

Cultivating the Seed

by Robert F. Otto, C.Ht.

When addressing a new client, a good pre-talk before a formal induction is probably one of the most effective tools we can have in our hypnotic 'tool box'. I have always tried to abide by the KISS philosophy. (*Keep It Simple & Straight Forward*) In doing so, the client receives a simple yet effective explanation of hypnosis without bogging them down with all the intricate technicalities regarding the fundamentals of hypnosis. My pre-talk is always followed by my "Flower Pots of Life" analogy. I make this the last conscious concept before beginning the formal induction. Here is an example...

"If we were to take two little, red, clay pots from a gardening stand and fill them both equally with the same amount of dirt, you would probably agree with me that whatever we plant in the dirt we would probably reap. (*Get your audience to nod their heads in agreement*) Dirt is an inert matter; it doesn't care what we implant in its bed. Dirt cannot think, reason, judge, analyze, criticize or reject. Dirt is just a fertile ground for planting. Isn't that correct? (*Get your audience to nod in agreement*) Well, your subconscious mind is just as inert as the dirt in the pots. It doesn't care what we implant into it. And it takes just as much effort to produce a good, beneficial, positive result or to continue to produce ill-effective, negative results. It must accept and yield whatever is implanted.

Let's take some rose seeds and implant them into one of the clay pots and in the other implant poison seeds. Think of the seeds as your positive and negative behaviors and think of the dirt as your subconscious, fertile, accepting mind. If you give each pot equally the same amount of water and sunlight, you would probably agree with me that the poison pot will yield poison and the rose pot will yield a beautiful rose. (*Get your audience to nod in agreement*). But, what would happen if you put the beautiful rose seeds, the ones you say you want, out in the desert, where they never gets any rain, would you agree with me that they would probably die? (*Get the audience to nod in agreement*) And if you took the pot that has the poison seeds in it, (I know you don't want those poison seeds, but water them anyway) and water it daily with water that was filled with nourishment and warm sunshine. Would you agree with me that the poison seeds would probably grow? (*Get the audience to nod in agreement*). The poison represents the unwanted or negative behavior that you are trying to alter. And the rose represents the good, positive habits you wish to attain. Perhaps the problem is that you've just been watering the WRONG idea, concept or seed. Therefore reaping the reward that you say you wish to be rid of. What we will do during the hypnosis session is to switch the seeds! We will take the poison seed or the unwanted, negative habit; the one you say that you don't want, the one that you've been inadvertently watering since the inception of this unwanted, negative behavior, and put it in the desert of your mind where it will never get any water or nourishment. Then we will take the rose seed, the good, positive idea, thought or concept; the one you say that you DO want, and put it in the forefront of your subconscious mind, on your window-sill of life, where it will get LOTS of nourishment. My job as

your hypnotherapist is to switch the seeds. Your job is to water the good seeds after I implant them. It's that simple.

During our session I will be incorporating a post hypnotic 'seed' or suggestion. A post hypnotic suggestion is anything that can be used as a triggering mechanism and carried out after the session is over. I explain a little further: If I were to say to you "You deserve a break today..." What would automatically be brought to the forefront of your mind? The rest of the phrase, correct? (*Get your audience to nod in agreement*). You can automatically finish the phrase without thinking about it. Do you know why? It's because the television media has conditioned or 'hypnotized' you to associate these words or phrases with a product! It's really quite simple. And this is how simple your post hypnotic suggestion will work for you after the session has ended. It is a tool for you to use after we part ways. Think of this post hypnotic suggestion as your watering can. I want you to 'water' or re-enforce the positive seeds or positive suggestions implanted during the hypnosis session with your 'mental' watering can. The more you use it, the easier and faster it will be for you to harvest the new ideas implanted during our session. Use it for as long as you feel the need to use it. Only you can determine when that time will be. Allow some time for your mind and body to become synchronized and be your guide."

By choosing to simplify the explanation of hypnosis to the new client does not necessarily mean that we are in any way simplifying the process of hypnosis the client receives. This is just a tool that can be used to help the client alleviate some of the associated fears and misconceptions that come along with them as added baggage when they come to you for help.

In closing, I wish to leave you with a famous quote that seems appropriate to the topic discussed above. *"Apothegms to thinking minds are the seeds from which spring vast fields of new thought, that may be further cultivated, beautified, and enlarged."* – James Ramsey