

## WEEK 1 HYPNOSIS SESSION LEMON CONVINCER

As we start to really go deeper into what hypnosis is and how it feels, I want Alex to feel really comfortable about what he's going to be experiencing. And to help somebody feel comfortable, what we say is, "We're going to do a little 5-minute mini-hypnosis so you can feel comfortable." All this time as I talked to Alex, you're going to notice I'm giving him positive suggestions. If I had given him a suggestion, for example, "We're going to do this little 5-minute hypnosis to prove that you're not scared or frightened and that you're going to come out of hypnosis," he's going to start thinking about all those negative things. So every time I talk to clients and even now with family and friends, I focus on the positive.

Now, this is called the *Lemon Convincer*, simple easy name. And what it does is, it helps again for the client to access their inner subconscious mind and their imagination and it allows them to understand what it feels like. And at the end of this lemon convincer after Alex opens his eyes, I use some very key sentences to help Alex understand exactly what hypnosis feels like, so he goes "Yeah, I understand. I feel totally confident and comfortable."

### SESSION:

**Wendy:** We're going to do another kind of exercise, kind of like a mini-hypnosis.

**Alex:** Okay.

**Wendy:** So that you get to feel what it really feels like. Is that okay?

**Alex:** Yeah.

**Wendy:** Great. So just close your eyes and take a gentle breath, just relax, and just kind of drop your shoulder a little bit, drop your shoulders, just get more comfortable, just relax the muscles in your chest and stomach. And this time, in your mind, in your imagination, take yourself to a favorite kitchen in your life. Now, maybe this is the kitchen that you have now at your house, maybe it's a kitchen in a friend's house or a relative's house, or maybe it's a kitchen you're making up. And if there's more than one kitchen, just choose one now and nod your head if you're here.

*[Alex nods]*

Good. And while you're here in this kitchen, I want you notice what you notice all around you. Notice the material on the floor whether it's wood or stone or tile or something else. Notice if the walls are painted or they're wallpapered. Notice if there is a table in the kitchen, if there are chairs, notice the details, what's on the table, notice the cabinets.

And over there, on top of the stove, there's something cooking. And walk over to that stove, notice what's cooking, maybe you can smell it, maybe you can't. It doesn't really matter. Just notice what's there and you become aware that there's something baking in the oven. So very gently, put your hand on the oven door, open the oven door, feel that whoosh of warm air, look inside, notice the texture, notice the color, take a deep breath, notice if it's almost done, and very gently, close that oven door.

And as you look around of the kitchen, you'll notice way over there, on top of the countertop, there's a large cutting board and on top of this cutting board, Alex, is this most beautiful, perfect, plump, yellow lemon, not a blemish on it. It is so big and so beautiful and walk over to this lemon and pick it up with one of your hands. Feel the heft and the weight of this lemon. You can almost tell how juicy it's going to be. Run your thumb over the skin of the lemon, feel those little teeny bumps, almost feels kind of wax like.

Now, please place the lemon back on the cutting board, and off to one side, there's a large sharp cutting knife. Give yourself permission now to safely pick up that cutting knife, and now, quickly slice that lemon in half, place the knife safely back down, and notice there are some little pools of clear liquid on the cutting board from the lemon juice that has come from the lemon and look at the flesh of the lemon, look at the pattern, and maybe there's a little seed that got cut in half. Now, quickly pick up half that lemon in one of your hands, quickly bring it up to your nose, take a deep breath, open your mouth and sink your teeth into this lemon. Just feel the lemon juice as it slides down your tongue, on the side of your tongue, on the back of your mouth, and when you're ready, open your eyes, come on back in the room.

**[SESSION END]**

**Wendy:** Now let's talk about that.

**Alex:** Okay.

**Wendy:** So tell me about your kitchen.

**Alex:** This is the kitchen at my tech school.

**Wendy:** Okay, tell me.

**Alex:** There are ovens and a bunch of other cooking equipment arranged with a bunch of stuff on it, tables.

**Wendy:** And what was baking and what was cooking?

**Alex:** What was baking was it a sponge cake on a sheet pan, and then what was on the stove, it was some type of orange chicken thick creamy dish.

**Wendy:** Wow. Is it one of your favorite dishes or did that surprise you?

**Alex:** It didn't really surprise me but it wasn't one of my favorites either.

**Wendy:** Isn't that interesting? Don't you think you'd have one of your favorites show up?

**Alex:** Yeah. It was weird.

**Wendy:** Yeah, it is kind of weird. So tell me what you noticed, tell me about the lemon.

**Alex:** The lemon, it just felt ripe. It's kind of weird but I could feel the texture, the skin, and when I took a bite out of it, it's kind of a question why I was doing it but I could feel, like taste it and the juices.

**Wendy:** Did you taste the sour taste?

**Alex:** It really wasn't that sour. It's actually kind of sweet.

**Wendy:** Wow. That's very cool. Do you like lemons?

**Alex:** Yeah.

**Wendy:** Okay. And were you able to really taste it?

**Alex:** I don't know if I really tasted it or I thought of the memory of tasting it.

**Wendy:** Yeah. Either one is just fine.

**Alex:** Yeah.

**Wendy:** And so let me ask you, so even though you know – well, let me ask you this: Even though that you know that you're here in this chair, your feet on this floor in this office in Wayne, Pennsylvania, didn't it feel for a brief moment that you were there at your tech school?

**Alex:** Yeah.

**Wendy:** Okay. That's what hypnosis feels like. You're aware. You know you're here but part of you feels like you're someplace else. Does that make sense?

**Alex:** Yeah.

**[00:07:30 END OF VIDEO]**