


*An eBook*

AN EASY GUIDE TO  
THE EXPERIENCES OF  
HYPNOSIS




WITH DR ROB MCNEILLY

# DEDICATION



*This book is offered as a humble gesture of appreciation of the continuation of Milton Erickson's heritage into the future.*



*Rob*

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# DEDICATION



Hello and welcome to this easy guide to the experiences of hypnosis.

My name is Rob McNeilly. I come from a medical background, and had the privilege of learning from Milton Erickson.

Over the last 35 years I have been using and teaching my version of what I learnt from that remarkable human being.

This series guide is offered so that anyone interested can join me in these experiences, take what is useful, alter anything so you can find your own approach to hypnosis as a wonderful way of assisting clients to resolve their dilemmas and continue with a more satisfying life.

Let the learning continue ...

## *Chapter 1*



### INTRODUCTION



When I first learnt about hypnosis, from a traditional, formal version, I was fascinated and at the same time overwhelmed by what was called “Hypnotic Phenomena” - association, dissociation, time distortion, age regression, age progression, amnesia, anaesthesia, analgesia ... a long list of highly technical words which only served to intimidate me - hardly a useful approach to learning!

After meeting and learning from Milton Erickson, I was relieved to approach these experiences as an extension of everyday experiences, in the same way that I found it useful to approach hypnosis itself as an extension of the common everyday trance.

This allows us, and our clients, to have a natural and easy access to these experiences instead of being overwhelmed and anxious about what I was originally taught as advanced “techniques”.

## *Chapter 2*



# CONNECTING AND DISCONNECTING



Anyone can focus and become absorbed in some everyday activity such as reading a book, watching a movie ... and in that experience it's not uncommon for some alteration of perception to happen. We can become so connected with the reading or watching that we become disconnected from our surroundings.

This experience of connecting and disconnecting is much more available than “association” and “dissociation”.

## *Chapter 3*



### ELASTIC TIME



book or film is boring, slowly. When we are looking forward to a holiday, the second hand on a clock seems to be taking hours, and when the holiday starts, after a few short days it's already time to go home!

We have all had a variation on this experience.

This experience is likely to be relevant to someone who has a time issue - not enough time to study, the tennis ball is coming at me too fast to respond to, or I have a boring task to do that will take ages.

Isn't that easier to play with than the weird sounding "time distortion"?

## *Chapter 4*



### TIME TRAVEL



We can look at a school photo or a brochure about a future hypnosis conference, and if we focus and become absorbed in these experiences, it can be as if we can have the experience of being back at school or at the conference.

Revisiting the past can be useful when therein a sense of incompleteness or dissatisfaction so we can play with the memory and alter it to something preferable. Imagining the future is going to be useful when someone feels stuck and blocked about the possibility of a change so they can have an experience of a preferred outcome.

Isn't this preferable to "age regression" or "age progression"?

## *Chapter 5*



### FORGETTING



Am I the only person who can go into a room or a supermarket and ask myself “What did I come here for?”. I have even parked my car, gone shopping, walked home forgetting I’ve left the car in the car park. Forgetting is a part of our everyday human experience.

Some clients will want help with intrusive memories after a trauma and may even say “I wish I could get them out of my mind”. Forgetting is going to be called for, and is likely to result in relief.

I prefer this approach to helping someone forget something no longer wanted, to “inducing hypnotic amnesia”!



## *Chapter 6*



### NOT NOTICING



We can sit in a chair and not notice the sensations of our feet on the floor, glasses on our nose, our body in contact with the chair. People who live near busy roads or an airport don't notice the sounds even if they are loud. I can walk past something I'm looking for in a supermarket and even though I know it's there, I don't notice it as if it's not there at all. Erickson commented that we have all had a lifetime's experience of not noticing so many things. It's something we have all learnt.

People suffering with painful sensations can be relieved to be reminded of this and invited into the possibility of not noticing those unwanted painful sensations. This is likely to be so much more acceptable to them than trying to induce "hypnotic anaesthesia."

## *Chapter 7*



### NOT BEING BOTHERED



I became, the louder the noise seemed. When I realised that I was being kept awake by my annoyance while the neighbours, completely unaware of my suffering, were having a fun time, my annoyance went and the noise was no longer irritating. Sleep happened quickly.

I prefer to help someone who is being troubled by pain to discover their ability to not be so bothered by it, so the pain is less, or possibly not at all intrusive in an easy and natural way rather than having to learn “hypnotic analgesia”!

## Chapter 8



### WHICH AND WHEN?



I have introduced these experiences as ordinary and every day experiences so that with hypnosis they can be introduced and then extended to provide relief that will be tailored to each individual's needs. This avoids the need for jargon and weirdness which will only add to the difficulty for all.

When to use which will be informed by the wonderful question "What's missing?" and if we listen to what a client says or ask specifically what would be helpful, we will hear what will be relevant in each situation.

If someone wants more closeness or more space, then connecting and disconnecting will be called for.

if the solution has something to do with time, let's explore ways of stretching or extending their experience of time.

If their problem calls for resolution of some past event or creating a different future - let's play with hypnotic time traveling.

If pain is severe, not noticing is likely to be useful, while if it's too intrusive or causing suffering, then learning not being bothered will be worth exploring.

I trust these reflections will be helpful for your learning so we can add to our effectiveness in relieving suffering and add to our personal satisfaction at the same time.

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