

# **Welcome**

Module 10 - Part 2

# Aims of Today

- Finish past **Life Regression Practice**
- The **Tunnel Test theory**
- 'Heads Up' for **Next week - Quantum Physics & Module 11 - NLP**

# The Tunnel Test Theory

(Adapted by me from Neil French)

## BACKGROUND

This is a **guided visualisation**, can be used if have some time spare in a session, or as a '**finishing off**' **piece** before the client leaves at what may be the **final session** - use and adapt it in whichever way you wish.

### For example:

1. As a '**test**' at the end of a **course of sessions** to see where the client is at and ideally give them something positive to take away.
2. As a **guided visualisation** to begin an **interactive session** where you want the client to start revealing information, without necessarily implying regression or memory recall.
3. As a **guided visualisation** where the client is left to quietly experience whatever they experience.
4. In **adapted form** for anything that you can think of, including regression, past life regression, parts, leaving 'old' you behind, stepping out into a 'new' you, etc.

# Where to start and when to use ...

- You can do any form of induction as the introduction to this
- If they **are already in hypnosis** you can ask them to clear their mind and then you begin the script.
- You can make it less formal and **go straight into it**, by asking the client to simply close their eyes and you then begin the **visualisation**.
- You can make it **interactive**, and at the appropriate point, give the client time to gather their thoughts and ask them to reveal whatever they are thinking. Sometimes this will produce very **revealing experiences**; sometimes, the client will say "I can't see anything". More often than not, it reveals **something 'nice'**.
- If the client has a problem starting, be patient and reassuring:
  - "That's OK, take your time"***
  - "What do you sense?"***
  - "What do you imagine?"***
  - "Are there any feelings or emotions as you do this, etc? "***
- Eventually something will come to mind – use it and go with it....

# The Tunnel Test

*“I want you to imagine that you are standing on an old, disused railway line.*

*The gravel is there, but the tracks and sleepers are long gone.*

*It is quiet, save for the crunch of the gravel beneath your feet and you walk slowly along.*

*In time, the trackway seems to lead around a corner and as you round that corner you see before you a long way with the trackway leading into the tunnel.*

*At the far end, you see a small circle of light, which appears to be the opening at the other end. You can see to the end of this tunnel, in the far distance, but you cannot see beyond it, from where you are currently standing in.*

*It is warm and you can feel the warmth of the sun on your body...*

*But as you step inside the tunnel, it becomes shady and you feel cooler.*

*You look at your feet as you slowly make your way, step by step, into this tunnel, and when you are about one-third of the way in, you look back over your shoulder and see the entrance where you came in.*

*You see the light of the entrance and the trackway beyond that led you into this tunnel and you notice how far you have come already.*

*As you turn your gaze to face forward now, you once again see the exit in the distance, only larger now, as you are closer, but still just a light.*

*Focus on your feet once more as you continue forward, each step crunching the gravel, the temperature getting cooler, the further you venture in.*

*You pause about half way.*

*Now when you look over your shoulder and see how far you have come, the entrance you have left behind seems smaller, and the path you travelled to get here is more distant.*

*As you look forward, the end of the tunnel now seems closer – the light larger and brighter, but you still cannot see beyond it.*

*You focus on your feet once more as you continue forwards, until you are two thirds of the way in.*

*Now when you look back, where you have come from seems small and distant, but as you look forward, the end of the tunnel seems large and brighter – but what lies beyond is still obscured by a misty light.*

*You continue forwards, noticing your feet, crunching the gravel, one step at a time and suddenly you are standing at the very end of the tunnel. Way behind you, you can just make out the small circle of light that is the entrance, but now, looking forward you see nothing but white, misty light.*

*You pause here – and suddenly get a sense of knowing that you now have a choice. You can turn around and go back and that is fine.*

*But if you choose to go forward, and step out of the tunnel into the light, you will discover something extremely valuable about yourself, something that may change the way you think and feel about yourself forever.*

*The choice is yours, you may return along the tunnel to where you came from or you may proceed. If you choose to return, do it now and let me know by raising a finger on your left hand..*

*If, however, you choose to proceed, do it now. Let me know by raising a finger on your right hand, then step out of the tunnel and into the light.*

*As you do, the tunnel disappears and you are surrounded by the misty light.*

*Eventually the misty light begins to clear and, consciously or unconsciously, or both, you begin to feel, see or sense something.*

*Trust yourself, go with whatever comes to mind, see where it leads you.”*

[If you are doing this interactively with a client]:

*“Take your time, and when you are ready you can easily speak to me and describe whatever you are experiencing ...”*

[If not interactively, tell the client you will be quiet for a short while and then, when a good few minutes have passed, you can ask if they are ready to bring whatever they have learned with them into their current daily life, and then eyes open, end the trance etc.]

**NEXT WEEK - Module 11 -**  
**LEARNING OUTCOMES FOR MODULE 11**

- **INTRODUCTION TO NLP (NEURO LINGUISTIC PROGRAMMING).....**
- **REPRESENTATIONAL SYSTEMS.....**
- **PRACTICAL USE OF REPRESENTATIONAL SYSTEMS .....**
- **EYE ACCESSING CUES .....**
- **“CALIBRATING” EYE ACCESSING CUES .....**
- **EXERCISE: OBSERVING EYE ACCESSING CUES .....**
- **ANCHORING .....**
- **SIMPLE ANCHORING EXERCISE.....**
- **THE “SWISH” TECHNIQUE .....**
- **STANDARD “SWISH” TECHNIQUE PROCESS.....**
- **THE “MALONEY” SWISH VARIATION.....**
- **THE REWIND TECHNIQUE/FAST PHOBIA CURE.....**
- **FAST PHOBIA/REWIND PRINCIPLES .....**
- **FAST PHOBIA CURE/REWIND - EXAMPLE SCRIPT.....**
- **CHANGING PERCEPTIONS OF FEAR OF OBJECTS.....**
- **THE “SILLY” PHOBIA CURE.....**