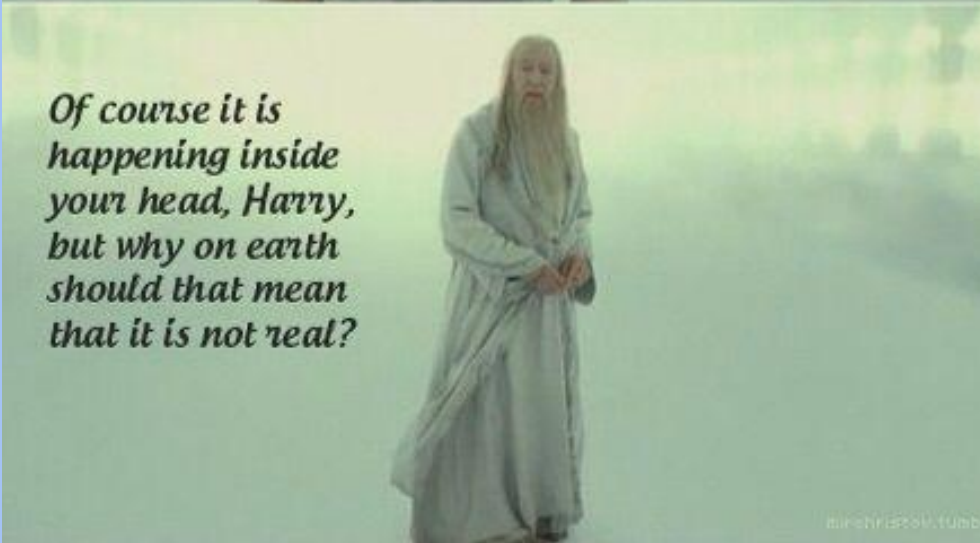- **Never let them know you are lost**

End of Sessions

- **They are still in trance when you finish work**
  - **You can (and should) keep giving them commands in this situation**
  - **The whole session has been full of direct drive statements and instructions, keep it up?**

Is it real?

- **The language of the subconscious mind is metaphor**
  - **Doesn't mean it happened**
  - **We are not recovering repressed memory**
  - **Useful information**

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