

Dr. Richard Nongard

From the book "Richard Nongard's Big Book of Hypnosis Scripts" available on Amazon.

Middle of Nowhere Technique

Go ahead and close your eyes. Let yourself relax. You know what deep relaxation and the hypnotic state feels like. Bring yourself to that state of calmness, serenity, and relaxation. Bring yourself to that state where you learn best through experience. If you find yourself distracted by anything around you, such as a noise outside or even the frustrations of the day, you can return your attention to this experience by simply paying attention to your breath. As you breathe in and breathe out, neither try to speed up or slow down your breath. Instead, simply let yourself pay attention to the breath with no regard to whether or not it should be quicker or slower. By focusing on your breath, you can easily focus your attention inward and let go of any stress or tension of the day. Allow yourself to easily enter that state of learning and intuition that we call hypnosis. As I count backwards from five to one, deepen your hypnotic state. Five, four, three, let yourself relax completely, never sleep but deeply relaxed. Two, one, zero. Over the next couple of minutes, I am going to guide you through a process of dissociating here from there. Milton Erickson called this the nowhere technique. As you relax, you can recognize that a part of you is here. You can feel the chair below you with your eyes closed and your mind relaxed. You can also see that a part of you is drifting away. Drift to a place that is really nowhere. In fact, drift to a place we call the middle of nowhere. You can let your mind drift and meet me in this place, a place that has no time, in the middle of nowhere. It is a place that has no place, in the middle of nowhere. It is a place that has my voice and your awareness. It is a place that is neither here nor there. It is just a place of your own creation. In the middle of nowhere, there is no awareness of pain, but simply an awareness of nothingness. Here in the middle of nowhere, nothing is just fine. There is nothing to be and nothing to feel. There are no feelings to feel in the middle of nowhere. It is a very pleasant place to be, isn't it?

During this brief exercise, you had a chance to experience your own ability to dissociate from the place you are sitting to that place of nowhere. Now pay attention to my voice and the chair below you. Let yourself return from the middle of nowhere to this place where you are sitting. Now, I am going to count from one to three. With each number, let yourself become more alert and oriented. One, take in a deep breath... Two, stretch out any muscles that need to be stretched... Three, open your eyes and feel fantastic...

The Wayward Clock:

Time Distortion I commonly use the following as an induction when I want to accomplish time distortion. It is helpful because the moving clock imagery can really confuse time relationships.

Induction Close your eyes for a minute and take in a breath. Let yourself relax. With each breath, double the sensation of relaxation. With each breath, notice that your heart rate is becoming smooth and rhythmic and notice how easy it is to enter a state of deep relaxation. You can even unclench the jaw and relax the shoulders. Allow the hands become warm, heavy, and very relaxed. Think of a clock or think of your watch. Imagine that both of the clock's hands are at 12 o'clock. Imagine seeing that clock and realizing that it is no longer important what the numbers on the clock say. In fact, the hands of the

clock could point to 6 o'clock, 3 o'clock, or 12 o'clock. It wouldn't make any difference to you. As you continue to relax, you can let go of the meaning of time and let your clock move from 12 o'clock to 7 o'clock, from 7 o'clock to 1 o'clock, from 1 o'clock to 5 o'clock, and from 5 o'clock to 9 o'clock. Imagine that the hands of the clock not only go clockwise, but can even go counter clockwise, no longer concerned about day or night. Simply bring yourself to this place and this time, right here and right now. Take in a deep breath and feel wonderful. Bring yourself back to the chair that you are sitting in, to this experience, and to this learning session.

In Addition Another suggestion we can use to accomplish time distortion is to mention that an hour can seem like a minute. We can also use indirect suggestion and say that keeping time is so much effort that it is hard to know what time it is. Similar suggestions can be useful for a client who is experiencing pain. You can give them the suggestion that because it is hard to know what time it is, it is hard to know if it is the pain is too much effort. By simply taking a minute to enjoy the process of hypnosis, wherever they are, they can forget about the hands on the clock, forget about keeping time, and forget about what time it is. In the process, they can also forget to remember to feel the pain.