



Work Smart Hypnosis

WITH JASON LINETT

HYPNOTIC WORKERS

AGE REGRESSION

Affect Bridge

VIDEO LINK:

<http://worksmarthypnosis.com/hypnotic-workers/age-regression/>

AGE REGRESSION

Affect Bridge

JASON LINETT:

So let's all break down this process as we have now gone through it. So I have gone into my session, I have established the level of hypnotic depth, and now I am gonna build up the affect bridge, and this is outlined for you in a format that I have work-shopped this in such a way that these exact pages I have actually used in my session as a framework. This cannot be scripted out but it can be outlined.

And now your attention goes to a feeling inside of yourself that you don't like, a feeling that has everything to do with why you are here today. That feeling you have tried ignoring, tried distracting, but today you are going to dissolve it away. Notice that I am being artfully vague. I am not labeling that fear with this language on this document. However, if I have a label, game on, I get to talk about it but I am never gonna change the label.

Again if you randomly use the word trepidatious, which I have actually had, that trepidatious feeling inside of you that has everything to do with why you are here. If it is associated with the behavior, that is where can now become that feeling inside of you that has everything to do with why you are smoking three packets of cigarettes a day. That is an option. But it is branching off of the feeling. That's what this is about. This is about emotion. That's what this process you are learning is.

As I count from one onward, let that feeling come up as real and as powerful as it has ever been, supercharge formula. One, coming up more and more. Two, beginning to rise within you. Three, coming up strongly now. Four, as strong and as powerful as ever been. And five, there it is. Now will we always arrive at five? No, but I didn't say it's gonna happen at five, so it is okay. Because there have been times for one, focus on that feeling now. Like plugging in the outlet, that thing is ready to go.

The abreaction. Let us talk about the visual aspects of the abreaction. Some will be visibly going into something, others may be just shifting their breathing, others may be squirming and maybe muted. There may be moments I had stage hypnosis show a couple of weeks back where I kept a guy up there that normally I would have dismissed but it was so obvious he was processing everything. He hadn't just converting over physically. You are driving in a car going really fast, swerve left, swerve right, speed bump, everyone else is big and animated, what's he doing?

And it is just this beautiful contrast that everyone else is deeply in it and he is just processing it all internally, which was getting a big laugh and I would go to him for interaction with the microphone and I'd get absolutely nothing and he is playing the game of, "Yeah, exactly like that." So if I have to count to seven, okay. A cool strategy is feed back whatever you are seeing. Four, I can see you're connecting with that feeling as that breathing is shifting. Three, I can see you connecting with that feeling as those eyes are beginning to tear up.

As you comment and feed back what ever they are going through it's actually going to spur that abreaction even further. For rising up that emotion energy because now affect bridge, from the affect of the feeling, we are going to bridge, there is the terminology, to a previous experience. Focus on that feeling. It's connected to every time in your life you felt that way. It is like a bridge, given the metaphor, so that every time you felt that way before. As I count from five to one, notice that you can follow that feeling to an earlier time.

By the way, the power of the word notice is telling you it is gonna happen, so just notice it. Notice you can follow that feeling to an earlier time, an earlier situation where you felt that feeling now. Technical note, if I had to count from one to seven to get the abreaction, you really don't have to count from seven to one, you could. No matter how far I count in the abreaction, inducing, I am always doing a five to one to do the affect bridge strategy.

So little nuance. Test it for yourself. I've not just found it to be necessary. Five, following that feeling back. Four, perhaps modified language, becoming younger, smaller. Three, earlier time, earlier situation. Two, connect with your eyes, ears, and body, associating them to it. Number one, be there now as if it is happening all over again. Take note I did not say go to the very first time you felt that way. Because again, if I let you go somewhere and you have labeled in this first I am now violating what you have now established as not being the first.

In most cases they actually go back pretty young, and if they start to stair step rather slowly we will talk about that next. Associating into the experience, so that satisfies affect bridge. Bring up the emotional state, it's like a bridge, follow it to an earlier time, five, four, three, two, one, be there now. Any questions on that so far? Rather straightforward? It is the same process as far as testing convictions. Again, what do you want, a kid, a dog, or a snake? I can make you any one you want. Rinse and repeat, same strategies.