

MOVE THE SOFA TECHNIQUE

PRE-TALK PART 1: EXPERIENTIAL

I'm going to make a statement that may seem a bit odd, but come along with me for a moment, OK? The statement is this:

"When you feel good about something it's impossible for you to make yourself have a bad feeling."

You might not believe this, but how about if we test this idea?
Close your eyes and imagine a sweet puppy or kitten or a baby. Which are you imagining?

Have client imagine feeling soft fur, rubbing soft tiny ears, looking into the sweet eyes, cupping hands around the tiny belly and feeling the little heartbeat. (Use appropriate words for kitten or baby.)

Now that you are feeling this sweet puppy and looking into his little eyes, I want you to know that this puppy CANNOT CHANGE in any way. This little puppy REMAINS A SWEET PUPPY - no matter what.

On the count of three please follow my instructions:

1....2....3....now....TRY to make yourself feel TERRIFIED of this puppy. Remember... the puppy cannot change in any way. TRY really really hard....keep on trying to make yourself feel terrified.

(PAUSE)

(Watch your client's face carefully!)

OK. Stop trying. And...open your eyes. Tell me...what did you notice?

(Wait for response)

Do you agree that once you feel good about something it's impossible to feel bad?

Yes? Good!

PRE-TALK PART 2: EXPLANATION

Have you ever moved a large piece of furniture in your living room (or bedroom)? Maybe you can recall a time that you moved a sofa... and after you moved that sofa you probably had to move a lamp or a picture?

And any time you walked into that room, things felt different, didn't they?

Of course they did. And you knew that the only way to get back to the way the old room felt was to move that sofa, and lamp and picture back where they started.

This is what we will be doing in your mind.

You see...most of the time when fears happen, they permanently move to the part of the mind where they need to be so they no longer have any effect on you.

Let me give you an example. When you learned how to ride a bike when you were young, did you start with training wheels?

At some point, before those wheels ever came off, do you think you might worry about what would happen? Maybe you were afraid that you'd lose your balance and fall off? Of course you were, because that's a normal fear - not knowing what would happen.

At some point those wheels came off and you rode that bike and stayed safe...and guess what happened to that fear?

It moved to the background of your mind where all of those other fears go.

How do we know that? Because if that fear of riding without training wheels was still front and center in your mind, it would get triggered every time you see someone riding a bike. That old feeling would show up every time.

So...in a moment you are going to be using your powerful mind to shift, change, and move that old fear so that you _____(state client's outcome here)_____.

MOVE THE SOFA

FIRST, HAVE CLIENT CLOSE EYES AND IMAGINE RE-EXPERIENCING FEAR AND ASK CLIENT TO POINT TO WHERE IT'S LOCATED.

THEN, ASK CLIENT TO USE HANDS TO SHOW YOU HOW BIG IT IS.

ASK CLIENT TO DESCRIBE SHAPE, COLOR, TEXTURE, 2D OR 3D, MOVING OR STILL, QUIET OR SOUND

If client has difficulty describing say "If it did have a shape, color, etc., what would it be?"

"Please close your eyes...take a nice deep gentle breath... and imagine a **MAGIC BUCKET OF PAINT** right near that (describe object here). Good... notice that there is a magic paint brush in that bucket. Now...I don't know what color that paint is, and you don't know what color, but when you pick up the brush and touch it to (the object), please...ALLOW the new color to seep in and saturate the entire object. You don't need to make anything happen, just...ALLOW it to do it all on it's own...it can happen very quickly. And when the new color has taken over, please open your eyes....keep on ALLOWING....good..."

(client opens eyes)

"Tell me, what color is it now?"

“Good...now close your eyes again...take another deep gentle breath...and notice...right next to that magic bucket of paint is an exquisite Silver Wand...it’s a special wand that has the magic ability to change the shape, size, texture, sound, movement, and even location...now...I don’t know what it will change and you won’t know...but in a moment I’m going to count from 1 to 3 and when I reach three touch the wand to the object and ALLOW the changes to happen... good...now..1...2...and 3...now ALLOW those changes to happen....good....keep on ALLOWING....you are doing great...and when the changes have stopped, please open your eyes and come back into the room...”

(client opens eyes)

“Tell me...what happened?”

“Now...close your eyes again...and right next to that Silver Wand over there is a large crystal shaker...kind of like an eight inch salt shaker...and inside that shaker is magic pixie dust... sparkling beautiful magic dust that never runs out...in a moment I’m going to count from 1 to 3 and when I get to 3 please take that shaker and turn it upside down and shake it over (object) and ALLOW whatever changes need to happen...good...1...2...and 3...pick it up and shake it over the (object)...keep on shaking...notice what is happening...just ALLOW it to happen....good...keep on shaking and ALLOW the changes...now...when the changes are finished, please open your eyes and come back into the room...”

(client opens eyes)

“Tell me...what’s there now?”

(OPTIONAL) SPIRITUAL ASSISTANCE

“Do you believe that your (soul, god, higher power, angels, etc) know what’s best for you and how to help you?”

Client: “Yes”

“Let’s take a moment and go inside and access that part of you that knows exactly what you need...now close your eyes...take a nice deep breath...and relax...”

“Go deep inside and allow yourself to be guided to that place where your soul, god, higher power resides. Like a magnet you will find yourself drawn here...please nod your head to let me know you are here...good...now...please go inside and notice how safe and secure you feel here...take a moment and while you are here, thank this part for everything it does for you... good...(PAUSE)...

“Now, please let this part know that you are ready to get over this (fear) and ask if it is willing and ready to help...please nod your head to let me know yes...”

“Let this part know you will count from 1 to 3 so it can begin... Now please move out of the way so you can observe.....count from 1 to 3 and notice what is happening...”

(PAUSE) ...just observe....good....

“Nod your head when the changes are complete....”

“Please go back inside and thank this part...and while you are here, please connect your heart to this part...maybe with a light, a rope, or a ribbon or whatever...allow this part now to connect back to you....please nod your head when this is complete...”

“In a moment I’m going to count from 1 to 5 and when I reach 5 you will open your eyes knowing that deep profound changes have occurred...”

USE DOUBLE BIND ON #4....”Not opening your eyes until you know you are (state goal here).

REINTRODUCE EARLIER PROOF

“Remember that earlier you learned that when you feel good about something it’s impossible for you to make yourself feel bad?”

Let’s do that again and this time you will be focusing your attention on the new feeling that you have inside.

Now, close your eyes and focus on this new (object). (elaborate on how good it feels). Notice how calm and relaxed you feel...see it...feel it... hear it....you are so calm and relaxed....

In a moment I’m going to ask you to test yourself to prove that you cannot make yourself feel bad because deep permanent profound changes have taken place...

Take a deep breath and focus on your new (object) while you imagine yourself in that old situation when you felt that old...(mention fear here)

Keep focusing on your new feeling inside and try to get that old feeling back. As long as you focus on your new feeling it’s impossible to have that old feeling...

Test yourself to prove that the old feeling cannot ever show up again....

Now open your eyes and come back into the room.