DR. RICHARD NONGARD

Transcript: Pendulum, Automatic Writing and Ideomotor Movements

[Speaker 3]
They're expecting it, but they don't know what it is. One of the things I love about the ignorance of hypnosis, because let's be honest, that's one of the biggest problems in hypnosis is people are very ignorant about it. They don't understand it, which means you get to define it.

And when you can take something that they think they're familiar with and frame it in a really positive way and show a positive result, you're creating bonding, you're creating rapport, and you're creating a situation where people are starting to understand what's gonna happen and how it's gonna feel. Emily, you like doing a lot one-on-one. Why don't you talk about the one-on-one experience?

[Speaker 2]
I do like doing it one-on-one, but to piggyback on what he says, he comes out saying, we've all seen that thing where a hypnotist does this, but it's like, what I love about this is it's not like I'm not waving it in front of your face being annoying. We're letting the people hold them themselves, and then we're giving them simple directions. And so they can see like, oh my gosh, it's happening right here in front of me, physically on my person without, it's not like someone's looming over me, controlling me, which I feel like is the stereotype of this, like waving it in front of your face, like making you do that, which we don't do that.

We do in the show, like a really fun way, like here, I'm going to show you how your mind works. And for me, that was what connected so much. Like as soon as I held it and I was given instruction, I can't not do it.

When somebody says it so they can give me the instruction, it's going to move left to right. And I'm like, oh my gosh, it's moving left and right. So much so to the point where I'm just in my own fingers.

I can now, you know, I just think left, right, left, right. And I'm like, oh my gosh, I can't not make it. It just does it.

And so to me, I'm a very tactile person. I connected with it way more than any like theory about hypnosis. It was like, oh my gosh, it's happening right here in my hands.

And I like, I can't deny it.

[Speaker 1]

It's very physical. Can you, if there was a volunteer who might be able to help you in the room around you, would you be able to just to demonstrate what you do with a pendulum so we understand what this left, right is and what happened?

[Speaker 3]
So we love giving people the pendulums. I love explaining that this isn't going to relax you. It's going to make you feel really dizzy.

But that it comes from something important. It comes from a subconscious thought creating a physical action. So in this case, Emily is the hypnotist, me as the client, it would be really, really simple.

First of all, it's focusing. So Emily, take it from there.

[Speaker 2]
So I want you to, we say to hold it between your thumb and your finger about eye level. And I just want you to look at the pendulum. I don't need to try to move it.

I just want you to look at it. And as you look at it, I want you to start to think of it moving from left to right. And the more you stare at it, the more you're going to see it wants to go left to right.

Sometimes Kevin will do that hand gesture and it really helps a lot too. And then it'll say, you know, you're doing amazing. It's a moment for positive reinforcement.

Like, look at that, wow. Any movement, that's great. You know, oh, let me show you what your mind can do.

It can also go around in a circle. So I want you to think around and around and you're not trying to move it, but as you think around and around, your body finds a way to make it happen. So that's what we do.

Kind of just like the very basic showing you.

[Speaker 3]
And you could- I don't know why you had to put a stop on it, Louise. Never! And you get to add to it.

Like, we'll tell people to think of something. And if the answer is yes, it's going to go left and right. If it's no, it's going to go back.

Actually, no, if it's yes, it's going to go back and forth like you're nodding your head. If the answer is no, it's going to go left and right like you're shaking your head, no. It really gets to tie in their own mind creating an actual action.

It creates that visual and it creates feeling. And one of my favorite feelings is for those of you who have ever done pendulum work at all. If you have it going in a circle and this hand movement under it, it's such a great visual.

Even if they don't stare at the pendulum, if they just stare at your fingers, it's going to start moving. That reaction is going to happen in your fingertips. But when you start to tell them it's going to spin the opposite way, it's going to spin backwards.

There's this great feeling where they can feel the muscles in their arm doing something. And they don't exactly understand what it is. And you get to frame that.

And if you don't understand what I mean by framing it, it's as simple as, I know you've seen the stereotype of hypnosis. Let me just show you how a suggestion works. So as you think about it, I want you to imagine that it was swinging from left to right.

And you're not consciously moving it. But as you think about it, your mind just sends that signal your fingers don't feel your fingers moving. They're moving just enough to make it happen.

Just like when we have a bad habit. You have a habit you want to get rid of. You want a behavior that you want to change.

But you don't understand how that behavior is physically manifesting. It's physically manifesting in micro movements throughout your nervous system and your muscular system to create that habit and reinforce it. And as soon as they can physically see how that subconscious creates a micro movement, it also gives you a tool to teach them how to change that behavior, how to change that micro movement.

Is that confusing to everybody or not?

[Speaker 1]
It's not confusing to me. I think what it does is it creates involvement, right? So often we have a hypnotist who is talking to somebody, almost lecturing them in the pre-talk.

And then they close their eyes and they sit there and get talked at. And this process creates involvement. I love your explanation where, hey, there are things driving our behavior so that we don't stop smoking on New Year's Eve even though it was our resolution.

And those micro movements in our thoughts and our bodies create the outcomes that we have. It's just such a great convincer. I've really begun to use the convincer with a lot of my clients.

Now, in online work, I can't really give them one of Emily's pendulums, but sometimes I'll ask my clients, I'll say, hey, do you have a string or something? And just have them tie it around their keys, right? Everyone's got a key ring and the keys don't even have to be symmetrical.

And I can find a cable or cord or wire somewhere. Here's one right here, right? And I can just have them tie it around the keys and suddenly I have a pendulum.

And I've done that with several people.

[Speaker 3]

Or you can mail your client a pendulum with a little reminder sticker on the top of what time and day you have your appointment. Ah, there you go, there you go.

[Speaker 2]
We've also used like, you know, nuts, like- Washers. I can't hear you. I don't know, something wrong with my speaker.

[Speaker 1]
It's okay.

[Speaker 2]
It's disconnected somewhere.

[Speaker 1]
Yeah, well, we- Because it's on. Just leave and come back in. All right.

[Speaker 2]
Like a washer or a piece of string.

[Speaker 3]
Yeah, a washer and a piece of string, a thread and a washer works.

[Speaker 2]
I was trying to figure it out, but I- Go ahead.

[Speaker 3]
Anything, you want it to have a little bit of weight. Like I wouldn't do a cheerio on a string because you need a little bit of weight in there for the movement, but as simple as a washer on a string or, you know, tying your keys to a piece of string.

[Speaker 2]
A necklace, a necklace.

[Speaker 1]
A necklace, there you go. And I tell people this, I'll give them, maybe I won't use the pendulum in my session, but I'll teach them about the pendulums to discover their unconscious yeses and no's, to unconscious things that are important to them and give them this as a homework assignment and self-hypnosis.

[Speaker 3]
A necklace in a straight line, not a necklace in the loop. If it's still in the loop form, it doesn't quite get as big of a reaction. So you want a necklace in like a straight line.

So open, not closed is what I'm trying to say. Absolutely. But yeah, even then when you get to that, that practice right there of going subconsciously, let's see if we're thinking yes or no to this question.

Hold on, somebody's got a question. Hello? Okay, there we go.

So yeah, you can even teach them how to do that where, you know, the simple questions like.

[Speaker 2]
I use the one, my favorite, my two favorite ones. If I'm just showing someone really quick is we'll establish which direction is yes or no. And do you like chocolate?

You know, don't answer with the pendulum. Oh yes, you do like chocolate. Are you allergic to bee stings?

Oh no, you're not allergic to bee stings. Like kind of two basic, really easy yes or no. You like something or you know, you're allergic to something are two great starter questions.

[Speaker 3]
And it's a great way to tap into an emotional response. How do you really feel about the situation? Are you happy in this situation?

Yes or no. And don't vocalize it. Just think about the situation and you're gonna get that response.

[Speaker 1]
So now you guys have a show that you have to do tonight. So I'm gonna let you go, but I'm happy that you- Any questions about what we said?

[Speaker 3]
And if you go to hypnosunleash.com Emily does have her pendulums for sale. Does anybody have any questions? That's what I was gonna ask.

[Speaker 1]
I was gonna ask, how can I get a genuine Emily pendulum?

[Speaker 2]
I love to make them and they've come a long way. And thank you, Richard. It's very kind of you to invoke them like that.

I love to make them. Of course, if you ever come out to the show, I sell them there. You're welcome to reach out.

I try to keep them very affordable. I can custom make colors. One of my favorite things I found in Michigan actually is a super cool little hypnosis bead.

I don't think I'm gonna be able to show it to you, but it's got a little hypnosis swirl on there. So custom make them or make them yourself.

[Speaker 1]
Awesome, awesome, awesome. The show is Hypnosis Unleashed on Fremont Street in Las Vegas. You'll have a great time.

It is at nine o'clock most nights of the week. And who knows, if you come to Las Vegas and go to the show, I might go with you.

[Speaker 3]
Wonderful. It's always good to have you. If you guys have any questions, reach out to us anytime.

[Speaker 1]
You guys are awesome. Thanks for taking some time with us tonight. I appreciate it.

[Speaker 3]
My pleasure.

[Speaker 1]
All right, so there we go. Kevin Lapine, awesome guy. Emily Lapine, awesome lady.

And they've been using that pendulum, like I said, with their clients for years. And Zoom seems to be doing something weird here. I wanted gallery view, so there you go.

I can see everybody now. Was that helpful to hear a little bit from Kevin about how he uses it? Everybody's approach is a little bit different.

And the way I learned it is different than the way I use it now. And I've just learned a lot of different uses of the pendulum over the years. Now, you do not need to click the link I'm about to put in the chat box right now.

I put a link to some notes from tonight. You do not need to open it now. And you don't actually ever have to click the link because right before class started, I put it on the course access page at experthypnosis.com.

So after class, you can actually go get these notes if you want to. But I love the pendulum because what it does is it doesn't lie. It bypasses our conscious filters.

When I'm working with a client who's trying to find clarity, I can use this as a tool to get answers to questions. And not just yes or no questions, but I can have them tell me what the meaning of the movement is, as if they're getting answers directly from their unconscious mind. As a convincer, which is how Kevin is using it and how I often use it, I hate this fingers drawn together thing.

Anyone else hate this? Some people love it, right? Michael Johns and Terry Stokes did it every single night in their show for 20 years, right?

Actually, Terry's probably been doing this 50 years. I've always hated that convincer. But I love the pendulum because as Kevin and Emily shared with us, it's just a great way to explain hypnosis.

It's a great way to say, you know, there's lots of things driving our behavior, not just our conscious mind. That's why the New Year's resolution didn't stick. That's why on January 1st, you swore off Twinkies and on January 2nd, you ate a whole box of Twinkies, right?

It's because there are other factors driving it. One of the things I love to do with the pendulum is I ask people to use their conscious mind or say it's moving right to say, you

know, don't move, right? Give them a paradoxical intention and it ends up moving faster and faster and faster, which again is another lesson.

And sometimes the will is really limited. A pendulum can be used in therapeutic settings to reveal what a client won't say out loud, right? Somebody says they're totally committed.

I'm gonna lose this weight starting January 1st. But the pendulum swings. No one asked if the parts, anyone here use parts therapy at all or incongruence and agree with that decision to make the change?

Anybody here use parts therapy at all? Parts therapy is just a great tool to determine congruence or even an NLP like an ecology check. And it can turn an internal conflict that a client has into something visible, right?

There can be a struggle between two different directions or movements or confused circles. And this is really an element of the somatic experiences that people have and how they might be manifesting both pain and comfort or grief and joy. And are trying to find both sides of the Dow that are balanced for them.

The Dow being that yin and yang, which of course is a part of our experiences. And the final thing I love about the pendulum is it gives people an experience to become an expert on themselves. This is a self-reflection tool.

Yes, I use it in my work with clients, but I give this pendulum assignment to my clients on a regular basis so that they can discover themselves and become an expert on themselves. Instead of telling my clients what they need, they can discover through their own unconscious resources. And this shifts an internal power dynamic and lets them become a guide of themselves and an authority on their inner world.

It's a way to discover oneself. And so the pendulum is pretty powerful. How many of you have played with pendulum before in one way or another?

Okay, about half of you, a little more than half of you. Those who haven't, this would be a great thing to do. Now, I'm actually gonna guide you through a script because I found a long time ago, it's a lot easier to teach hypnosis by experiencing hypnosis.

So I'm gonna guide you through a session, a short session, but a session, as if I were guiding you through this with a pendulum. Now, here's the cool thing. You could, because you have about 90 seconds before I do this, you could wind a cord and some keys or a string and a piece of keys or a pendulum if you happen to have one around the house and go grab it.

And if you don't have something you can use as a pendulum, guess what? The amygdala, the old brain, it actually doesn't know the difference between fact and fiction. That's why, that's why I can tell you when you think of a lemon, you actually salivate.

There's no lemons in this room and I'm not feeding you a piece of lemon, but you manifest the real response because the suggestion of a lemon is enough. So if you don't have a pendulum, you could imagine in your mind that you were at Kevin and Emily's show and you were holding a pendulum in your fingers. And that'll probably work too.

But again, what's more important here is not the process or even the outcome or the experience you have right now. What's really most important is you just see how do I deliver this to a client? What's it like for me?

And so here's how I might begin a session with a client. I might just begin by telling them I'd like to show you something really interesting that's going to help you understand how your unconscious mind works. I'm going to give you this pendulum to hold.

It's just a small weight on a string, nothing magical about it. But what happens when you hold it is going to reveal something marvelous about the way you're put together. By the way, some of you are saying, I wish I had those words.

You have them. They're on the handout. So you're getting scripts with this class.

So you can kick back here and enjoy. You don't have to write things down or worry about remembering it later because I already have the notes for you. But go ahead and hold the string between your thumb and your forefinger just like this and let the weight hang down naturally.

If you're sitting at a table, you can rest your table on the elbow if you wanted to. Or you can just hold your arm out comfortably. Great.

Now here's what's interesting. The pendulum is going to move. That's a direct suggestion, by the way.

Not because you're pushing it. Not because you're trying. But because there's an intelligence in you that's far older and wiser than you might think.

And it's always been running the show. You see, your unconscious mind, your conscious mind, that's the narrator, the part that thinks it's in charge. It's the part that's listening to my words right now, wondering if this will work.

But your unconscious mind, it's the dancer. It's the part that already knows the steps. And it's breathing right now without asking for permission.

This part of you will learn to walk when you were small. Now you don't think about it at all. You just walk.

And that same intelligence is about to move the pendulum and you're gonna watch it happen. So look at the pendulum and just imagine, picture in your mind's eye that pendulum swinging left to right. You don't have to make it do it.

Just think left to right. You don't have to do anything. In fact, the less you try, the better it actually works.

Just see it in your imagination, swinging left to right, left to right. And you might even try to hold your hand perfectly still, but that's the funny thing. The more you try not to move it, the more your unconscious mind takes it as an instruction to move it left to right.

Because you can't think of not doing something without thinking of doing it. It's like trying not to think of a purple elephant. See, there it is.

Everyone thought of it. And notice how the pendulum's beginning to move left to right, left to right. You're not doing that consciously.

Your hand thinks it's still, but somewhere deep in the wiring, that connection between the flesh, the muscles are firing. Micromovements are happening and the pendulum swings. Pretty beautiful.

We can actually try something else. Without stopping it, just shift your attention. Imagine this pendulum swinging back and forth, back and forth.

You can say to yourself, front and back, front and back, front and back. Don't try to change it with the hand. Just change the picture in your mind and watch what happens.

Watch how the image in your mind becomes movement in the world. By the way, what's gonna happen in our hypnosis session? People ask me all the time, how does hypnosis work?

You're just talking to me, but the movements you make in your mind today are the actions you're gonna take this week. Your thoughts become a thing, front and back, front and back, there it goes. Can you feel it?

That's not you doing that, that's something in you doing that. Here's where it can get even more interesting. You can just let that settle for a moment.

Imagine the pendulum beginning to move in a circle, clockwise, round and around, like a clock hand sweeping clockwise. And you can even say to yourself, counterclockwise, counterclockwise, counterclockwise, and watch it trace that circle in the air. You can reverse it again if you want to.

Go the other direction and even change the direction with your thoughts and notice how easily it shifts. You're not turning the pendulum with your fingers, you're not consciously moving your wrist, but it's moving counterclockwise now, around and around. And isn't that remarkable?

This is the part of you that dreams without asking permission, that heals cuts without consulting a manual. The part of you that knows exactly how to relax deeply and make the change you came here for. This is the intelligence that's been with you since you had words.

And everything we do today in our session is gonna work just like this pendulum works, naturally, automatically, without effort, without strain, just by allowing your unconscious mind to do what it already knows how to do. So let me ask you a question, how easy was that? How easy was it?

And that's your unconscious mind at work. Now you know that it's real, you felt it, and that changes everything.

[Speaker 2]

I have a question, Richard.

[Speaker 1]
Go ahead, ask away.

[Speaker 2]
Okay. Sometimes I run into people who think that pendulums are like dark force. Right.

It's their belief system, doesn't matter how much I tell them, but how would, I mean, what would be a good way to demonstrate that? It's like, oh, you're seeing a cult and you're gonna go to hell.

[Speaker 1]
Yeah, there's a little bit of a mysterious, whatever to it. I like to be able to read the room I'm in. And when I ran the Tulsa Hypnosis Center, by the way, anyone here know where Tulsa, Oklahoma is?

[Speaker 2]
Sure. It's in Oklahoma.

[Speaker 1]
In Oklahoma, that's right. It is the buckle of the Bible Belt. In fact, my mom, who is quite the fundamentalist, my sign used to say, Richard Counselor, 918-555-1212.

And then I closed the counseling center and I turned it into a hypnosis center. I put up a big yellow sign that said, Tulsa Hypnosis Center, 555-1212. And my mom drove by it.

Like the first day my new sign was up, and she called me. She said, I saw your new sign. I said, yeah, isn't that wonderful?

It's yellow, people can see it from the road. I got lots of cars out front. I think it'll be helpful to you.

And she said, well, I don't know why you're calling it the Tulsa Hypnosis Center. I said, well, because I do hypnosis. And she said, I think you should call it something else.

I said, what do you mean? She said, I think you should call it the Tulsa Wellness Center, or the Tulsa Center for Happiness, or the Tulsa Change Center. And I said, Mom, you just don't want your friends driving to church to see my name on the sign on Lewis Avenue.

The sign stays. Oh, by the way, Swarna's actually in Tulsa. Wave, Swarna, so people know who you are.

Yep, there you go. So here's Richard's theory. Since I ran a hypnosis clinic in the buckle of the Bible Belt for a number of years, I only want people to call me who want me to hypnotize them.

It's a self-selecting, just like the people on stage, it's self-selecting. People don't accidentally make an appointment with a hypnotist. People who are afraid of the hypnotist don't actually call and make an appointment with the hypnotist.

They might actually call and ask some questions because they're curious about the answers, but they actually don't show up. So I never had any opposition from people who were in my office. To the pendulum specifically, oh, by the way, I don't argue with people.

There's eight billion people on the planet Earth. There are plenty of people for me to hypnotize. Tulsa's got like 700,000 people.

People don't realize how big a city it is. And there are plenty of people within Tulsa who wanted me to hypnotize them without having to argue with my mother. So I just don't engage in trying to convince anybody of anything because there's plenty of people out there for me to hypnotize.

When it comes specifically to the pendulum, though, I gotta read the room. Maybe somebody comes in and was like, my minister was a little worried about me coming here and I'm gonna point to my diploma and say, Jerry, if I'll also have my diploma, which he did, one of them, the real Jerry Falwell, not the young, not the cuck, but the real one. And so, you know, I can build rapport in those ways.

Maybe I won't introduce the pendulum to them, right? But if somebody did say to me, well, you know, there's a magic pendulum. I wanna take all the magic out of it.

No, there's a tool to help me explain how, how, how, what were unaware of or unconscious movements drive the behaviors. Here, let me show you. And they'll see that no demon was challenged in the, in the, in the convincer used in today's session.

So a great question, doesn't come up very often. If I were doing a group thing in Tulsa, I might have somebody run over the room or, you know, whatever else. But, you know, it doesn't happen to be in Las Vegas.

Big difference between living in Las Vegas and living in Tulsa, Oklahoma. So there you go. But the pendulum, it's just, just really a wonderful tool.

That's how I use it as a convincer. That's how Kevin uses it as a convincer. Yeah, Stacey's in Alabama, so you get it.

But you know, there's plenty of people in Alabama who don't go to church with my mom. And there are plenty of people who go to church and go to a normal church. And because they go to a normal church, they have no problem using the God-given powers of the mind to help us improve our lives.

So here's how I might use a pendulum as a decision-making process. Because this is something pretty cool. And I'm probably not going to do this in the first session with my client, right?

My first session with my client, let's say it's New Year's, let's take our weight loss client. My weight loss client, in their first session, they don't need a pendulum. They don't need to make decisions.

They don't need any of that. What my weight loss clients need in the first session, they all need the exact same thing. They need a direct suggestion that tomorrow when they weigh themselves, they'll weigh less tomorrow than they do today.

They need another direct suggestion. I like to phrase it as, take more steps today than yesterday, more steps tomorrow than today, increasing your activity each day, because that's a suggestion that helps you to lose weight. And they need, I don't try to take away things from my weight loss clients, right?

Don't eat Twinkies today, that's not one of my suggestions. My suggestion is to add something to your diet. Don't worry about taking anything away this first week.

Let's add something, add more food. But add nutrient-dense food, add a salad at lunch and a salad at dinner, choosing to eat your nutrient-dense food before you eat your Twinkies, right? So those are some of the suggestions I give.

But my goal is to give them some very specific suggestions so that they can weigh less tomorrow than they do today. And they always do. And my other challenge in the first session is to give them hope, because my weight loss clients come hopeless.

Unfortunately, the hypnotist is the last person somebody calls, even though we probably should be the first person they call. But I don't know about your weight loss clients, but my weight loss clients either had the bariatric surgery and gained all the weight back, or they were ruled out as a candidate for bariatric surgery, or they tried the GLP-1s, but they had nasty side effects, or they couldn't afford the GLP-1s, or they tried every single diet from Richard Simmons' Dill-O-Meal, remember Dill-O-Meal? Anyone here remember Dill-O-Meal?

To signing up for Nutrisystem, to whatever else they could possibly do, and I'm the last person they call. They come in and they're hopeless, because if this doesn't work, there's nothing left. And in my first weight loss session, I want them to leave filled with hope.

So that's what I'm doing in my first session. My second session, third, fourth session, I might use a pendulum as a decision-making tool. Here's how I might use it.

And again, it's easier for me to demonstrate this than it is for me to actually teach about it. So close your eyes down, and bring yourself to that resource state we call hypnosis. And now that you've seen, oh, by the way, my clients can hold a pendulum during a session.

It's okay to become active with a client. I can say, go ahead and open your eyes for a minute. Let me hand you this pendulum.

Go ahead and close your eyes down again, or as I like to say, soften your gaze. I don't care if my clients close their eyes, or do hypnosis with eyes open during this part. Anything's fine, right?

But you've seen earlier how an unconscious mind can move the pendulum. Let's use it to help make a decision. Your unconscious mind often knows what's right before your conscious mind figures it out.

It picks up on feelings, patterns, and information that your thinking mind might miss or overthink. So first let's establish what yes looks like. You can ask the pendulum, show me what yes looks like.

Watch and see which way it moves. Maybe it swings from front to back, maybe in circles, whatever yes means to them, good. Remember that.

Now ask it, show me no. Watch which direction it moves now. Might swing the opposite direction or in a circle, perfect.

You have your signals. Now think about a decision you're facing or a challenge you have. And hold both options in your mind one at a time.

Start with the first option and say it out loud if you'd like, or just think it clearly. Option A is, what if I choose this path? Yes or no?

Watch the pendulum, don't try to influence it, just observe it. Is it giving you a yes or a no? Notice what it does, how it feels.

Notice how you feel as you respond to it. Look at option B. What if I choose that path instead?

And watch what happens. Watch how the pendulum responds. Your unconscious mind is showing you something.

It might be confirming what you already suspected deep down or it might even be surprising you. But either way, that's information. And this is your inner wisdom speaking through your body.

And if my client was worried earlier because they went to church with my mother, I might say, that was a joke. It's not channeled, it's not a demon. It's coming from inside of you.

Either way, this is information. It's your inner wisdom speaking to your body. Pay attention to it.

You don't have to follow it blindly, but you'd be wise to ignore it completely. Your unconscious mind's been collecting data about the decision in ways your conscious mind hasn't even noticed. Now, what did you discover?

And my clients, I might have them open their eyes if their eyes are closed and literally conversationally process that. What did you discover? It's okay to ask questions in hypnosis.

It's a good thing. And then to tell them to close their eyes down again, continue on with the rest of your session. So is that a helpful way of understanding how it can be used as a decision-making tool?

Pretty cool. Pretty cool. All right, so I gave you a difficult challenge you weren't expecting, and that was to find a pendulum laying around the house or make one super quick and utilize that pendulum.

That was the hard one. About half of you probably were able to do that. I think we're gonna get 90% with this one.

What I'd love you to do is find a piece of paper. It can be a scrap piece of paper. It can be an index card.

It can be a pen, pencil, crayons. It could be the back of an envelope from, this is the back of an envelope from Capital One. It could come, it could even be a piece of paper that has writing already on it.

But find a piece of paper and a pen or pencil or crayon. What's that thing called? Mascara, right?

Something that you could write with, okay? So, and if you need to, get up for a moment. In fact, I'll give you 20 seconds here while I drink some tea.

All right. Who's got a piece of paper and a pencil or the equivalent? Awesome.

By the way, a Word document and a typewriter actually would work, but yeah. But paper and pencil's definitely better. We're talking a little bit about automatic writing.

So, John Edgett, anyone know who Dr. John Edgett is? E-D-G-E-T-T, Dr. John Edgett. I'm going to post a link so you'll have it in the room here.

John Edgett wrote a book many years ago, probably at least 25. I had the book for at least 25 years. I'm gonna show it on my screen super quick.

This is a cool book. Share the screen. He wrote a book on hypnotic phenomena, right?

Wrote the Handbook of Hypnotic Phenomena in Psychotherapy. Dr. John Edgett and his wife at the time, Janet Edgett. Hypnotic dreaming, automatic writing, anesthesia, analgesia, hyperacemia, time distortion, disassociation, amnesia, hypernesia, positive therapeutic hallucination.

Arm levitation, age regression, future progression, post-hypnotic suggestion. And this has long been one of my favorite books on hypnosis, so I'm gonna drop a link here to the Amazon link because it is definitely one of my favorite books. And I probably got this book at least 25 years ago, maybe more, and I never used any automatic writing.

By the way, the reason why I never used any automatic writing prior to this, it was written in 1985. I probably had the book 30 years. The reason why I never used automatic writing, I'll tell you exactly why.

It's because my mother, before I was a hypnotist, I heard about channelers and automatic writers and Ouija boards. By the way, y'all know that there's no ghost directing the Ouija board, don't you? Why does the Ouija board move?

It's ideomotor movements. You want it to go to yes or to no. You want it to spell out the name of your best friend.

There are no spirits being conjured up with the use of the Ouija board, although I promise you I've never whipped out a Ouija board in a hypnosis session, and I never would. But I will whip out a pencil and paper. So I talk with my hands, and Zoom has decided this means it should automatically raise my hands.

So you see my hand go up. I'm not asking myself a question. Zoom AI gone crazy.

Anyone else talk with their hands or just me? About half of us. The New Yorkers, I knew the New Yorkers did.

But automatic writing scared me, right? That could be the demon that's possessed you deep inside. I mean, I was influenced by this thinking, right?

I don't have a bachelor's degree, a BA or a BS. Who's got a bachelor of arts or a bachelor of science? I don't.

I have a B.M.A., a bachelor's degree in ministry from the 1611 King James Version Bible College. And I got into the master's degree in counseling program at Liberty University long before it was online, because the internet didn't exist back then, I'm old. And as you would suspect, Jerry Falwell was pretty fundamentalist.

And so that's my background. My doctorate, I have a doctorate in psychology. I also have an MBA, but my doctorate, my first doctorate is in leadership and cross-cultural engagement from a Baptist university.

So that is my religious background. And I was afraid of automatic writing. And I gotta tell you, I read Edgett's book, and I was like, this is fascinating.

This is a psychologist's clinical explanation of automatic writing. And I was just fascinated by what Edgett wrote in this book about automatic writing. And again, automatic writing works as a result of a combination of the unconscious thoughts, feelings, experiences, wants, and needs, and hurts, and happinesses that it holds.

Psychologists say we have about 90 thoughts a day. It may be a sentence, a fragment, conscious, unconscious. It may be a word, a feeling, a sensation.

It could be any number of different things, but we process about 90,000 thoughts of one type or another every single day. Most of those we're not aware of. How many of you ever taught a teenager how to drive a car?

Anybody here? Yeah, that's horrible, isn't it? Holy mackerel.

I taught my first son to drive, save some money on the driving school, and the rest of the kids, no way except for driving school. And the reason why is I drive my car unconsciously. I can drive in heavy traffic, eat a cheeseburger, talk on the telephone, change the radio station, look at the cars behind me and in front of me, make my pacing correctly, compensate for condensation, rain, snow, sleet, or hail on the road, and know which exit I need to.

All this is going unconsciously. And yes, back in the day, I drove a stick shift while clutching and stick shifting, just like many of you did, because I can see you guys are about my age, right? How many of you learned to drive on a stick shift?

My kids got no idea how to drive a stick shift. But when I started teaching my son to drive, I was like, oh my gosh, he just flew through that, because he didn't, his unconscious mind wasn't driving. Milton Erickson asked about New York taxi drivers, said, this is a direct quote from Milton Erickson, I would not want a New York taxi driver who is not in trance.

And so automatic writing is, an idiom, motor movement writing is, an action that is familiar to us. And our hands, how many of you have ever read the book, The Body Keeps the Score, by Nasser Vander Kolk? There you go.

Our hands, our bodies know things our mouth doesn't. So putting this in the context of trauma counseling or trauma therapy or something like that, my client's bodies know the traumas they haven't been able to express with their words, right? Your client's hand knows things your mouth doesn't.

And when we give the suggestion for automatic movement and the pen starts moving, and it writes something like, I'm afraid of success because people will expect more from me, that's material that might've taken six sessions to get through in traditional therapy. But automatic writing goes straight to the source. And by the way, they don't have to write a sentence.

It could be a word. It could be a couple of words. It could be a picture, a symbol, something meaningful to them, something they either know or don't know with the conscious mind, what it means, what's important is that we let the words flow on the paper.

And how many of you have ever heard the definition of hypnosis? That hypnosis is bypassing the conscious mind, the critical factor, the gateway to the, however I'm trying to say it too quickly. Somebody who teaches that say it faster, right?

That hypnosis is the unconscious mind or the conscious mind turning off the critical factor, blocking the pathway to the unconscious mind. You guys know what I'm talking about, right? You've heard that expressed far more eloquently than I just did.

Automatic writing bypasses the inner critic. The conscious mind edits every sentence that it says and it judges every feeling. People express in their automatic writing raw, uncensored truths, things they didn't even know they were thinking.

And it makes breakthroughs happen faster. I love automatic writing. And sometimes their handwriting changes.

It's more primal. Or maybe it's more eloquent. That tells me something.

When automatic writing produces different handwriting, smaller print or changes from print to cursive, I only write in print block letters. But if I were to write in cursive, these are actually different parts of themselves. Speed again, makes parts therapy tangible.

Which part of you is writing this? And undeniable. One of the cool things about automatic writing is the client writes something.

I often give clients index cards if they're in my office. But if you're doing this at home, if you're doing an online session, the paper in front of them becomes, even if it's the back of an envelope, becomes a permanent reminder to them of unconscious communication. Trust me, they'll save it on their desk or they'll tape it to their balcony mirror.

Depending on what they write, I might ask them to tape it to their balcony mirror. Kind of like unspoken words in a half trance that the client might half remember. Automatic writing is physical proof that they can take home with them.

And they can't dismiss what their own hands wrote. And it makes insight stick and integration more likely when they write positive things. I want them to put that on their balcony mirror.

When people engage in a process of automatic writing, they are simultaneously both the writer and the audience. They're both the reader and the writer. There's a magic moment when somebody who is engaged in automatic writing says, wait, I don't know what I'm about to write next.

But they're literally watching the unconscious mind reveal itself real time. This is a real surefire way to create a profound experience of having inner wisdom. People say, I don't know what to write.

Don't try to write anything. Just let your hand write. Let your mind relax.

So it sounds pretty cool, doesn't it? Automatic writing. How many of you have ever used automatic writing with a client?

Not many, but a couple of you. I'd encourage you to try it. Again, maybe I'd try it in a first session with some client, but I would probably be more inclined to, again, especially if you're new at practicing this, a client you have rapport with.

Let's try something different today. Let's see what words or what symbols or what drawings have not been expressed in our sessions yet that you're holding on to. Here's a pen and paper, or if I'm doing it online, I'm gonna grab a pencil and paper.

All right, so let me demonstrate what a session might be like, what suggestions are used to create automatic writing. And again, I'm gonna guide you through a simple session. So you're all on Zoom with me, so adjust in your chair for comfort.

Let your right hand, if you're right-handed or left-handed, feel free and relaxed. And just hold a pen or pencil or crayon or mascara or whatever you got, chalk, in your hand. Let the paper rest in front of you.

And be ready to move. Now, you can close your eyes if you like, or you can soften your gaze. Or you can keep your eyes open and attentive if you want to, that's fine too.

But I love, in hypnosis, not really closing my eyes, but just softening my gaze, looking down towards the paper, but not quite at it. You can even let your vision go a bit fuzzy, a bit dreamy. You're looking in the direction of the paper in the way that you might gaze at clouds or watch fire flicker.

Not really focusing, just allowing. And taking a breath, and as you exhale, let your shoulders drop. And another breath, feeling yourself settling into this moment and just arriving.

We're gonna slip into, during today's session, what I call a creativity trance. Creativity trance, one of my favorite trance states. Trance should be a resource for us.

You've been here before without knowing you were going there. It's a place that you find when you're absorbed in music and that you become the listening itself. When you go for a walk and you suddenly realize you've been walking for 20 minutes without a single thought, effortless awareness.

And that's where you can allow yourself to drift. Now, and as you breathe, imagine your mind thinking, the chattering commentator that's always naming things, trying to control things. And you can imagine that part's just taking a little vacation.

It's not going away completely. It's just stepping back. It's relaxing its grip.

And something else emerges in this moment, your creative unconsciousness. The part of you that's been all along underneath the noise. The part that speaks in images or metaphors or sometimes in a language with no words at all.

Or the part that knows without knowing how it knows. Think about that intelligence surface now like something rising from deep water. And feel your hand resting on the paper.

It's resting there, isn't it? But in a moment, something marvelous is gonna happen. The hand is gonna begin to move.

Now, how do I know your hand is gonna begin to move? You've come here today to, well, in this case, to learn something new. By not holding back and allowing yourself to experience, you'll be learning something new.

It isn't because you've decided to draw or write, but there's something in you that wants to express itself. A word, a sentence, a message, a symbol, perhaps. A simple drawing, or if you're an artist, a complex drawing that's ready to come through.

You might not know what it is yet, but you don't even need to know. In fact, right now, trying to know might actually just get in your way. But your hand will know.

Or rather, your hand might discover it as it moves. And think for a moment of what you need, not what you think you should need, but what you actually need. What would inspire you?

What would remind you of something essential when you're sitting at your desk or caught up in the busyness of life? Here's the thing, this is important. It doesn't have to make sense right now, not ever, perhaps.

The unconscious mind sometimes speaks in riddles and gives us symbols that can't quite grasp our soul understands intuitively. Sometimes it also offers us mysteries that aren't really meant to be solved, they're simply held. And that's not a problem, that's the point.

And so now let your hand begin to move. Don't think, don't plan, don't decide. Just allow the pen to move across the paper the way a river moves through a landscape, finding its own path.

It might write a word. It might write a sentence intentionally. One that surprises you.

A cliche, something new. Old wisdom, new wisdom. It might draw a symbol you've seen before or something you've never encountered.

Or one that perhaps doesn't exist anywhere except in this moment, created just for you, by you. It might sketch, you might feel like sketching something recognizable, a tree, a spiral, a face, a room. Or it might even just make marks on the paper that don't seem to mean nothing to anyone but you.

Or marks that don't mean anything yet. That might be waiting to mean something later. You're not the one doing this, you see.

Let your hand continue to write. Well, you are doing it, but it's not the you you think you are. It's not the you that goes to work and pays the bills and worries about passing the board exam or taking care of dad.

It's a deeper you, the you underneath it all. Let that you move the pen. And if you feel stuck, if you feel that familiar tightness of trying to get it right, that's just your conscious mind trying to grab the steering wheel again.

Kindly tell it to rest. Say to that part of you, take a break. Let your hand wander, doodle, scribble.

Whatever marks it wants to make and something will emerge. Or perhaps nothing will emerge and that will be something to entrust the process. Actually, it's not even a process.

It's more like watching grass grow or clouds drift. It's already happening, you're just allowing it. The message could be a single word with the weight of a mountain.

Might be a sentence that sounds like poetry even though you're not a poet. Might be a phrase that doesn't make any logical sense but rings true anyway. Might be a symbol that works familiar like you've known it all your life.

Or maybe you're done writing, I don't know. Maybe I'm just rambling at this point. But you don't even have to try to understand what's happening.

Understanding is the job of the conscious mind and the meaning will come when it comes. Take your time if you need it. And when you feel complete, when your hand comes naturally to rest like a bird settling on a branch, just take in a deep breath.

And bring your awareness back. And look at what you've created. Really look at it.

Don't judge it. Don't immediately try to interpret it or make sense from it. It's a message from your deeper self.

A part of you that existed before you learned to speak, before you learned to walk, before you learned to think in straight lines. Just look at what's on your paper with curiosity, with wonder. This is your inspiration, it's your reminder, it's your truth.

There's a truth or there's a disguise whether you fully understand it or not right now, doesn't really matter. But take it with you when this session is done tonight, hang it where you can see it. Use a refrigerator magnet or a piece of tape or a pushpin and hang it on the wall in front of you or somewhere important.

And let what you've written today work on you in ways you can't predict or control and let its meaning unfold like a flower opening. Or let it remain mysterious, paying attention to it as you walk by it. And you've done something rather extraordinary here today, you've let something move through you.

And that, my friends, is closer to magic than most of what gets called magic. Now if your eyes aren't open yet, go ahead and take in a breath and open your eyes. How many of you wrote something on your piece of paper or drew something or anything?

Who wants to hold it up and let us see? All right, I'm swearing it is, there you go. Awesome, there you go.

And I wrote this on my paper, there you go. I didn't, I just wrote that just now on the Sharpie. On a blank playing card.

Why do I have a blank playing card? Because it disappeared. Was that a cool experience for you?

What was your experience like with that? Mary Beth, what was your experience like with that?

[Speaker 2]
My conscious keep wanting to be in control. And what I wrote, it's spaghetti brain. It's just doodling.

It's white and you won't be able to see. Can you see that? That's the scribble.

That's where my brain is, like spaghetti. Thinking about this and that and everything all at once. It's awesome.

No, it's not really, because I'm a control freak. I wanted to control all of this, it was hard to not.

[Speaker 1]
Yeah, but it's awesome that you were able to not control. Even if it's not what you expected or wanted. Joanne, do you have a thought, I think?

[Speaker 2]
Yes. First, it's easier to do automatic writing if you use a flare-type pen, because that flows easily. It just looked like a doodle.

But as I look at it, it looks like a face, a side of a face, I don't know what you'd call that. A profile, profile of something or somebody. So I don't know what it means, but it was interesting that it moved all by itself.

[Speaker 1]
That's awesome. Awesome, awesome, awesome. Valerie, what was your experience?

It's a lot like a dream that comes to us, right? What's the meaning of our dream? Bring us some time to process this, think about it, attach the meaning that's important.

Oh, very cool, very cool. Let's talk a little bit about idiom motor movements. This automatic writing, as well as the pendulum, all work on the foundation of idiom motor movements.

How many of you have ever done a hypnosis session where you used idiom motor movements and said to a client, go ahead, just move your finger if yes, you're ready to continue, or no, I'm not ready to continue, or are we on the right path, say yes, say no. Anyone ever use finger movements like that? This is often taught in hypnosis training programs.

It was Milton Erickson who brought our attention to the value of idiom motor movements. He was always studying every movement in the body, but our bodies are simply moving all of the time, and our body is always answering questions that our mouth isn't. Before somebody even finishes saying, hey, I'm totally fine with that, their head might shake, no, their shoulder's tense.

Idiom motor responses, they're really true detectors that are built into every human body. Today, I was walking around the Wynn Casino in lovely Las Vegas, Nevada, because I do 10,000 steps a day. By the way, last month, I walked 337,000 steps, which according to my pedometer is 154 miles, and only two days did I not hit my goal of 10,000 steps a day.

So today, I like to walk my morning walk on Las Vegas Boulevard. Why? Because I live here.

But it was cold and windy today, so I decided to walk through the casinos, and I walked by a poker table. Anyone ever see a Las Vegas poker table in action before? And the guys were wearing sunglasses and hats, right, indoors, middle of the morning.

Why? Because they don't want the other poker players to be able to read their tells. The tells are the, if I'm bluffing, I don't actually know how to play poker, I've never played poker, but my bluffing or, you know, I don't know what you call them, whatever you do in poker, they don't want people to be able to read basically their idiomotive movements.

The yes, when it actually means no. Have you ever talked to a kid, a lover, a partner, an employee, an employer, a neighbor, a friend, or somebody else, and you knew they were looking at you dead in the eye and telling a lie? Has that ever happened to you?

How did you know they were telling a lie because of that incongruency between all of their idiomotive movements and the words that were coming out of their mouth? So idiomotive movements are literally the body's knowledge that it's holding. And once you learn to watch for your own idiomotive movements as well as others, you won't miss hidden resistance.

So I do some hypnosis in Las Vegas, I have not recently, but years gone by, people are like, can I make an appointment with you to quit gambling? No. Why do I not do hypnosis for gamblers who want to quit?

Anyone know why? Because they're unreliable clients, that's why. Because if they win on Tuesday and their appointment's on Wednesday, they don't show up because they don't have a problem.

And they're horrible clients to work with. Could I potentially help them? Probably, but I'm not putting them on my schedule, just their possible work.

The gamblers who I do work with are the professional poker players. I've done hypnosis with probably four or five of them over the years. And they come to me to learn, to control their telepathy.

So anyone ever use the arm levitation, right? Arm levitation in hypnosis? That's a form of ideomotor movement.

But it's not just a trick. It's not just a, you know, imagine a balloon pulling your hand up. It's really a doorway to agency.

When they experience their arm floating up without conscious effort, they've just proven to themselves. They've just proven to themselves that they can let change happen effortlessly. This is a somatic experience of things shift without struggling.

It becomes a template for sort of transformation fields of real life. So ideomotor movement can reveal timelines and hidden memories. Now, I want to be careful with the idea of hidden memories.

The experiences we have in life, our brains are not like a VCR, where we just can remember part of life, part of it's erased. It really has far less to do with memories memory as it does the ability to bring awareness as to the conscious mind, right? So I might have a client lift a finger when they count to the age where a problem began or or to access information one way or another that really they probably haven't been paying attention to.

There are other parts of you that are bothered by this. Again, I use them a lot in PURGE therapy. When our bodies move involuntarily though, whether it's playing poker or in a hypnosis session, trust skyrockets.

They get to see their arm rising or their finger lifting without their permission. They begin to notice their body and you can watch their skepticism disappear. So this is another form of a convincer, if you will.

So again, I'm gonna guide you through a short process of idiomotor movement awareness, because the way to work with your clients and incorporate idiomotor movement into the

experiences is to learn to pay attention to your own idiomotor movements. And guess what? Everybody here tonight is now and has been experiencing idiomotor movements throughout the last hour that we've been together.

And so go ahead and close your eyes down one more time. Lean back in the chair, let your hands rest on your lap or on your thighs. Bring yourself to that resource state that we call hypnosis.

Just taking a deep breath, a little shallow sip of a breath. Let your breath fill your belly, fill your ribs. And then let it go.

And just notice. That's all we're doing here. We're noticing.

We're not changing anything. We're not fixing anything. We're not making anything happen.

Just notice what's already happening. Because your body is always speaking. It's always moving.

In fact, you might even notice if you try to make yourself still, you'll twitch, you'll move, you'll adjust. You can start with your feet. Bring your attention to your feet on the floor.

Don't move them, don't adjust them, just notice them. Notice the weight on them, the shoe you're wearing, the temperature in the room where you are. Maybe a little tingling or numbness or maybe nothing at all.

If you pay attention to your feet, you might notice something interesting. They want to shift just a tiny bit. Maybe you want to curl your toes or spread them.

Or maybe one foot wants to roll inward or outward. You're not making that happen. You're just noticing that the body has those little impulses.

The tiny movements are always there underneath your conscious awareness. Bring your attention to your legs, your calves, your shins, your knees, your thighs. And when you scan, you might notice tension and you might notice that one leg feels different than the other.

Or you might notice a tremor or a twitch or some little movement that wants to happen. The body's alive, it's always adjusting, always recalibrating. Notice what wants to move, what wants to release and let it.

Don't force it, just let it. Bring your attention to your belly, your stomach, your solar plexus. Your stomach's like mine, it's moving all day, whether it's hungry or not.

And this is where you might feel things before you think them and notice what's there. Maybe a tightness or butterflies or maybe nothing, just spaciousness. Or maybe lunch or a space for lunch.

And as you breathe into your belly, notice if it wants to move in ways beyond the breathing. If it wants to expand more fully or contract, the body has its own intelligence. Let it speak.

And your hands, really notice your hands right now. I asked earlier in the class, who talks with their hands? I do.

Hands are expressive parts of our body. The most expressive part after our face. Notice the temperature or a tingle, pulse.

Or a finger might want to move, just little tiny movements. Or a finger might shift slightly. Or your thumb might twitch.

Or your whole hand might want to open or close. That's your unconscious mind speaking through the body. That's idiomotor movement.

Movement that bypasses your conscious control. And your neck, your back, your face, your jaw. It's probably been moving ever since I started talking.

Notice if you're clenching or not, your jaw. Does your tongue move since we began? Notice if your tongue is pressed against the roof of your mouth, or if it's resting easily.

Notice your eyes behind your eyelids, or your soft gaze. Notice your forehead. Little muscles on the face have been holding expressions all day.

Let them soften, let them do whatever they want to do. Maybe your lips want to part. Or your eyebrows want to firm a little bit.

Just notice just a while. And now think about something. Something from your life.

Maybe it's a decision you're facing, a relationship or a memory. It's a feeling you've been carrying. Don't think about it with your mind.

Feel it in your body. Where does it live? Where do you sense it?

And if you bring this thing into your awareness, notice what your body wants to do. Does your chest want to open or close? Do your shoulders want to rise or fall?

Do your hands want to clench or open? Your body knows things your mind doesn't. It's been keeping score.

Right now, through all those tiny motor movements, it's telling you something. It's telling you yes or no, or to wait or be careful, or to pay attention. Listen to what it's saying.

And you don't have to do anything with this info right now. Just notice it. And you can ask your body questions out loud internally.

What do I need right now? And then notice. Notice what moves.

Notice what shifts. Maybe your hand opens. Maybe your chest expands.

Maybe your shoulders drop. That's your answer. That's the language of the body.

Ask it, what am I holding on to that I don't need anymore? And notice. Maybe your jaw clenches before it releases.

Maybe your fists ball up and open slowly. Maybe your whole body shudders and settles, or settles and then shudders. Take in another deep breath.

Your body's been listening all along, taking notes, keeping records with all these idiom motor movements. The tiny unconscious expressions. And they're trying to tell you things, important things.

And with the next breath in, notice one more time what wants to move, what wants to shift, what wants to release, and let it. That's how healing happens, not through force, but through willpower, by allowing, by listening, by letting your body do what it's been trying to do all along. When you're ready, don't rush.

Take in a deep breath again. And wiggle your fingers and toes intentionally, and roll your shoulders, and gently open your eyes and come back to this room, this is class. And bring your body wisdom with you, it's yours.

It's always been yours. And you know how to access it all. Welcome back.

What was that experience like for you? Was that helpful? Does anyone find that helpful?

You just want Amanda threw some hearts out there. A lot of you are in a hypnotic la-la land right now, Mary Beth.

[Speaker 2]
Total, complete relaxation.

[Speaker 1]
Without intending to relax. It's your body saying, I need to relax, but you know what a movement is. Let me chill.

[Speaker 2]
But full disclosure, I practice self-hypnosis quite frequently.

[Speaker 1]
Good.

[Speaker 2]
So.

[Speaker 1]
People ask me, how do you become a good hypnotist? Your self-hypnosis. And then you pass along passionately to your clients, what works well for you.

So by the way, if you're looking for a hypnotist to refer to, refer to Mary Beth. Because we know she's a good hypnotist. Or we know that because she practices self-hypnosis.

When I meet hypnotists who say, but I've never been hypnotized. I know somebody who either doesn't understand what hypnosis is, despite the classes they've taken, or they never

practiced self-hypnosis as they should. So I'm gonna take in a deep breath and get ready to open the eyes.

Or since it's late where you are, you can choose just to remain in the chair until it's time to drift off to the bedroom late at night. Let your head hit the pillow. Good night, Swarna.

Swarna. Good night, Swarna. Sweet dreams.

Yes, it's the end of the day. It's time for bed. When your head hits the pillow tonight, Swarna, you'll feel completely rested as the night goes on.

You'll wake up five minutes before your alarm is scheduled to go off, taking in a breath, noticing the daylight from the blinds and saying to yourself, instead of, God is morning, good morning, God. Feeling absolutely wonderful and ready for tomorrow. How's that for a good hypnotherapy suggestion?

All right, you guys are awesome. I have bad news for you. Who wants the bad news?