

CHAPTER 2

YOU ARE MORE THAN YOUR PAST

Overview:

This is my most frequently used induction that is an excellent foundation for reorienting a client to the present and helping them access positive resources from the past while letting go of negative ones.

You are More than Your Past

SET UP: Take a few minutes to have client relax and go into a comfortable level of trance. Let the client know that some time during the session you'll be asking them to respond to a question or two and as you're recording you'll only want them to respond with a response generated from their unconscious mind through their body – either a nod of the head or a lifting of a finger – this is called an ideo-motor response.