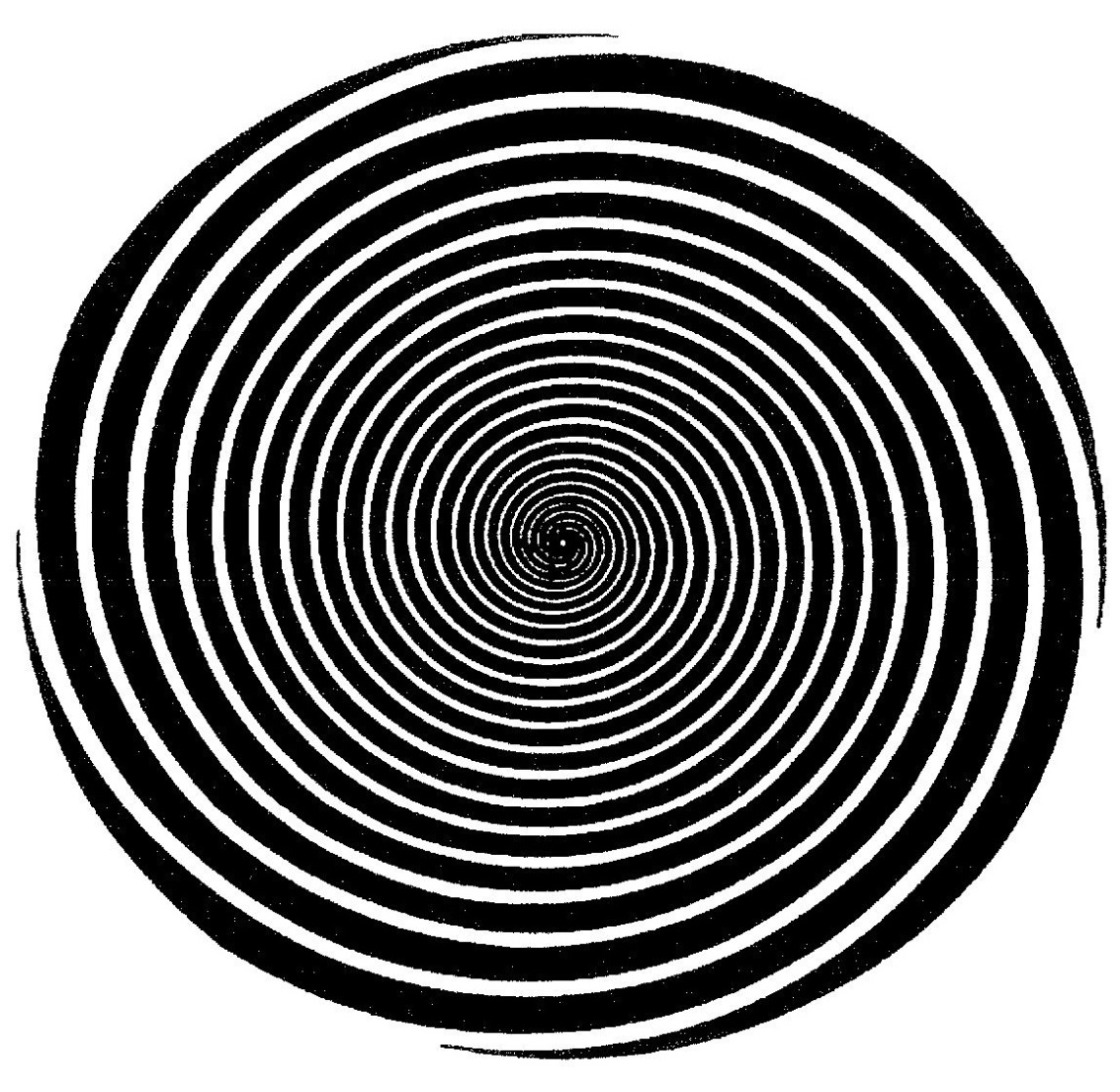
**a summary of hypnotic techniques**

**useful for working with veterans**



**you, the veteran, techniques, my practice**

**1.1 you: what are your issues?**

can you sit comfortably with a person going through this kind of reintegration?

can you accept, be fully present, and bear witness to the unfolding processes?

**what is your ability to self regulate?**

self regulation = being aware of your internal state, able to attain and sustain a relaxed state in which you are fully present for your client

Check the tension in the sphincter

if it is tight, the brain is in fight or flight

the higher functions of your brain are turned off

and you are not fully present for your client

**solution:**

imagine a box with the two top points at the tops of your hips bones, and the bottoms on your sit bones

imagine breathing into that box in your pelvis

imagine that box in your pelvis expanding with every breath

imagine that box getting bigger as if you are using a “drop and drag” capacity on a computer

breathe into the box in your pelvis for 20 to 30 seconds, allowing the box in your pelvic area to expand – this reboots your parasympathetic nervous system, and your higher brain functions

*(an issue that causes you to go tight will result in your sphincter tightening, indicating that the higher capacities of your brain have turned off as your body enters fight / flight / freeze. this is YOUR unfinished stuff, make a note to address the issue triggering your tightening with your own therapist, practice self regulation and return your attention to the client. failing to self regulate may result in your own unfinished business interfering with your ability to be fully present for your client’s emergent needs, and the possibility that you will silence the client or abandon his/her issue)*

**1.2 the veteran: what are some issues**

physical, mental, emotional, social, occupational, spiritual, and relational

this brief issues summary addresses two major issues: mTBI *(concussion)* and post traumatic stress

minor traumatic brain injury (mTBI) aka concussion

change in senses *(of self, environment, and self in relation),* time, memory, decision making, emotionality, and sleep patterns

post traumatic stress injury / combat stress injuries, are potential precursors to post traumatic stress disorder (PTSD) *(acute stress disorder is 3 days to 1 month, PTSD is > 30 days, onset can be immediate or delayed, an adjustment disorder can last up to 90 days)*

moral injury - I am betrayed, and I may have betrayed the moral behavior of my cultural upbringing in the military applications of controlled criminal behavior

the world is not safe *(negative cognitions, intrusive / looping thoughts)*

the nervous system fails to return to a baseline measure of relaxation *(hyperarousal):*

sleep disruptions

hypervigilance

exaggerated startle

grinding teeth

emotional reactivity / explosions

emotional deadening *(civilian life is boring)*

thrill seeking *(to feel really alive)*

emotional / social isolation *(avoidance)*

lack of future planning / foreshortened sense of future

locus of control *(internal / external)*

pain (*physical, mental, emotional, spiritual, relational, occupational)* and self medication with substances

secondary trauma for family members / loved ones

problems with coworkers / employment

legal issues

homelessness

stress related health impairment

With unrelenting stress, and insufficient time to rest and restore the body, symptoms of nervous system exhaustion include pain, asthma, cold extremities, gastrointestinal trouble, depression, headaches, anxiety, cardiovascular problems, inflammatory, autoimmune and endocrine problems of glucose tolerance, insulin resistance and obesity (editor Kirk, 2015, Dahl chapter 10,), and possible increase in dementia / Alzheimer’s

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**1.3 techniques: hypnotic strategies useful with veterans**

1 – ask the client:

what do you hope to achieve with hypnosis?

"When you want something, all the universe conspires to help you achieve it."

-- *The Alchemist*, Paulo Coelho

“what do I want from the universe?”

“what does the universe want from me?”

2 – what will be different in your life when you have achieved that? *(goal setting)* how will you know? *(benchmarks of success)*

the miracle question *(brief / solution oriented therapy*):

if a miracle was to happen, and all this stuff were to be successfully resolved, how would you know it?

future pacing *(NLP):*

what do you see, hear, feel, smell, taste five minutes beyond the successful outcome of all this stuff?

when you decide what you want to achieve, write it down, say it out loud, say it to yourself. now decide what you want to achieve. write it down. say it out loud. Say it to yourself.

"what is one thing that I want to accomplish?"

act as if you know what you want and let your unconscious tell you what it is. you can trust your unconscious mind, you know. it is important to know what you want in any situation. KNOW YOUR OUTCOME.

"now imagine what you just said or wrote. make a picture, in your mind, of what you just said or wrote. make it a picture, sketch, movie."

"notice how you feel about it. how does it feel?"

"notice how it sounds. how does it sound?”

“how do you talk to yourself?

"who else seems to be involved?"

“how do you talk to others?”

“how do others talk to you?”

“what kind of things are being said and who is saying that?"

"imagine what you want in such a way that you know you have what you've written down or said. in other words, in the impression, image or picture you make, you know that you have what you wrote down or said you want. I want you to picture it in a way so that you know that you have it. use every sense. what does it look like when YOU HAVE ACHIEVED IT. what does it sound like when YOU HAVE ACHIEVED IT. what does it feel like when YOU HAVE ACHIEVED IT. what does it smell or taste like when YOU HAVE ACHIEVED IT. if it is a process, imagine it at the end of the process. picture it so you know it is complete. picture it so that if you were to see that picture you would say, "OK, I have it."

*(pause)*

"now make sure you see yourself in the picture. see your body in the picture. and then take that picture with you and get up way above the thread of life and put the picture out in the future, whenever it would be most appropriate for its accomplishment."

*(pause)*

"glide way up there with that picture and put it out in the place along with the other pictures that are there in the future, and as you do, notice that the events between then and now which are necessary to support making this event an undeniable occurrence are created and align themselves to support that particular goal happening automatically, effectively."

*(pause)*

"when you are done, come back, float back into the now. with a word or a phrase, what does that moment, beyond the successful outcome of all this stuff, mean to you? write that word or phrase down as your keyword.”

3 – relaxation *(induction)*

4 – safe place *(creative visualization)*

5 – pinpoint method *(Irene Hickman)*

“go to the problem”

“tell me the story, what is happening?”

If it is too intense, “then what happened?”

*(past tense implies survival)*

and then what?

*(you may need to say,)* “tell me the story again, this time tell me what you forgot to tell me that last time” . . . “ok, tell me again, and this time tell me what you left out the last time”. . . *(several times for emotional catharsis to occur sufficient to release the emotional load and allow the nervous system to relax completely)*

“tell me the story again, this time tell me what is so important about this scene, something you didn’t notice, or didn’t tell me about before”

“tell me the story again, this time tell me what you are finding so relevant at this time? something you didn’t notice or say that last time”

“tell me the story again, this time tell me the decisions you made at that time”

“and what’s important about that?”

“and what else is important about that?”

“what else do you need to say, tell, ask or suggest to gain understanding of all this stuff this?”

*(so on until the emotional load is discharged)*

“now tell me how the decisions you made at that time are affecting you today, at this time”

“does that serve you well today?”

“would you like to change your mind?”

“how would you like to change your mind?”

6 – emergence

“refreshed, rejuvenated, regenerated, feeling wonderful all over”

“sometimes remembering to forget to remember all those things that rose and can fall back into the unconscious until you are strong enough to deal with all that stuff”

“remembering to forget all those things you don’t need to remember at this time.

*(I assume that all of the people attending this 2015 hypnosis conference understand how to do techniques 1 through 6, if you don’t, practice these first steps with yourself, and every client that enters your care until you can do these exercises automatically within a relaxed state . . . techniques 7 – 23 can be incorporated between techniques 4 and 6)*

**For this group exercise, let us start with techniques 1 – 4, skip technique 5 because it targets an individual, and skip to technique 7**

7 – light

look inside, is it light or dark inside of your body, somewhere behind the sternum, maybe in the belly

say these words to yourself, or aloud, three times

“let there be Light” *(3x)*

notice what happens

does it get lighter, darker, or stay the same?

now imagine there is a window in the top of your head, look up

is it light or dark up there?

if it is dark, remember dawn

then remember the sun at the beach at high noon

does the light within connect with the light above?

or are there dark spots, gaps?

align your inner light and the above light as if your inner light is a mirror reflecting the light from above

notice how that feels

8 – bubble of light

now stand if you like, or remain seated if you cannot stand

perhaps you will close your eyes

and imagine

imagine that you can see the energetic field around your body, a bubble of light around you

imagine that you can perceive a shape like da Vinci’s complete man, stretched out with a circle around him just beyond what his toes and fingers can reach

become aware of what your bubble of light looks like

is it intact? shredded? solid? holey? bright? dim? stable? changing?

9 – make roots

now imagine

roots growing from your toes, sides of feet, and heel down into the center of the earth

when your roots touch the liquid center of the earth

imagine

a bubbling well of life energy is flowing up, moving up through the arches of your feet from earth, imagine, you are standing on a fresh water spring of loving energy, refreshing and delicious

imagine that you are drawing liquid energy up from the center of the earth, through your legs as if your legs as if your legs are hollow straws and you are drawing fluid up through a straw. imagine a sensation of your legs filling with liquid energy and notice how it causes you to want to sink back into your seat if you are standing, wait. . . as you are filling your legs and body with light, notice the energy flowing, as if you are drawing liquid energy up a straw, filling your legs and with vibrant, liquid energy

when you notice the energy rising up beyond your legs into your body, you may sink back into your seat, relax more deeply, more refreshed, and noticing how good it feels to relax and fill up your body with the vibrant earth energy, as if you are drawing that energy up through your body as if your body is a hollow straw, and you are drawing up earth energy with your breathing

and notice how you feel about all that

as you become more and more aware, and as the energy rises up your body, through your body, and rises up out the top of your head, you become aware that practicing relaxation helps to clean out your thought processes, feelings, behaviors and actions, causing you to perform more optimally from a relaxed state

imagine that a flow of gently moving energy emerges from the top of your head like a fountain

imagine

that you can watch as the energy rises up to an apex and crests like a fountain, and a fluid, vibrant, vital energy comes flowing down, washing off your energetic field, vibrant, vital life force flowing down around your energy field, flowing down, cleansing, soothing, bathing, permeating, washing you, taking all stress, tension and waste to the ground where it is transformed into food for the plants

that entire field of energy around you is clearing and being revitalized

like da Vinci’s man, nude, arms and legs stretched out to a circle of energy that extends just beyond physical grasp

imagine

as your field of energy is being washed off, cleaned, the problems, difficulties, grime of living are being transformed into food for the plants

notice the ball of energy around your body now, does it appear to be the same or different from when you first looked at it?

your body is cleaning itself, giving to the plants its carbon dioxide, accepting the oxygen, transforming that oxygen back into carbon dioxide, feeding the plants

give the plants all the things that are waste for you, carbon dioxide is their food, they transform that back into oxygen, your body needs oxygen, and transforms it back into carbon dioxide, food for the plants . . .

allow all those things that are not you, or are not nourishing to you, or are waste for you, let them enter a process of transformation into fertilizer, food for the plants

plants want and need your waste for their growth and development

now rest, as you become more aware of how you are a part of your environment, an important part of the living processes of earth

there is no other like you anywhere. you are here to do very special things and only you know what they are

and sit down if you are not already seated

10 - skin breathing *(Mantak Chia)*

now imagine

the pores of the skin are opening

breathe in through the pores of the skin

breathe in sunlight or moonlight, whichever you prefer

and breathe out through the pores of your skin

notice, be aware

is the out breath clear or foggy / smoky?

breathe light in, and breathe out the smoke / fog, letting it go

breathing in light, breathing out light, until the light being breathed in and the light being breathed out are equal in brightness and clarity, you are clearly breathing in and out

the same vibrant sunlight or moonlight, breathing it in and out

when the light is clear breathing in and out, close your pores on the out breath and collect your energy, collect your qi, let the light energy run down the inside of your skin, like dew on blades of grass in the morning light

let the energy fill your pelvis with light

until your light overflows your pelvis

and a pearl of light drops, a small ball of light, a pinball of light

drops to the perineum

imagine

11 – microcosmic orbit *(Mantak Chia)*

now breathe that pearl of light up your spine with the in breath

and notice how it touches every vertebrae

on its way up your spine

like a pinball touching the bumpers in a video game

playing a vibrant, fun, game of life

observe that pearl of light coming up the spine with your in breath

and circling between the lobes of your brain

resting briefly between the eyes

and with your out breath, the pearl of light flows down the front of your body, cleaning all negative emotions from your organs and glands

breathing in, up the spine

breathing out, down the front

imagine that the ball of light emits from the top of your head like a fountain with your in breath, rises from the top of your head like a fountain, and then it crests and flows back down around your bubble of light with your out breath, washing you, refreshing you, nourishing you, bathing and permeating every part of you in loving earth energy

12 – smiling self *(Mantak Chia)*

now imagine

something or someone that causes you to smile

notice, be aware

what do the muscles of your eyes do?

do they get hard or soft when you remember someone or something that causes you to have a reflexive smile?

notice the softness, and take that soft smiling eye and smile to your organs

lungs, heart, liver, stomach, gall bladder, intestines, kidney, sexual organs, and skin

notice how they respond, are they smiling back?

smiling to your glands

ovaries or testies, adrenals, pancreas, thymus, thyroid / parathyroid, salivary, pituitary, pineal, exocrine

notice how they respond, are they smiling back?

smiling to all your systems

respiratory, circulatory, musculatory, skeletal, lymphatic, endocrine, and the central nervous system

notice how they respond, are they smiling back?

smiling to your skin, hair, nails, and shape

notice how they respond, are they smiling back?

smiling to your senses

notice how they respond, are they smiling back?

practice kindness and smiling to yourself daily, and you will notice a resonant kindness emanating from your organs, glands, systems, senses, shape and form, every muscle, cell, tissue, and fiber of your being

target the aspects of yourself that are slow to smile back, be kind, elicit a shared sense of love, being loved, belovedness, and caring

6 – Emergence

13 - forgiveness *(self, others, God as you know it . . . )*

hand over heart *(is it warm or cool? Exercise:)*

“I forgive \_\_\_\_\_\_\_ for all that stuff.

start with a little forgiveness

then a bigger forgiveness

then a forgiveness of self for all one’s own idiotic behavior

*(when forgiveness is genuine, there is a sense of warmth between the hand and heart. how about when someone is stuck, not ready to forgive? it is cool between the hand and heart. You can spend time unpacking the individual’s reasoning behind holding the grudge, that may eat up a lot of your time, and some clients want to know “why”. from a Gestalt perspective, “why” leads only to rational analysis and justifications. some folks demand to know why. use an elicitation of values strategy: )*

“what’s important about that?”

*(draw out what is meaningful and important about this issue that has caused the person to draw a line in the sand on this issue)*

“and what’s important about that?”

*(see how deep the value system on this issue runs. Sometimes the issues are simple surface messages, sometimes there are deeper messages, meaning and value that finds healing through insight and articulation)*

“what would be the worst thing that would happen if you were to forgive right now?”

“what would be the best thing that would happen if you were to forgive right now?”

(*if a person insists on being “stuck”, call it what it is: )*

“now you know where YOU ARE STUCK, it gets nothing but worse until you CHANGE YOUR MIND! failing to forgive is like eating poison in the hopes that the other person will die.”

*(with folks other than veterans, I give the suggestion that they may have bad dreams until they find a new solution. I do not give the bad dream suggestion to veterans, they are on an initiatory journey, and are stuck in a different way than civilian clients)*

14 – aka threads *(Huna, Tad James)*

now imagine

you may close your eyes to imagine, you may perceive clearly with your eyes open and your attention inward, so close your eyes if it is right with you, and notice how many cords are plugged into you

all those people places, situations or things that are drawing on your energy

what is your power level from zero *(no power)* to 100 *(full power)* with all those cords plugged into you?

what happens to your power level when you disconnect those cords? that’s right, unplug them, notice they are retractable, and give them a tug, let those power cords retract back into the body, project, situation that is drawing your energy.

check your power level. does your power level go up, down, or stay the same when you disconnect those cords?

breathe the light from above into your body, and your breathing fill the space that used to have a power cord with light, the gap between you and the person, place, situation, or thing that used to be plugged into you, let the light fill the time / space continuum between you and the person, place, situation, or thing that used to draw your energy, nourishing the entire experience with healing, loving, light energy. ask for a residual 10% tithing of the energy flowing through you to other people, places or things so that it remains with you, healing, soothing, permeating and penetrating every part of you with love, and healing

send light through the gap in time space continuum with your breathing

filling the gap between you and other people, places and things with light, and check your power level. does your power level go up, down, or stay the same?

15 - release of four negative emotional clusters

*(anger, fear, sadness and the shame / guilt cluster. anger and fear are stimulants, sadness and the shame / guilt complex are depressants. do not release two stimulants in a row, as that could trigger unbalance toward depression. do not release to depressants in a row, as that could trigger manic behavior of fear and anger. alternate between stimulants and depressants when using this strategy. ask: )*

what will you be able to do when we have released these negative emotional clusters that you can’t do now?

(*this question is intended to elicit a self defined goal, something that is desired, that the individual would like to achieve, yet feels held back from in some way)*

*(the goal: ) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

*(ask: )*

how motivated are you to achieve this goal? \_\_\_\_\_\_\_\_\_%

“ask your conscious and your subconscious minds, is it already to learn what you didn’t learn then, that you need to learn now about inappropriate \_\_\_\_\_\_\_\_ *(emotion)* so that you can move forward in your life with greater \_\_\_\_\_\_\_ *(self selected goal)?”*

“now go back in time to five minutes after the very first experience of inappropriate \_\_\_\_\_\_\_ *(feeling),* is it before or after \_\_\_\_\_\_\_ (*birth, conception, age five, etc. . .)*

*(elicit response)*

“now ask your conscious and your unconscious minds if you are willing to learn now what you didn’t learn then, that you need to learn now about inappropriate \_\_\_\_\_\_\_\_\_, so that you can put that learning into the warehouse of what works, what doesn’t work, what you want or need that you haven’t gotten yet?”

*(wait for affirmative)*

“good, now go up, way up above whatever it was that happened there, so far up into the middle of nowhere, surrounded by the creative intelligence of the universe that you become aware that your soul knows nothing of pain and suffering, it knows about growth and development. once you’ve learned now what you didn’t learn then that you need to learn now about inappropriate \_\_\_\_\_\_\_\_\_\_\_\_\_, so that you can put that learning in the warehouse of what works, what doesn’t work, what you want or need that you haven’t gotten yet, just tell me ‘I’ve got it’”.

*(wait for affirmative)*

“good, now go to five minutes before that event or series of events occurred, and tell me, where is that inappropriate \_\_\_\_\_\_\_\_\_ now? is it there or is it gone?

(*or)*

“and what’s it like five minutes before that event or series of events occurred?”

(*or)*

“what is it like five minutes before the very first time you ever had this \_\_\_\_\_\_\_\_\_\_ *(feeling / situation / issue / problem / concern)?* where is that \_\_\_\_\_\_ *(feeling / situation / issue / problem / concern*) there, five minutes before the very first event or series of events? is it there, or is it gone?”

*(if it is still present, you have not come to the ISE, repeat the pattern. If it is gone: )*

“good, then come back to the moment of now only as fast as you check every event between then and now, that used to have that old, inappropriate \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ *(feeling),* and when we have done this correctly, all that old stuff will be gone, stored away in the warehouse of learning of what works, what doesn’t work, what you want or need that you haven’t gotten, yet. when you are back to the moment of now, open your eyes, and tell me about it.”

16 – color

alignment *(see Barbara Brennan’s Hands of Light)*

with parts therapy *(excellent for pain reduction / elimination)*

with the Great Debate *(excellent for working out conflictual ideas and thoughts)*

17 – communion with your Higher Self

look up through the window in the top of your head

rise up into the middle of nowhere surrounded by the creative intelligence of the universe

notice a verandah filled with rockers, settees, swings, hammocks, cushions

settle in, relax, breathe and notice how good it feels to be above all that

how good it feels to be up there in the middle of nowhere

surrounded by the creative intelligence of the universe

become aware, someone is watching you, look around

there is an Old Man / Old Woman waiting for you

look at those eyes, they are so familiar

they are your eyes, this is the old person you will be one day

that person already knows everything about you, just like you remember childhood

*(ask if it is ok to talk like this)*

What am I doing that You are proud of?

What am I doing that You are not proud of?

What do you want me to do less of?

What do you want me to do more of?

What do I need to pay attention to that I am not paying attention to?

*(ask if it is ok to come back again)*

say goodbye

slide down that beam of light, back into your body and notice how you feel

18 – rocking chair test

*(this exercise is useful for making decisions between multiple options. it is a future pacing assessment for integrity, integrity vs despair are Erik Erikson’s final stage in human psychosocial development, wisdom is the basic virtue)*

go back up that beam of light

visit with the old man / woman

you have a decision to make *(or perhaps you want to ask what you want from the universe, and what the universe wants from you)*

let’s say you have two options

imagine stepping into the old man / woman and looking back at your younger self that did option 1. Notice if you are thinking, “I did as I pleased.” Or are you thinking, “I wish I would have done that differently.”

slide back into your younger body. Notice how you felt about that option.

was there integrity in there, or was the integrity lacking?

imagine you are becoming the person who did option 2. step into the old person’s body, look back at your younger self. Notice if you are thinking, “I did as I pleased.” Or are you thinking, “I wish I would have done that differently.”

slide back into your younger body. Notice how you felt about that option.

19 – pleasure / pain / unfulfilled needs

what do I like?

what do I dislike?

what do I want or need that I haven’t gotten yet?

20 - assess for integrity

how many are in / on / or around the body?

the ideal answer is one (1)

21 – integrate and assimilate

*(if there are more than one (1) : )*

“how many are you?”

*(integrate those that are identified as “self”)*

22 - release and let go

*(if there are more than one and not all our viewed as “self” or “me”: )*

“how many of those that are not you are human, how many are other than human?”

*(If there are “other than human”,: )*

“how many are light and how many are dark?”

23 – saying goodbye

When helping a person let go of deceased loved one, we may create an imaginary scene in which the client has an opportunity to “get there” before death, say what needs to be said, hear what needs to be heard, and then say goodbye.

24 – asking for help / prayers

may only warm and loving energies and entities be welcome in this place

dear God, cleanse, clear, fill and protect us from all negative energies and entities, restore them to their proper plane. put in their place the highest and most powerful vibrations of love, peace, healing, and close our auras against their return

creative intelligence of the universe come into my body *(breathe in, ask for the qualities you desire ie. strength, courage, healing, protection, wisdom and guidance, and then breathe out all waste)* . . . creative intelligence of the universe come into my body *(breathe in, ask for the elements you desire ie. air, space, water, fire, earth, wood, metal and then breathe out all waste*) . . . creative intelligence of the universe come into my body *(breathe in the qualities and elements you desire, and breathe out all waste)*

violet flame of St. Germaine, come into my body

Archangel Michael, bring your sword, your net and shield. put a shield up around this person, soothing, bathing, healing and protecting him / her. Pass your sword around the edges of your shield around that person, trimming off everything other than that person. Pass your net through this person, drawing off everything other than this person, taking those things home to the light for healing. . . .healers of the light, warriors of the light, stand strong against the powers of darkness that would interfere, open the doors to heaven wide. . . . spirits of whales and dolphins, songs of whales and dolphins, sing and dance around these ones, healing them, taking them home to the light

you whose rays illuminate the entire world bringing life to all things, illuminate also my heart, so that it too can do your perfect work, for I can of my own self do nothing *(Gayatri)*

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**1.4 my practice**

i use a lot of kinesthetic communication to direct a session, "is there any part of the body that needs to relax still further?" residual tension is the big arrow saying, "LOOK HERE!"  residual tension indicates unresolved "stuff" *(that’s the technical word).* the goal of our sessions is to gain as much relaxation in the body / mind / spirit as possible. as we focus on the relaxing, there is a wonderful sense of well being that occurs when the body relaxes.

we tend to let go of that "stuff" easier from a relaxed state. sometimes there is the need for insight oriented uncovering, spelunking into the decisions, values, automaticity of the individual’s lived experience. sometimes we need to do repeated storytelling loops in order for the person seeking healing to discharge all the residual tension the body is holding related to “all that stuff”.

sometimes relaxation is insufficient for achieving the relaxed state of well being we are striving for. sometimes we need insight, skill training, goal setting. psychoeducational or psychotherapeutic strategies may be needed to uncover and address emergent mental and emotional stuff that has powerful meaning for the person. seeking transformation can reveal secondary gain, or perhaps the person has a habit of responding in a certain way without awareness that more effective strategies for living and being are possible.  some folks are “stuck” *(another technical word),* still dancing with the old / familiar devil, rather than seeking a new dance partner.

if 80% of all illness is stress mediated, any method that teaches a person how to relax is going to have a positive impact on overall health and recuperative powers. what an amazingly wonderful sense of well being when the body relaxes thoroughly.

in the late 1980s, i spent a month in California studying with a student of Fritz Perls, Mark Gilboyne. Gilboyne told me that the core of all problems is the fear of being unloved or unlovable at some level. so when the client starts talking about feeling unloved or unlovable, we are at the core of their wound.

cultivate self love which allows for a healthy love of other, discernment of what is meaningful and valuable for that person's life right now, and an ability to connect with and separate from others with gentleness, authenticity, and endearment.

these endearing concepts allow decision making to become more aligned with one's innermost values. aligning our external activities with internal values creates a greater sense of personal congruence than misalignment of inner values and outer behavior. loving / accepting self can make it more pleasant / acceptable to relax and accept life with all its challenges. allowing self to relax right now, perhaps slow down and accept life right now, has the potential to engage the senses more fully in observing / perceiving. changes in perception, slowing of observing, can help pace the person for wise / prudent decisions that are more congruent with internal values and external demands.

be fully present right now, in this moment.

imagine the infinity loop; with one wing the past, the other wing the future, the X at the center the moment of now. Where on that infinity loop does the "bead" representing "I am here" exist for that person, on the right , left, or in the center? We strive for the center, create visual imageries of being in the center, in the moment of NOW. We slide the bead, like a bead on an abacus, to the X at the center of the infinity loop. We strive for a relaxed state RIGHT NOW

With angry clients, I will ask:

What thoughts do you have that precede the feeling of anger?

What are you most afraid of?

What kind of fears are beneath the hard shell of anger?

What kinds of sadness / sorrow / grieving / pain is beneath the fear?

Is it a present situation, or memories of the past, concerns about the future?

What kind of shame / guilt is beneath the sadness / sorrow / grieving / pain?    
Would it be ok to practice forgiveness? Right now?

For within the forgiveness is the seed of love

 Anger is a great tool, it protects us, a sign of the hard edge above the soft underbelly of something feared or fearful.

With angry clients who are upset that they are stuck, not changing fast enough, I use myself as an example, "I'm stubborn.  My change process can be rapid, but most often it's slow and deliberate because I'm stubborn.  I want to know everything about everything as I change.   How about you?  Are you normally fast and quick in your decision making and change strategies, intuitive and impulsive, or are you methodical, slow and stubborn?"  Most angry folks will say, "I'm stubborn."  This is when we discuss perfectionism *(does it have to be 100% or can it be 93%, an A?),* patience and impatience *(are you the kid who can persist or the one who has to have it right now?)*.  We discuss goal setting, how to set the mind like a bow, and the thoughts / goals like arrows.  We notch the arrow onto the bow string, aim truly, and let fly.

"in the long run we only hit what we aim at" (Thoreau).

C:\Users\Monica\Pictures\monica purple seated.tif © 2015 Monica Geers Dahl, Ed.D.

As a member of IMDHA and life member of IACT, Dr. Dahl was awarded Educator of the Year in 2010, and a Life Fellowship Award in 2013. Her clinical research interest is post traumatic stress reduction with neurofeedback to eliminate hyperarousal issues, restoring the ability to relax and sleep. She is author of a chapter to an edited academic neurofeedback book scheduled for release in summer of 2015 *(Restoring the Brain: Neurofeedback as an Integrative Approach to Health, Hanno Kirk, Ed., 2015).*

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CAVEAT:

repeated exposure to traumatic tales can have a detrimental impact on my own health as the “stickiness*” (yeah, that’s my term for the felt sense i have for “evil”)* draws down my naturally exuberant love of life into the experiences of suffering of another human being. my use of neurofeedback, with its computerized meditative practices, limits my exposure to the imagery of criminal behavior *(controlled and otherwise*) that can emerge in the storytelling of military veterans.

Story telling is a part of the process that can help a human process and integrate the learning experiences that emerge from difficulty situations and experiences. The biggest difference between the military folks who are grappling with trauma and the civilian folks grappling with trauma, is that military folks may be perpetrators of atrocities in addition to bearing witness, or being victim of horrific experiences.

In the late 1980s, I met Marty Patton at the home of Irene Hickman. I asked what he thought of the dark mark that I observed in the energetic field in the chest area of disturbed veterans. It was like a huge beast pressed a large foot into the chest and left a hole in the energetic field. Were there demons that protected the land of the Vietnamese? Tick (2014) proposed that the damage done to a warrior is a broken heart, a “hole in the soul” (Tick, 2014).

Our suffering veterans are on an incomplete transition from civilian innocent to wise warrior, an experienced man or woman bringing back skills and maturity to guide the nation through his or her generation.

AN EMOTIONAL DIAGRAM © Monica Geers Dahl, author, 1994

The goal is to live in the center.

Numbness and Denial

Nothing is wrong

Chaos and Confusion

I can’t or won’t decide

Anger

I must protect myself

Sadness, Sorrow, Grieving, Pain

Betrayal, Loss, Tragedy, Trauma

Fear

of past pain and an

of pain *(present or anticipated future)*

Shame and Guilt

False Information

Love, Light,

Truth, Warmth,

Peace, Humor, Bliss,

Perfect of Blueprint of health,

Contentment, Grace

Forgiveness

Emptiness: Walking Dead

