

CHAPTER 9

Cinderella and Finding The Magic

Overview:

Finding another way to access the dimensions of spiritual guidance which is always available surrounding us can be fun. Find the clients beloved fairy tales and use them to make symbolic points.

Cinderella and Finding The Magic

Begin with trance development technique.

I was wondering if you'd be willing to consider an interesting perspective on life developed over the past thirty years. Hundreds of people just like yourself have listened closely, closing their eyes slowly while relaxing. The vast majority absorbed an underlying meaning of this which helped them to gain deeper understandings of their own life which magically allowed meaningful adjustments to occur. Their attitudes, their thinking, the ways in which they communicated with others and, of course, their actions. Many have told me how relaxed they became as they allowed themselves to take a few slow deep breaths and settle down within...letting go of any of the outside tension or resistance they felt when they first came into my office...wondering what we were going to touch on today. In fact, it became very clear early on that they listened as they had as little children at story time.