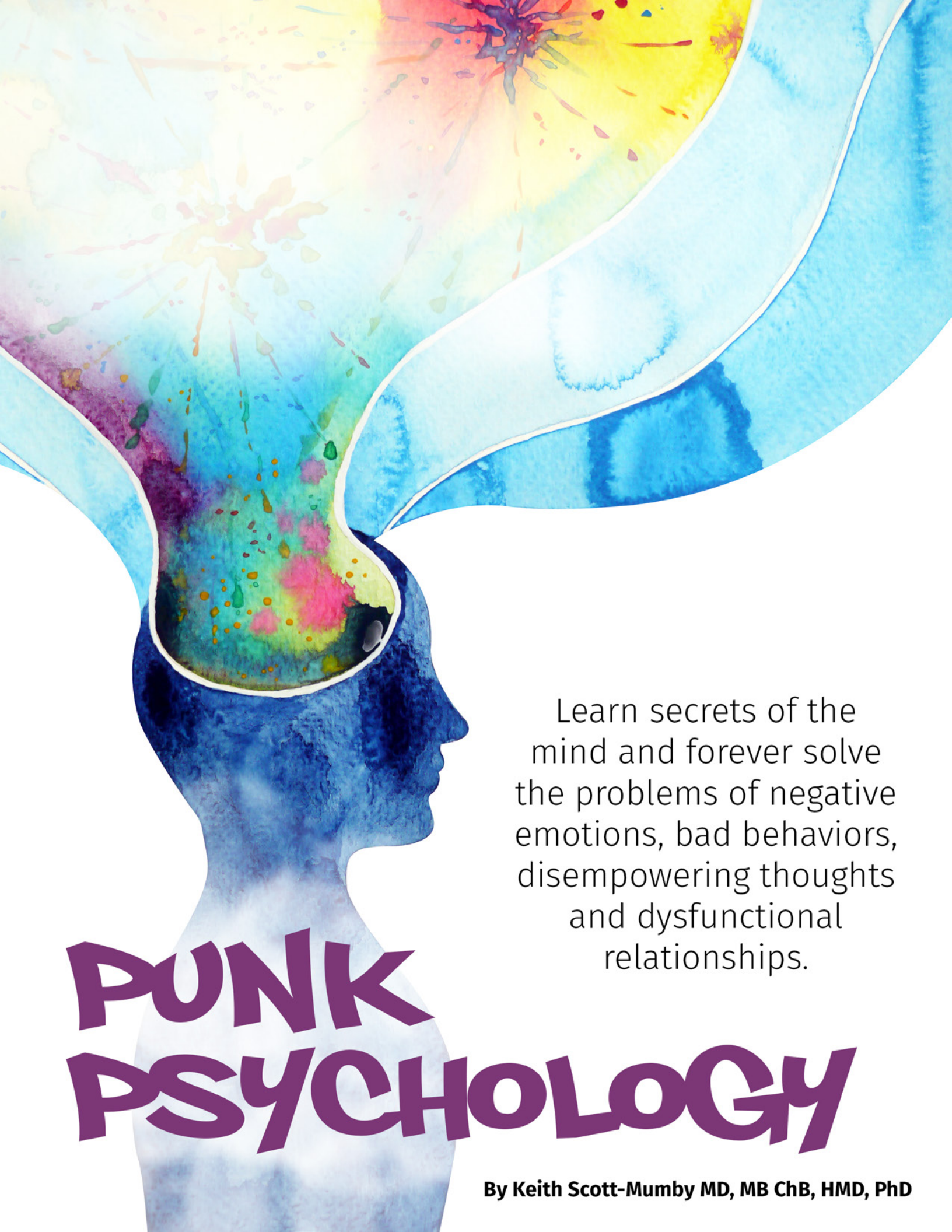


Learn secrets of the mind and forever solve the problems of negative emotions, bad behaviors, disempowering thoughts and dysfunctional relationships.

PUNK PSYCHOLOGY

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CHAPTER 11

FURTHER ADVICES

Apart from the five interdicts at the end of the previous chapter, there are very few DOs and DON'Ts in Hypnoetics™. Here are a few guidelines, that are important. They will steer you clear of the rocks and make your client's passage smoother.

First and foremost, avoid being judgmental. You must not say anything that implies criticism, invalidation or contradiction to what the client says. Nothing closes down communication faster than judgment or criticism! Just don't do it.

It is important that your voice remains at all times non-emotional and non-engaged—neutral—or zero. Maintain a polite business-like tone of voice, tempered with the normal rules of kindness and compassion.

You must be able to tolerate ANY reaction, emotion, words or attack from a client, without flinching, snarling back or reacting in any way. Things occasionally get hairy and your calm is the anchor that keeps things on an even keel.

Yelling and screaming? Just say, "Return to the beginning of this episode and tell me when you are there?" as unemotionally as you would say, "Please pass the salt," at the dinner table!

You must never tell the person what to think, what you have observed on the case or make comments that imply judgment. It can severely disturb a case. Moreover you must never explain a client's case in any way, ever, no matter even if he or she demands it.

Don't break or change appointments, once made, except in a real emergency. To have appointments cancelled or re-arranged makes a person feel unimportant or like furniture that can be shuffled around.

Keep yourself looking presentable. Never show up for a breakout looking dirty, disheveled, unkempt, lacking sleep or with a hangover that shows you are casual or disrespectful. The client/psychonaut surrenders a lot to you; make sure you are worthy of that trust. Even as a beginner, you must act professionally.

Carry yourself with presence and bearing at all times, remembering you are you are among a tiny minority of beings who understand the workings of the mind and how to repair and re-engineer it.

Get work done on yourself, in return for what you do for others. It's important to keep your own case in good shape. Remember, the better your own case, the better pilot you will be; the more insight you will have. Also you are less likely to be stirred up by what's on display in the seat opposite!

Do not discuss any of your cases outside of the breakouts, except with your trainer. Interesting, alarming or bizarre stories are not fodder for discussion and amusement in the tavern or at table. Not even anonymously, because stories may be passed around and the client may recognize him or herself and feel betrayed, even though—to others—it's "anonymous".

Similarly, case examples shared with you in training are NOT for public discussion. These revelations too can get back to the case.

Avoid "small talk" with your client, beyond the necessary minimum, such as meal breaks, transport to and from the office etc. Small talk always carries the potential of accidentally tripping a reaction or upsetting the client, without any potential for healing a case. Don't play with fire!

This injunction is one of the reasons we don't like spouses piloting each other: it's almost impossible for a couple not to stir up each other's charge between sessions. That's makes piloting your spouse later somewhat tricky. It may be you that he or she is annoyed with and you have waste time healing the crash of accord! (our term for an upset or quarrel).

HEAVY GOING

If the person has run into some heavy trauma memories, make sure he or she is in good shape before you let them go home. Make sure that he or she is warned to be careful of traffic and machinery. Forbid driving a vehicle unless *absolutely necessary* and then only if he or she agrees to proceed slowly and avoid all confrontational driving.

Later in this section, you can see a few rescue and repair techniques, such as drifting back to the Now, via some tasty pleasure moments, or shifting the person's viewpoint on high, to look down on themselves being themselves.

Even if things have gone well, this sort of injunction could be important for safety. Very great amounts of psychic mass, energy and debris can be shifted by our piloting, considerably altering the immaterial being's perspective and therefore impairing judgment of distances. Expect some temporary clumsiness.

The body has the same dimensions as before but the being has often expanded and is "out there" and the client may not realize that all previous estimations of distance and effort are invalid, unless this is explained.

Be patient: In a world dedicated to haste, where even instant gratification is too slow for some, you need to go gently. You may not get a miracle running the first memoneme. That's fine. Sometimes it takes 10 – 20 hours before the client starts winning. Just keep pulling off charge and sooner or later, you will get a stunning change in the person.

It's like doing the mind's laundry! Scrub everything clean. Hypnoetics™ is the punk soap that removes even the most stubborn stains in the mind!

Here's to a spotless memory!

KEEP UP TO DATE

Keep up to date with the latest research and techniques, appropriate to your grade of piloting. Continue to practice and expand your skills, with retraining as appropriate. If you stop piloting, recognize that indirect charge has got to your case and get yourself fixed up so you are once again willing to help others. You have exceptional and valuable skills that should not be wasted.

Do nothing to exaggerate or boast or make wild claims for Supernoetics®, Hypnoetics™, the Punk Psychology™ Project or piloting. Do not engage in any kind of conversation or gossip that is derogatory to Supernoetics®, myself or my family or assigns. Protect your heritage!

Finally, if you encounter any unusual case reaction or occurrence be sure to report it up the line. Remember you are part of a knowledge-building tribe.

CAN WE DO THIS ON OURSELVES?

The quick answer is NO! Sure, you can run pleasure moments alone, and get charge off that way. We can do love, gratitude and forgiveness on ourselves. More of that later.

But when it comes to heavy disturbing memonemes—trying to run those on ourselves—it just doesn't work. Think it through for a moment: we dwell on unpleasant memories all the time, turning them over in our mind. It doesn't do any good, does it? They remain unpleasant thoughts. Churning them around inside your head doesn't heal them!

You could end up really stuck in the past, in other words you've effectively hypnotized yourself. You become a somnambulist and would not be safe around a hot stove or machinery!

So don't bother trying it. Instead find a buddy and take turn and turn about, working on each other's case.

The difference comes when you have mastered the use of a GSR meter. That's a game changer. With the meter to support you, guide you and, in effect, dialogue with you, it's like having an extra intelligence center in the conversation. That can work!

You can learn how to do self-piloting, as it's called, in later studies. For now, just do what it says in this book and get very good at it!

When the Going is Really Tough

Sometimes, a case can be very ruffled and you may want to end off because of that. Try not to. We prefer to work with Robert Frost's admirable maxim: *the best way out is the way though*. Just keep going and it will usually turn off any ugly flare up of feelings or emotions.

Once in a while you will get a client into a very heavy dramatization. Primary memonemes are pretty wild stuff, when you trigger one; the furniture flies, the air turns blue and sometimes clothes get ruffled or torn.

This is very rare. You may never see it. If you do, remember the simple Hypnoetics™ rule: *keep going while it keeps coming!* This is a version of the old homeopathic principle: "Whatever provokes will also heal". What turns the drama on is the key to what turns it off. Repetition will weaken its grip and eventually all the energy drains out of the memoneme.

Once the dramatization has ceased, you may then end off and seek advice from a more knowledgeable trainer.

Much more common is to have your case dissolved into floods of tears, sobbing and other hysterics. On the GSR meter, he or she may fling down the electrodes and attempt to leave the room (you must never let that happen).

Agree to stop the action and remedy any unwanted feelings; do not agree anything was wrong or the need to end off. It's the person's case that is hitting them, remember, not a mistake on your part.

We also have structured repair lists, which need a meter. We call off likely triggers and by choosing the definitive meter read, point out the source of the indirect charge. The whole drama will switch off in seconds. It's a version of Deep-IS (page 20), where the truth blows away the hurt.

I've seen a case, whose face was as black as thunder, stop scowling and laugh in less than a minute, after finding the indirect charge that was stirred up!

You need to be a Supernoetics® Level 2 pilot to do that, however. If you are just starting out, as in the Punk Psychology™ Project, here are some simple tips as to how to calm everything down before you send your client home or allow him or her to drive a vehicle.

REPAIRS

1. Pleasure Moments (see page 5). Drag him or her out of the violent memoneme towards present time, using a pleasure moment. Explain what you are going to do and then just say:

- *Locate a pleasurable moment nearer to present time.*
- *When was it? Move to* [whenever is was]. *Really be there.*
- *Talk me through it. Tell me what you see and feel…* and so on, making sure he or she becomes properly immersed in it and starts to lighten up or smile.

Then you could find another one. Finish up with a little of the following…

2. Run what we call "Fresh Reality". That means more connectivity with the current physical surroundings. Some workers use the term "grounding", which sums it up nicely. Our good friend Rolf Dane has come up with several simple commands which may prove useful:

- "Look at that (room object)," vase, table, picture, wall, etc., etc.
- "Point out something."

- “Where is the (room object)?” (clients points.)
- “Look around here and find something you would like to remain in place.”
- “Point out something in this room you could confront.”
- “What else is that (indicated object)?”
- “What is the condition of that (room object)?”
- “Find an object you are not in (inside).”

Symptoms like grogginess, sleepiness and the like, point towards a need for running Fresh Reality. It is also routinely used at the end of a work session (breakout) to get the client extroverted and back in the Now again. The pilot takes just one of the above lines and runs it maybe 10-20 times, until the client feels more alert and present.

3. Another neat item in your “toolbox” is 6-Directions. It’s a set of cycling commands (one after the other, then back to the beginning again, through them again, over and over, till you get relief). Get a description of the unpleasant feeling, mass or pain that seems most prominent, and then instruct the client as follows:

1. Put (item) above you.
2. Put (item) below you.
3. Put (item) out to the right.
4. Put (item) out to the left.
5. Put (item) out in front of you.
6. Put (item) behind you.

The distance the item is put from the client can be changed from time to time. “Put the item two meters (six feet) above you”, etc. for several rounds.

6-Directions makes the person exert control over these items that have influenced his/her life and way of thinking negatively. Once the person can take control over such mental energies and masses, by moving them around at will, they cease to have much effect on the person’s case.

Another way to use 6-Directions, if things have become all confusing, is to simply take an item from the memoneme content, the car you were driving in, say, or the weapon the soldier held in his hand, or whatever, and run 6-D on that. Take some item you are *sure* is in the incident and flatten it with 6-D. You can do several items like that, each to a flat point, and sooner or later the whole event sorts itself out and you can return to the original action.

Or at least end off without the person left stuck in the memoneme.

4. Pendulation (also known as Before and After)

If a memory is really too horrific to face—the person simply can't and won't look at it—then this simple technique will gradually raise his or her confront. It's a version of what clinical psychologist Peter Levine, author of *Waking The Tiger* (1997), calls pendulation. It's like a pendulum, swinging backwards and forwards

For over 30 years I've just called it Before-and-After.

We simply ask the person to remember happenings just before and just after the unconfrontable trauma. In extreme cases, he or she may not want to remember anything for weeks or months before or after some dreadful event.

Leave it open at first:

1. *Recall something before the episode/shock moment.*

2. *Recall something after the episode/shock moment.*

But gradually we bring them closer and closer: "Remember something a week before/after…", "Now remember something an hour before/after… "Now remember something just moments before/after it started", "What's the first thing you can comfortably remember after the event?" and so on.

Gradually, as we get closer and closer, you will see clear physiological reactions. If you are using the eMind Sensor™ you will see more and more intense reaction. Then, almost inevitably, he or she will drop into the really traumatic memory and start to process it.

5. Feel it Back

This is a great tool. If someone is really into something heavy (shaking with remembered fear, sobbing, etc.) use this. If something too strong to work with is encountered, stop running it and switch to Feel It Back. If the person is resist-

ing the emotion or feeling, use Feel It Back. Again, like Tool 3, it's giving somebody the chance to gain control over their emotions.

1. *"Put that emotion/feeling into the wall."*

2. *"Now, feel it back."* Used repeatedly, over and over.

Don't say, "Take it back"; the client just feels it emanating from the wall and handles it from a distance!

The pilot can pick other big and solid objects than walls, of course. Don't go on too long after a few rounds; check if the feeling is now manageable.

6. The Glass Elevator

If all else fails, you can use this technique. It comes from the Supernoetics® model *The Complex Of Self* (chapter 15). We are an animal or "creature" self at the base (ground floor); above that are increasingly airy and non-material layers of self (upper floors). We can get the upset client to rise above what has been happening and look down on themselves, like in a glass elevator! We use the command, "Go up on high and look down on the scene you are in; see yourself being yourself."

This pulls them right out of the suffering human being they see below. It's quite incredible. The human self is sobbing and wailing, with gnashing of teeth, yet the self as a higher being looks down on that, completely uninvolved in the emotion.

It's a place of being detached or "dissociated", as opposed to being immersed or "associated", as they call it in NLP.

The self above is sometimes even amused, thinking, "He'll get over it soon. Serves him right. But he'll be wiser for it!" Yes, *that* detached!

When the emotion has calmed, you have a choice: end off, or gently lower the person back into the associated position, when he or she will feel the emotions again. But this time less intense and more manageable. You can always send them back "upstairs" again, if you need to.

Note: Buddha used the term mindfulness for watching the self from outside; Georges Gurdjieff called it "self-remembering".

ENDING OFF

Well, here are plenty of tools to prevent you getting stuck. One of them should dig your client out of the overwhelming charge and get him or her back to the here-and-now. If not, proceed to try another one.

Remember, I told you, that Hypnoetics™ is really all about managing and manipulating the timeline.

You'll soon develop a real skill and feeling for where a person is on their timeline. Most people start out not completely in the Now, of course. So don't expect any better than where he or she started from.

The acid test is whether he or she wants to do more. Mostly, clients enjoy a thrilling ride and think it's part of the fun, which of course it is. Cases are incredibly resilient, on the whole. But some people are a little bit nervous and frail. Don't push him or her so hard next time.

Finally, here's a really simple and under-used remedy: *If all else fails, sleep is the number one restorative*. Send your client home to bed, with an undertaking to return in the morning. Things will dissipate after a good night's sleep.

PUNK POINTS:

- To get the best results for the people you are helping, you need to develop a degree of professionalism. At least you must manifest calm and control, even if the situation becomes a little challenging!

- Don't engage in small talk or distractions. NEVER be judgmental and never explain anything to your subject/client. He or she has to work it out for themselves. "Explaining" things never leads to real insights or cognosis and often makes matters worse.

- Trying to do it by yourself, on yourself, is not recommended. It takes two. We dwell on unpleasant memories all the time, turning them over in our mind and it doesn't do any good, does it? They remain unpleasant thoughts. Learn from this fact. Find some buddies and take turn and turn about, working on each other.

- If the going get tough, remember the simple Hypnoetics™ rule: *keep going while it keeps coming!* This is a version of the old homeopathic principle: "Whatever provokes will also heal".

- Finally, there are some killer tricks in the "toolbox" that will help pull a person out of any discomfort. Just stay calm and put these tools to work!