

# HYPNOTIC DEEPENING

## NAVIGATING STREAMS OF THE MIND



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## LEARNING OBJECTIVES

- **Describe** and **use** three language forms that promote movement from a conscious to hypnotic state;
- **Employ** voice inflection and tempo as ways of assisting a subject's movement between states of consciousness;
- **Understand** and **use** vocal rhythms as a way of inviting deeper trance levels on the part of the subject.

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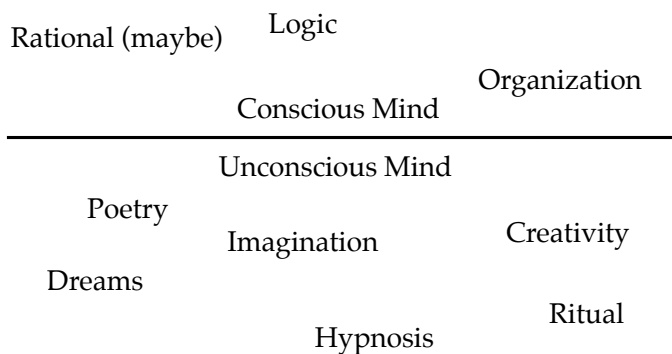
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## A SIMPLE MAP



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## LET YOUR VOICE BE AN INSTRUMENT

- You need to be in tune with your client
- Deliberate, precise use of language that serves as an invitation and guide to an internal world with more than one reality

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## YOUR VOICE IS AN INSTRUMENT

Speak to clients in ways that resonate with them...

**Cognitively**

**Emotionally**

**Physiologically**

**Spiritually**



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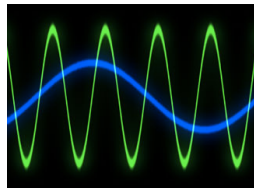
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## OUR BODIES ARE FULL OF RHYTHMS

- respiratory
- cardiological
- muscular
- hormonal
- neurological
- circadian
- ultradian



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