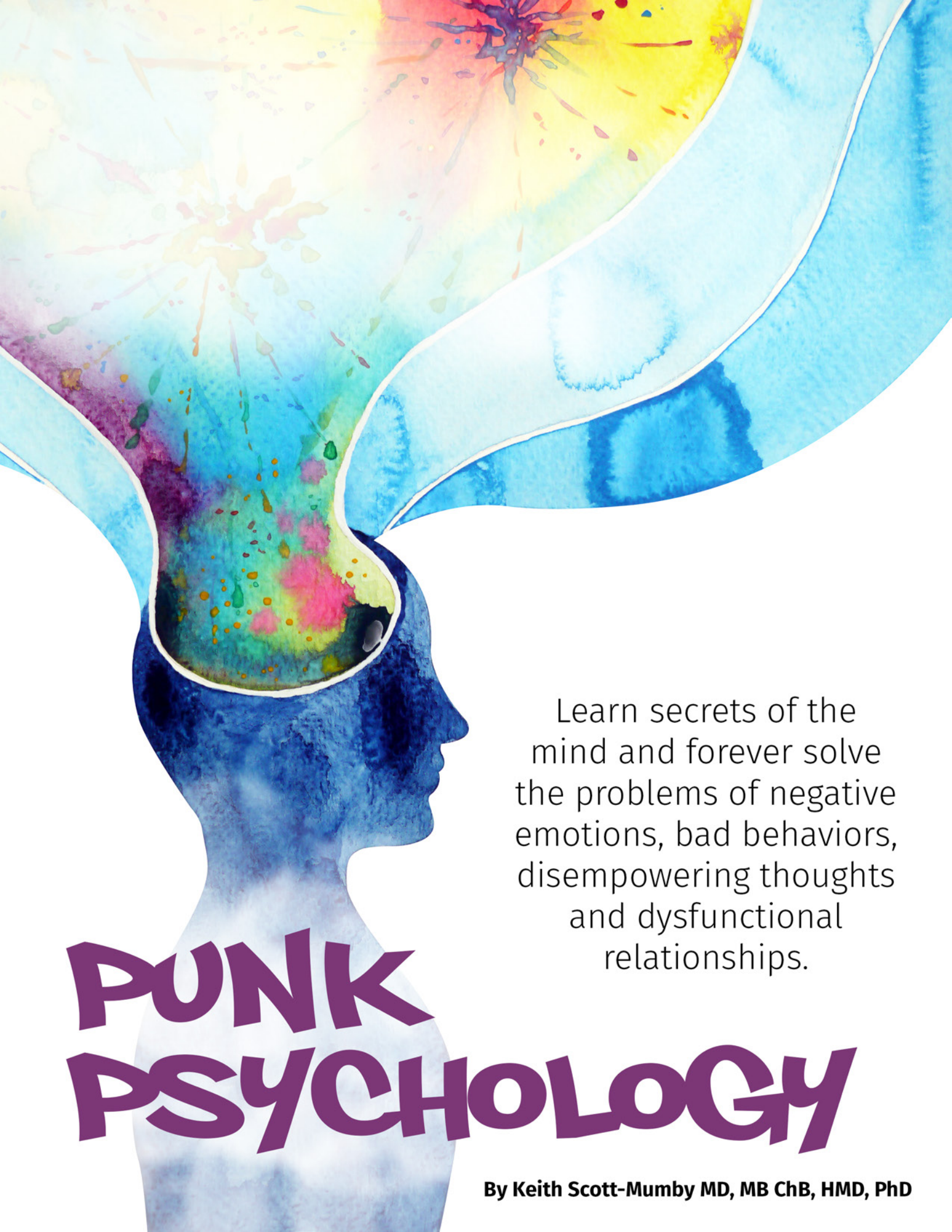


Learn secrets of the mind and forever solve the problems of negative emotions, bad behaviors, disempowering thoughts and dysfunctional relationships.

PUNK PSYCHOLOGY

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CHAPTER 9

REVIVING PLEASURE MOMENTS

In Hypnoetics™ we achieve a great deal by running charge out of memonemes: those distressing and hurtful moments from the past that freeze our logic and stir up unwanted emotions. By clearing them and opening up the free mind space, we do miracles in re-framing a person's view of their life and history. We can change a person's whole viewpoint, sometimes at a stroke!

But for training our pilots—and for dishing out sheer delight—it's sometimes useful to revive pleasure moments. That's Punk! We retrieve and run them through in the same way we do with memonemes containing pain, negative emotions and altered behaviors. It's just that the outcome is different. We are restored and recover faith in the fact that life can be good!

For some people, that's a complete case transformation in itself!

Don't over do this, pleasurable though it can be. Sooner or later (usually sooner), the individual drops down into traumatic memories. Running pleasure has the unfortunate habit of triggering grief, misery and anger. "Why can't life always be this good?" can be a very disturbing question. It can throw up heavy charge.

Example: A case I ran some years ago was very startling. It was a woman in her 50s. She happily agreed to cooperate. She had no trouble finding a pleasure moment... a day at the beach when she was a child.

She could recall the smell of the salt air, the freshness of the breeze, sand between her toes and the sensation of riding on a donkey. I encouraged her to develop more and more perceptions. She actually licked her lips as I watched her, relishing the taste of an ice ream cone. Then she stopped.

"What happened next?" I prodded gently.

"Then we went home and my father tried to murder my mother..." she howled and burst into floods of tears. She sobbed and sobbed and sobbed. *It took me four hours of running to get all the charge off this terrifying incident*. It had lain virtually hidden for many decades but nevertheless contained all the violence of psychic trauma of the original event. It was as if the event were yesterday, not more than forty years ago.

Never accept that "time heals". It does not!

So, be warned. But don't let it put you off pleasure moments. They can be great feel-good explorations of mind and memory. But powerful memonemes run the mind, hidden in the background, not shallow memories of fun (more's the pity, sigh!)

Here's how it goes...

FIRST DIP!

How to run a pleasure moment....

Grab your pal or mentor (or anyone handy and willing) and try this little drill with a pleasure moment. Sit them comfortably and say:

Get relaxed and close your eyes (wait for compliance).

Recall a time that was pleasurable for you (wait till he or she does so).

Ask: *When was it?*

Ask: *Where were you?*

Then say:

Go back to [that date/time] *and bring the memory to life.* Be sure he or she has done so. If there is any doubt tell him or her to really be there, as if it is happening all over again. Revive means re-live it, make it NOW.

Tell me what you see or feel. Get brief details. Then:

Move to the beginning of this memory/episode/event and recall everything that happened.

Be sure he or she runs it all, to the end.

Then send them back through it again (good practice for later):

Return to the beginning of this memory; tell me when you are there.

Then instruct him or her to: *Scan through the event to the point where it ends and this time pay particular attention to the good feeling/positive emotions/sense of pleasure you felt.*

You will likely see your subject smile with pleasure. Only the most obtuse subject would not simply follow your instructions! But you must deliver your com-

mands gently but firmly. Use a quiet business-like tone of voice; not so loud you are distracting.

Finally say:

Thank you. Please return to the present, open your eyes and look around.

If all went well, your subject is glowing with pleasure, congratulate yourself. You made the first steps to a very rewarding skill and possible career change.

You may find it helps to jot down the commands on a 3x5 index card. Later you will learn all commands by heart but for this exercise, just reading it works!

PRACTICING

We use this mainly as a means of practicing being able to competently manage and shift the timeline. It's great that you can enrich a case by doing it.

The emphasis then is on being sure that the client is "there", down the timeline, fully immersed in the moment, fully reliving it as NOW. The fact that it should evoke pleasure is just a bonus when using it to train pilots in this way.

Be sure to do the following:

Have him or her describe in the present tense. For example, "I am sitting looking across the room. I am feeling quite moved by the experience I have been reliving. On the wall I see a photograph and beside it is a lamp and I can hear the birds singing outside the window..."

Continue, including everyone who is present, what they say, their expressions, how you react and how they react.

Re-create the movements, smells, sound, tastes, the temperature, any music which was playing, and any feelings you have.

Go through it several times from the beginning to the end. When you have taken the scene as far as you want to go, let it fade away.

Concentrate on pleasurable or meaningful times from the past that you would like to pleasantly relive again. The negative ones will just fade away!

Altogether a very satisfying thing to do, to cash in the pleasure credits the individual has in the memory banks!

HE OR SHE CAN'T FIND ANY PLEASURE

Believe or not, I have encountered this phenomenon. What a life! No pleasures to remember in quiet moments of reflection. Such a person is, of course, very badly off on the Scale Of Emotional Health.

The solution is simple enough: have him or her invent it. Conceptually, he or she can get the idea that winning the lottery, say, would be pleasurable and mock up a picture and perceptions to go with it.

This will run just as well as a "real" event in life. All reality is an hallucination anyway, so what difference does it make?

There are endless wins and petty triumphs that could work: besting a guy at the office, kissing someone you love, moments of physical wellbeing, pride in accomplishment, and so on.

If even this turns out to be heavy going, use our very fine recall lists, coming up next.

RECALL PROMPTS

Here is a list of delicious recalls we can use to get a person confronting their memories and not being scared of them. My thanks are to Peter Shepherd, of www.trans4mind.com, who took the trouble to compile them and graciously permitted me to use them.

Basically, you can choose any questions you like off the list. But obviously it is easier for you, as the pilot, if you just take them in turn!

Recall a time when you enjoyed yourself.

Recall a time when you earned some money.

Recall a time when you heard some good music.

Recall a time when you mastered something.

Recall a time when you got something you wanted.

Recall a time when you enjoyed a cozy fire.

Recall a time when you rode a bicycle.

Recall a time when you played with an animal.

Recall a time when you rearranged furniture.

Recall a time when you really knew what you were talking about.

Recall a time when you gave a successful demonstration or talk.

Recall a time when you straightened out a messy environment.

Recall a time when you felt good about the way you looked.

Recall a time when you enjoyed talking with someone.

Recall a time when you were acknowledged for a job well done.

Recall a time when you kept a promise.

Recall a time when you held somebody close.

Recall a time when you enjoyed exercising.

Recall a time when you drew a picture.

Recall a time when you helped somebody.

Recall a time when you won.

Recall a time when you met someone you got on well with.

Recall a time when you had a good time dancing.

Recall a time when you felt important.

Recall a time when you were having a good holiday.

Recall a time when you achieved something worthwhile.

Recall a time when you were enjoying a long walk.

Recall a time when you enjoyed working in the garden.

Recall a time when you had a good idea.

Recall a time when you kissed somebody you liked.

Recall a time when you laughed at a joke.

Recall a time when you painted something.

Recall a time when you felt enthusiastic.

Recall a time when you were with a friend.

Recall a time when you stood your ground.

EXPANDING THE SENSATE AWARENESS

When the client can recall pleasurable experiences without much difficulty, repeat the above and look for earlier incidents of the same kind. That is, you ask:

1. Recall a time when...
2. Recall an earlier time when...
3. Recall the earliest time you can when...

You can extend these memory improvers even further by asking for different recall modalities, such as vision (seeing), audio (hearing), touch, smell, even moods!

For example: *Describe something you are seeing in the memory.*

Recall that sense in the experience and describe it, again in the present tense (For example, “I’m seeing lamp posts and parked cars...”).

Senses List

1. Describe something you are seeing in that memory.
2. Describe something you are touching in that memory.
3. Describe a color that you see in that memory.
4. What is the temperature in that memory.
5. Describe the position of your body in that memory.
6. Describe a mood you are experiencing in that memory.
7. Describe something that you are hearing in that memory.
8. Describe something about the movement which is going on in that memory.
9. Describe something you are smelling in that memory.

Here are some more examples from the Recall List. You will never run out of ideas for pleasure recall:

Recall a time when you observed a birth.

Recall a time when you won something.

Recall a time when you completed a project.

Recall a time when you noticed you were growing up

Recall a time when you made an advancement in your career.

Recall a time when you got something published.

Recall a time when you reached a milestone.

Recall a time when you observed a child learning.

Recall a time when you observed something growing over time.

Recall a time when you felt a strong sense of identity.

Recall a time when you were anticipating a special event.

Recall a time when you were anticipating sexual pleasure.

Recall a time when you anticipated seeing someone after a long time apart.

Recall a time when you appreciated receiving an award.

Recall a time when you appreciated being accepted as leader.

Recall a time when you received unexpected respect.

Recall a time when you received encouragement from someone.

Recall a time when you received media attention.

Recall a time when you observed a wonderful view.

Recall a time when you admired some beautiful flowers.

Recall a time when you watched some wild animals.

Recall a time when you enjoyed looking at the sky.

A Good Recall Hack

If someone really has a poorly performing memory, you can try this excellent "recall something" hack:

It is a very simple but powerful repetitive process, which serves to break through the charge-barrier between the subject and his or her memory stacks. When this barrier is removed, it is much easier to be in the here-and-now, aware in the present moment.

Simply run: 'Recall Something' and demand the client serve up a memory, as quickly as he or she can! Then repeat the command, over and over.

Any memory will do, whether it is from one minute ago or from long ago. After a while you will run out of obvious stock memories and the recall "barrier" will become apparent. Keep going! Keep asking the question and keep the answers coming as quickly as possible (Important: do not dwell on any of the memories).

You could run this for yourself, if your memory leaves something to be desired. Simply record the phrase: ‘Recall something’ on a short endless-loop cassette or on your smartphone, as an MP3 loop. Play it back and get your memories moving! To start with, use say 5-second intervals, and gradually increase the rate to 1-second intervals.

PUNK POINTS:

- We can clear charge from the timeline without even visiting unpleasant memories! We do it by recalling pleasure moments. By immersing the client in these, it's good practice for our core technique of bringing memories to life, which renders them plastic and changeable, as 21st century science shows.

- There is a slight risk of triggering unpleasant memories, while bathing in pleasurable ones. That's not your fault, as pilot. It's a function of the life your client has led till now! Don't beat yourself up. Just run what comes up. The librarian knows what she is doing!

- Some people are poor at general recall. These individuals can be helped by using pre-prepared lists of suggested recalls, used over and over. Each of the suggested recalls is pleasurable, so this is a nice experience for any one. Be sure to try Pete Shepherd's recall lists given here.