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Jamie Smart's NLP Tip 63 – Hypnosis Here Hear Hypnosis – 1 August 2004

This Week's Tip

This week's tip is written by Nick Kemp, an NLP Trainer & excellent hypnotist. I met Nick while training with Frank Farrelly, & he gave me a copy of one of his excellent hypnosis CDs, Adventures of Well being Now (available at his website <http://www.human-alchemy.com/>). Language is one of the keys to hypnosis, & I'm delighted to be able to share Nick's excellent article on 'Pivot Grammar' with you. While this is more advanced material than we usually present in the tip, I think you will find it interesting & who knows – you may be tempted to explore the domain of hypnosis yourself.

Pivot grammar in hypnosis

I first came across pivot grammar a number of years ago when I assisting on one of Dr Richard Bandler's NLP Master Practitioner seminars. During a morning session when he was talking about "deep trance phenomena" he began to introduce the use of pivot grammar. Suddenly I felt my brain light up, as I began to ponder on just how useful pivot grammar could be when constructing hypnotic inductions.

Pivot grammar has been defined by some as "a loose grammar governing two word utterances by children" However I suspect that mostly adults are reading this article and pivot grammar is not only great fun to play with, but also can produce excellent results when incorporated into hypnotic inductions.

One of the things I really like about pivot grammar is that you are limited to simply two words at any one time, which means that it's important to choose the combinations of words carefully to create the most effective results for the listener.

Soon after that particular NLP Master Prac seminar I was due to record a new CD called "Healing within Hypnosis" and had the idea to create an entire track using mainly pivot grammar.

I found that once I started to think in just two word sentences, it was literally like trying out a whole new language where the normal rules don't apply in

the same way. I noticed myself paying far closer attention to the effect of each single word and particularly how best to incorporate phonetic ambiguities into the overall induction. I also made sure that there were links between each "pivot section" producing some interesting and at times deeply hypnotic effects.

Here is a small sample of what ended up on the recording, but of course pivot grammar works best through the auditory cortex. You will notice that I have highlighted the sections where the language would be linked with the same tonality to build what effectively becomes a multi levelled conversation.

Back words

Words back

To begin

Begin to

Move into

Into move

Inside more

More inside

Hearing now

Now hearing

Different sounds

Sounds different

Within silence

Silence within

That knowing

Knowing that

More inside

Inside more

More inside

Inside more

That space

Space that

Easily notices

Notices easily

Different sounds

Sounds different

Within silence

Silence within

Everything slowing

Slowing everything

To now

Now to

Being here

Here being

More inside

Inside more

I also added an a induction that the listener could hear in the centre of the soundstage while the pivot grammar was panned to the far left and right, to produce an even more profoundly hypnotic effect. The effect is similar to producing a double induction, but in my opinion is even more powerful when the pivot grammar section is multi layered in this way.

Using questions in pivot grammar

When we add "questions" into this type of language structure, we can discover some interesting results especially as each sentence is extremely brief containing simply two word utterances! I often like to add the "question" as the second phrase to set a specific direction for what is to follow.

For example

Changes are
Are changes (question – are changes what?)

This creates an effect which in a court of law could be described as "asked and answered" and actually becomes a rhetorical form of questioning, which has great hypnotic effect if we then add in something like

Always here
Here always (phonetic ambiguity)
Inside more (this could be a question or a command)
More inside

We can then use the equivalent of a full stop in a pivot grammar sentence by using the same word in succession. A typical example of this would be

Now now.

This would give us the following sequence

Changes are
Are changes
Always here
Here always
Inside more
More inside
Now now

Expressing different kinds of states using pivot grammar

Of course the rhythm and tone is an essential ingredient in making the pivot grammar "conversational" as if you were using normal sentences. To get the best sense of the effect of pivot grammar, read some of these examples out loud and remember the phrasing is like a pendulum swinging backwards and forwards, so each "pivot sentence" is completed by the fourth word.

In a series of recent seminars I ran a series of exercises where the delegates would use pivot grammar to convey different states including relaxation, enthusiasm and curiosity. Many found a real ease in mentally switching to this language as long as they resisted the need to consciously try to track particular phrases, rather than relax and allow their unconscious to allow the phrases to appear. Once people make a mental shift in speaking in this way,

apart from the danger of sounding a bit like Yoda from Star Wars, the results can be quite fascinating and deeply hypnotic when repeated with a tonality that is congruent with the meaning of the word combinations.

Nick Kemp – you can contact Nick at nick@human-alchemy.com or visit his website <http://www.human-alchemy.com/> where you can listen to examples of his hypnotic work.

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