

Mirroring Hands

SF Hypnosis & NLP Practice Group

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The Four Stage Creative Cycle

1. information gathering
2. incubation
3. breakthrough and illumination
4. verification

Basic Accessing Question Template – Implied Directive

1. time binding introduction
2. implied suggestion
3. behavioral response from unconscious that signals the implied suggestion has been accomplished

Basic Example:

1. When your inner mind is ready to solve your problem will those hands move together all by themselves to signal yes?
2. When the inner you is able to experience all the sources, memories and emotions related to your problem will one hand drift down all by itself?
3. As soon as it is appropriate to review all the options for solving that problem in the best manner will that other hand go down?
4. When your unconscious knows it can continue that inner healing, and when your conscious mind knows it can cooperate by helping you recognize those periods during the day when you need to take a healing rest (a 15-20 minute break), will you find yourself awakening?

Finding Tickets:

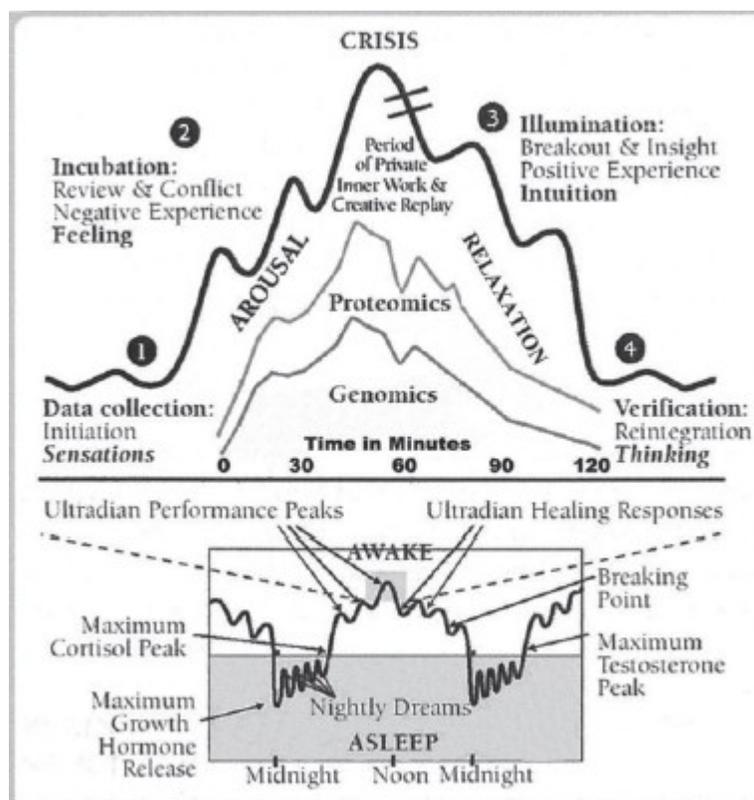
1. If your inner mind really knows where those tickets are, will those hands move together all by themselves to signal yes?
2. Now, will one of those hands slowly move down all by itself to signal that you are again reviewing your whole day and this time remembering exactly where you hid those tickets?
3. And now you really do know where you hid those tickets, do you not?
4. Now will that other hand begin to drift down all by itself as you review

over and over again just where those tickets are and how happy your family is going to be when they see them?

General Problem Solving:

1. As you focus deeply into your hands, I wonder if one hand feels different from the other?
2. When one hand is able to experience the issue, will that hand slowly drift to your lap as you gently review the history and those things you aren't able to say or even remember?
3. Now, as you explore the solutions you don't know yet, will the other hand drift down slowly?
4. What is surprising and unexpected about this that is new to you?

Ultradian Rhythm



I've put a list of references on this page of my website:

<http://NorthBayHypnotherapy.com/mirroring-hands-references>

Milton Erickson Story

This story illustrates the concept of keeping the unconscious mind on the task at hand and just letting it bake or incubate. I heard Erickson telling this story on a recording.

Early on when his children were very young, one of his daughters sassed back at her mom. When told to apologize to her mom, the daughter said, “I don't has to”. Erickson was tired and needed to lie down and rest.

So Erickson lied down on the bed and his daughter was placed next to him and he took hold of her wrist, firmly enough so that she was not able to break free. After a few short minutes she started to squirm to get away and said, “Let me go.” Erickson replied, “I don't have to.”

So this went on for some time, perhaps as much as an hour. First the daughter saying, “let me go.” Then she tried saying, “I'm sorry”. She tried “I won't do it again” and “I am really sorry” but still no release. Finally, she said, “I'm really sorry and I want to go tell mommy I am really sorry” at which point Erickson released his grip on her and she ran to her mom to apologize.