



Work Smart Hypnosis

WITH JASON LINETT

HYPNOTIC WORKERS

AGE REGRESSION

Informed Child

VIDEO LINK:

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

AGE REGRESSION

Informed Child

JASON LINETT:

So this is the point where we have now satisfied hypnoanalysis, which, again, the classic practitioner would've emerged right here and explain to the client here's what the issue was and here's why you don't have to feel that way anymore, which may have been effective at one point. I think as we become more cynical as a society, that's perhaps why it doesn't work that way as much anymore. So let's now move on to the hypnotherapy component of this process, informed child. Now these are various notes and transcriptions. Let me talk to the grown up you. It'll be nice to know then what you know now isn't that true. Survey says I've always gotten a yes to that question.

If I ever didn't I just had to restate it and basically it became a moment of, "Oh yeah, absolutely," as if they didn't get it at the first time. Hindsight. So good, in a moment I'm going to count from one to three, and when I do that it's gonna be as if there's three of us there, you at three years old before you felt that scared feeling, you all grown up, and me, I'll follow along as a guide. Because you told me, if you knew then what you know now you wouldn't have needed to have felt that way in the first place. So we can take all the information back to you at three years old so it becomes as if you had never learned that feeling in the first place. Build a contract. "Would you like that?" Or, as I like to do it nowadays, "As you like that just nod your head. Good."

We're building the case and we're also now setting up for Gestalt therapy, where we're separating the client into separate identities, in this case here's where you are today and here is that three-year old. Two clients in the office, build them twice. No. So great, here we go. One, two, three you're grown-up. She's three years old, and we've arrived before anything has happened. There's some extraneous language in this transcript. I'm giving you now the more effective and efficient way that I do it nowadays, which is just simply under the next phase. You can go up to that three-year old you, she knows who you're, inside of you with the words that need to be said so that she doesn't have to feel that way.

You've been waiting your entire life to have the last word on this issue. Today the words you speak aloud she absorbs. So as I become quiet you tell her everything she needs to know so that she can feel better. Begin speaking to her now. Again, you're already sitting there with fingers crossed, and the first time they take off, raise the roof, you're doing fantastic.

This is a place where in my opinion, it is appropriate and required to lead appropriately. So while others would say never, ever, ever lead in regression, we have now left the regression process behind, now we're into informed child, where we're instructing but even better we're letting the client do that for themselves.

Again, my terminology is you now have a client delivering direct suggestion hypnosis on them self. And whatever they provide is gonna be the best of information. Begin to furiously write down as many things that they say and coach it, egg it along as possible, as appropriate. I like the phrase, "If I have to offer a suggestion I'll give you a prompt. If you like it, use it. If you don't, change it, make it better, which is kind of softening the lead. "Tell her there's nothing wrong with you." That might be a little too harsh for some, "Tell her she does need to hold on this event anymore." That can usually be absorbed quite easily. So it's a place of, again, modifying the language but again giving them the get out of jail free card. If you don't like this phrase make it something better. Easy, easy way to do it.

You tell her what she needs to hear, good. What happens as she grows up. If none of the insight directly applies to the issue that the client is there for, this is a place for you need to lead. So here I am working with the client for weight loss, and she's just talking to herself about self-worth, confidence, peace of mind. Tell her about her health, how can she take better care of herself, and now I'm bringing the process back full circle.

She can eat healthy, she can eat all sorts of healthy foods. Don't tell me, tell her. You can exercise regularly. You're gonna love how it makes your body feel. Now we're on track. So if I have to bring it back to the issue that brought you in today, there's a strategy for that. So that's our informed child process, which, again, my paraphrase is we're letting the client deliver direct suggestion, hypnotic suggestions to themselves.