

# John Overdorf Deep Trance Identification

Deep Trance Identification Deep Trance Identification Training Trances The Deep Trance Training Manual: Hypnotic skills Self Hypnosis Tame Your Inner Dragons The Deep Trance Training Manual Richard Bandler's Guide to Trance-formation In Trance A Guide to Trance Land: A Practical Handbook of Ericksonian and Solution-Oriented Hypnosis Into the Trance Trauma, Trance, and Transformation Is Survival a Fact? *Shawn Carson Shawn Carson John Overdorf Igor Ledochowski Noel Eastwood Igor Ledochowski Richard Bandler Sondra Lambert Bill O'Hanlon Ellen Burdock M. Gerald Edelstien Margaret Lillian Hamilton*

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this book by carson marion and overdorf is an excellent exploration of the extraordinary trance process of deep trance identification it is thorough practical and clear thereby providing an excellent guide for those seeking far reaching transformational change i highly

recommend it stephen gilligan ph d generative trance deep trance identification dti has captivated the imagination of hypnotists since the mid 20th century dti has been used by countless modelers to master hypnosis skills musical and acting abilities emotional transformation and so much more historically very little is written about dti despite it being at the heart of all unconscious learning and transformation for the first time dti is presented here in a practical and easily understandable way shawn carson jess marion and john overdurf have dedicated years to studying and using dti and in this book they share their discoveries they present the art and neuroscience of this hypnotic phenomenon and explain how you can use this modality to change your life and the lives of your clients deep trance identification presents an elegant model for using dti and outlines comprehensive techniques that make the dti experience deeply transformative

the deep trance identification companion is designed to help you streamline your dti modeling project the companion consists of detailed worksheets and step by step processes to assist you in modeling excellence this book represents the core principles of the dti process as laid out by carson marion and overdurf in deep trance identification it is recommended that you begin with that book before using the manual

training trances is about how to therapeutically communicate with the unconscious mind the authors present their own unique integration of ericksonian techniques traditional models of hypnotherapy and recent research in related areas numerous new patterns modeled from the work of milton h erickson m d are clearly explained and demonstrated the use of trance in training design to unconsciously install the skills being taught to the participants is also covered the book developed from transcripts of a four day

workshop and the design of the book parallels the design chosen for the training itself individual exercises or those done in groups of two or three are offered so that the reader may practice the techniques and learn the skills there are numerous live demonstrations inductions and double inductions which create for the reader a real feel of how hypnosis is done and which are also a rich source for linguistic analysis for the advanced reader written with insight and humor this book's most unique twist is its use of multi level communication and hypnotic language to create a training trance for the readers as they journey through the text some hypnotic references are obvious and explicit those which are not obvious will create enjoyable ah ha experiences for the reader as they are discovered

the deep trance training manual volume i is the book for everyone exploring deep trance phenomena building upon the reader's existing practical ability and basic knowledge this systematic training approach holds the keys to inducing deep trance states quickly and easily this work presents practical exercises designed to improve technique and core theoretical principles from all the major hypnotic perspectives supporting the development of elegant individual style and language and mastery of powerful approaches for dealing with others chapters include principles in formulating suggestions the language of deep trance the milton model made easy rapport and personal power calibration deepening techniques rapid inductions including three different handshake inductions trance termination language patterns including a vital section on creating a natural flow of language

psychotherapist noel eastwood takes you on an inner journey of self discovery and healing he draws upon numerous case studies to demonstrate how ordinary people can overcome limiting beliefs and traumatic experiences using self hypnosis the author illustrates

how to use exercises from nlp inner child gestalt therapy arnold mindell s process therapy jungian psychotherapy and traditional taoist meditation techniques journey into your deep unconscious using simple self hypnosis techniques to uncover the dragons feeding on your sadness loneliness anxiety anger and fear learn how to tame your dragons and release yourself from limiting beliefs embedded in this book are a multitude of simple tools and techniques of self hypnosis that can change your life develop undiscovered talents and allow you to live fearlessly the author s message is that we are empowered by choice and never limited by fate the book is loaded with a wealth of true stories from elite athletes age regression past lives children s problems imagery and remote viewing working with archetypes stress reduction and many spiritual and psychic growth exercises combining 30 years of experience with self hypnosis psychodynamic psychotherapy guided imagery and meditation this book is fast becoming a classic in the field of mind control and spiritual growth it includes chapters for elite sports martial arts guided imagery for your child s nightmares anxiety and weight loss scripts how to heal your inner child of trauma astral travel and how to develop your kundalini to name just a few reviews an incredible book utterly riveting absolutely magical sp i really liked this book and thought it was a good read if you are someone that meditates i m sure you will also find it interesting it s not that long and not very expensive so for me it s like why not i m a big fan of self hypnosis as i used it to achieve a beautiful birth several years ago since then i have been kind of doing my own thing meditating but this book really helped me expand my mental exercises it essentially gives a ton of different ways to explore your own psyche i find it to be a very helpful guide to self hypnosis the chapter on scary dreams tremendously helped me navigate this problem with my 5 year old daughter now each night before bed she gets so excited to go to her personal fanstasyland where we often deal with the things that are troubling her in a safe and self empowered way for this reason alone it was worth it to me also i m a lifelong student

of astrology and i loved his combination of these two worlds astrological archetypes and deep meditation good stuff at this a fun book to read noel s writing style is informative and flows nicely i have the kindle version buy it you ll like it mk digs deep into the issues of life be it struggles or challenges noel not only explains the roots of inner dragons but also describes how to identify them living with dragons is an insightful and practical look at the negative thoughts and emotions that can impede our lives on a daily basis this book will not only help you shed light on things you may have tried to hide but it will also guide you towards practical steps to slay your dragons no matter what negativity fills your inner world living with dragons will help you move towards it face it head on and squash it c this work is a vital and necessary tool for anyone wishing to understand and confront their inner demons or dragons as noel so aptly names them his prodigious experience as a clinical psychologist is clearly apparent here yet it is not couched in confusing medical terminology but instead with mythologies we all know and instructions on how to that are so very easy to read and to understand in fact he makes it hard not to want to attempt this journey inward and to meet those inner dragons that we all have somewhere within herein he gives invaluable directions on ways in which to make this inward journey via trance and self hypnosis methods both safely and productively the examples he gives are not only fascinating but intensely engaging in every way this work is inspiring exciting and riveting and i strongly recommend it s

this work presents the core hypnotic principles for successfully using hypnosis to achieve practical results hypnotic gifts distills hypnotic principles into a series of simple techniques that allows you to quickly demonstrate or practice practical applications of hypnosis without the need for doing long hypnotherapy sessions this is an ideal way for a novice to gain experience and for a

seasoned practitioner to give fun and engaging hypnotic experiences to others

this wonderful book is for anyone interested in making their life significantly better it is a goldmine of insights and techniques from one of the greatest geniuses of personal change as you use the techniques in this book you will exponentially increase your ability to make dramatic life enhancing differences it is by far one of the most entertaining and professionally stimulating books i have read it will change your life paul mckenna ph d author of i can make you thin and host of the learning channel s i can make you more than thirty years ago richard bandler set out to discover how some therapists managed to effect startling change with their clients while others were arguing about theories as their face patients waited in vain for help now widely regarded as the world s greatest hypnotist richard bandler observed and developed patterns which became the foundation of neuro linguistic programming nlp arguably one of the most profoundly effective approaches for self development and change since coauthoring the internationally influential books the structure of magic volume 1 and patterns of the hypnotic techniques of milton erickson m d volume 1 bandler has traveled the world honing his skills and helping people solve problems and achieve goals when other experts have been unable to help richard bandler s guide to trance formation he returns to his roots hypnotic phenomena trancework and altered states to provide a highly compelling prescription for personal change according to bandler trance is at the very foundation of human experience people are not simply in or out of trance but are moving from one trance to another they have their work trances their relationship trances their driving trances and their parenting trances some of these states are useful and appropriate others are not with his signature wit and contrarian approach to therapy bandler shows how anyone can reset or reprogram problem behaviors to desired alternatives with lasting and life

altering results peppered with case studies and more than thirty exercises richard bandler s guide to trance formation is an intriguing engaging and often amusing read for anyone whether they are new to nlp want to further their nlp training or simply want to make a positive difference in their own lives

additional reviews listed below this product description have you ever wondered what s it like to be hypnotized this book in trance is one woman s remarkable story of her life from within the hypnotic experience you will laugh cry and watch in amazement as sondra takes you along thru her personal journey of discovery and healing she states you will see me at my most vulnerable and at my most victorious hypnosis provides access to building a partnership with the part of you who knows you best your subconscious within this partnership positive change is possible as it shifts your perspective just enough to allow transformation to happen sondra lambert is a nationally certified hypnotist who chose to become a hypnotherapist after she experienced profound and deeply personal freedom as a hypnosis subject this is her story one she shares from her heart to yours i want to thank you for sharing your story with us in your book in trance the book is very well written its an easy read and answered many of my questions the texture in your words described your experience as a subject very well your story is very heart felt and relieving at the same time heart felt because you share with us what most people wouldn t have the courage to share and transformed due to hypnosis you were able to live and deal with what life threw at you no matter the speed and force it came in as i read your book i felt as you were actually in front of me talking to me telling me your story it s so you you re a wonderful beautiful person inside and out you re an expert in hypnosis i know from first hand and you have a passion for it what more can one asked for you re loving fun and easy to speak to i am honored to have met you

and look forward in learning more from what you have to offer love light m santiago

a friendly and brief guide to the essentials of hypnosis

into the trance secrets of a master hypnotist is a step beyond the myths and mysteries of hypnosis and discover the art and science behind guiding the mind into the trance unveils the techniques psychology and ethics of mastery from building unshakable rapport to entering deep trance states reshaping thoughts and facilitating profound personal transformation whether for healing self discovery or performance this book offers a comprehensive journey into the subconscious revealing how skilled hypnotists guide attention harness imagination and unlock human potential rich with practical insights case examples and ethical guidance it is the ultimate guide for anyone curious about the power of the mind and the subtle craft of hypnosis

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