

OldPain2Go® The Transition from Discussion to Yeses

Practitioner: “Now that we understand what kept the pain, are you ready to let go of it now?”

Client: “Yes, of course I am.”

(If hesitant build up the desire for a positive outcome)

Practitioner: “Thank you, what we are going to do now is to check a few things out with your unconscious to see what **it** feels is best for you. To do that, we are going to set up a signal where the unconscious can answer you. Is that okay?”

Client: Yes.

Practitioner: “Are you OK to stand up comfortably for a few minutes?”

Client: Yes

(If NO go to an alternative such as the head nod)

Practitioner: “Okay, I am just going to show you what to do. Please stand up with me now, on balance, nice and relaxed. A Yes signal from your body will look like this, a lean forward just from your ankles. Okay? Be aware that if you go too far and go off balance, you can just step forward. Now, I want you to slowly lean forward as far as you can go and keep on balance. Notice that your toes are taking the weight. Before you go too far off balance, press back with the toes, and come back up to where you were, relaxed and on balance. That forward movement, is how your unconscious can indicate a yes.”

“Now, this time is going to be different, the unconscious will do the movement for you. You are just going to stand there nice and relaxed, but this time with your eyes closed. **Now, please ask YOUR unconscious to give a sign for yes - which is a forward lean.** And I want your unconscious to lean you forward, just like you did a few moments ago, but this time it will do it for you, without you helping or resisting.”

(They should now go forwards and be convinced they did not consciously do it. Then read the next two yeses from the script.)

IF THE MOVEMENT IS UNCONVINCING

Practitioner: “Please instruct your unconscious to give you a more exaggerated movement, so that you are fully convinced by it.”

IF THEY DON'T GO FORWARDS OR THEY GO BACKWARDS

If there is a resistance; they go backwards or just stand there for a while and nothing is happening, or they wobble etc. After a while, we can say:

“We are only setting up a yes signal so that we can talk to your unconscious and so it can respond with what it feels best for you. It is not having to agree to anything. I want you to demand from your unconscious that it shows you a yes. In your head very firmly say, ‘lean me forward for a Yes - NOW.’”