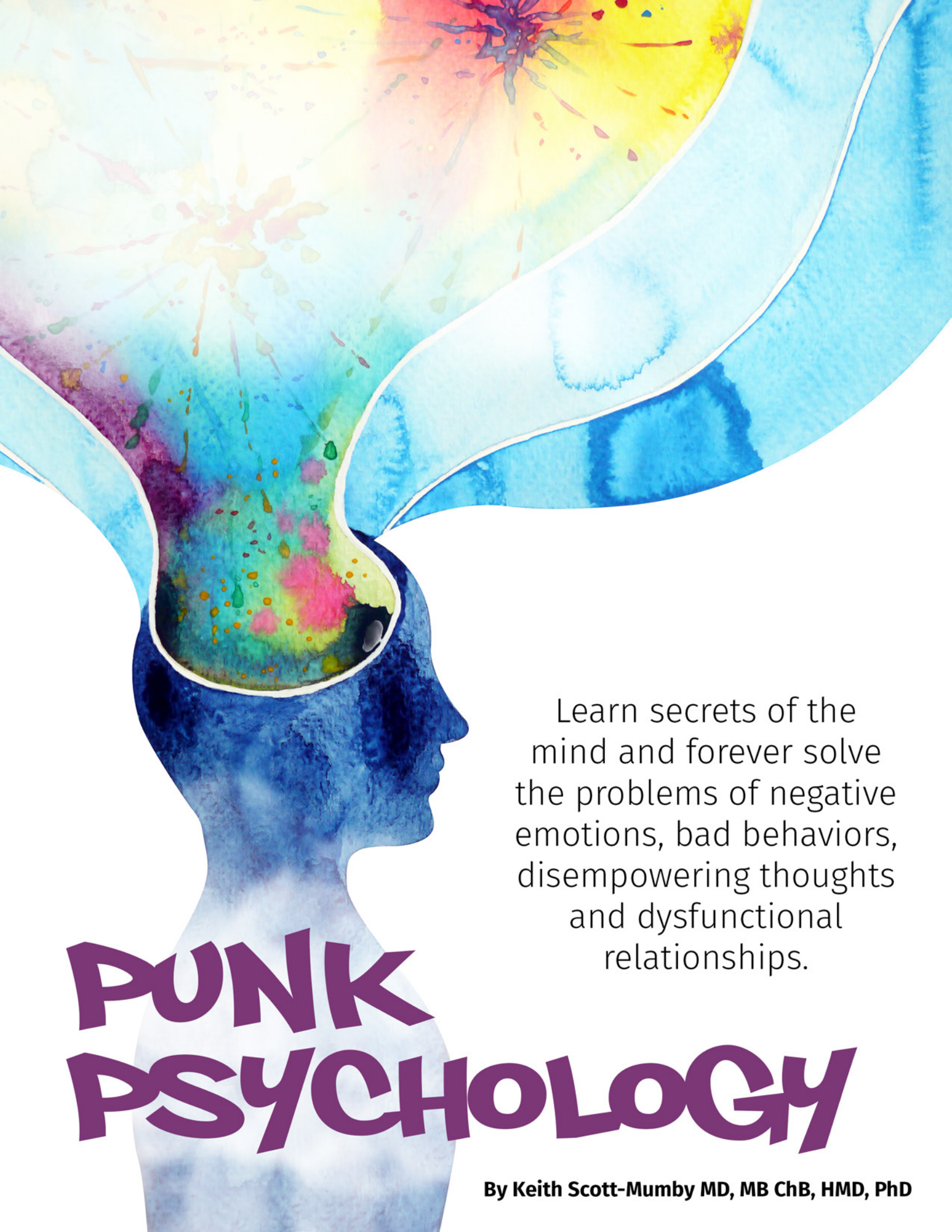


Learn secrets of the mind and forever solve the problems of negative emotions, bad behaviors, disempowering thoughts and dysfunctional relationships.

PUNK PSYCHOLOGY

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CHAPTER 8

MANAGING THE TIMELINE

Hypnoetics™ has best been described as manipulating a person's timeline. That's all we really do! We send the client back to a significant moment, he or she really travels back in time, bringing the memory back to life, as if it was NOW. We then shunt him or her back and forth through the episode, each time newly, until all the charge, wretched thoughts, emotions, pain and confusion all come off.

Sure, you'll see some tears. It's a good sign, meaning the person is fully engaged or "immersed" as we term it. You may see physiological changes, like turning red in the face (or pale), sweating, shivering or trembling, grimaces or shifts in posture. But don't worry, it comes out alright in the end, provided you keep going.

Think of it like replaying a VCR tape recording of the episode under scrutiny; you hit the rewind, to get to the beginning, then press PLAY and step back. As the MIMP fully plays out, there is a wholesale repeat of the original drama: the original thoughts, feelings, movements, words, posture, and so on.

The official term for this process of waking up memories—bringing them back to life—is called reconsolidation (see below).

When it's played through, you hit rewind and then hit PLAY again. And again and again.

It's hard at first for the beginner pilot to believe that he or she is controlling another person's timeline in this way but you do. All it takes is firmness. Say, "Move to July 1967" in the business-like way a conductor would call out, "Pass right down the car, please," and the person's timeline will slide past in front of you. Without being able to help themselves, clients will go back to the point you just designated.

If it doesn't lift nicely in this way, with obvious relief and a cheery smile, we ask for something earlier on the thread: *is there an earlier related episode/memory?* That's a workhorse phrase. Memorize it.

We may also use: *Are there earlier experiences like this?* or *Can you find something more fundamental?* The important point is that there really is no right or wrong, providing you understand what we are looking for.

Sometimes, by going earlier, we go all the way down to the root. Other times the client has a magical awakening with a significant shift in viewpoint, and we leave off, at least for the time being.

TIME TOOLS

So if we are moving a person around on the timeline, we need to have a method for setting a date. We find there are four main ways to pinpoint time:

- Numbers: 18 years, September 1976, 99 million years ago.
- Place: The time you were in Rome, a week after you moved to Dallas, the moment you were standing together on Brooklyn Bridge… and so on.
- Occasion: the time you passed your driving test, just after the divorce, on the eve of your fifteenth birthday…
- Significance: the time you first realized he didn't love you, when you found yourself scared, when you realized for the first time that you were totally alone…

Any of these variants, used boldly, will send the person immediately to that location on their timeline. He or she can't resist, if you are in control and express your authority in your voice.

NOT PSYCHOANALYSIS

This is NOT psychoanalysis, counseling, life coaching or similar. We don't discuss things. We are not interested much in the client giving interpretations they have been served up ("I think this is just a coping mechanism really…"). Certainly, the pilot is forbidden to give any suggestions or interpretations (see chapter 11).

Get it (reconsolidate), drop the person back there, run it, run it again, and again and again, using different sense modalities. Is all!

Just narrative, in other words. If the client starts on endless "explanations" of this sort, gently put a stop to it and say, "Tell me what is actually happening… thank you."

Pilots could not give a hoot about what earlier, incompetent therapists have laid on the case. We just want to know what happened, exactly, what feelings and sensations were felt, who was there, what was said, the sequence of

movements, the impact of energy, etc. Time, place, who is there, what is taking place.

For someone who has spent years getting screwed up by "therapists" in this way, they may assume you want to do the same. Gently disabuse him or her and point out the differences in procedure. It's running through an episode, not talking about thoughts. We don't do "explanations", just discharge things. If it doesn't discharge, we are not being effective.

Of course we do not refuse marvelous realizations that frees up the person's thinking. Those "Aha!" moments are what we strive for (see Cognosis section below).

Later I'll teach you how to observe signs that all is going well, even without a GSR meter.

Go Earlier

Freud taught us long ago that if something doesn't discharge and release pretty quickly, there is earlier related material. We think in sequences of similar episodes called threads. They track back to a formative episode that we call the root. Pull up the root and the plant (thread) dies.

There may not be an earlier event but may be an *earlier beginning* to the episode you are working on. For example, the client is running a bereavement and he/she realizes that it started as an unhappy occasion when the first symptoms of cancer appeared, not just at the time of bereavement. Or a person relates a break up with their significant other… but then realizes it began months or even years before with a particular realization that all was not well. From then on it was relentlessly downhill, *leading* to the break up.

You may even find with some cases that they can psychically "feel" when something is coming on and—for him or her—it starts there, rather than with the beginning of the real world process loop.

However, be sure not to abandon running an episode that is running well, changing structure rapidly and, if you are using biofeedback, giving loads of meter action. You would be better to work the sensate awareness out of an episode with good meter action, rather than leave it in search of something else.

It won't hurt to ask for something earlier; if he or she says there is nothing, just continue running the episode you are on.

DRAMATIZING

One thing you will soon learn is the spectacle we call "dramatizing" (acting out). In this state the client appears to have truly become someone from the past. You can see a face change utterly, in Jekyll and Hyde fashion, and at times the shouting (screaming even), calls for help and other invective can become truly piteous.

His or her voice may change completely. There have been many instances of someone speaking in a different language or "speaking in tongues". The person seems to have become someone else and, in fact, very probably has become another identity, for the time being.

It's not common but I have seen a client literally picked up and shaken with extreme force, once they get into a heavily-charged event. Sometimes you worry that the yells can be heard down the block and the police will be called, because obviously someone in the room is being tortured or murdered (often that's true if you are running a buried past life death). No matter; he or she will have calmed down by the time the cops arrive!

We just let all this roll over us, realizing that the person is acting out something deep in memory. It's like playing a part in a violent movie. The Structures of Communication Clinical Workshop training we offer helps prepare and train us for such moments, teaching us to be calm, in control and exterior to the fuss.

The answer to getting past these moments of extreme turmoil are to be simply confident, maintain control, and give the next required command. Don't panic and don't quail. As the charge releases, he or she will soon calm down.

At times like these, simply remember Robert Frost's beautiful admonition: *the best way out is the way through* (from the poem, *A Servant To Servants*). Just push him or her onwards. It will all soon resolve.

AWESOME

Once you have been witness to this awesome power of the mind, you will never doubt again that it is capable of utterly ruining a person's life and wrecking health. You will also be vividly aware of the power, the force, wrapped up in a single memory.

The timeline is very scary at times, brutal even.

Mostly, however, it's fun and fascination. We can handle it safely and smoothly. When someone gets stirred up remember: it wasn't you that did it. The person's own mind is the source of the turmoil. You only tripped the reaction. That's not a wicked thing to do. People cannot protect themselves from their own past by living in denial; it does nothing to resolve a case.

It takes courage to face the past and I respect that. It also takes courage to take someone by the hand, step into the lion's jaws and come out with a happy result. I especially admire my pilots, for that reason. We can fix things and we can change lives so much for the better.

We can change the world, one MIMP at a time (well, whole bunches at once but you know what I mean)!

It can't be exaggerated or overstated that memonemes are the core of human irrationality and misery... We want them disabled or, more exactly, brought to reason.

THIS IS MORE SCIENTIFIC THAN YOU THINK!

I first taught this method over a quarter of a century ago, knowing full well it worked beautifully.

I was surprised and gladdened therefore to see that science has backed up the Hypnoetics™ method. Punk Psychology™ meets punk science!

Completely new memory research is showing us that when memories are re-activated, they are in some way vulnerable to being changed. In fact decisive steps at that time can disengage the "maladapative behavior" associated with the memory (maldapative just means "not doing you any good"!)

"The theoretical argument is that when you initially present stimuli, you're activating the memories, and those memories are now in a vulnerable state; they're actually open to being modified before they're restabilized in long-term storage," explained Michael E. Saladin, PhD, professor, Department of Health Sciences and Research, College of Health Professions, Medical University of South Carolina, in Charleston.

"If you do a manipulation at that point… the theory is that you can impact those memories and change the behaviors associated with those memories," he was quoted as saying by Medscape Medical News [February 07, 2017].

According to Steve Ramirez, PhD, a neuroscientist at the Massachusetts Institute of Technology (MIT), at that critical moment of recall: "We can break into the time machine and really reverse-engineer it, we can really try to fix memories."

What this is telling us is that memory is not permanent. Recordings are built anew, every time we recall them. This process is called *reconsolidation*. It answers my description of fractal memory very beautifully! (page 16)

"We normally think of memory like a tape recorder or video of the past, but it's actually very reconstructive in nature," says Ramirez. "It's becoming more obvious that memory is really dynamic and it's very easily modifiable when [first] recalled."

Scientists are now studying how to tamper with memory using surgery, gene modification and drugs, such as propanolol (a beta-blocker). They are dealing with sick people, remember. We don't need such clumsy physical interventions, based on the mechanistic model. All it takes is a little skill and the knowledge contained in this manual! There is, as has been described, *a window for change that could be eased open at any time*. [*New Scientist*, vol 233, No 3111, 4 Feb 2017, p. 37]

This manual is a revolutionary way to ease open that window of change and effect some magic!

As the individual client gains in certainty and self-knowledge, we can eventually perform what we call *mass deconsolidation*. At this point, all memories have become plastic and fluid. The person only recalls things by re-creating the memory, if needed. You might think this is a very shaky way to recall things. That's the obvious thought.

But, hey! Another application of the 180-degree rule: when a person is able to function in this way, memory becomes much more reliable and, most impor-

tantly, under the person's control, instead of the other way round. It's selective and wise reconsolidation, where the memory is immediately put back in store in the stacks, fully fixed... without future liability.

No more restimulation (see page 7).

COGNOSIS

This is a neologism (invented word) for the process of coming to a new realization or understanding. These are the "Aha!" moments: "I just realized why I hate the color yellow!" or chagrin: "I've been wrecking a lot of people around me with these irrational outbursts, haven't I?"

The memories are modified to be more adaptive (intelligent) and functional. We are able to actually change a memory and have it reborn as something useful—or at least not disempowering. The ideal is to transform all memories in this meaningful way.

In fact we don't need to work on every single memoneme or destructive belief. Eventually the client becomes wise enough to "batch process" their stuff. Moments of cognosis add up; the person gets more and more insight into their own case. When this has continued long enough, you can expect a major shift, that is adopting a new viewpoint that sees things very differently. That's the start of transformation!

FLASH ERASE

It's worth understanding this phenomenon ahead of time. Sooner or later—depending on the individual case and his or her abilities—we reach a point where the client develops an ability just to look at some aspect of mind, event or thought sequence and "in a flash" dispose of it. Poof!

The maladjusted aspect of memory is instantly understood, re-configured for context, and sent back to storage. Thus it vanishes, exactly as the Rule Of Vanishment predicts.

Whole stacks of memories can be rendered less destructive this way. In time the person becomes... well, a new individual!

PUNK POINTS:

- Almost all recovery and gain is from confronting and escaping the powers of the timeline and buried, charged memories.

- Boldness in giving instructions to the client is the key to success. The timeline will obey whatever instructions you give it, providing he client is engaged.

- Number of times through an unpleasant memory is a direct measure of how much charge is gotten off.

- This is not psychoanalysis or any other psychotherapy system where interpretations of experience are featured. We care not for opinions, only pulling off the charge. The client's thoughts will change as a result but we NEVER feed ideas to the client.

OK, time to dip a toe in the water!