

NTSCH STUDY GROUP MEETING AUGUST 2013

Hypnotic Suggestions Taken From Stephen Gilligan, Ph. D.'s DVD on Age Progression
Expanding the depth of a relationship on an unconscious level, with some sense of the future.

Prediction

Count on resources to achieve that future. Not only shared future together. Emotional memories to draw upon in your dreams. Draw upon your body of feeling memories.

Security and integrity to draw from.

Feel in mind-path trajectory. Faint feeling of bridge—shared best hope. Let memory be there. Unconscious mark out.

Sees development of shared vision of future—colors, feelings, scientific. Time on your hands. Enjoy that.

Ability to have all the time in the world to know the unconscious mind can surprise you. Alone together. Soon it is time to enjoy that nice time of integration.

Permission-Choice

Enjoy being able to feel in trance unconsciously.

Let hair down in trance. Know you can do it. Time to take for your own processing. Use hypnosis. Expect those needs to take all the time in the world. 20 seconds, 30 seconds, let memory percolate up.

Nice to wonder all the way into the future, sense of shared hope. All the way into the future. Bonding pattern blends with contribution of partner. You don't know; I don't know, how the unconscious mind can develop bonding.

Alone together, securely control, or recognition. Balancing, on one hand, on the other hand enjoying, and securely on the other hand, letting go to all the different possibilities and resources. Unconscious mind a great deal to teach you. Receive from the other.

Resistance

Surprise you, surprise birthday party. Visit from a special friend. Unconscious mind needn't be limited by structure.

Expectancy

My voice will fade into the background. Foreground—your unconscious mind being able to lead a trance position. Of memories, emotional attitudes—crystal ball to begin to move toward any experience together. Unconscious mind a mind of its own. Yes, both capable of a great deal of shared hypnotic experience.

Page Two Age Progression

Opposites-Confusion-Truism-Juxtaposition

All alone together. A part of and apart from. Self with other.

Memory of the future.

Play them as they are laid toward the future. Back and forth. Reference to shared collective. In,out. Ring finger, nonring finger, alone together. Unconscious continues to pulse blood. Stop and start, flow and grow, move and groove, in and out, and to enjoy all levels.

Hands of clock, forward and back. Different houses lived in together. Different relationships moved through, like flowers growing together.

All ins and outs with balls intermingling together. Growing toward the future. You can feel it, recognize it as the unconscious mind has the ability to enjoy blending relationships into a pattern.

Unconscious

Enjoy developing on an unconscious level.

All the years of marriage, nice to become very, very curious as the unconscious mind begins to develop a search to activate, to realize, and deepen the search, and to identify in your mind, body, a sense of a long, forgotten memory, that the unconscious deemed relevant to achievement of a future together.

So many different years of marriage. Unconscious sift out, sift through it; identify. Another different from the first. Future state.

Symbol-Metaphor

Trance-expand how much can enjoy developing the ability to see one's own ring finger through the unconscious and experiential body opportunity—deeply experientially connected with self and partner. Become curious.

Entertain together the possibilities of your future. Unconscious mind begin to represent that symbol as the best hope for the future. (ring)

In trance the unconscious—let that symbol move out into space in front of you. Unconscious mind locate that symbol out there. Drift so comfortably. Can be treated with protection. Recognition that is your future; enjoy it.

Memory of the future, crystal ball, two crystal balls out there. Future in space.

Begin to develop one crystal ball, a pattern of historical memory, alone together, moving toward a collective state over there. . . .

Childhood memories too, experience sitting in a classroom and drifting off in a special state

