



HYPNO MAGIC

With Metaphor and Nested Loops

ELICITING METAPHOR

The Metaphor that works best is the one that comes FROM THE CLIENT!

Generative Change happens inside the mind of the client.

The Hypnotist:

- Listens
- Paces
- Leads

Evolutionary change happens as the client generates new ideas for moving toward strategies that work best as they are empowered to move forward toward their best life.

Metaphoric Mind Meld Karen Hand

Think of a quality you want

Think of an animal that represents that quality or attribute. (Could be a mythological animal)
Lightning fast, patience, stability, stamina, courage, etc.

Bring your arms up shoulder high.... hands in front of you open...facing up.

Imagine the animal in one hand. It has all the attributes you want...the skills are natural...
God-given/nature-made. Imagine that animal in action using all of those skills. Make it as real to all
of your senses as you can.

Imagine you in the other hand. Notice all of your God-given/nature-made skills. Make them big and
bright and colorful and be in touch with those skills in all of your senses. Thank the Universe for all
of those natural abilities that you have.

Look at the animal...look at yourself.

Come up with a word that signifies success to you. (Power, strength, charm, Yeah!...whatever)

Bend your knees.... jump up and while slapping your hands together to mind meld the two - shout
your word signifying success for you.

Do it three times...

Rub your hands together briskly really melding the two as you imagine automatically, now

You naturally have everything you need for success.

METAPHORIC SHIFT FOR PAIN MANAGEMENT KAREN HAND

*****For physical pain, get a doctor's referral/approval before eliminating physical pain*****
Because you want to make sure the pain is a product of the imagination or inner story/pictures rather than a broken bone or a tumor before working with pain. Also realize, pain can be an excellent cue from the subconscious mind to pay attention to a certain area of the mind or body. So, this technique allows you to empower the client with easy tools for personal change.

This technique works equally well for physical or emotional pain management.

- 1) Have client focus on the source of the pain and then begin asking about attributes:
 - a. Shape
 - b. Size
 - c. Color
 - d. Texture
 - e. Temperature
 - f. Sound
 - g. Weight
 - h. (any attribute)
- 2) Ask client... "If you could change (....attribute.....) how might you do that?"
- 3) Wait for their answer and then suggest, "Good, go ahead and do that now."
- 4) Ask how the discomfort/feeling has changed now? How much better does it feel now?
- 5) Continue changing attributes until the desired comfort level is achieved.

Re-Mediation

1. Place hands out in front of body, palms facing up.
2. One hand represents the part that wants status quo/no change/the past/etc.
3. The other hand represents the part that wants something different/change/future/etc.
4. Give each hand a distinction (color/name/state) and discover what it is doing FOR the client. (Discover what each side is trying to accomplish) Anchor each hand with the desire it expresses.
5. Fire both anchors at the same time (touching both hands/mentioning both names/colors/etc.) As you acknowledge both have been doing important jobs.
6. Release the anchors and invite the client to discover the possibilities of bringing the two sides together to reach a compromise. (If one wants to keep the client safe and the other wants adventure, what can be done to remain safe while seeking adventure. [i.e., the parts may decide something like, it's ok to do a Centennial Bike Ride, as long as it's with a group while wearing proper safety gear.]
7. Suggest the hands will come together only as slowly as the two sides finish their mediation and discover both sides can accomplish the goal.

Re-Mediation Script

Induction of choice...

Now, place your hands comfortably on your lap a few inches apart... with the palms facing up.

Think of something you want to change about yourself and when you've done that, give me a nod of the head.

Today, one of your hands will represent the part of you that wants to change and the other hand will represent the part that is responsible for the behavior that you no longer want, need or desire.

It is important to understand...that part of you is not broken...it was created for a very important reason...and it is working just as it was designed to work for that important reason. Today, you discover new ways to reach that goal...ways that are just as important for the changes that have occurred in your life along the way. Today, you find new ways to accomplish that goal.

With that in mind...be curious about what that old part wants to do FOR you. What are the attitudes, beliefs and concepts that hold on to the old behaviors and what are they hoping to accomplish for you?

Allow that understanding to take the form of a ball of energy or even a color in your mind and imagine it heading down to the hand that controls the past. This energy, color, concept or behavior flows out of your mind, down the arm and into the palm of that hand.

That understanding may remain a ball of energy or it may take on a color, a shape, a name, or even something else. When it represents what it is doing for you, give me a nod of the head so that I know.

That's right. This is the part of you that controls the past. It is not wrong or broken. It is the best solution you had when it was formed.

Now on the other hand....we build that part of you that wants, desires and needs something different. A change for good. This part of you also has a positive intent and wants to accomplish goals in a wonderful way.

Go deep inside your mind and discover what this part wants to do FOR you. What are the attitudes, beliefs and concepts needed to accomplish this goal? Are there new skills acquired or needed? What are the benefits to this accomplishment? Allow this part of you to form into that mental ball of energy and travel out of your mind and down your arm into the hand that represents your future.

That understanding may remain of a ball of energy or it may take on a color, a shape, a name, or even something else. When it represents what it wants for you, give me a nod of the head so that I know.

From here, these once separate and oppositional parts will discover a new way to work together. Since both parts obviously want what's best for you, they can find new ways to do exactly what needs to be done to compromise...mediate...re-mediate... and meet the needs of both sides.

Imagine the wisdom of your well-being listening carefully now to the wants, and needs and desires of both sides working for you now....so the two balls of energy can work together...merge together as these two parts each give a little and come together in the middle in a change for good.

It is as if by magic the two balls of energy begin to move a little...each moving a little closer to the middle as they listen to the inner wisdom of compromise and benefit...each getting something and you getting the ultimate benefit of the mind's wisdom working together for good.

Notice your body relaxing as the two balls of mental energy come together to form a new color...the color of compromise and compassion...gratefulness and forgiveness...as these two parts of you come together...you becoming even more aware of the new you emerging....stronger...safer...more alive as you have more time to enjoy the benefits while you spend less time on the fight.

It feels so good to work together to get the change for good.

As these two parts now continue to work together...protecting you...advancing you...evolving you as you continue to change for good.

(Add specific suggestions for change as necessary...ego-strengthening...and emerge)

NESTED LOOPS:

Think of your favorite entertainment programs...

- Sitcoms
- Soap Operas
- Serials
- Streaming series

They keep you coming back because of the successful use of nested loops.

Cliff hangers can keep an audience hooked for months while waiting through the series hiatus.

That is the perfect example of nested loops.

Plot points are opened...and then there's another angle...and then another...moving the plot along until the closing scene or the cliff hanger for a continued program.

Eventually, all loops are closed as you get to the final scene and the conclusion.

Easy Nested Loops Let's Make A Deal

Karen Hand

Once upon a time, (*story*) there was game show called "Let's Make a Deal"...players got the chance to win fabulous prizes behind a curtain...or in a box...or on a table...and they got to choose their prize. It was a game show...after all.

Here as we're sitting together (*truism*) in this group...
Let's play a **mind game**...where you get to win ALL of the prizes!

So, you're invited now to **play along**...
And, in whatever way works for you...in your mind...go to the safest place that you can imagine...
That's where we'll play this game...

There...in your safe place...**create a showcase**...maybe it's on a stage...or some place of honor...a special place.

And there you'll find several options...let's explore your showcase.
On the table, there's an interesting envelope with your name on it. But don't look just yet...
Wandering through your Showcase...Next is a box...I can't help but wonder what's inside...
And continue on just this side of a large curtain...hiding something important behind it...

Realize, here in your safe place...these gifts have shown up just for you!...to offer you ...well..
What are you looking for ...
As you get to see and hold and hear all of your prizes...your gifts...you'll find wisdom in each...
Perhaps it's a symbol...or a token...or even a guide...
Go ahead now, you're now welcome behind that curtain...and there in the privacy of your own mind and your safe place...behold what's there for you behind the curtain...
Find yourself receiving the gift you need here from this guide or sign or token of wisdom...behold! It's yours.

Now, on to the box in the middle...open the gift that has been left for you in the box.... take in what is magically being offered to you...an important gift for the future you desire...

And finally let's move over to that table holding the envelope...stuffed with something very meaningful for you... wisdom, advice...you'll know what it is that is so important for this journey in your mind...
As you enjoy the game...make of all this wisdom...these gifts... what you will...and allow yourself to take in all the meaning offered to you here...in your safe place of self-love and receiving.

Take as much time as you wish here...and realize you can return to this place of love and life and wisdom whenever you decide to play in this Mind Game...in the field of your own imagination.

When you're ready today...bring your gifts back with you...and return to the here and now feeling great ...

A Magical Journey

Nested Loops

Karen Hand

Take a moment to settle in and notice your breathing.

As you take in a few nice deep breaths...

**Do something special with your breathing...notice where that inhale
BEGINS...notice the very beginning of the breath...**

**Here's another interesting thing to notice...continue to be aware of the
beginning of each breath...and now also notice the very end of the
exhale.**

**Now you know the beginning of each breath...and the end of each
breath...this time...also notice the middle of the breath...that place
where it turns around and becomes an exhale.**

Continue now with the beginning...the middle...and the end of each breath...

And this time...let's do something very interesting...notice the SPACE...that space between the end of one breath and the beginning of the next breath.

So, as you're very aware now of your breathing...you can notice the beginning...the middle...and the end of each breath...and that very important space there between the breaths.

That space is a portal...you can notice it the next time...

And instead of jumping over that portal...this time turn and walk thru the portal because it is the passageway inside of your mind...your home...right there inside this secret place inside your mind....

That place where all ideas, wisdom, thoughts and desires spring forth to manifest into your best life...

And this is where our journey really begins...here in the deepest levels of your magical mind.

Find yourself safe and secure in this safe (special) place...realize this a place of your creation and your comfort. It's a place you can go to easily any time you want...and the place where we start a fantastical journey...along the way...you may see it...you may hear it or feel it or taste it...you may even just KNOW it...or you can even pretend. In this

place of safety...it doesn't really matter how you choose to experience the journey now.

Notice a waterfall on one side over there...and you can walk up it and hear the sound of the cascading water...feel the spray...smell the fresh spring air...and you happen to notice you can walk behind the waterfall...

As the spray clears, you notice the arch behind that waterfall...Find it...walk through it.

And you find yourself in a hidden room... and you can marvel at the way this special room is appointed just for you. Look around and notice the floors and walls and ceiling of the room...how is it decorated?

Notice that chest over there...is it full of treasures or secrets?...Not to know just yet...

But you are now drawn toward a glass door over there on the wall...and as you walk toward it, it opens to a beautiful landscape almost like a fairy tale...and you feel at home on the path...

That leads to the temple of wisdom...

You feel so safe walking toward it...you feel welcomed...and wanted...

And just there...at the entrance of the great temple of wisdom you find a very heavy door...there is no door knob or latch...but as you approach, it opens magically for you and inside you find a guide with open arms who

is radiating with love and warmth and unconditional acceptance of you...you step into their loving embrace and hear a whispering.

You listen carefully to grasp every word.

Quickly you realize your guide is offering the piece of wisdom you need the most right now.

Take in the love...the warmth...the unconditional acceptance...and fill up with the wisdom!

You'll bring that back with you...as we make our way back through the heavy door knowing the Temple of Wisdom is right there for you to revisit your personal guide and feel the love and acceptance while listening to the special messages.

Making our way back through the fairytale landscape we find the glass doors and this time there is a key at the foot of the doorway. Pick it up and take it inside...you immediately recognize the beautiful hidden room...and that chest...instinctively you know the key will open this chest...

And you know it holds a superpower that is meant just for you...the very thing that will aid you in fulfilling the purpose of that wonderful wisdom from your loving guide... I'm not sure if there is treasure inside...or a super power...or attribute...but it will reveal itself the moment you open the chest...

Go ahead now...

And understand...this is exactly what you need today to fulfill your desire...your goal.

This is for you...you know just what to do with it...and it is yours to utilize in any way that is most important to you.

Bring that with you back with you through the archway that leads to the waterfall and find yourself there behind the crystal-clear water of the waterfall...and there with your newfound wisdom and your treasure or superpower or whatever you need...you walk through that waterfall and receive a cleansing shower that washes away any limits to your power or your desires. The water is warm and fresh and leaves you feeling exhilarated and ready to re-enter your safe place.

Now, back home with new knowledge, new motivation and a treasure or superpower that will stay with you as long as you benefit from it.

Take time there in your safe place...let it all settle in for you now...and when you're ready, take in a nice deep breath and come back through the portal of time and space...noticing you are in the here and now...in that space between your in-breath and your out-breath...riding the wave as you inhale...going over the middle and easily down to the end of the breath where you can return...feeling wonderful, full and ready to take the next step in your conscious journey of the here and now



Karen Hand is a Board-Certified Hypnotist, Trainer, Mentor, International Best-Selling author, and World-Class Communicator. Her 30-year career as a Chicago radio personality was the foundation for using language to exercise the imagination. Karen's transition to Hypnosis re-purposed that skill and since 2005 she has helped thousands of people take control of their lives and trained countless hypnotists and NLPers to help others change for good. Karen sees clients and conducts trainings globally via ZOOM. She has received many awards including: Hypnotist of the Year, Educator of the Year and the IMDHA Pen & Quill Award for Literary Excellence. Karen is the author of **Magic Words and Language Patterns**, **The Hypnotist's Essential Guide to Crafting Irresistible Suggestions**, **Hypnotic Workshops Like A Pro!** - co-written with Kelley T. Woods, **Trance Dance – The Hypnotic Art of Leading and Following** and **Hypnosis – So Easy YOU CAN DO IT with your Eyes Closed...or Wide Open.**