



The Méthode Dolfino®

Basic techniques



DOLFINO

ACTIVATE YOUR FULL POTENTIAL

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Introduction to the Méthode Dolfino®

1. Simple and playful

Through this method, Dolfino offers you the chance to live an original experience in which pleasure takes center stage. You will learn to use techniques and tools in a safe space inhabited by the spirit of play and inventiveness. With the Méthode Dolfino®, your imagination and creativity will be allies in the service of achieving your goals.

The Méthode Dolfino® is simple, easy to understand and implement. It can be practiced solo, as a pair, or in a group. When you guide another person (or a group), you become a guide who accompanies a guided person on their inner journey. When you practise solo, it is through self-hypnosis that you take on both the roles of guide and guided.

2. The people behind the method

The **Guided** is the person who wants to be guide in order to develop their full potential to reach their goals. It's the guided person who makes the decisions and carries out the transformations.

The **Guide** is the person who chooses the tools and games best suited to help the guided person reach their goals. They set up the scene, encourage, and open up the field of possibilities. The guide never imposes a decision and is never directive.

With the Méthode Dolfino®, your imagination and your creativity will be allies in service of achieving your goals.

3. The goals of the method

Méthode Dolfino® lets you come out ahead on many levels through:



*Activating your
creativity and your
full potential*



*Developing
healthy relationships
and enjoyable*



*Better control
over your health and
your emotions*



*Identifying your goals
and making it easier
to achieve*



*All of this is done
in a playful way
and simple*

In this work, you are invited to discover the basic techniques that will let you use the Méthode Dolfino® in a wide variety of situations.

The flexibility of these techniques makes it possible to achieve a great many goals sought by the majority of people, such as managing stress, pain, weight, freeing yourself from the burdens of the past, building confidence, resolving skin issues, etc.

You will then be able to keep progressing at your own pace thanks to a great many playful games and activities, and even invent your own.

*The possibilities then become
infinite.*

The advanced games are designed to go deeper and to reach very specific goals, such as:

- Specifically guiding children
- Balancing a healthy weight
- Freeing yourself from allergies and phobias
- Transforming destructive patterns
- Developing a talent (music, sports and more)
- Facilitating learning and concentration
- Regulating cases of hypertension, blood sugar balance issues...

The games are played within a framework in which you have great freedom, but which remains safe because it is precisely defined. It's a bit like an organized trip into the heart of your imagination. The itinerary is set in advance and certain activities are planned, but it's you who decides how you travel and how you make your adventure as beautiful as possible.



The elements of the Méthode Dolfino®

From the different forms of hypnosis to neuroscience, by way of the most effective creative visualization and coaching proven, the Méthode Dolfino® was born, which aims to be fast, effective and fun.

This original approach is designed to activate your full potential through tools and techniques that combine play and enjoyment in the search for solutions.

Méthode Dolfino® helps you see, feel and understand what is happening inside you, while opening up several avenues for transformation, taking into account the experience of each individual.

Méthode Dolfino® is centered on action, and that is why it consists of a series of simple, quick-to-apply techniques for the people you guide, as well as for yourself

Méthode Dolfino® in a few words:

- **Creative and playful**
Thanks to inventive experiments that encourage the imagination to flourish in a spirit of play.
- **Effective and fast**
by creating a direct opening to the strengths of your unconscious.
- **Solution-focused**
Because it favors putting solutions into action rather than focusing on the problem.
- **Safe**
Through the use of symbols and clear and simple rules of play, without you having to dive back into past events.

1. What is it for?

The Méthode Dolfino® aims to awaken in you effective solutions to make it easier the expression of your full potential. This approach takes the form of creative games, fun and safe that will lead you to:

- Activate your full potential
- Improve your interpersonal relationships
- Make important changes in your life
- Release your emotional burdens
- Carry out your projects and reach your goals

2. The sources of inspiration of the Méthode Dolfino®

The various games and tools that accompany the method are inspired by hypnosis, creative visualization, coaching techniques and the most recent discoveries in neuroscience. Various schools of thought have therefore influenced the development of the Méthode Dolfino®:

*By opening the access doors
on the full potential of your
imagination, the Méthode Dolfino®
it encourages you to refocus
on what matters. By connecting to
all parts of your
“Being,” you open the field of
all possibilities and thus allow
them to come true at the heart of
your daily life.*

- **Classical hypnosis (stage hypnosis)** , where the hypnotist plays a leading role in working with hypnotic suggestions direct and indirect. The Méthode Dolfino® highlights:
 - The relevance of rapid inductions
 - The idea of dialogue with the unconscious
 - The concept of suggestibility
- **Ericksonian hypnosis,** where the state of modified consciousness is achieved in an indirect, notably through suggestions hidden and sprinkling. The subtleties of language are used to allow the unconscious to choose the solutions to its problems. This calls on their creativity. The Méthode Dolfino® highlights:
 - The use of metaphors and figures of style
 - The adoption of the concept of the existence of the “Greater Me” (higher consciousness)
 - Confusion and mental saturation techniques
- **Hypnosis through consciousness expansion** which favours a detailed and different perception a situation, a fact, a value, a way of thinking. In this sense, this type of hypnosis encourages self-observation from different, often overlooked angles. Méthode Dolfino® highlights:
 - The vision of the Self according to the “3 Selves”: Young Me, Rational Me and Greater Me. These concepts are covered a little further on
- Visualizations allowing for the experience of a clearer consciousness and awakened senses
- **The world of neuroscience** constitutes the body of knowledge and research on how the brain works. The Méthode Dolfino® highlights:
 - The activation of mirror neurons for accelerated learning. This concept will be covered later
 - The need to jointly use two hemispheres of the brain functioning of their respective characteristics
- **New hypnosis** has also inspired the Méthode Dolfino®. Infused with NLP (neuro-linguistic programming), it allows the guided person to participate actively in their experience. This approach leads them to make choices, to describe what they feel, to imagine various scenarios, and to truly answer questions, without being influenced or directed.

The role of the guided person thus ceases to be passive and becomes central to the guidance. The Méthode Dolfino® highlights:

- Anchors (the process of associating between an internal response and an external or internal trigger)
- The importance of communication VAKOG (visual, auditory, kinesthetic, olfactory, gustatory)
- Synchronization
- The principle of non-directivity

*The Méthode Dolfino® has brought together these techniques and concepts
adding the pleasure of play and simplicity of execution.
This results in different, inspiring, fun and highly effective games and tools.*

3. The original tools for activating full potential in the Méthode Dolfino®

Did you know that the more the body and senses are involved in learning, the more the neural imprint is amplified?

It is on this basis that the teaching model of the Méthode Dolfino® is built, in order to stimulate several brain areas by creating new neural networks for better assimilation of the experimentation and the educational content.

Here are the four main tools for activating full potential:

a) Metaphors

Most blockages are recorded in the unconscious. However, the unconscious does not understand logical reasoning and grand rational explanations. In fact, the clearest and most effective mode of communication for reaching the unconscious is that of symbols and reaching the unconscious is that of symbols and metaphors.

Alone, or woven into the heart of the various games, metaphors are among the most valuable tools of the Méthode Dolfino®. In practical terms, metaphors are stories, tales and allegories that heal by offering indirect solutions to solve a problem. These stories actually speak to your unconscious.

Since your mind welcomes these stories without raising barriers, it allows, in a very subtle way, the transmission of different teachings by presenting choices, ideas and new perceptions, without ever imposing them.

Most of the time, the solutions offered in a metaphor aren't kept as they are. They serve instead as a springboard to inspire better ones that will be better suited to the lived experience of the person involved.

Metaphor opens the field of possibilities and encourages solutions to quietly take root inside you. These short stories, which sometimes present surprising facts or unexpected conclusions, can also help you achieve a quick realization.



Here is an example of a metaphor that can be used when the person you are guiding feels unable to take action, because they are afraid of not succeeding:

THE TETHERED ELEPHANT

Shortly after being born in the circus, a baby elephant was tethered to a large stake firmly planted in the ground. At first, it tried to free itself, but the stake was too solid, and it could not.

Although his efforts to free himself from the stake continued for a while, he eventually stopped trying to pull it out of the ground. Two years passed. When the elephant was not performing in the show, it stayed tied to that stake. Yet the elephant now had the strength to pull the stake out of the ground as if it were nothing more than a simple toothpick.

What's astonishing is that despite this great strength, the elephant never again tried to free himself from that stake.

The perception formed in his youth remained within him and kept him from acting.

b) Dolfino games and techniques

Méthode Dolfino® is built around several techniques or games that are structured in clear steps to allow you to support a person or guide yourself yourself. Each of these games can be used or adapted to suit your needs and your reality (or that of the person being guided).

This should help you to :

- Solve certain problems
- Activate internal resources
- Generate inspiration
- Initiate changes aimed at supporting well-being
- Reach your goals

Each technique presented will adapt to the personalized goals of your own journey or of the person you're guiding. Within a single session you'll be able to combine different games and techniques to accelerate transformations and optimize results.

c) “Mini-Mes” and archetypes

The imagination is widely called upon here. Using “Mini-Mes” involves visualizing a group of “mini versions of yourself” who will be dedicated to carrying out certain tasks specific during a Dolfino game. For example, if during a session the person you're guiding wants to do a massive cleanup in a place they're visualizing, you could invite them to create a team of specialized cleaners who will be happy to divide up the tasks in order to:

- Clear away
- Soap up
- Tidy up
- Release
- Drain

With all the tasks they can perform, the “Mini-Mes” kick off the acceleration of transformations. They're mainly used during guidances with a goal related to the physical body.

The unconscious loves symbols.

Also, for the unconscious, archetypes such as the mountain, the river or the cave are universal symbols carrying meaning. The unconscious associates different ideas and beliefs with each of these symbols. Archetypes can thus help you resolve a good number of issues. By modifying and improving them during a guided journey, you can effectively transform your daily life. Working with archetypes makes it possible to reach both psycho-emotional and physical goals.

d) Metaphorical prescriptions

Méthode Dolfino® encourages the use of metaphorical prescriptions.

These are gestures made with intention in order to make the work done during a session more concrete. Above all, these actions allow you to bring more pleasure into your daily life and to encourage positive changes in your lifestyle. They serve, following a session, to inform your unconscious mind of your intention to change.

As
Alejandro Jodorowsky '— so aptly puts it:

*“... It's like giving
an affectionate kick
against the very fabric of reality. This impetus
you give it, surprising,
pulls it out of inertia and
it starts to dance.”*

Here are a few examples of metaphorical prescriptions:

- Putting a small pebble in a jar each time you avoid smoking a cigarette
- Writing yourself a love letter
- Growing a rose with love over a summer complete and giving it to someone with whom one has may have relationship difficulties



A tool inspired by an extraordinary discovery

REALLY SPECIAL NEURONS

A team of neurologists noticed that the same specialized networks of neurons activated, regardless of whether the monkey made the movement itself, or watched another animal do it. The researchers therefore called these neurons “mirror neurons” because, when it watches another monkey, the brain reacts the same way as if it were looking at itself in a mirror. So, when a primate hides its face because it is sad, the observing primate tends to reproduce the same gesture and to feel sadness too.

This type of neuron is therefore activated by an action, regardless of whether that action is performed, seen or anticipated. For example, regardless of whether you hear or watch someone yawn, you will tend to do the same. You may even do so just from reading these lines! Similarly, if someone stubs their toe in your presence, you will tend to reproduce, in your own way, out of empathy, their pained facial expression.

Humans are able to understand the meaning of the gestures made by others. This is thought to be the origin of many of our behaviors human social behaviors and our modes of communication. Many researchers argue that mirror neurons give us this ability. Mirror neurons would therefore be at the root of our social relationships. This discovery is put to use in the Méthode Dolfino® through “mirror neuron activation journeys.”

¹ www.actepsychomagique.com/page_acte/page_acte.html

e) Mirror neuron activation journey

Mirror neuron activation journeys aim to use this brain structure malleable to promote the acquisition of different learnings in accelerated mode, easy and playful. This tool, which you will discover in this book, makes it easier to acquire new knowledge or even to reinforce, or even correct, learning already acquired knowledge. Neuron activation journeys mirrors are one of the teaching techniques regularly used by Dolfino.

Each person, in their own space, blindfolded, listens to a story or narrative in immersion thanks to the atmosphere created and the sound effects. Participants are invited to act out each element of the story as if they were the main actors in it. It is possible to use a host of metaphors of learning like so many experiences to live through. This type of listening in action makes it possible to mobilize mirror neuron networks and different senses for better retention of the information.

These journeys can be experienced in an altered state of consciousness, which increases the intensity of the experience. Indeed, in an altered state of consciousness, the unconscious is more deeply imprinted by the proposed learnings and the experiences experienced. It also tends to take the information more seriously. Then, the unconscious manages to easily retrieve the information. The learning therefore happens effortlessly.

*In the technique
neuron activation
mirrors, the guided person becomes
the main actor of the action.*



The rules of use of the Méthode Dolfino®

We have emphasized the playful aspects of the Méthode Dolfino® and, as in any game, there are clear and precise rules to follow to the experience is pleasant and successful.

First, the objective and the goal being pursued must be set clearly and precisely. This is called an intention.

The games and techniques are designed to help you help improve your life in a notable way and measurable. The key is therefore to state clearly the goal you want to reach.

This objective is a bit like an address that you have to enter into the GPS to arrive at the right destination. That is how a journey begins. And next...

1. It is important to never :

a) Impose a tool or a technique

 If a person wishes to obtain your support, they must clearly make the request to you. Motivation and the deep desire to reach a goal are essential to the effectiveness of the Method. Of course, you can offer your collaboration in different forms, including of the Méthode Dolfino®, but under no circumstances must you impose it on others. Even if you believe know what the other person needs, the request must come from the guided person.

b) Leave a person alone during a guided session

 When you accompany someone in a guided session, you use all the benefits of the altered state of consciousness to multiply its effectiveness. However, this state can sometimes lead the person to have less muscle tone or lose their spatiotemporal reference points. They therefore need your presence throughout the process.

If you need to step away for a significant reason, first bring the person back to their normal state of consciousness. Start again

then the steps of descent toward a state of altered state of consciousness before resuming the session guided from where you had left off.

c) Trying to impress

 Guiding someone has the goal of support the person, help them mobilize their inner strengths and explore their potential to help them better achieve their projects. It is the guided person's unconscious that is at the center of the interaction, and it is the guided person who knows better than anyone what is best for them. You do not have to try to show off or try to impress them. In the techniques of the Méthode Dolfino®, there is no room for showing off to flatter the ego. Do not guide sessions to impress the crowd. Be content to be authentically yourself.

d) Intervene on an existing medication or make a diagnosis

 Only healthcare professionals are entitled to advise a person on their medication or make a diagnosis.

The tools of the Méthode Dolfino® are valuable assets for health. However, no tool is intended to replace medication. Techniques cannot substitute for any form of healthcare aimed at physical, emotional or psychological well-being.

e) Being directive and imposing your beliefs

 As in many quality human relationships, a guiding bond is built on a foundation of trust and mutual respect. The Méthode Dolfino® is based on the fact that nothing is imposed in the relationship between the guide and the guided. This requires that the guided person be able to trust the guide, but also that the guide themselves trust the guided person as well in the search for their own solutions.

This non-directiveness also implies that the guide keeps their beliefs to themselves and does not judge those of the other person. The guide, caring, therefore respects the guided person's autonomy in making their inner world beautiful and harmonious.

f) Guiding a person suffering from a dissociative disorder or schizophrenia

✗ Whether this type of case is suspected or formally diagnosed, any form of therapeutic approach that favors dissociation should be avoided. Beyond the so-called dissociative disorders, schizophrenia and borderline personality disorder involve also a significant dissociative aspect as well as issues related to disorganization. As a result, the use of an altered state of consciousness is very strongly contraindicated.

If you have any doubts about a client's state, refrain from proceeding.

These are the rare exceptions, because generally speaking, the Méthode Dolfino® is perfectly safe.

2. It is important to always:

a) Be a caring and tolerant guide

✓ You are a guide supporting the journey of a person guided with the tools of the Méthode Dolfino®. You are neither in charge of the guided person's choices, nor in control of the experiences that they will do along the way.

It's good to remember that a person's inner universe often reflects their experience, their beliefs, their mechanisms and their own solutions. This means that their perceptions don't need to match yours at all, since it's a mirror of their own vision of the world.

Your role as guide requires you to constantly adapt to what shows up in the other person's unconscious. Fully trust your abilities as a guide and be

convinced of the excellence of the potential of the other person's unconscious to find their own solutions.

b) Respecting confidentiality

✓ Respecting confidentiality is at the foundation of every relationship and nurtures the communication as well as the mutual understanding mutual. This respect is fundamental to the development of secure bonds as well as the establishment of an effective synchronization between two people. Knowing that what is told and experienced will remain under the seal of confidentiality will allow the other person to fully live their experience.

c) Have a playful attitude

✓ A playful attitude is one of the pillars of the Méthode Dolfino®. Playing invites:

- The body to relax
- Emotions to be expressed
- The brain to focus
- Creativity to awaken
- Learnings to take root

Play is not just for children. Studies scientific have shown that individuals who perceive their life as a game tend to be happier and to better reach their goals.

Hubert Jaoui, corporate trainer and creativity specialist, puts it well when he the importance of play among adults³ :

“...creative people, who play and smile, know that reality is flexible. So they have pleasure in playing with it in order to constantly recreate it. If existence is taken too seriously, we deprive ourselves of the power to change it.”

“It’s even a need fundamental to mental health and creativity. If we don’t play, the mind becomes mechanical, emotions dry up. Yet play is a true source of energy, full, by nature, of positive emotions.”

d) Keeping contact and staying focused

✓ “Keeping contact” and “staying focused” are synonyms for being “present” for the person you’re accompanying. Here are various ways of being present for the other person:

- Through touch (reassure without invading)
- Through the tone and pace of the voice (vary the tone and pace)
- Through listening (paying attention to words, to nonverbal language)
- Through respect (staying neutral, passing no judgment)
- Through synchronization (staying receptive)
- Through observation (being attentive to the sensations expressed)

e) Drafting an agreement

✓ An agreement is your document guiding light for navigating with the Méthode Dolfino®. It’s what marks out and frames your experience across the different techniques. The rules of the art of writing a good agreement will be explained further on. Keep in mind that the agreement is the planning of the details of the journey.

It’s the “How” we want to get to destination.

³ www.psychologies.com/Moi/Se-connaître/Personnalité/Articles-et-Dossiers/Avons-nous-peur-d-etre-adulte/Pourquoi-les-adultes-ont-besoin-de-jouer



Understanding the Méthode Dolfino®



1. Synchronization

Synchronizing with the person you guide is essential since, without “synchro,” there is no guidance possible. To better understand, just try to dance the tango while your partner is sketching out the steps of a waltz. You’ll quickly feel quite alone. A lack of synchronization is synonymous with a guided session difficult. Without this special rapport, you’ll feel like you’re going in circles and often disturbing the person you’re guiding. Good synchronization is the guarantee of a harmonious and successful guided session.

a) What exactly is it?

Synchronization is the art of being receptive to the other person. Indeed, by synchronizing with another person, you allow your unconscious and theirs to communicate with each other. In this way, the two unconscious minds recognize and manage to establish fluid and harmonious communication. Have you ever noticed how communication seems easy when watching two long-time friends chatting together? They’re in sync.

This rapport is therefore the foundation of good guidance in an altered state of consciousness, or hypnotic trance state, and remains a valuable asset in any human relationship. It’s the common ground:

- Respect for the other person’s pace
- Listening
- Presence
- Intuition

This is one of the fundamental elements of the Méthode Dolfino®.

b) Creating synchronization

• Creating

Easily and quickly establishing good synchronization happens naturally in a great many people. It’s, for example, what makes great charmers successful.

Here are a few tips to help establish a good rapport:

• Coordinating your breathing

Coordinating your breathing with that of the person being guided by taking, along with them, three deep breaths in and out. This will allow you both to settle into the present moment, relax, connect, and begin to establish a relationship of trust.

• Recognizing the invisible part of the person being guided

Another good way to establish sync is to talk with each other to find common points between you. The unconscious is sensitive to shared tastes and interests identical because humans tend to trust more easily people who resemble them and understand them. You both love chihuahuas? You’re both karaoke fanatics? Or still, you also prefer your coffee without sugar? There’s always a way to find a common point with the other person.

During the conversation, take the time to look the other person in the eyes in order to recognize, welcome and encourage the child present in the other person. In your words, as well as in the energy you give off, put forward your own playful side, joyful and light.

- **Imitating with finesse and elegance**

For the guided person's unconscious to accept you as guide and let you show them the path to follow, you must earn their trust. To achieve this, it is essential that they recognize themselves in you. The best way to resemble them is to imitate them. This is the moment to use your talents as a skilled actor. Your imitation must be refined: you must reproduce the movements, the attitudes and the reactions without falling into caricature.

The actor who excels at his art does not give the impression of playing a role. He becomes the character by integrating all his quirks subtly:

- Their language (casual, everyday, or formal)
- Their speaking speed (fast pace or slow)
- Their tone of voice (high or low)
- Their facial and body expression

It is however important to note that, out of respect, you will not reproduce any of the tics or mannerisms of the person you are guiding, any more than you will imitate in a grotesque, a nasal tone of voice or a speech impediment.

Imitating doesn't mean mimicking.



DID YOU KNOW...

A fun way to check the quality of your synch is to slightly modulate the rhythm of your words or your tone of voice, then observe whether the other person does the same. If they follow you, it means your synch is remarkable in its own right.

c) Maintaining synchronization

Establishing sync is one thing, maintaining it for as long as necessary is another.

Here are a few tips:

- **Respecting physical space** within yourself keeping a comfortable distance for the other person. Establishing stable physical contact (hand on the shoulder, for example) and avoiding sudden movements.
- **Listening** beyond the words. It is essential to learn to “hear” the coded messages of the unconscious. They are hidden in the tone of voice, in the unspoken questions or in the posture body language. Learn to spot the unspoken in micro-expressions, as well as the emotions that surface in a quiver in the voice or in a change in breathing rhythm.
- **Enter the other person's world** by giving them attention, by showing signs of interest and by asking questions. React as well to what comes up so the guided person really feels that you are with them.



Example of a metaphor.

THE FIELD MICE AND THE SQUIRREL

Once upon a time there was a herd of field mice that had launched into a headlong race. They were so busy racing headlong toward the victory that they didn't see they were charging straight toward the edge of the cliff overlooking the sea and the rocks.

A squirrel, watching the scene from high up in its tree, tried to save them from certain death by shouting:

- "Hey, you voles, you voles... not that way, not that way... You're going to die..."

Hearing nothing, the voles kept on running.

A second squirrel, a bit lower in the tree, then started waving wildly and shouting at the top of its lungs:

- "Stop... Stop... Stooooopp... "

Once again it was in vain, the voles, unfazed, kept on going, oblivious to the danger.

That's when a third squirrel jumped out of the tree, started running behind the voles, then pushed even harder to overtake them and take the lead of the pack.

The voles immediately fell into step with it.

The lead squirrel then made a 90-degree turn, and all the voles followed it as one toward a safe spot, escaping their tragic fate.

d) Examples of poor synchronization?

- The guided person explains that they don't like being touched much and the guide still places their leg right against theirs for the entire guidance.
- The guided person mentions being afraid of spiders and the guide uses this animal as a symbol in their guidance.
- The guided person shows signs of stress or irritation because the pace of the guidance is too fast, but the guide isn't listening to those messages.
- The guided person tells a story that matters to them and the guide pays it very little attention.
- The guide constantly checks their cellphone, because they're waiting for an important message.

2. How a brain reacts in an altered state of consciousness?

a) Better understanding the state of trance

Your normal state of alertness is the one that lets you think properly and function well day to day. It helps you pick up a wealth of information about the environment around you, the actions to take, the tasks to carry out. In fact, the normal state of alertness simultaneously directs your attention to very many elements.

Alongside this state of alertness, you also experience the state of modified state of consciousness without even realizing it. In fact, when the intensity of the stimuli around you decreases, your brain experiences a lack of information. It then starts to gather some from the images of your unconscious. This is what happens when you daydream during your vacation during a talk that isn't very exciting, or during a subway ride.

The modified state of consciousness occurs regularly when you focus on:

- A specific task such as reading a book, doing a creative activity (drawing, painting, making a scale model, etc.)
- Doing a repetitive task (folding clothes, washing dishes, doing tidying, etc.)
- A monotonous, low-stimulation activity (waiting in line, watching a boring show, etc.)

Other relaxing activities, like walking in nature, singing, listening to music, or even, for some, driving, also carry you into this state of relaxation that sometimes makes you lose track of time.

What happens then? Little by little, you forget the outer reality to enter an inner reality. It's a bit as if the stimulations around you were no longer enough to entertain you. So you go looking for ideas, deep within yourself, to occupy your mind.

The techniques of the Méthode Dolfino® let you deliberately set off on an adventure into your own universe to observe it and enhance it. It is thanks to the induction of an altered state of consciousness that this is possible. This state is also called "trance" (transport, moving from one state to another). To trigger this state, an induction is needed. It's the mechanism through which you enter a modified state of consciousness. It's a bit like the corridor to cross before reaching the door of the unconscious.

After the guidance, you will return to your normal state of alertness. Your unconscious, on the other hand, comes back transformed because it will have understood that with your help it can express itself and feel much better. Your unconscious then becomes your ally and communication happens more easily.

By experiencing the Méthode Dolfino®, it becomes easier and easier to let your unconscious express itself, for your greater well.

So, back in your normal waking state, it will be easier to let the full potential of your inner reality express itself.

¹ Maquet, P. et al., *Biological Psychiatry*, 1999, 45, p.327.

b) The different levels of trance

By experiencing the trance state through the techniques of the Méthode Dolfino®, you will get amazing results.

Why does this work so well? Despite a fair amount of research, this remains hard to explain scientifically. However, over the past two decades, a few studies⁴ have proven that the hypnotic state does indeed alter brain function and generates real changes. This state is variable. Indeed, just as it is possible to be more or less focused or to sleep more or less deeply, there are also different levels of trance.

Example: you are reading a gripping detective novel. You are then in a **light trance**. You are in a state of great receptivity with all your senses awake. Mental images rush in and you get swept up in the story. You feel in full possession of your faculties. This is a state favourable to the emergence of creative ideas. At this point, suggestions affirmative hypnotic ones are very well received and become powerful tools for change.

A little deeper still lies the **trance average**. You then find yourself in a state of dissociation. Your unconscious dimension seeks to regain the upper hand over your usual state of alertness. Your mental dimension, the one that reasons, analyzes and criticizes, tends to slow its functions. During an average trance, you hear everything, but you do not reflect.

Hypnotic suggestions are then taken literally in order to induce the intended changes. It is the level of trance most conducive to the techniques of the Méthode Dolfino®.

As for **deep trance**, it is not used in the Méthode Dolfino®. In this state, conscious mental activity is almost nonexistent and the body is limp and toneless. This type of trance is increasingly used in surgery to significantly reduce the doses of anesthetics.



DID YOU KNOW...

No matter how good the technique and the guidance are, there is no miracle. Every person wishing to see changes take place in their life must be deeply motivated, and the desired changes must be in line with the person's values, otherwise even the best tools will remain without effect.

It is therefore impossible to push someone into doing something that goes against their values using the Méthode Dolfino techniques

®.

c) The hypnotic susceptibility scale of Stanford

As a guide of the Méthode Dolfino®, you only guide, show the way. Indeed, the depth of the trance is invariably chosen by the unconscious of the guided person, according to their goal. You can adjust your inductions to help them go more or less deeply into their inner world, but you can't force it.

What's more, this altered state of consciousness reveals itself through certain physical signs, called trance signs, whose enumeration on the "Stanford hypnotic susceptibility scale" is considered a reference since 1965⁵. This scale lets you measure subjects' reactivity in a trance state in an induction context hypnotic.

There is also another reference scale, that of Davis & Husband, developed in 1931.



STANFORD HYPNOTIC SUSCEPTIBILITY SCALE

Level 1	<i>Change in posture</i>	Level 7	<i>Post-hypnotic suggestion plus complex (hands moving together)</i>
Level 2	<i>Eye closure</i>	Level 8	<i>Verbal inhibition (asking for first name)</i>
Level 3	<i>Heaviness of limbs (hand lowering)</i>	Level 9	<i>Hallucination (sensation of flying)</i>
Level 4	<i>Immobility (arm)</i>	Level 10	<i>Eye catalepsy (inability to move the eyeballs)</i>
Level 5	<i>Simple post-hypnotic suggestion (fingers stuck together)</i>	Level 11	<i>Complex post-hypnotic suggestions (changing chairs for example)</i>
Level 6	<i>Rigid catalepsy (arm)</i>	Level 12	<i>Amnesia</i>

⁵ free translation – for more information: <http://sciencepole.com/hypnotic-susceptibility/> or <http://www.comment-hypnotiser.com/science-et-hypnose/>

To maximize the effectiveness of the guidance of the Méthode Dolfino®, the signs of levels 4 to 7 are sought for the first experiments. Then, the levels 6 to 10 are targeted when the guided person is more familiar with the process of descending into their inner universe.

d) To learn more about the brain in trance

Other research, including that of H. Szechtman's team⁶ from the University of Waterloo in Canada, focus on illusions perceptual. That of the team of S. Kosslyn at Harvard, for their part, deal with the modulation of color perception under hypnosis⁷. All these studies seem to demonstrate the presence of a state of consciousness distinct when an individual finds themselves under hypnosis.

In 2003, work carried out by P. Rainville's team of researchers⁸ confirm that the subjective changes linked to hypnosis are accompanied by changes in activity neural.

In fact, it seems the brain under hypnosis generates more alpha brain waves, electrical waves emitted by the brain and measurable by electroencephalogram. Alpha waves are mainly characterized by a state of physical and mental relaxation. This state promotes better access to the potential creative while facilitating the resolution of problem, balancing emotions, stimulating memory and supporting learning.

Much more recently, in 2016, a study published in the journal *Cerebral Cortex*⁹ allows of identifying the areas of the brain activated, deactivated and connected to one another during the trance state.

The researchers observe three changes there major in brain functioning:

- Neuron activity increases in a zone involved in concentrating on solving a problem. D. Spiegel, one of the study's authors, points out that this "explains that a hypnotized person is so absorbed that they no longer care about anything else. »
- To allow the brain to better feel what is happening in the body, the neural exchanges are more intense between two of the regions that manage flexibility cognitive and self-awareness (the cortex dorsolateral prefrontal cortex and the insula).
- On the other hand, the connectivity of the cortex dorsolateral prefrontal cortex with other networks brain activity seems to be diminished, which could explain that action and consciousness are dissociated when an individual is under hypnosis. "Thanks to this, patients can consider things differently, think and understand differently. What changes isn't what happened, but the perception the person has of it." (A. Guillot, author of the study)

3. The three Selves

What if you weren't alone in driving your fabulous human machine? Imagine yourself with three brains. Each of them would have its own areas of expertise, its own ways of thinking and acting as well as its own way of functioning. The field of possibilities is then immense. The idea of the three Me's is that you carry within you three extraordinary people with whom you are going to get acquainted so they can collaborate effectively in order to activate your full potential.

In the Méthode Dolfino®, the three Me's are a model of how the human mind works. It is a symbolization of the structure of the self which helps you better understand and visualize the workings of our mental representations.

⁶ Szechtman, H. et al., *PNAS*, 1998, 95, p.1956.

⁷ Kosslyn, S.M. et al., *American Journal Psychiatry*, 2000, 157, p.1279.

⁸ Barili, D. *Forum Editions*, January 27, 2003, Volume 27, Number 18.

⁹ <http://med.stanford.edu/news/all-news/2016/07/study-identifies-brain-areas-altered-during-hypnotic-trances.html>

a) The Young Me

- The Young Me symbolizes the unconscious.
- Some call it the inner child, because it functions like a child of about 5 years old. It intensively seeks pleasure, actively avoids pain and enjoys all forms of attention.
- The Young Me is undeniably the king of the emotional universe.
- Of the three Selves, it reacts the fastest. First.
- It retains around 2000 pieces of information sensory pieces per second.
- It manages 85% of the functions and reactions of the human being.

It is to this facet of you that guidances in a trance state are addressed. Indeed, with the Méthode Dolfino® you can communicate with the Young Me through its own language, that is, through images, symbols and metaphors.

During a guidance, the Young Me appreciates the use of simple language and definite articles that favour dissociation: the (as example: the body, the hand, the eyes...) Sometimes shy and lacking confidence, it often needs encouragement to go beyond its blocks, its limitations and its fears. Although it must choose its own solutions, it is helpful to remind it of the vastness of its field of possibilities by offering it at least three possible paths.

The Young Me also carries the important responsibility of protecting your emotional and psychological integrity. It is therefore very skilled at inventing answers to questions that matter to it, at creating distortions of reality, and at repressing traumatic situations and events.



DID YOU KNOW...

The Young Me has other surprising characteristic traits.

The Young Me lives outside of time: for it, everything that that arises is part of the present moment.

Very emotional, it frequently happens that the unconscious misunderstands instructions or wrongly interprets a word. The Young Me is both sensitive and vulnerable, because it is constantly in a mode of total emotional openness.

Instinctive, the Young Me reacts with its intuition and its primary instinct and not in a reflective and logical way. It seeks to confirm its beliefs rather than to search for the truth.

The Young Me recognizes positive feelings and negative ones, but cannot grasp the subtleties of refined emotions.

Most of your biological functions, such as breathing, blood circulation, blinking of eyelids are regulated by the Young Me.

The Young Me is responsible for a great many of your habits, because it tends to reproduce and repeat. It does, however, have the ability to change a situation without knowing the cause. This opens up a multitude of possible solutions. In fact, the Young Me ardently wishes to give you a solution, as long as you listen to it.



b) The Rational Me

It is also called the ego, the conscious mind or the mental. In fact, the Rational Me is like a high-performing, Cartesian and logical computer. Its conception of the world excludes beauty and is filled with problems and solutions. Structured and rigid, it doesn't like change and is not in touch with emotions. Like the rational me only assimilates on average seven pieces of information per second (seven pieces of information per second with a standard deviation of two, that is five to nine pieces of information), he is limited in his ability to manage all the stimuli.

Considering that the rational does not take into account the Young Me's opinions, it is him we want to distract through trance induction. Since he tends to want to control everything, the goal is to dissociate him from the young me to prevent him from muzzling it. In other words, the state of trance allows the Young Me to emerge and to manifest itself while the Rational Me is busy with something else.

c) The Greater Me

Often called the soul or the consciousness, the Greater Me is the spiritual facet of the human being. The expression of this facet is facilitated by consciousness-expansion techniques that will be covered further along. Inspired by the beauty of life, the Greater Me is, in a way, the source of human inspiration and, probably, that of the invisible bonds that unite all living beings. A reservoir of creativity and wisdom, the Greater Me influences dreams, fosters synchronicities, and encourages us to journey toward becoming better human beings. Some consider it to be the aspect the divine within.

Example of a metaphor.

THE PRINCE, THE COACHMAN AND THE HORSE

Imagine a magnificent carriage inside of which sits a prince. The prince has a precise idea of his destination. For days and nights, he dreams only of returning to the castle. He longs deeply to find his sweet and dazzling princess.

Seated comfortably at the front of the carriage, a coachman, efficient and experienced, is responsible for driving.

Trotting joyfully at the front, a young horse, spirited and energetic, pulls the carriage.

Suddenly, the young horse rears up on its legs from behind, whinnies zealously, steps off the path to go graze on the fresh grass it enjoys above all else.

Curious by nature, the stallion is quickly distracted by anything that amuses it. It takes tremendous pleasure in making new encounters, exploring, and experiencing new paths!

Naturally, if the coachman lets the exuberant horse wander freely, the carriage will go in circles and will never reach its destination.

Likewise, if the coachman pulls too hard on the horse's reins and speaks to it in a threatening voice, the poor animal will quickly become depressed, sad and listless. Unable to lead the carriage to safe harbor.

To move forward together in harmony toward the destination, the prince, the coachman, and the horse must absolutely work together with full intelligence.

This way, the prince will find his beloved princess again, the coachman can rest, his mind at peace for having carried out his mission, and the horse will return to its green pastures surrounded by its four-legged friends.



To use the Méthode Dolfino®



1. Defining your goal

You are at a reunion party with old classmates. During the meal, five of your friends tell you about their wish to quit smoking. Here is how each of them tells you about it:

1. I don't want to smoke anymore
2. My wife wants me to stop smoking
3. I have to stop smoking
4. I am going to stop smoking
5. I am stopping smoking

In your opinion, who has the best chance of stopping cigarette use?

If you answered number 5, you have made the right choice. Their goal has taken root well in their mind, because it's stated in the present and the mental image is clear. You will nonetheless be able to help them refine their goal and allow them to achieve success in their project by mastering the technique.

For the purposes of this exercise, imagine that you want to bring about a change in your life by freeing yourself from a depressive state.

You are ready to experience a Méthode Dolfino® hypnosis session to reach your goal. You have chosen to trust a guide who will ask you to specify your goal, because if there is no goal, there can be no session. It's as if you got into a taxi without giving the driver an address.

So you are going to write down, in writing, your goal so that it is:

- Written in the present tense, in the first person singular
- Written in a positive form
- Simply worded
- Precise
- Set in time and measurable
- Set within a defined period
- Fitted with a protective fuse (this criterion will be explained further on)

a) In the present tense and in the first person singular

You are already ready to achieve your goal. From now on, think of it in the present and write it in the present tense using « I ».



Example:

"I am coming out of my depressive state."

This is a start, the sentence is in the present tense and begins with "I". This will be able to be improved. Defining a goal is a journey.

*The rules of the definition
a goal are precise and
simple to follow.*

b) With a positive form

Your Young Me does not grasp negation. If you say “I am no longer depressed”, it understands “I am depressed”. You only need to watch the behaviour of a 5-year-old to whom you say: “Don’t step in the puddle” and who jumps right into it feet first. In the same way if you tell yourself inwardly: “Don’t think about a pink elephant.” What is come to mind? The image of a pink elephant. You now understand why, when giving an instruction, it is better use the positive form.

→ Example:

“I feel good”.

Other examples:

“I sleep through the night” instead of:

“I no longer have insomnia”

“I have a job” instead of:

“I’m no longer unemployed”

“I stop smoking cigarettes”

instead of: “I no longer smoke”

c) Simply

Your goal must be worded so that it can be understood by a 5-year-old child, by your Young Me. The sentences must be built simply, with plain vocabulary.

→ Example:

“I feel good” instead of: “I am in a state that is psychologically stable”

d) Precisely

In the scenario, your goal is to free yourself from your depressive state, so to be good. But what does “feeling good” mean? It is vast, vague, and subjective.

It is certain that this will remain subjective, since it is YOUR goal. It is nonetheless essential that you specify what “doing well” means for YOU.

The goal, which consists of wanting to come out of a depressive state, may seem complex. That is why it is presented to you as an example. This big goal, to be achieved, must be divided into sub-goals. For example: change the way I see life, change my behavior toward failure, set aside time for pleasure, change the way I solve problems, better eat, exercise more, learn to set realistic goals for myself, etc. Each of these sub-goals should be examined closely and formulated according to the Méthode Dolfino®.

Let’s take the sub-goal “exercise more”. To feel good, you specify that you want to exercise more.

So, your session goal transforms as follows:

→ Example:

“I exercise more and I feel good” instead of: “I feel good”.

e) At a set time and for a specific duration

The Young Me uses time like an elastic band and stretches it to its full capacity, except if the goal is clearly defined. It is also best to let your Young Me know when you want to achieve your goal. It is important to give as much information as possible to your precious ally so it can succeed in bringing the changes you want in your life. So here is how to word your goal so that it is placed in time and you can measure whether you have reached it:

→ Example:

“Every morning, I walk and I feel good” instead of: “When I have time, I walk”, or “As often as possible, I walk”.

You can now check, every day, whether you have reached your goal.

However, if you do not want to fall back into depression, it is important to mention to your Young Me that you want the situation to be lasting. Another element of time.

→ **Example:**

“Every morning and for the rest of my life, I walk and I feel good.”

How long are you going to walk?
Two minutes or the whole day?

As you understood in the section before, the Young Me loves to have fun. It constantly seeks pleasure. It's not walking may not be a pleasant activity, but it might be better to be more specific about the duration of the activity, in case your Young Me might want to flee to another activity after only two minutes. It is rather spontaneous and tends to put things off later. So, in your objective, is to add the duration:

→ **Example:**

“Every morning and for the rest of my life, I walk thirty minutes and I feel good.”

You now have a clearly defined objective. Much clearer than: “I’m getting out of depression.”

To reach your overall goal, you’ll often need to accomplish a series of smaller goals that act like steps on a staircase, letting you reach the summit. At each step, remember to congratulate and reward yourself.

There is now only one element left to add to your precious goal: the protection fuse.

f) The protective fuse

The protective fuse is the spare wheel in your car, the safety net under the tightrope walker, the fuses of an electrical system. You will have understood that this ensures a security needs to be added to guard against any eventuality. For example, if your goal is to earn more money, that does not mean you wish for your parents to die so you can inherit. This fuse protects you from yourself, from what you had not thought of. Furthermore, it contains words that invite you to abolish limits, to obtain even more or to achieve even better than what you have defined.

Here are the words contained in the protective fuse: “or even better,” “for my greatest good and that of all »... You add simply as a result of your objective.

→ **Example:**

“Every morning and for the rest of my life, I walk thirty minutes and I feel good, or even better, for my greatest good and that of all.”

For all sessions of the Méthode Dolfino®, every objective must include this protective fuse.

You now know how to write an objective in order to communicate effectively with your Young Me with the goal of succeeding and reaching your objective.



2. Writing your goal

It's your turn now! Write your first goal with the Méthode Dolfino®. And have fun with it, because being serious doesn't mean it can't be fun. Think about your Young Me. Don't hesitate to cross out your draft and rephrase. And once you're satisfied, have fun reading your goal out loud to see the effect it has on you. It's often very revealing.

a) The criteria necessary for the achievement of my goal:

- Written in the present tense
- Written in a positive form
- Simply worded
- Precise
- Set in time and measurable
- Has a set duration
- Includes the safety fuse by ending with "...or even better, for my greater good and that of everyone"

b) The "My goal in 12 questions" tool

"My goal in 12 questions" is a tool that lets you define your goals even more clearly.

It is actually a 12-question form designed to further nourish your reflection and discover your real motivations. It is important to fill it out before starting a session with the Méthode Dolfino®, for each of your goals.

Using this tool will become essential if you wish to guide someone through their the Méthode Dolfino®. It is very useful to give this tool to the guided person before your first meeting with them.

You'll find a copy to reproduce in the appendix.

This tool is designed to help you:

- **Set an even clearer goal** within yourself helping to prioritize your actions and align your internal resources toward the same direction.
- **Increase your motivation** by kick-starting your involvement through a concrete tool. These are your first steps toward reaching your goal.
- **Determine the pace of your progress, the expected results and how to assess them.**
- **Identify your internal conflicts**, that is to say anticipate your possible resistances to getting rid of a problem.
- **Explore less obvious solutions** by preparing the unconscious to adopt new ways of seeing things or acting.

**c) Explanation of the
“My goal in 12 questions” tool**

Question 1

What is the goal you want to achieve?

Write your goal here, phrased according to the rules of the art explained in the section previous.

For example:

“Starting tomorrow morning, and every day of my life, I get up before 9 a.m., I get ready in 15 minutes maximum, then I go for a 15-minute walk for my greatest good and the greatest good of all, and again better. »

Question 2

**What would achieving
your goal bring you?**

What are the tangible advantages you see to achieving your goal?

You might answer:

« Getting some air, feeling more fit, having time to get my daily tasks done. »

Question 3

**How will you know
that your goal has been achieved?**

What will your measures, your points of before/after comparison be?

You might answer:

“When I have regained a level of functioning similar to what I had two years ago, that is, before my depression, and this, for at least three months consecutive. »

Question 4

**What is stopping you, today,
from reaching your goal?**

What are your secondary benefits to staying in your patterns, in your situation?

You might answer:

« I feel good not having to go back to the office every morning to do a routine task. This situation leaves me a lot of time alone, which also suits me since my social connections aren't always easy to manage. »

Question 5

What do you need to reach your goal?

Money, support from my network, social support, time, self-confidence?

You might answer:

"I need my partner's support. I also need to find a more stimulating career. I need to learn to know myself better, to work on my talents and my desires."

Question 6

Are there any drawbacks to reach your goal?

Reflect here on what you could lose if you reached your goal.

You might answer:

"I think I'll disappoint my partner if I leave this job. I'm risking my financial stability considering that it's currently maintained by my group insurance. I'm afraid I won't have any more time for myself."

Question 7

What is the worst-case scenario if you fail in reaching your goal?

This projection aims to motivate you, to help you take charge by becoming aware of what continuing or worsening your current situation could lead to.

You might answer:

"I would be even more depressed and my physical health would take a hit. My partner's patience would likely reach its limit and they would leave me. I would end up with no financial security to support my children."

Question 8

Are there any non-obvious solutions for reaching your goal?

Open your mind here to new solutions, to a new way of seeing things.

You might answer:

"I've always thought I had to manage on my own, but the scenario might be different if I involved my best friend, my partner and our children more."

Question 9

Who could help you to reach your goal?

Identify the people currently present in your network or new people who could offer you their support.

You might answer:

"My friends, like René, Marie, Sylvain and Jacques. My husband or wife. My children and probably my granddaughter. I could also chat with my neighbour who just went back to school for a career change."

Question 10

Once you've reached your goal, what will be different in your life?

Here, the question is meant to be more global than question 2 and aims to identify the emotional changes that reaching your goal will bring to your life.

You might answer:

"Everything. My self-perception, my relationships, the atmosphere at home, my health, my joy of living."

Question 11

Why is it important for you to reach this goal?

Identify here the main source of your motivation to achieve your goal.

You might answer:

"I'm tired of dying a little more each day and not fully enjoying life."

Question 12

What do you plan to do as a priority to reach your goal (your first step)?

You might answer:

"Go out for a 15-minute walk, looking up at the sky and smiling."

3. Méthode Dolfino® conventions

A clear convention is just as essential to a successful session as a well-targeted goal. The convention is meant to tell your Young Me, very precisely, what you expect from them.

It's essentially your job description.

The convention is a written document that is particularly effective, because it directs your unconscious precisely toward the desired result. It's a foolproof way to bring the Young Me into coherence with itself: it likes being right. Also, when the unconscious commits, through the convention, to having things unfold in a certain way, it will activate its full potential to make that happen in reality.

There are three types of convention:

- **The guide convention** which aims to establish what you want the guidance to look like as a guide.
- **The guided convention** which lets you set boundaries as the guided person.
- **The self-hypnosis convention** which sets the benchmarks for a one-on-one session with yourself.

You can personalize your convention to include all the qualities (speed of transmutation, humor, ease, effectiveness, etc.) that you want to see come through during sessions of guidance.

a) Writing your agreements well

The agreement is a kind of contract in which you align your three Me's to bring your goals to life. As with any contract, it must be well written to serve as an agreement between all aspects of yourself. When writing it, you must:

- Use positive wording (no negation).
- Use "I".
- Phrase sentences in the present tense most of time.
- Be precise.
- Choose vocabulary that is simple and suited to the Young Me.

b) The guide convention

- Since the guide convention concerns the moments when you accompany another person toward reaching their goal, it is the place to specify, among other things:
- The time available that you have to do the guidance.
- Your need to have the right tone of voice and stimulating vocabulary.

- Your intention to bring the guided person easily exactly to the right level of trance, your active listening ability.

Here is what your guide convention could look like:



GUIDE CONVENTION

- *Trances take place in joy and good mood.*
- *The people I guide easily enter trance easily and quickly.*
- *I open up possibilities and respect the choices of the person being guided.*
- *The depth of the trance is always perfectly suited to the situation and to the person being guided.*
- *The people I guide easily find the solution to their problem with ease and simplicity.*
- *Transformations happen quickly, and easily.*
- *Outside elements come to enhance the quality of the trance.*
- *The people I guide return from trance quickly while being perfectly focused and oriented.*
- *The people I guide imagine clearly and quickly.*
- *The length of the trance is perfectly adapted to the time allotted in the session.*
- *All this happens for my greater good, the greater good of all, and even better.*

c) The guided person's convention

The guided person's convention is that of a person who is being accompanied. The following elements can be included and may be relevant:

- Manage emotions well during guidance.
- Stay in the present moment so as not to relive any difficult moment.
- Integrate easily, joyfully and effortlessly the surrounding sounds with those of the unconscious universe to stay aligned with the goal.

Here's what a convention might look like for the guided person:



GUIDED PERSON'S CONVENTION

- *I enter trance easily.*
- *My trances are comfortable and fun.*
- *Transformations happen quickly, effectively and lastingly.*
- *I have complete freedom to return from trance in great shape if I sense manipulation on the guide's part.*
- *I enter trance only with benevolent guides.*
- *I return from trance quickly, being perfectly focused and oriented.*
- *I visualize clearly and quickly the images.*
- *The length of the trance is perfectly adapted to the time allotted in the session.*
- *All this happens for my greater good, the greater good of all, and even better.*

*As you progress
of your time and your
practice you will be able to
amend your
convention by adding
elements that seem
important to you.*

d) The self-hypnosis convention

The self-hypnosis convention aims to frame your one-on-one practice with your Young Me. As with the other conventions, you are free to personalize it based on your goal, your needs or how your unconscious mind works. However, it's important to include the following precautions:

- Staying well grounded in the present moment.
- Coming out of trance comfortably in case of an emergency.
- Determine the maximum length of your session, generally between 5 and 10 minutes (maximum length for effectiveness in self-hypnosis).

e) Conventions in everyday life

Have fun including conventions in your everyday life. Whether it's to add some spice to your relationship as a couple, to keep the commitments you make to yourself, to create the exceptional dinner with friends you've wanted for months, or to adjust your comments with your boss, writing conventions will help you greatly in creating fluidity in your life.

Here is what your self-hypnosis convention could look like:



SELF-HYPNOSIS CONVENTION

- *I easily enter trance by talking to myself out loud or mentally.*
- *My trances are comfortable and fun.*
- *Transformations happen quickly.*
- *I have complete freedom to return from trance instantly and in full form if a disruptive outside element or an emergency occurs.*
- *I return from trance quickly while being perfectly focused and oriented.*
- *Trances are short and effective of a maximum length of 7 minutes.*
- *I visualize clearly and quickly the images.*
- *All this happens for my greater good, the greater good of all, and even better.*



Implementation of the Méthode Dolfino®

The different origins of a problem

Each individual has their own reasons for practicing the Méthode Dolfino®. To motivate themselves, optimize themselves, carry out projects, solve problems ... When someone comes to see you because they have a problem, it is important to choose the appropriate tools and techniques of the Méthode Dolfino® that can help find the origin of the problem. The first tool to use is certainly “The coach’s 12 questions,” since it offers a good number of leads to explore to help you identify the roots of a problem’s probable causes. Indeed, this tool brings you plenty of valuable information about the guided person’s experience regarding their social network, family relationships or their professional environment. In the case where you would use the Méthode Dolfino® for yourself, you’ll see that “The coach’s 12 questions” remain an essential tool for introspection and it will give you leads to find the source of your problem.

Once you have answered the “coach’s 12 questions,” you should have a good idea of the plausible origins of the bonds. This is fundamental, because it is what will guide you in choosing the Méthode Dolfino® tools to use afterward during the session.

The goal here is not to prompt you into an in-depth analysis of your situation or that of someone else, but rather to encourage you to better understand your own journey or that of the person you will be accompanying. the intake interview (the account of background history) should not exceed 15 minutes.

Méthode Dolfino® classifies the origins of a problem into four categories

a) Biological

Biological origins are linked to a sedentary lifestyle, a genetic disease, a imbalance in diet, or more or less healthy lifestyle habits:



Marc lacks physical exercise since he spends all his days face to face with his laptop computer.

France has lived with sickle cell disease her whole life, a form of congenital anemia.

Lucie can’t find the motivation she needs to learn to like fruits and vegetables.

Jean-Claude has been a smoker for over thirty years.

Colette has no idea what a routine for sleep is.

b) Social, family and environmental

The origins **social** stem from social ties (friends, neighbours, colleagues, etc.):



Guy has had only one friend for over 25 years. However, that friend is currently seriously ill.

Annie feels overwhelmed by the habits of her new next-door neighbours.

Sarah is being harassed by a colleague working.

The origins **family-related** stem from problematic family dynamics (parental attachment, relationships between siblings, abandonment, experiences of violence, etc.)



Gilles grew up in a family where communication was rare and outbursts of violence were frequent.

Even as an adult, Amélie is in constant competition with her twin Adèle.

The origins **environmental** come instead from living or work environments that are not suited to the individual’s needs.



Johanne has been experiencing strange discomforts since she took a new night job at a factory that makes electrical parts.

Mégane, a young woman from the countryside, finds it hard to sleep since she has been living in an apartment in Paris that she moved into to continue her studies.

c) Unconscious, emotional and spiritual

The origins whose sources remain unknown are **unconscious**.



Michel has been afraid of water since he was a baby. Neither he nor his parents understand where this fear comes from.

The origins **emotional** stem from difficulties in the area of emotional management.



Mélanie is very impatient with her children and gets angry with her partner as soon as her stress level at work rises.

The origins **spiritual** stem from a search for answers to questions spiritual or existential ones.



Charles hesitates to take the leap into a career change and take on a job that's totally different from what he's doing now. In fact, he's asking himself deep questions about his life's mission and about his role to play within his community.

d) Rational

Rational origins are those that result from projections, interpretations or mental mechanisms.



Rachelle rarely talks to other students about her university program since she's convinced they find it uninteresting. Several times a day, an internal negative dialogue and thoughts in loop provide them with a host of arguments that back up their interpretation.

2. Suggestibility

On stage a famous hypnotist speaks to you: "You... Come join me here please"

Surprised, you wonder while looking around you: "Me?"

"Yes, yes, you, with the red sweater, seat number 9, come join me on stage, please." please."

Taken aback, you hesitate, but your friend's nudge convinces you to get up and go up on stage.

"That's it, you tell yourself, I'm part of the show!"

Not yet. The game master must first check whether you're a good candidate by testing your suggestibility, that is, your disposition, or your ability, to receive suggestions easily.

Stage hypnotists always check how suggestible their spectators are, very quickly with small tests such as the fingers that move closer together and stick together.

If the hypnotist doesn't bring you to the success of this test, it means your level of suggestibility is low. So he'll send you back to your seat. Sorry, you won't be part of the show. On the other hand, if he manages to put you into another state of consciousness, it means your degree of suggestibility is moderate or high, and then, yes, you'll play along with his game.

There are several tests to check how receptive an individual is to suggestions, and they aren't used only by stage hypnotists. These tests are useful for anyone (psychologist, therapist, doctor, nurse, teacher, midwife, dentist...) who needs to check someone's resistance to entering in an altered state of consciousness.

If you really found yourself on stage, in a great hypnotist's show, how do you think you'd react? In your opinion, what's your degree of suggestibility: low, average or high?

There's only one way to know, and that's to take suggestibility tests, because you can't predict a person's suggestibility. It has nothing to do with their intelligence, or with their determination, or with their personality. Even though it's difficult to determine

what the degree of suggestibility depends on of an individual, there nevertheless seems to be a link between a person's ability to trust people, to want to play along in the creativity and their suggestible nature. So, the more you trust people by wanting to play creatively, the greater the chances that you will respond well to the suggestions.

When a person has low receptivity to suggestions, particular attention will need to be paid to the induction of the trance in particular. Any person can enter a state of consciousness modified, it is a natural state. In a therapeutic context, it is the person who makes the choice to enter an altered state of consciousness. The Méthode Dolfino® can be practiced with ease with a person who has a low degree of suggestibility.

a) Suggestibility tests

It is important to assess the level of suggestibility of the person you are going to guide so you can calibrate your induction. This cannot be assessed at first glance. This level varies from person to person, and it can even vary over time in the same person. So you will use tests to measure the degree of suggestibility of the person you are guiding.

Suggestibility tests also make it possible to create a climate of trust between the person who guides and the person being guided. These tests, requiring a certain closeness, allow for connection and let you experience a shared experience. If, as a guide, you succeed in bringing the guided person to receive your suggestions easily, you will see that this helps convince the person that the method is effective and that changes are possible for them. The success of the tests also creates a state favorable to inducing an altered state of consciousness.

If the suggestibility tests do not succeed the way you had hoped, keep trust in yourself and remember that a modified state of consciousness can also be reached by a person with a low level of suggestibility. You simply need to take more time in the induction.

One thing is certain, suggestibility tests are a good first step in your relationship guide-guided.

b) Classification of suggestibility tests

The tests are categorized into three classes. It is easy to obtain conclusive results with the class 1 tests. You should then move on to those in classes 2 and 3. Class 3 tests are the ones that require the highest level of suggestibility from the person being guided and more confidence from the guide.

Class 1 tests

- Forward fall
- Backward fall
- Fingers coming together

Class 2 tests

- Hands that stay stuck together
- Hands that stay stuck to the wall
- Levitating hand
- Leg that becomes and stays stiff
- Foot stuck to the ground

Class 3 tests

- Water that tastes like fruit juice
- The invisible wall
- Laughing or clapping nonstop

c) Tips for succeeding at the suggestibility tests

For all the chances of success to be brought together, as a guide, you must :

- Be confident and playful
- Create a safe space
- Establish a bond of sharing
- Use dissociative language
- Proceed quickly

Being confident and playful:

Take on a leader-of-the-game position for this short span of time. You're the person who must suggest things to the other person, lead them to trust you, lead them to do what you suggest to them. The trust that you give off is felt by the other person's unconscious person. The more sure of yourself you are, the more the person will trust you and the more they will follow what you propose. Present these tests as a fun activity, be playful. Think that you want to get a 5-year-old child to play with you.

Creating a safe space:

Both physically and psychologically, the guided person must feel that they're constantly safe. To create a safe space and a reassuring climate, always let the person know what steps are coming and keep frank eye contact with them. In the case of a backward fall, for example, tell them that you're there to catch them, that they can let go.

Establishing a bond of sharing:

It's much easier to accept taking a very small step to start. So it's important to begin very gently. Convincing the other person to play along with you is a first step. If

you manage to get them to say "yes" more than once and get them used to accepting the idea of a first game, then you will have succeeded in creating a climate favorable to sharing.

Use dissociative language :

When you give instructions to the guided person about their body, for example, do it as though her body were dissociated from her. You'll see that if her Young Me considers the body as an instrument and not as a part of himself, he'll respond more favorably to your suggestions. So say "Move the arm" and not "Move your arm". It's much less constraining to move A arm than to move HIS arm.

You can test this with a teenager. Simply ask them to: "pick up THE shoes left in the entryway" rather than "pick up HIS shoes that HE left in the entryway". This topic will be covered in more detail in the section on trance induction.

Proceeding quickly:

Add rhythm and chain the steps together. In doing so, you prevent the person you're with from you're playing with doesn't start analyzing, rationalizing and blocking your suggestions. The effect of training also matters a great deal. Also, once you've succeeded a class 1 test, move quickly on to a class 2 test and then a class 3 test. Don't take the time to savor your success before moving on to the test for the next class. This pace will boost your success rate. You need to take advantage of the state of mind the person is in who has just answered a suggestion positively: their young me is open and eager to keep playing.

d) Suggestibility tests – The method

Basic instructions:

- Always start the sequence with a class 1 test
- Forget about what's going on around you, the person in front of you is the most important thing there is
- Be confident, project the assurance of winners
- No matter the result obtained, it's always "Excellent"

The steps of the method:

1. Establish direct eye contact: "Look me".
2. Verbally inform the person of what is going to happen.
3. Physically demonstrate by example the desired result.
4. Do the double binds at least three times.
5. Play!



DID YOU KNOW...

- 10 to 15% of people are very suggestible.
- 70 to 80% are moderately .
- 10 to 15 % are (very) a bit .

Before you begin...

A quick clarification before you begin: know that a double bind is the association made between the expected result and the movement produced. You verbalize to the person what you expect from them when you make a particular movement. For example: "The further the hands move away from the shoulders, the more you are pulled forward."

Have fun spotting these double binds in the section that follows.

The ideal is to carry out at least two tests in a row. Always start with class 1 tests, since they are easier to carry out. Also, if the guided person responded little or did not respond at all to your suggestions during of a class 1 test, continue the process with another class 1 test.

e) Suggestibility tests – The backward fall

[Look the person in the eyes]

- *Hello, you're standing there facing me, feet on the ground, we're looking into each other's eyes. Would you like to play with me? I learned a little trick, it's called the backward fall, it's very simple and safe. Are you willing to try?*

[Your partner's agreement (You used a "Yes set", see the box further on)]

- *Wonderful! So, when I put my hands on your shoulders, they're going to become like magnets. Your hands and shoulders are going to attract each other like magnets and when I take my hands away, you're going to be drawn and your whole body will follow your hands. The more the hands move apart, the more the body will lean backward (this double bind can be used several times).*

[Demonstrate physically on yourself, while speaking and using the double binds]

[Look into their eyes again, straighten your shoulders, you're the expert and it's just to have fun]

- *Rest assured, I'm staying behind you and I've got you.*

[Position yourself behind the person]

- *Now, I place my hands on the shoulders.*

[Place hands on the shoulders]

- *The hands and shoulders are like magnets that attract each other and stay stuck together.*

[Apply very light pressure on the shoulders]

- *When I pull my hands away, the shoulders will follow as if drawn by the hands.*
- *The body will lean backward when the hands move away.*
- *I reassure you, I'm here, I've got you.*
- *Now, the hands and the body are stuck together like super powerful magnets, as if welded together, that's how stuck they are.*

[Slightly increase the pace and excitement of the voice]

- *Now, the hands and the body are stuck together, welded together...*
- *The body follows the hands...*

[Very slightly lift the hands from the shoulders]

- *I remove my hands, and the shoulders are drawn in like magnets, the body follows the hands.*

[Slowly pull the hands back]

- *The farther the hands move away, the more the body leans backward...*
- *Exactly like that, the shoulders follow the hands...*
- *The farther the hands move away, the more the body leans backward...*

- *The body leans backward...*

- *That's it... Wonderful... The more the hands move apart, the more the body leans backward...*

[Hold the person. Put your hands back on their back to stop the backward movement]

- *Excellent!*

The choice of words, the pronunciation, the conviction you put into it, and the time that you use between the gesture and the words are factors to consider to increase your chances of success. Practice until you were getting good results with the 1st-class tests.

f) Playing or not playing with suggestibility

Trust, respect, and ethics will always be paramount in your practice, whether you are a novice or experienced, an amateur or professional.

Playing to show off or to gain leverage over others will only bring temporary satisfaction and does not match what Dolfino teaches. Be generous with your time and your knowledge, and use them for your greater good and that of everyone.

3. The induction

The induction is the step that comes before and enables entry into an altered state of consciousness.

Trance is this altered state of consciousness, a state where your attention lets go, where your conscious mind takes a pause. Trance then allows you to reduce your conscious brain activity to make room for your unconscious, your Young Me.

There are different ways to connect to this altered state of consciousness that lies between wakefulness and sleep. The duration of the techniques varies from a few minutes to more than an hour.

Induction by dissociation is one of them. It allows access to the trance state by distracting the Rational Me. The Méthode Dolfino® invites it to relax so it stops interfering with the Young Me. It then becomes possible to work with the unconscious to activate its inner resources. The induction steps of the Méthode Dolfino® can be adapted to any situation and to any individual, and last between 5 and 20 minutes, depending on the depth of desired trance.



DID YOU KNOW...

You could ask a person to press their feet together when you start a suggestibility test. Besides taking away a bit of their stability, you also give them a chance to get more involved. The more the person participates actively, the more likely they'll want to play along for a while. That should help improve your chances of success.

a) Basic rules for inducing trance

The following elements are essential for an adequate trance induction during a guided or self-guided session:

- Aim for a trance level between 6 and 10
- Attentively observe your partner to pick up on the signs of their state of trance (guided session)
- Establish stable and reassuring (guided session)
- Create and maintain synchronization (during the trance induction and for the rest of the guided session)
- Be confident

b) Steps of the trance induction (induction by dissociation)

Induction by dissociation has five steps. It is often necessary to repeat them in a loop a few times before moving on the deepening, which increases the dissociation, especially during the first sessions with a new person.

Step 1: Focalization

This step consists of fixing the attention of the guided person on a specific point located just above the eyebrow line. This focusing can be done in different ways, that is, by fixing their gaze on:

- A light source
- The thumb
- The fingers
- A pendulum
- A detail on the wall
- A candle flame

Step 2: Ratification

This step involves paying attention and listing everything happening in the other person. This doing this, you make it clear to their Young Me that they are seen and that you are with them at every moment. Ratification means mentioning out loud everything you observe as signs of trance and collaboration in the guided person (or in yourself, in a self-guided session):

- Blinking eyes
- Bodily relaxation
- Breathing rhythm, sighs
- Swallowing
- Varied movements (scratching, moving the leg, etc.)

Just observe and name it. For example:
“Ah! The eyes are blinking, the hand is moving... very good... the arm is trembling, there’s swallowing, etc.”

Step 3: Dissociation

During this step, the goal is to encourage the dissociation of the Rational Me. So, you must adapt your language when you are talking about the guided person’s body. To do this, use the definite articles (the), and not the possessive determiners (your, ...). For example, say: “the nose breathes in, the fingers move”, instead of “your nose breathes in, your fingers move.”

A little plane ride:

During a flight between Timbuktu and Paris, Edgard Copilote says to William Lepilote:

- *Look! Your wing is all dirty!*

The copilot quickly looks at both arms and retorts:

- *What are you talking about?*

The copilot clarifies:

- *I mean the plane’s wing is dirty...*

Step 5: Encouragement

The Young Me needs frequent encouragement to feel safe and to make full use of its capacity for change and transformation. So use plenty of phrases such as: “That’s it...”, “Exactly...”, “Perfect...”, “wonderful”, etc.

TO GO FURTHER...

“There are two things to consider in the verbal suggestions: first the choice of words. Then, the way of speaking. The manner of speaking is enormously important. [...] If you stammer timidly, if you seem to be searching for words, as if reciting a memorized lesson and imperfectly, do not count on success. Impose yourself on your subject with a decided, firm tone, positive, and you are assured of gaining influence.”

Jean Filiaire “Hypnose et magnétisme, somnambulisme, suggestion, télépathie, influence personnelle : cours pratique” - 1905

c) Deepening the trance

- Descent⁷ of a staircase, step by step with countdown
- Descent in fun slides
- Descent of several floors by elevator with arm gesture
- Descent of a mountain or a trail through the forest
- Descent of a ski slope
- Descent through tunnels
- Use of a direct suggestion mentioning, for example, that the trance will become deeper and deeper each time that you will say a color
- Use of feedback, that is to say that you are again using the power of the double bind by specifying, for example, that each new inhale will double the depth of the trance state.
- Use of any other method whose principle is to create eye fatigue such as the *glass skull method*

d) Maintaining the trance state

The altered state of consciousness must of course be preserved throughout the session of the Méthode Dolfino®. To do this, ratify what you observe in the other person (or in yourself) during the session and share it with them frequently out loud. Furthermore, frequent encouragement and the use of language that promotes dissociation each time you refer to a part of the body are also to be maintained.



THE GLASS SKULL

- *Have the guided person close their eyes*
- *Place your index finger on their forehead, between the eyebrows, suggesting that this finger is glowing like a little sun or a diamond*
- *Then suggest that they imagine the skull is transparent like glass so that they can see through it*
- *Move your finger up to the top of their skull, telling them to keep staring at the light they see through the transparency of the inside.*
- *Encourage the guided person to stare at it more and more intensely.*
- *Suggest that the longer the staring continues, the more the trance deepens.*
- *Suggest that the moment you press on the skull, the light will enter the head through a small hatch at the top of the skull and will move down through the body to relax all the muscles along its path in order to go more deeply into trance.*
- *Press on the skull (as if to let the light inside). You can at that moment, make a meaningful sound.*

⁷ The term "descent" is used here, but it is also possible to deepen a trance state by evoking sensations of lightness such as rising in the air or floating on water.

e) Post-trance return

Usual return

To come back from the trance state, use a count (count or countdown) works very well when you incorporate direct suggestions. Examples:

- I'm going to count to 3. When I say "3", it will be exactly the right moment to come back to the here and now, totally awake, focused and full of energy
- On the count of "1", you take a big breath and you move your feet on the ground
- On the count of "2", you encourage the energy to rise throughout the whole body and you move your knees, your shoulders, then your head (some people also find it very effective to stretch their arms above their head).
- Then, on the count of "3", you come back here and now filled with energy. By opening your eyes now.

Be energetic to facilitate the return. This applies just as much when you're guiding someone else as when you're guiding yourself. Your dynamic tone of voice will encourage the return to normal waking consciousness.

Emergency return

In very rare situations, you may need to bring someone back urgently from a trance. There's no need to worry, since it's impossible to stay in trance indefinitely. What's more, in an emergency, the Rational Me tends to reassociate quickly.

For an emergency return, be sure to use a dynamic and convincing tone

(or even, exceptionally, a directive one if needed). In other words, exaggerate the enthusiasm and dynamism. Then, take charge of the return by requiring that it happen quickly, via a staircase or an elevator.

In a tiny minority of cases, if after having made all these efforts the guided person remains while they are in a state of trance, rub their forehead vigorously. This will help them come back almost instantly. Note that this emergency return remains an unpleasant experience for the guided person, so it is a means of last resort only.

Other helpful tips for returning from trance pleasantly

When a person seems to stay between two worlds after going down into trance, the following tricks are very effective:

- Eating dark chocolate
- Wearing chromotherapy glasses in yellow or orange color
- Drinking fruit juice

Reminder on observing signs of trance

After a few guiding experiences, you'll easily be able to detect the signs of trance specific to the person you're guiding. Of course, the manifestations of trance vary enormously from one person to another and even from one session to another, here are the most commonly encountered signs:

- Eyelid fluttering
- Rapid eye movements under closed eyelids (REM: Rapid Eye Movement)
- Watery eyes

- Senses on alert
- Deeper, slower breathing
- State of relaxation and muscle relaxation (heavy limbs and eyelids)
- Feeling of being in full possession of one's faculties
- Fertile imagination and joyful creativity
- Changing the tone of voice
- Slowing down the pace of speech
- Confusion related to the passage of time (distortion of time perception)
- Receptiveness to hypnotic suggestions
- Changes in facial color (e.g.: red cheeks)
- Frequent swallowing
- Changes in posture
- Trembling
- Other involuntary body movements

4. Deepening the trance: three-step induction

Some individuals have well-established rational mechanisms. Their mind remains constantly in the foreground with control at all times. This makes dissociation between the Rational Me and the Young Me a bit more complex. With this type of person, it is essential to deepen the trance further using a three-stage induction: pre-induction, induction and deepening.

a) Pre-induction

Pre-induction aims to encourage relaxation and tire the mind to make it more receptive to the induction. Indeed, deliberately creating confusion reduces mental clarity and control. On the other hand, using mental saturation by overloading the Rational Me of information also weakens their resistance.

The following tools and methods are recommended for pre-induction:

- Colour chromotherapy glasses violet or green, promoting mental and physical relaxation, as well as imagination (duration of 5 to 10 minutes)
- Tuning fork (50Hz) whose sound and vibrations predispose to trance
- Deep breathing that encourages relaxation and awareness of sensations body
- Drum or rattle rhythms that encourage the disconnection of the Rational Me and the awakening of the Young Me
- Focusing on a pendulum, an object, or a specific point in the room to accentuate eye fatigue and slow the flow of thoughts.
- Ratification of everything you observe on the levels **V**erbal, **A**uditory, **K**inesthetic, and even **O**lfactory and **G**ustatory although this is used less commonly. This is what we call the **VAKOG**.

When it comes to ratification, watch closely which VAKOG representational system seems predominant in the person you are guiding. Adjust your language accordingly so you can phrase your questions according to their preferred system.

- To a visual person, you'll ask:
*"What images do you see in your head?
What do you see around you?"*
- If the person is more auditory:
*"What are you telling yourself right now? What do
you hear?"*
- And if they're more kinesthetic: *"Take
the time to get in touch with what's there...
Feel what my words suggest to you"*

Confusion and saturation techniques:

- The guided person counts out loud from 300 to 0, alternating jumps of "-3" and "+2" while the guide talks to them about anything, alternating speech from one ear to the other.
- The guided person names a colour different each time the guide touches a shoulder in an irregular rhythm.
- The guided person taps a precise rhythm on their thighs while the guide creates confusion by telling them a story chaotic or by singing, alternating from one ear to the other.
- The guide asks the guided individual to close their eyes while exhaling, then open their eyes while inhaling, following their breathing rhythm, then desynchronize their instructions in an incoherent way.
- The guide uses a metaphor with word in time, for example: "Today, I got up thinking about tomorrow, but yesterday I thought tomorrow would be today, when in fact it's truly now that I'm thinking about yesterday, while tomorrow is already past and the present is already passing."

b) Induction

Hypnotic induction triggers the dissociation of the Rational Me and clears the way for the young me. The induction will follow the same five steps you learned earlier:

1. Focalization (fixing the thumb, the palm or the fingers)
2. Ratification
3. Dissociation using only "it, her, them"
4. Double bind
5. Encouragement

c) Deepening

Using the **bubble** and the **anchor** is a great transition leading into the deepening.

Using the **bubble** consists of inviting the person guided to create a protective bubble allowing everything good to reach through to them, but acting as a barrier to keep away anything useless or harmful.

The anchor aims to encourage the guided individual to center themselves, to settle well into the present moment and align with their goal. To do this, ask them to root themselves by visualizing spirals of light or roots that go deep into the Earth. Then, encourage them to do the same with a spiral leaving from the top of their head that will attach to a source of light of their choice.

Next will come one or more deepening of **deepening** tools such as going down the stairs, the slide, the elevator, the walk in the forest, the glass skull, etc.



The tools of the Méthode Dolfino®

1. Essential concepts as a guide

a) Important elements to respect

The tools of the Méthode Dolfino® are valuable means to reach your goals personally. However, when you position yourself as a guide, you offer this support to other people. You guide them in their world in pursuit of their goals. In that case, certain elements are important to respect. You cannot change others nor force them to take a particular path. That said, you are able to inspire them by giving them the desire to explore new roads rests with them. In that sense, there is therefore no session without a request: it's the first step a guided person must take if they are serious about reaching their goal.

Resonance with the other person

As a guide, be aware when another person's experience affects you emotionally and pulls you into your own vulnerabilities. Unquestionably, you will not be a good guide in this specific context right now. When you find yourself resonating with a guided person, take a step back and use whatever tools work for you to work through your own feelings and heal your own wounds. In this case, don't hesitate to refer that person to another competent practitioner.

The humility required

Keeping constantly in mind how important it is to show humility as a guide. This means you need to take into account the fact that it is always the guided person who acts, and that you have very little to do with their successes. Your role as a guide is not at all about rescuing, but about collaborating with the other person.

The limit of your responsibility

Since the guided person deserves all the credit and responsibility for their transformations, it is essential to appreciate their journey, their involvement and their achievements. In doing so, you acknowledge their efforts, their abilities and their commitment: successes nourish self-confidence, the sense of competence and resilience. The flip side of that coin also proves very relevant in many situations. For example, when an individual is going through a significant issue and the approach you propose doesn't seem enough to allow them to emerge from it, that is, the responsibility for choosing other strategies (and not up to you).

Speaking of responsibility... If you decide to build a career in private practice, find out thoroughly about the laws in force regarding the practice of the helping relationship, adopt a code of ethics which you will share with your clients (you will find an example of this in the appendix). Also be sure to take out professional liability insurance.



DID YOU KNOW...

The Relational Peace technique is quite useful for detaching yourself from the people you are accompanying, so you can properly gauge your involvement as a guide, in order to modulate your energy and bring your mind back to the present moment?

b) The relevant questions to keep in mind

Although Méthode Dolfino® recommends exploring different solutions rather than long conversations before the guidance, certain questions are useful. They help foster awareness, help advance the thinking and get a picture more accurate picture of the probable origins of a problem.

Knowing how to ask the right questions will help you better target the appropriate techniques and tools and maintain your synchronization well through the session.

During your exchanges, invite the guided person to:

- **Clarify their emotions**
What are you feeling: fear, joy, sadness, anger, etc.?
- **Identify who the people connected to this emotion are**
Your partner, your son, your friend, your aunt, etc.?
- **Identify who the accusations or vague resentments are directed at**
You say no one listens to you.
Who is not listening to you?
- **Clarify what they experienced**
You say you don't trust yourself, be more specific by explaining how this shows up in the different areas of your life.
- **Avoiding normalization**
You claim that communication is always bad between you. Can you clearly explain when communication is difficult? Give a concrete example highlighting "who" wants to communicate "what" to "whom"?
- **Bypassing generalization**
You say your partner never listens to you. Never? What would be different if they listened to you? What could be stopping them from listening to you?

• **Sticking to observable facts by eliminating distortion and assumptions**

You suggest that if they look at you through is that he hates you... How does what looking at you like that prove that he hates you? Have you ever looked at someone in a similar way without hating them for it?

c) Have an attitude of openness and active listening

Stay alert to all nonverbal signs (gaze, posture, change in tone of voice, etc.) that can guide you in choosing your questions. Your trump card as a guide will be your attitude of openness and non-judgment. Remember that a feeling of mutual understanding, safety, and welcome fuels quality synchronization and, in turn, increases the effectiveness of the process.

In that sense, keep your listening skills sharp active. Active listening, also called empathetic listening, is a communication technique developed by the American psychologist Carl Rogers. It is based on the art of questioning and rephrasing so that the other person feels heard and understood without being judged. For Carl Rogers, the emotional meaning of an event is far more important than its intellectual rationalization. It's the heart and soul you need to listen to, not reason.

Practicing active listening means respecting the following five principles:

1. Welcome the other person by accepting them as they are without ulterior motives.
2. Stay focused on what the other person feels and not on what they're saying, meaning going beyond words and mental reflections.
3. Learn to see the problem from the other person's point of view.

4. Respect the other person by staying in a relationship of equals.
5. Be a good mirror by highlighting the emotions hiding behind the words of the other. To do this, learning to properly rephrase the other person's words proves fundamental.

Finally, still according to Rogers, non-directiveness and empathy are both essential to active listening.

Non-directiveness presupposes not influencing the other person and not interpreting their experience, so as to leave the person you are guiding the space to find, on their own, their own solutions.

Empathy determines your ability to enter the other person's subjective world in order to understand it from the inside. This attitude leaves the person you are guiding the possibility to express themselves without fear by setting aside their usual defence mechanisms.

2. Technique: the Scanner

a) About this technique

The name of this Méthode Dolfino® technique certainly gives you a hint about its usefulness. Like the medical scanner that detects anomalies in the body, this technique makes it possible to spot unwanted elements, both physically and emotionally. The Young Me will symbolize, during the trance, these discomforts that the guided person will be able to remove, transform, or replace.

The Scanner technique is so effective that it allows immediate relief from pain and other emotional and physical discomforts. During a session, you can use the Scanner as a stand-alone tool or weave it into other techniques, depending on the guided person's needs and their goal.

b) The Young Me and its fear of emptiness

Like nature, the Young Me abhors emptiness and fills it... with symbols. It

keeps every experience or memory by turning it into a symbol. Then it collects and places these different symbols in the body. The world of the Young Me is full of imagination. As a result, the symbols take on a multitude of forms and vary freely from one person to another:

- A triangle in your shoulder
- A dog growling in your ear
- A black cloud in your stomach
- Balls of yarn filling their head

Symbols of everything experienced joyfully and pleasantly are rather pleasant to carry around. On the other hand, symbols from more difficult periods of life often represent a heavier, more uncomfortable load to carry. This burden frequently crystallizes into emotional pain or physical ailments.

c) “No” to interpretation!

To properly do its cleanup, the Young Me does not need you to understand it at all or rationalize the possible meaning of the symbols. In fact, trying to analyze the symbols of the unconscious is a bit like wanting to open Pandora’s box...



PANDORA’S BOX

In Greek mythology, Prometheus stole fire from the gods to give it to men. To take revenge, Zeus ordered Vulcan to create a woman made of earth and water. She received from the gods many gifts: beauty, flattery, kindness, address, grace, intelligence, but also the art of deception and seduction. They gave her the name Pandora, which in Greek means “gifted with all the gifts.” She was then sent to Prometheus. Epimetheus, his brother, let himself be seduced and ended up marrying her. On their wedding day, they gave Pandora a jar containing all the ills of humanity. She was forbidden to open it. Out of curiosity, she did not honor the condition and all the ills escaped to spread across the Earth. Only hope remained at the bottom of the vessel, not allowing people to bear the misfortunes that befell them.

It is from this myth that the expression “don’t not open Pandora’s box », which illustrates in our case the needless suffering that can result from searching for the causes of an injury, a disappointment, or an event.

It is inevitably your Rational Me and its culture of « why » that wants to decode the symbols of the Young Me. Remember that rationalizing a symbol often makes the technique less effective.

Interpretation is misleading and adds nothing to this cleanup process. In fact, it is more of a self-sabotage strategy since your logical reasoning tends to bring you immediately back to your comfort zones and old habits. In short: resist the urge to interpret the symbols!

With the Méthode Dolfino® Scanner technique, you will be perfectly able to take care of the unconscious’s symbolism without any interpretation. In doing so, you will easily be able to act at the source of both emotional and physical pain to obtain relief.

d) To check before starting

Before starting the Scanner technique, it is essential to check whether there has been a medical diagnosis. It is best to know the possible sources of the pain before choose to reduce it.

For example, given that pain occurring in the chest can be symptoms of heart trouble, you must refrain from reducing this type of pain. This type of physical manifestation reveals that the person must be taken care of medically, quickly. It is best to advise them to consult their doctor.

Similarly, if you relieve another type of pain, for example a toothache, it is important to point out to the guided person that it is necessary to consult a dentist to find out the cause of the problem. The Scanner technique can be very useful while waiting for appointment, but it in no way replaces a visit to the specialist.

Before starting the technique, set a measurable goal. In this sense, rating the pain on a scale of 1 to 10 (1 being very mild pain and 10 being unbearable pain). This assessment helps target the level of desired pain as a way of reaching the goal.

This also helps illustrate the intensity of felt sensations if it is pain emotional.

Redo this evaluation from 1 to 10 after the technique. This will let you measure the technique's effectiveness.

e) A protective fuse

As mentioned earlier, a fuse is meant as a safety formula aimed at making sure everything goes as well as possible for the person by avoiding unwanted effects. As for the Scanner technique, the use of the following fuse must be systematic at the end of the technique. This also sets up a rhythm of change perfectly suited to the guided person.

*“The changes will happen
at exactly the right speed,
if it's good for you (or for
myself in self-hypnosis)...»*

f) Steps of the Scanner technique

This technique is described as part of guiding a third person. In self-hypnosis, follow the steps by guiding yourself.

Prerequisite: have the pain evaluated on a scale of 1 to 10.

- Proceed with the induction
- Have the physical or emotional pain located (for emotional pain, if necessary, do a full body scan to locate it properly).

- Have the physical pain symbolized or emotional (give at least three suggestions to the person, ideally five if they don't immediately give the symbol)

For the following three steps, as the guide, ask the guided person:

- *Do you want to keep this symbol?*
Name the symbol given by the person, for example a ball, a rod, a plate...)
- *How would you like to extract this symbol?*
If needed, give at least three suggestions for an extraction method, for example tear it out, suck it out, blow it up, etc.
- *What would you like to replace this symbol with?*
Here too, if needed, give at least three suggestions, for example colored light, cotton wool, flowers, etc.

For the following two steps, guide the person to carry out these actions:

- Have the pain extracted by removing the symbol.
- Have the removed symbol replaced with another, more beautiful symbol that feels good to you.
- Set up the protective fuse verbally: *«The changes will happen exactly at the right speed, if and only if it's good for you...»*

Restart the evaluation and continue the different steps of the Scanner as needed, until the pain has reached a level acceptable to the person.



FRANÇOISE AND THE DRAGON

Françoise wants to have a hypnosis session, because she experiences moments of anxiety that come on unexpectedly in her daily life and that are starting to nibble away at her joy of living. The young woman loves the hypnotic state and enjoys entering trance easily. A focus on the movement of the pendulum soon begins to bring about the eye catalepsy that allows Françoise to relax and then deepen her state, going down a wonderful, glowing staircase of five steps. Arriving exactly where she has desire and need to be in order to settle what needs settling, she reconnects with her uncomfortable state for a brief moment.

I invite her to locate this discomfort that seems to be lodged in her chest. After several suggestions from me to symbolize the localized anguish, Françoise identifies it as a metal plate held in place by four hooks. The young woman's expert hand manages effortlessly to free the fasteners and to slide the plate out of the body through a painless incision that heals instantly and shows no redness at all thanks to the time distortion put in place. The metal plate, thus handled, gives way to a red metal grille that reveals a giant, dark cavity.

Françoise decides to unscrew the grate and eject it through her mouth in a breath worthy of a hurricane.

Once the piece of metal has been removed, Françoise returns to the edge of the immense cavity and states that she is not able to explore it, because everything is too dark. She clearly expresses her fear of venturing further and remains frozen at the edge of the cave. I then ask her if someone or something could help her carry out an exploration. My sentence barely finished, she

answers that the dragon can support her. I reply right away, in a knowing tone, "Oh yes, the dragon... wonderful..."

Building confidence in the relevance of her suggestion, she brings the mythical animal before her and exclaims, in the voice of a young child, "Oh, that's Anatole!". At my request, she describes Anatole as covered in golden scales, with a ruff of a sparkling green. His head is adorned with a magnificent silky, red mane. The dragon winks at her and breathes bright fire toward the cave to light up the place without burning it. At this moment, Françoise marvels at the contents of the cavity. She describes works of art, paintings, sculptures, precious objects, extraordinary jewels, and other richly ornamented chests. It is in fact here that Anatole lives. Tears run down Françoise's cheeks as she says with conviction: "Anatole wanted me to know where he lives, because he knows that now, he can trust me. He just wanted me to know... I'm so happy. I feel light."

She then agrees with Anatole, the dragon, that this the latter can come and go as she pleases. It will always be there for her, if needed, and she will make sure that he always has food and drink in the cave, which she can visit whenever she wishes to admire the works in this inner museum. The return from trance is joyful and dynamic, and Françoise's eyes shine with an intense brightness. Her face shows satisfaction and serenity, and she assures that a new life is beginning. It is important to let the guided person develop the representation of their inner world and to encourage them to do so in order to enrich the transformations.

3. Technique: Harmonic Alignment

a) About this technique

This metaphorical technique is a very useful “cleanup” technique to help someone reposition themselves according to their goal and being able to reach it more easily. Harmonic Alignment allows you to free yourself from past burdens and recurring patterns while opening up to a more pleasant future. Harmonic Alignment repositions you in the present moment, fostering better management of time. This technique allows, for example, to be more punctual and to eliminate the tendency to procrastinate.

In addition to offering the chance for a great cleanup in general also acting on depression and relieving stress, the Harmonic Alignment technique targets numerous goals secondary.

In fact, Harmonic Alignment favours an important reframe, and like all the other techniques of the Méthode Dolfino[®], it must align with a goal that's well defined, otherwise you will do cleaning with no clear purpose.

b) A few essential clarifications

The tools of the Méthode Dolfino[®] work best without interpretation. In this sense, you don't need to mention the name of the techniques and tools you use. Also avoid giving explanations symbolic ones related to it. For example, when you guide the technique of Harmonic Alignment, refrain from mentioning that it deals as much with the past of the guided person as with their future.

Some people constantly seek to “understand”. Don't hesitate to remind them that the Young Me knows very well what it needs and that it's the Rational Me that keeps asking for explanations. Instead, invite them to rely on the wisdom of their Young Me.

Only symbols

In Harmonic Alignment, you want the guided person to see and transform only symbols. So if Uncle Harold shows up during the session, ask the Young Me you're guiding to find a symbol that suits them (object, animal, element of nature, abstract shape, etc.) to represent Uncle Harold. You can, for example, ask what's hiding under Uncle Harold's costume. If the appearance of real people from the guided person's life is a recurring problem, it's possible that the trance isn't deep enough. In that case, deepen again.

Total transformation

With each technique, make sure you achieve full control over each symbol. This frequently involves several transformations until the symbol is fully transmuted, that is, eliminated or replaced with a positive symbol. When you throw old socks with holes in them in the trash, they don't just disappear, do they? You shouldn't stop there.

The metamorphosis process encompasses regularly the extraction, the discarding, the destruction or transformation of a symbol. You then need to take the time to properly do everything that needs to be accomplished. Encourage so the person you are accompanying to leave no symbol debris lying on the ground. Encourage them for example to thoroughly burn all the pieces and to make the lawn grow back destroyed by the ring of fire. Invite them to make the garbage truck disappear and to put beauty back everywhere in their inner world.

Be curious

As a guide, be curious and ask lots of questions. In fact, your questions will help the guided person to better feel, define, listen to and transform what is happening inside them. Through your questions, you help the person you are guiding to explore every facet of their symbols and to enhance their own solutions.

One, two, three...

Why always suggest a minimum of three solutions? Simply because a single solution is synonymous with directiveness, and that two options tend to restrict the choice to one or the other of the alternatives.

Three solutions therefore favor opening the field of all possibilities and gives “permission” to the Young Me, sometimes shy, to express itself fully. Over time, you will notice that people choose generally a solution you had not even suggested. Surely, when you open the door to the Young Me, it jumps joyfully into the world of resources that are its very own!

c) Steps of the Harmonic Alignment technique

This technique is described as part the context of guiding a third party.

In self-hypnosis, follow the steps by guiding yourself.

- Have them describe the first non-emotional action that the person does in the morning, upon waking, since forever.

This might include opening the eyes, going to the bathroom or petting their dog. Listening to music is an action emotional, and therefore not valid.

- Have them symbolize as a point in space the memory of this action taken this morning and point to it with their finger.

The person may choose to place this point right beside, or in front of, or even behind them, it doesn't really matter.

As often as possible, pair the gesture with visualization, make sounds and let the facial expressions come out spontaneously. These are elements the Young Me strongly appreciates and, once encouraged, will redouble their efforts to move toward the requested goal.

- In the same way, have them symbolize (always as a point in space), the memory of that same action done last week.
- Then, create a third symbolic point for that same action done a very long time ago when the person was a whole small child.
- Have the points connected by a link of their choice (thread, cable, ray of light, pencil line, ribbon, etc.).
- Now, have the points thrown behind the person to make a line out of them.
- Have this line straightened and stretched to infinity behind her.
- Have the link joining the points improved so that it looks magnificent in the person's eyes.



Session experience

JULIE AND THE FLYING BOAT

Julie comes in for a recurring eczema problem recurring. Her goal is therefore to have skin that is smooth, clean, supple and soft. Before considering any other technique, I decide to do a cleaning using the Harmonic Alignment. Comfortably settled, Julie stares at my fingers as they slowly approach her forehead. I encourage the blinking of her eyes with a “excellent”. “The eyelids blink and the more they blink, the more relaxed you feel inside”, “the mouth smiles, wonderful, the eyelids blink, that’s it...”

These ratifications, coupled with the double binds, let Julie enter trance quickly, deepened by a descent through nature along a river and then a luminous waterfall, in order to let her Young Me express itself freely. I invite the young woman to tell me the first thing she does upon waking up in the morning. She tells me she turns on her phone to see if her Facebook friends liked her last post. I tell her that’s excellent and encourage to tell me more about what she does before that, to get the non-emotional moment she has experienced forever. She then answers, in a tone of obviousness: “Well, I open my eyes!”.

Perfect, she places imaginary points in space symbolically corresponding to that action yesterday, the last week and long ago when she was a little girl. She then throws those points she had previously connected behind her head to make them into a straight line which, after transformation, becomes a bobsleigh track. The same process, this time toward the front, gives a bright rainbow band. After having perfectly connected these two lines at the heart of her chest, Julie begins to slowly fly over the track of bobsled on a cloud. She notices that there are

holes, patches where grass grows, pieces of metal and a helmet scattered here and there... She systematically finds the response suited to each problematic situation to get a lead immaculate and perfectly smooth.

As she inspects the rainbow path, Julie must first clear a path through a dense tangle of brambles with a machete. She then asks for the help of experienced gardeners who conscientiously uproot the thorny bushes so they never grow back. Julie rewards the workers by letting them drink the rainbow’s endless light. As she continues on her way, she notices that trains pass, with a deafening noise, above and below the rainbow, darkening it. She then announces that there’s been a switching error and that trains have no place here. I ask her what solution she could consider to fix this problem by suggesting she reduce the size of the convoy with a magic wand, to bring in railway workers to build a new track or to move the trains with a special crane. She interrupts me and declares with a broad smile: “I’m going to tow them with my flying boat”. She seems carry out the operation with disconcerting ease and finds a clear, bright and colorful path that fits perfectly.

She can then return from trance on the count of three with visible satisfaction. In the technique of Harmonic Alignment it is sometimes harder for the guided person to erase a small mark on a path than to move a herd of elephants. In an altered state of consciousness, the symbols and metaphors of the mind have nothing rational about them.

Magnificent here means “the most beautiful, the most magical, the most extraordinary bond you have ever seen in your life.”

- Repeat the same process, but this time placing the different points toward the front.

Here too, keep in mind the unemotional gesture of the start that will be redone tomorrow, next week next one, then in a very, very, very long time when the person will be old and in great shape. Once again, the line connecting the points will need to be fabulous, inspiring and sensational to infinity.

- Then connect the two lines by making them pass through the body at the best place according to the Young Me’s opinion.

The two lines can therefore meet at the level of the heart, the solar plexus, the eyes, etc. depending on what the person feels and prefers.

- Hover over the back line to observe carefully whatever would not be normal such as tasks, breaks, objects . Managing all these symbols so that the line is harmonious and clear.
- Have the front line float over with the same procedure.
- Return to the centre and come out of trance.

It should be noted that in this technique the calibration is very important because some people do not spontaneously say what they notice as an anomaly on the lines. There may be only a dilation of the nostrils, for example. It is important, in order to the guide, to watch for the slightest movement however imperceptible, in order to encourage the the guided person to say what they just saw. It can also happen that the guided person says right away that everything is perfect. In that case, which can resemble a psychological escape,

the guide must insist and show creativity to give the guided person the means to see the anomalies on the lines (e.g.: invite them to take a magnifying glass, fly low, put on the special glasses...)

4. Technique: Archetypal Journey

a) About this technique

Universal archetypes are symbols very specific ones carrying a meaning rooted in the collective human unconscious, regardless of culture. For example, the circle is a symbol of unity. It is an archetype universal.

When you are in a difficult situation, your unconscious projects your limitations into these symbols. It’s a bit as if the archetypes absorbed your problems. That way, by transforming these archetypes with the help of the Méthode Dolfino® techniques, you get also a positive effect on these same problems.

For example, one of the universal archetypes regularly used in the Archetypal Journey is that of the tree. The symbol of the tree actually represents the Self of the guided person, and thus her vision of herself. Since our feelings, our perceptions and our experiences change constantly, the symbolic materialization of our Self does the same: the tree changes in appearance. The objective of the Méthode Dolfino® session will also have an impact on the appearance of the archetype. If you are aiming to improve a more emotional aspect, such as learning to be attentive to your needs, the tree you will perceive will reflect that fragility.

As in a video game, all the scenarios are possible. The tree may be overrun of insects, or that some of its branches are broken, that there are no more leaves, or that the tree cannot make out the light because it is surrounded by a forest too dense, etc. In the Archetypal Journey, your mission is to settle what needs settling

for your tree to be perfect for you... or even better. By improving your tree, you will work toward your goal at your own pace along the respect for your own solutions.

b) What do universal archetypes symbolize?

To bring to light these universal archetypes brimming with potential, here are the elements to visit during the Archetypal Journey technique :

- The **tree** is the representation of the Self illustrating your self-perception. It represents also how your existence unfolds and how your life experiences.
- The **cellar** (the **basement**) symbolizes the dark aspects of the unconscious and allows you to go meet the skeletons hidden in your Young Me's closet.
- The **house** evokes, for its part, your "soul" as a dwelling or center of your unconscious.
- The **attic** designates your luminous facets, your positive strengths, your unique abilities.
- The **mountain** often represents the bonds with your father, the masculine principle.
- The **sea** embodies your relationship with your mother, the feminine principle.
- The **fountain** illustrates your sexuality.
- The **river** symbolizes your emotional universe.
- The **fish** evoke your work and your interactions with abundance in all its forms.
- The **plate** represents your relationship with material wealth, with money.
- The **cave** in the ocean illustrates your place of fertility.

- The **rat** frequently materializes to embody an enemy or adversity.
- The **path** represents your life path.

c) A few important aspects

No interpretation:

As with any technique of the Méthode Dolfino®, no interpretation is relevant regarding universal archetypes. Whatever the state of the symbol, it in no way illustrates the origin of the block or the problem. As a result, draw no conclusion about the meaning of the symbols, since this symbolic meaning belongs to your own view of the world (or to that of the guided person).

The choice and description of the symbols:

Here, the guide's role is to target the universal archetypes to visit during the guidance, depending on the goal of the session. However, the guided person's unconscious knows better than anyone else how to symbolize its perceptions and improve things to reach their goal. So what matters is that you (in self-hypnosis), or the person you are support them, be fully satisfied with the improvements made to the symbols. As a guide, what you think of them matters little. So keep an open mind and always stay non-directive.

Once again, encouragement:

During the session, regularly encourage the Young Me to embellish its symbols and magnify the general atmosphere and the environment surrounding them. Do so by asking many of questions. For example, for the archetype universal to the house, feel free to ask what the windows look like, what materials the walls are made of, whether there is a fireplace, or even where the door is located, its color. You could also ask if



Session experience

LOÏC IN THE RAIN

Loïc is a young 13-year-old boy who comes to see me consult for an issue concerning his weight. After getting acquainted, and after we finished a quick anamnesis together, I tell him more about hypnosis. He's fascinated by street hypnotists' YouTube videos.

To build his confidence and highlight his creativity, I suggest a few suggestibility tests. He happily agrees to play along and I invite him to do a class 1 test, "the stuck fingers". Loïc can't believe his eyes... his index fingers come together, as if by magic, irresistibly. The boy then follows up with an arm levitation, his eyes closed, he delights in feeling the lightness of the limb floating up. Just as his hand reaches a nice height, the young boy says to me: "it's raining, it's raining..." » Not understanding what he's telling me, I notice nonetheless that a ring has formed on his t-shirt at the underarm, gray. I tell myself that, despite the altered state of consciousness, my young partner starts to sweat. I therefore decide to give him the chance to relax by inviting him to sit on the chair behind him.

I proceed with a quick induction knowing that a young person of this age, especially after conclusive suggestibility tests, has the ability to enter trance very easily. In the strategy established, I was considering, among other things, inviting my young client to enjoy an Archetypal Journey by starting with go see the tree. The tree appears frail and

emaciated. Loïc, following the three suggestions I make to him does, decides to water his tree and call the rain. Spontaneously, he starts a new levitation of the arm and says again, smiling: "It's raining, it's raining... the tree is growing... it's growing... it's growing... yes it's raining... it's flowing... it's flowing." The boy seems in ecstasy, I encourage him with "excellent, wonderful, extraordinary" before noticing that his t-shirt is now quite wet. At that moment, I see a drop falling from above.

Thinking for a moment that I too am in the middle of a fantastic hypnotic trance and that the rain is present, I look up and see a huge bulge in the ceiling. I quickly understand there must be a leak of water from my upstairs neighbor. Taking the risk of seeing the bulge burst and dropping Loïc under a deluge worthy of disaster movies (in trance everything is tenfold), I decide to keep encouraging my client to improve his tree. He does so with joy, laughing, almost singing, so euphoric to be living a total experience fully engaging his VAKOG. Once the desired result was achieved, I brought Loïc back on the count of three, to the here and now in order to deal with the domestic incident and continue the session under a kinder sky. This experience was unique and will remain etched in both our memories for a long time. He it is very interesting to ratify the outside elements and to integrate them as much as possible into the experience of guidance to go even further in the transformations.

the house is located in the country or in the city, whether the environment is adequate, whether there is a garden, neighbours, etc.

Also be sure to encourage the Young Me to thoroughly go through the universal archetypes encountered. Some people may put up a lot of resistance before agreeing to go down into the basement: in this case, be inventive. A ghost, a mobile camera, or an allied insect slipping under the door to spy and report on what is happening in the basement, as well as installing lamps, torches, or modifying stairs are extraordinary assets with the power to soothe the fears of the Young Me scared.

Finally, nurture lightness and humor during guidance. This, too, is about powerful sources of encouragement.

d) Steps of the Archetypal Journey technique

1. Do the induction and have the person visualize being in a comfortable place, in nature
2. Introduce the universal archetypes by having them appear one after another in the setting

Choose the archetypes to explore based on the goal. For example, the tree is a must when the goal has to do with self-confidence. A trip through the sea is a good idea if family ties seem to be at the root of the problem. A full tour of the house will help restore balance after a painful life experience. It is possible to explore several archetypes in the same session.

3. Have the first archetype describe working
4. Have this archetype improve to the maximum

5. Do even better by improving the atmosphere general and the environment around the archetypal symbol

6. Open the field of possibilities so that it gets even better (three suggestions at minimum)

7. Move on to another archetype by repeating steps 2 to 6

5. Technique: The ally

a) About this technique

The main goal of this technique is to encourage you to discover your inner family of allies. You have within you a cohort of allies who can help you. Practicing the ally technique is a bit like stepping into a kitchen where you are the head chef with a whole brigade at your disposal to prepare all the dishes you dream of. This technique gives access to a wide variety of resources suited to all your goals. Dive into the ally technique, is to make contact with your different inner facets in order to maximize their full potential.

This technique is meant to be an exploration in the intention of getting support, gathering advice, changing your perceptions, or developing another point of view. You can also integrate the unique qualities (listening, versatility, femininity, courage, etc.) of several of your allies, draw encouragement, or even share their source of inspiration.

You can call on your allies to unblock a situation or even bring a project to fruition by finding your own solutions. There is no doubt that the support of your allies can prove highly beneficial in the discovery and integration of skills still unsuspected!

b) The Archetypal Allies

You carry within you an unlimited number of resources usually ignored. These are yet accessible within your inner world in the form of Archetypal Allies. Get ready to be pleasantly surprised!

Meeting an Archetypal Ally in a state of trance, means awakening, stimulating and mobilizing this part of you in a metaphorical way. Over time, you'll learn to better know these multiple facets of your unconscious. You'll come to in fact, even to build quite distinct relationships with your different archetypal allies. This way, it will be possible to call on them across the full range of techniques of the Méthode Dolfino®.

But who exactly are these allies, so versatile and so helpful?

Your inner allies can take a multitude of forms. It is you who choose them, or rather your Young Me, based on your goal and your needs. You will see that in some situations an ant can be far more useful than an ogre. So here are examples of forms they may take on:

- **Mineral** such as a stone, a crystal, a mountain, a planet, etc.
- **Plant** such as mushrooms, flowers, trees, algae, lichen, etc.
- **Human** such as a healer, a teacher, a visionary, a traveler, etc.
- **Animal** such as a mammal, a reptile, a bird or even an insect
- **Divine** (deity) such as a spiritual figure of wisdom a goddess, a mythological representation, etc.

c) A relationship to nurture

Emerging from the collective unconscious, the Archetypal Allies do not belong to anyone in particular. This means that several individuals can carry the same ally within them. Likewise, a single individual can cohabit with several allies. You'll see, it grows on you quickly.

However, as in any healthy relationship, the "give-and-take" principle applies. This means you will get a quality of support from your allies that will be proportional to your investment in your relationship with them. For example, if one of your allies turns out to be a raccoon who loves games of hide-and-seek, it will be your responsibility to take the time to visit it and to thank it regularly for the help it gives you, by playing with it often during your self-hypnosis sessions, your dreams, and other meditations. It is a relationship based on reciprocity.

d) Steps of the ally technique

This technique is described as part of guiding a third person. In self-hypnosis, follow the steps while guiding yourself yourself.

- Begin the technique by placing the person at the entrance of a trail out in nature.
- Have them move forward along this trail leading to a clearing in the forest.

It is important to move without the feet touching the ground.

- Discover a sacred space at the heart of this clearing.

Ask questions. Have them describe this sacred space.

- Have them prepare a bonfire in order to bring of light and warmth as night falls and gradually settles in.



Session experience

JULIEN AND THE MAJESTIC DEER

Julien is an 11-year-old boy who comes to see me with his mom, because he says he lacks self-confidence. In fact, when he's in class, even though he knows the answers, he rarely responds to his teachers' questions. This earns him less-than-flattering comments on his report cards. Julien explains that he feels alone in front of the class.

I notice that, during the intake interview, he often has his head lowered. The young boy has no trouble enter trance by focusing his attention on a coin that he holds between his index finger and thumb. The rule of the game being "when the coin falls to the ground, the eyelids close and you go completely back to the inside of you, perfectly calm and relaxed." A light deepening by going down three floors in a beautiful bright elevator accompanied by a arm movement brings Julien onto a path in the middle of nature. He moves forward without his feet touching the ground, all the way to a clearing. After lighting a big fire, the boy settles down in front of it. Julien had, beforehand, imagined his goal: "I am confident in me in all circumstances, I feel strong and proud" in the form of a symbol: a golden cup.

I invite him to throw the symbol far away, to keep it close to him, or to look inside it. Julien decides to throw the object into the tall grass in front of him and carefully scans the area. The boy then sees the grass move, and in a breath he says: "It's a deer... it's tall." The animal approaches Julien, looks at him intently and tells him that to have confidence, he must raise his head, feel the weight of the antlers, keep his neck rigid and supple at the same time. It also tells him that the gaze must be direct and intense with a lot of calm. Julien agrees with the deer that every time he needs its presence in class, he will grab his wooden ruler. Then the majestic deer will come help him hold his head up with confidence. In exchange, the animal asks Julien to draw it and hang the artwork prominently in his room. Julien thanks his new ally and returns from trance on the count of three. His gaze has changed and his posture seems more toned. A month later, I had news of the Julien's mom, who was proud that her son had received the congratulations from the class council for his change in behavior when speaking. The majestic deer seemed truly honor its commitment to accompany the boy.

- Have the person settle in comfortably near the fire.
- Have all attention focus on the environment.

What do you see? What do you hear? What do you feel in your body? Are there any particular smells ? (VAKOG)

- Ask the ally to manifest its presence.
- Have them thoroughly observe their surroundings to distinguish their way of approaching, their shape and their movements.
- Clarify the image enough to reach seeing the ally's eyes, then let them approach the fire and settle in as they please.
- Have them make contact with the ally.
- Then, take advantage of a time to exchange with them.

Ask them questions... Ask them for advice... Listen to their teachings... The person must be attentive to their unique way of conveying messages (verbally, through their attitude, through their gestures, through what they give off, etc.).

- Then ask them if they agree to be an inner ally.
- Discover with it what its qualities are.

Does the beaver share its sense of family and its motivation at work? Does the lilac highlight glimpsing collective beauty? Does the rock cliff bring you back to inner solidity? Does the butterfly encourage to making room for all the colors of the person?

- Ask it what kind of gift it likes or as a symbolic gesture in exchange for the help it brings you.

Some allies love singing and dancing. Others prefer to play, receive flowers, or be fed while still others are fond of spending time to do a different activity at each meeting.

- Check with the ally what way it prefers to warn the guided person, if it needs to alert them about something, or if it decides to manifest its presence regarding a goal.

The ally always has an excellent reason to manifest its presence or to offer its help. For example, if a person has a yoga master as an ally to support them in managing their stress, it will probably have the role of warning them when the internal tension linked to stress becomes too present. And this yoga master might choose to do it by tickling the nose to encourage them not to forget to breathe deeply as often as needed...

- Option: unite with the ally to allow the deep integration of their attitude, of their qualities and their abilities.
- Have them sincerely thank the ally before ending the technique.

6. Technique: Relational Peace

a) About this technique

The goal of the Relational Peace technique is to cut the attachment bonds you no longer need. The Young Me creates without cease more or less useful ties with the people, events and objects around them, but rarely do the sorting. A bit like your old raincoat hanging on the hanger since your teens, certain ties remain, but no longer serve you except to clutter your relational wardrobe.

Every person you meet gives rise in you to different emotions. Each one awakens quite distinct resonances. The ties of attachment, conscious and unconscious, mark your life journey, weigh down your relationships with others, influence your choices and feed certain of your mechanisms repetitive. These ties also exist in your relationships with the people you love deeply.

This technique brings detachment and the distance needed to calmly cultivate healthy relationships. In fact, making peace in your relationships does not mean at all that you give up on the other person or that you no longer love them. It simply means that you remove whatever no longer works in your relationships in order to make more room for the positive aspects in your relationships. The metaphorical image of a newborn is quite fitting here. During pregnancy, the umbilical cord bond is vital. However, at birth, it becomes just as crucial to cut this same cord so that the newborn can fully take its place as a small human. And cutting this cord will not result in the parents loving them less. Even quite the opposite.

The Relational Peace technique brings also the openness to forgive what weighs down a relationship. Forgiveness here involves two essential phases : self-forgiveness and forgiveness of the other. This forgiveness process is essential for you to let go of your regrets, your guilt or your anger, more or less consciously. This allows you to lighten a burden and regain your freedom within that relationship. Forgiving the other is done with the goal of helping you feel better. Forgiveness is therefore a choice you make for yourself, for your well-being. Making Relational Peace lets you keep only what is good, keeping only the love.

b) Who should you make Relational Peace with?

With everyone.

Since forgiveness frees you, it's healthy to make peace with everyone to extend its benefits. You can adapt the technique depending on the type of relationship you want to work on:

- Living people you love (children, friends, partner, etc.)

Relational Peace helps you avoid the buildup of resentment or disappointed expectations. This helps clean up the relationship, strengthen the foundations, and start fresh.

- People who have passed away (recently or a very long time ago, loved or not)

In order to free yourself from the effects of this start in your life and of preserving a healthy, light memory.

- Neutral people (neither loved nor disliked such as your colleagues or a reckless driver on the road)

To lighten, or to improve, the general atmosphere in your life. Avoiding passing resentments due to poor communication in the moment.

- Present or past enemies (aggressors, harassers, manipulators, etc.)

Relational Peace fosters a process of reclaiming your existence by depth and helps you start again on solid foundations.



DID YOU KNOW...

The Relational Peace technique works also very well to free yourself from ties with difficult situations, with objects that carry a negative connotation, or even with substances that poison your life, like tobacco or sugar? It's up to you!



Session experience

JEAN-PIERRE AND THE DAISIES

When Jean-Pierre contacts me by phone for a hypnosis session, his voice seems harsh and cutting to me. I immediately imagine a rather unpleasant character who does not invite me to picture a pleasant session. When Jean-Pierre walks through the office door, I see a man in his forties, imposing, with a hard face. We start getting acquainted, our gestures synchronize, our speech rhythms and eyelid movements become aligned. He says he practices hypnosis and having done a few sessions with one of his cousins who unfortunately lives on the other side of the country.

Jean-Pierre is a butchery teacher and teaches young adults. He says his life is at a standstill because he has fallen in love with Lolita, one of his students. The bonds woven between them seem very strong, but the young woman sees him only as a good friend. She made it clear that she wasn't in love with him. At a turn in the conversation, I bring up the fact that human beings tend to attach themselves sometimes a little too much, to the people who attract them and even to those they can't stand. It even happens that some people form emotional bonds with objects. These bonds are loaded with stakes, unconscious calculations, reproaches, power struggles. All of this being created by our unconscious, the ultimate ball of emotion and a great attention seeker. Jean-Pierre's eyes light up and his face becomes more childlike. The only bond a human being needs is the umbilical cord in his mother's belly. Once the baby is out, the cord is cut. The two beings can begin a new life in love for one another and in each one's independence.

Familiar with hypnosis, Jean-Pierre discovers with pleasure the thumb induction. Quickly, the eyelids blink and the eyes water as he stares at the nail of the thumb. The arm, the hand, the thumb and the nail become heavy. Unless it's the nail, the thumb and the arm that feel heavy. And the heavier it gets the more it relaxes inside. When the hand of Jean-Pierre touches the thigh, the eyelids close, pleasantly heavy, and he fully returns to inside himself, calm and relaxed.

A dizzyingly gentle descent down five pretty multicoloured slides brings him exactly to the place where he wants and needs to be to work through what he has to work out. After spending a little time near a

tree and taken care of it, Jean-Pierre crosses paths of Lolita. The young woman is in front of him, smiling. They seem connected to one another by a thick steel cable that comes from the man's chest. In a clear, resolute voice, Jean-Pierre says "I forgive you" toward Lolita. On the other hand, there seems to be a ball of wool that prevents him from saying "I forgive myself" in a way that is intelligible. After unwinding the ball of wool through his mouth and burning the mass of wool in an extraordinarily bright fire, Jean-Pierre decides to cut the cable with the golden sickle of the druid Getafix. I ask him where he can find this famous sickle, and he tells me it is at the very top of a magical oak tree twenty meters tall.

I then ask about the strategy he is going to adopt to go get the tool, and he immediately snaps back in a confident, almost irritated tone, "Well, I have wings on my back, so it's easy". Perfect, I encourage him to fly up to the top of the legendary tree, and to bring back the sickle in order to cut the steel cable. Jean-Pierre cuts the link with one sharp stroke, with a big "Ah" of relief. The cut is clean, the cable has left no trace. Jean-Pierre then sends light to Lolita, who has found her place a little further off and who, in turn, sends him back little soft cotton clouds that he holds against his heart.

Jean-Pierre comes back to the office about two weeks later. He says he feels relieved, and lighter. The communication with Lolita is good and unambiguous, but he has trouble picturing a future with a romantic relationship even though it's what he wants more than anything. After defining his goal in this direction, Jean-Pierre goes into trance and midway through the work, he comes across once again Lolita's path. This time, it's a necklace of daisies that connects him to the young woman. After making the apologies, he cuts the bond with a simple pinch of the nails, the tears running down his cheeks and displaying a blissful smile. Freed, he throws the little flowers into the air in a burst of fireworks. Jean-Pierre's face is peaceful and he says he's happy as he leaves the office.

A month later, the butchery teacher, whom I find now quite likeable, gives me his news. He's met a woman two years his senior, he tells me that things are going perfectly, that they share tastes and that they've decided to spend their next vacation together. Lolita remains a good friend and she seems to have also found love.

c) Steps of the Relational Peace technique

Relational Peace

This technique is described as part of guiding a third person. In self-hypnosis, follow the steps while guiding yourself yourself.

- Bring the person to a safe place.
- Bring in the person the guided wishes to make peace with.
- Suggest that even if they don't appear clearly, one or more bonds do indeed exist between them. Find that concrete bond that connects the person to the other.

If needed, use spray paint or the magic powder to make the bond visible. The person can also ask one of their allies to show it to them.

Note that this bond can appear in any form (wood, chain, rainbow, vine, thread, light, etc.)

- Have the person describe the link.

What is its texture, size, shape, solidity, etc.?

- Also have the person describe how this link is attached to the body.

To which part of the body is it attached? Does it leave any particular marks?

- Take the time to fully let this link be felt and make the conscious choice of the forgiveness step.

Depending on the situation (living or deceased, loved or hated, etc.), forgiveness may seem more difficult. You will then need to use imagination, strategy and conviction to make sure both essential phases are spoken, that is, self-forgiveness and forgiveness of the other. Do not hesitate to set up an indestructible wall between the guided person and the

hated person, or having them put on a cape of invisibility, protection from one or more of your allies is also possible. If needed, use the Scanner technique to relieve emotional heaviness before forgiving.

- Now have them say out loud:

· "I forgive you (for myself)."

The "for myself" is used in cases of forgiving someone who is disliked.

· "I forgive myself."

- Have them choose how and with what to cut the bond?

Reminder: if the relational peace is being made with an abuser, proceed quickly. Likewise, take all the time you need if it's someone loved. Since removing the bond changes nothing about the love, might as well take the time to enjoy it.

- Have them remove what remains of the bond and place, in the space left vacant, something something that feels good.
- Option: have light or a gift exchanged with the person if it's a loved one.

Then offer the most beautiful imaginary gift possible and make sure to receive a generous gift in exchange.

- Option: within the inner world of the guided person, have the person place with which they cut the link, in the right place.

Position it wherever the guided person wants it in relation to themselves (right beside? A bit further? Wherever the person wants? Outside your world?)

7. Technique: Freeing the Breath

a) About this technique

Here you will combine two techniques different ones within the same session. Developing this skill will be very useful to you since most of the tools and techniques of the Méthode Dolfino® combine easily with one another to optimize the positive effects. The Freeing the Breath technique is therefore a hybrid between the Scanner technique and that of the ally.

Your breathing is a mirror of your inner emotional state. This technique will bring you therefore several benefits:

- A feeling of well-being and freedom
- More energy
- The reduction of your stress-related tension
- The soothing of your nervousness
- The return to your center to be in the present moment
- Better clarity of mind
- More creativity

b) Steps of the Freeing the Breath technique

This technique is described as part of guiding a third person. In self-hypnosis, follow the steps while guiding yourself yourself.

- Guide the guided person to reach the side of their tree.
- Take care of what needs improving on or around the tree.
- Make sure the person is settled comfortably and invite them to breathe deeply.

Here, breathing adds movement, bodily felt sense (bodily sensations) and sounds that optimize the benefits of the technique.

- Pay particular attention to your breathing.

Is it fluid, regular, deep? What is its rhythm, etc.?

- Invite the person to locate the blockages or the irregularities in the breathing and have them describe them.
- Use the Scanner technique to symbolize and free what is hindering the breathing.
- Ask the person to call on one of their allies to support the process or to complete what needs to be done to support the release.

Here too, making movements and sounds increases the effectiveness of the release.

- By inviting the person to stay attuned to their breath, continue until it is exactly at the rhythm that suits them a pleasant and perfectly fluid rhythm.

A good indicator of the fluidity of the breath is noticing a deep abdominal breathing.

- Take the time to have the state of release and well-being noticed.

8. Technique: Magic Bath

a) About this technique

The Magic Bath technique can be used in many situations. Some people use it to encourage their wrinkles to become less noticeable or to address skin issues like eczema or psoriasis, while others use this same technique to relieve occasional or

chronic pain. Still others appreciate it for soothing their nervousness, for regaining their calm, or for freeing themselves of overwhelming emotions. The least one can say is that that this bath is truly... magic.

b) Steps of the Magic Bath technique

This technique is described as part of guiding a third person. In self-hypnosis, follow the steps by guiding yourself.

- Bring the person over next to their tree.
- Invite them to visualize a lovely cabin, a cottage or even a magic pavilion in the midst of a magic forest.
- Inside, there is a bathtub as well as a small adjacent table.

As in all the previous techniques, the place and the bath must be beautiful and suited perfectly to the Young Me's needs and wishes.

- On the table, there is a jar of cream (cosmetic).
- Fill the bathtub with magic water whose virtues match your goal (the guided person may state a color preference for the magic water).
- Have the person get into the bath and invite them to settle in comfortably.
- During this period of relaxation, and while the magic water penetrates into every pore of the skin, a double of light comes out of the guided person.

It sometimes happens that the light double takes on the appearance of a magical being, a bird, etc.

- The light double goes into the forest magical, to search for all the ingredients needed to concoct a cream miraculous.

Collecting ingredients is always done in line with the goal.

- While the double of light collects all the fantastic ingredients, the water from bath purifies the guided person's skin. The double comes back and makes the cream, then reintegrates into the guided person
- Little by little, the water becomes dirty, very dirty, sometimes even sticky and thick.
- Invite the person to drain the bath water.
- Invite the guided person to wash and rinse off as needed.
- Clean and rinse the tub thoroughly.
- The guided person spreads cream over their body from head to toe.
- Let the cream soak in everywhere on the body.
- To help achieve the goal, or even more to nurture well-being, invite the guided person to come back regularly to take a Magic Bath in self-hypnosis.

9. Expansion of consciousness: another way of inducing an altered state of consciousness

Expansion of consciousness is an extremely inspiring tool allowing you to change your ordinary state of alertness. This way of proceeding is very different from the usual trance induction and serves as both induction and deepening at once. Unlike the dissociation induction method, expansion of consciousness aims more to make you feel a state of union with the whole Universe.

In an expansion of consciousness, you experience a unique clarity of mind of the same as the awakening of all your senses. This allows you to be immensely calm, yet very alert at the same time. Your creativity is

heightened as a result, prompting you to see and feel even more the immensity of your potential.

At the same time, you will also feel like being part of a whole, connected to something greater than you, in connection with the forces of the collective unconscious and the mysteries of life. Each person reacts differently to an expansion of consciousness. While some stay well anchored in reality and quietly enjoy the relaxation, others have as much fun as little kids at the heart of the vast spaces of their unconscious.

Positioned this way inside, you can easily access the surprising resources of your Greater Me. The expansion of consciousness favours a detailed and different perception of a situation, a fact, a feeling, a value or a way of thinking. In this sense, this wonderful tool encourages self-observation from different angles often overlooked day to day. This gives you some distance, a different perspective.

There is a multitude of styles of expanded consciousness. The idea is to choose one that suits the tastes of your Young Me, whether they're whimsical, athletic, artistic, daring, sensitive, active, intuitive or meditative. Expanded consciousness can be guided verbally, with a drum or with the help of any other audio medium. You can use expanded consciousness as a starting point for all the techniques in the *Méthode Dolfino*®. In fact, you'll find a few expanded consciousness audio recordings right on the Dolfino website, if you feel like diving into this type of experience.

10. Self-hypnosis

a) About self-hypnosis

Self-hypnosis consists of applying the various tools of the *Méthode Dolfino*® to yourself.

Most techniques adapt easily to self-hypnosis. Since you know how to guide another person into an altered state of consciousness, you can do the same for yourself. It's a chance to put all your new knowledge to work for you as of now.

Self-hypnosis is an easy, privileged access to your own Young Me. It allows you to connect directly to its strengths. Self-hypnosis lets you eliminate unwanted programming and establish behaviours, attitudes and states of mind that are desirable. This lets you attract into your life what you want and change your reflexes, attitudes and behaviours so that they match what is best for you. In this sense, your explorations in self-hypnosis will benefit you for :

- Creating your own reality with the making your projects a reality and reaching goals that matter to you
- Manage your pain and physical ailments
- Lighten the emotional imprints left by painful experiences
- Modulate your stress reactions, your emotions and your moods
- Boost your performance at work, in your studies or even in a sports discipline
- Optimize your self-control, your concentration, your alignment and your motivation
- Cultivate abundance in all its forms in the different areas of your life.
- Establish healthy life habits, have a positive attitude or develop new skills

b) Some useful tips

- Clearly determine your goal at the start of the session
- Create a precise and detailed agreement
- The maximum effectiveness of a self-hypnosis session is usually 5 to 8 minutes: favour short sessions.
- Being rested and, ideally, in a calm and pleasant state of mind
- Choosing an induction and a deepening that respect your usual pace of entering trance
- Before starting the session, think about your tools, metaphors and techniques that are most appropriate for your goal
- Closing your eyes quickly after your focus. Cut off in this way from a direct observation of the outside environment, you encourage your imagination to create the elements you'll use
- Speaking out loud and using plenty of images, sounds, sensations internal, or even smells (VAKOG) to maximize the effectiveness of your session of self-hypnosis
- Doing your self-hypnosis session immediately upon waking or right before falling asleep, in order to be in the highest state of receptivity; these are moments when your unconscious is very close...
- Setting seriousness aside and having fun! By effect, if you adopt a strict and authoritarian attitude, your Young Me will assert its rebellious streak, which will not be to your advantage in facilitating your journey

- Let your intuition guide you. If phrases, words or ideas come to mind during your inner exploration without hesitation, consider them! Your unconscious knows what is good for you! It's already at work.
- Add spontaneity, enthusiasm and the magic

c) Learn more about the fuses

As mentioned earlier, the fuses are meant to frame your experience. In fact, they aim to have everything unfold for your well-being while taking your wishes for the session into account. These are in fact suggestions given to the unconscious before entering trance. As the state of trance deepens, the fuse acts as a guardian on the road of trance and allows your Rational Me to come back instantly to post if anything happens that is not in keeping with your values or with what is good for you.

In your self-hypnosis convention, it's therefore essential to align your fuses and your goal. In doing so, you create an even more coherent process for your Young Me. The variety of fuses is immense. Nevertheless, here are the ones most often used both in self-hypnosis and in guide-guided mode:

- Fuse to limit the time

Considering that the perception of time is often distorted in a trance state, you could add to your self-hypnosis convention a fuse like:

"I return to my ordinary state of consciousness, naturally after 20 minutes."

- A safeguard to stay in the present moment

This safeguard is essential to avoid slipping into a regression to the past because, without a third party, you would risk having trouble returning to your state of consciousness ordinary in complete comfort.

→ **Example:**

"I stay only in the present during this experience."

- A fail-safe so you aren't disturbed by any surrounding noises

This kind of fail-safe is very useful when your neighbour starts mowing the lawn at exactly the right moment, or your beloved dog spots a squirrel, or when your phone's silent mode isn't turned on.

→ **Example:**

"The surrounding noises let me go even deeper into trance."

- A fail-safe ensuring that a pain stays in place if it's a signal from your body about a more significant issue

→ **Example:**

"The pain will go away if and only if it's good for me."

- A fail-safe to return in case of emergency

→ **Example:**

"In case of emergency, I come back quickly and comfortably to my ordinary waking state."

- A fail-safe to regulate the depth of the trance

→ **Example:**

"I go to exactly the right place to resolve this that needs resolving."

d) The limitations of self-hypnosis

Often, outside help is essential to work on very emotional material. Also, on certain occasions, it is difficult to identify the source of a problem and therefore to choose the best strategy. In such cases, the help of a third party can certainly increase your chances of success.

Although some techniques are more complex to apply on yourself, with the experience, you'll definitely get there. However, if you're short on time, it's better to ask another guide for support of the Méthode Dolfino®.

Also, although self-hypnosis is an extraordinary approach, it isn't recommended for people living with a chronic or severe mental health disorder. That said, it remains a powerful tool for those who want to bring more joy and balance back into their emotional world. Self-hypnosis is also an excellent complement for people already being supported in a process to regain their emotional and psychological well-being.

e) How to proceed one on one with yourself?

In self-hypnosis, you choose your preferred type of induction. Several inductions are available in audio format on the Dolfino website. Afterward, use the same techniques as when you guide someone else. The idea is to experience it like an inner journey of visualization or meditation, a bit like telling yourself a story. The procedure to follow is fairly simple:

- Put your agreement in writing of self-hypnosis.

This will be valid indefinitely and can be amended as needed. Be sure to add the fail-safes appropriate as seen previously (to limit time, to stay in the present, for a return in case of emergency, etc.)

- Write down your objective (at every session).
- Follow the four steps of inducing trance by staring at your thumb (*focalization, ratifications, double binds, deepening*)
- Guide yourself out loud according to the work desired and the technique chosen.
- Have fun.

f) Tool: time distortion

Since time flies by at a pace that escapes us when we are in a trance state, we might as well make the most of it. The distortion of time lets you make time pass at the speed you need. That way, each second or minute can mean the passing of a day, a month, a season, or even of several years. This use of distorted time perception can be a technique in itself to maximize your afternoon nap or even to make a long drive feel like a trip of about fifteen minutes. Time distortion can also come into play within any technique in order to:

- Give the unconscious time to accomplish everything it needs to do
- Allow the Young Me to play longer
- Grow a tree, a garden, a field, etc., and enjoy the harvests
- Fully enjoy a place that you love
- Let the transformations unfold in depth

- Take the time to test a multitude of options in record time
- Have a long discussion with one of your allies

Steps for practicing a “time distortion”:

- Set your time convention



Example:

“For this time distortion, every minute is equal to one hour.”

- On your arm or your thigh, set up a time-distortion dial

Simply trace a circle with your fingertip which will act as the dial.

- With your index finger, trace spirals as if you were turning the hands of the dial imaginary, clockwise
- Continue for as long as necessary

f) The Mini-Me technique

Steps of the Mini-Me technique:

- Set your intention
- Perform the trance induction
- Visualize the problem in your body in an imagined way, that is, in a symbolic way (for example, a stomach ulcer could be visualized as a hole in a balloon).
- Call on Mini-Mes with varied skills to improve the situation (firefighters, workers, a crew of craftspeople, singers, etc.).
- Visualize all the Mini-Mes at work and appreciate the final result. Apply a time distortion if needed to speed up the process.



In conclusion: the secrets of success

You've understood it, the Méthode Dolfino® is above all playful. It consists of a lively, light conversation between the guide and the one guided, and it's truly the latter who does the changes that improve their daily life and guides them toward their goal. This method fosters a better awareness of your inner world and your emotions, so as to then put you in touch with your capacity for make them harmonious and enjoyable. The tools and techniques in this manual are the basic games of the Méthode Dolfino® and, with experience, you'll make them your own to personalize them to your needs and develop other games meant to accompany people who ask for it.

By demystifying hypnosis and making it accessible through the important place given to play, the Méthode Dolfino® allows you great autonomy based on creativity, all while fully respecting the inner world of the other person, who is the one and only actor of their transformations. Sessions with the Méthode Dolfino® focus solely on the symbols and metaphors generated by the mind, and you can leave interpretations at the door to focus only on the relationship you build with the person you are guiding. You are now able to activate your full potential in a simple and effective way.

To wrap up, here are a few extra little secrets to help you succeed even more with the Méthode Dolfino® :

- Believe in yourself! Your potential is immense. Visualize your success, it is already done.

- Have fun! You can do things seriously without taking yourself too seriously. The Méthode Dolfino® is a game .
- Use humour! The more serious you are about your problems, or those of others, the more you reinforce the idea that you all have a serious problem.
- Take your time inducing trance! Everyone can experience the state of trance, you just need to put in the time and the confidence needed.
- Free your creativity! Dare to think differently and don't hesitate to adopt new perspectives. Everything is imaginable.
- Be flexible! Adapt yourself, adjust your strategies, revisit your goals and keep your conventions well up to date.
- Orient yourself toward solutions, so, don't ask : "What is the problem ?", but rather : "What is it possible to do to reach the goal ?"

*Thank you, and happy practicing for
activate your full potential.*



Appendices and ethical information for the Méthode Dolfino®

APPENDIX 1: “My goal in 12 questions”

QUESTION 1

What is the goal I want to achieve?

Write your goal here, following the rules of the art

Answer:

QUESTION 2

What will achieving my goal bring me?

What tangible benefits do you see in achieving your goal?

Answer:

QUESTION 3

How will you know that my goal has been achieved?

What will the before/after measures be?

Answer:

QUESTION 4

What is stopping me, today, from reaching my goal?

What are the secondary gains of staying in the current mechanisms, that is, in the situation?

Answer:

QUESTION 5

What do I need to reach my goal?

Money, support from your social network, time, more confidence?

Answer:

QUESTION 6

Are there any downsides to reaching my goal?

Reflect here on what you could lose if the goal is reached?

Answer:

QUESTION 7

What is the worst-case scenario if I fail to reach my goal?

This projection aims to boost your motivation by highlighting what could result from

The current situation staying the same or getting worse.

Answer:

QUESTION 8

Are there different solutions for reaching my goal?

Here, open your mind to new solutions, to a new way of seeing things.

Answer:

QUESTION 9

Who could help me reach my goal?

Identify the people currently in your network or new people who could offer you their support.

Answer:

QUESTION 10

When my goal is reached, what will be different in my life?

Here, the question is meant to be more global, more emotional than question 2.

Answer:

QUESTION 11

Why is it important for me to achieve this goal?

Here we identify the main source of motivation to achieve the goal

Answer:

QUESTION 12

What will I do first to achieve my goal?

Identify here the main source of your motivation to achieve your goal.

Answer:

APPENDIX 2: Important guidelines for an ethical practice of the Méthode Dolfino®

General notices

Using the Méthode Dolfino® without certification does not authorize you to present yourself under the name of Dolfino inc.

Dolfino inc. cannot under any circumstances be held responsible for what you do during your practice.

The request for your services must always come from the person themselves.

It is essential that the goal of the meeting be specified and clearly defined with the guided person from the outset.

Specifically inform the guided person that the Méthode Dolfino® does not replace any medication or medical advice or professional regarding physical or mental.

Clearly state that you are not authorized to make any diagnoses whatsoever, whatsoever.

Quality of services

Provide your support competently, with respect for the other person and for the bonds of trust that form the basis of your relationship.

Aim for the realization of full potential and the fulfillment of the human being.

Maintain a reserved attitude in all circumstances and respect confidentiality at all times. For example, during a training session or a discussion group, keep confidential the identity of the people you discuss and exercise discretion regarding how sessions unfold.

Refrain from any intimate relationship with your clients.

Respect the integrity and personal values of the guided person, as well as their own pace individual pace throughout their process of change.

Maintain an attitude and communication free of violence.

Clearly indicate your rates to your clientele.

Ensure continuity of your services and, if necessary, refer your clientele to appropriate services.

Notify your clients as soon as possible in case of a cancelled appointment.

Client responsibilities

The client is responsible for their own process and is aware of the need for a active cooperation and involvement.

The client makes every effort to limit conscious resistance to their process of change and to achieving their goal.

The client respects and honors appointments made. If unable to attend, the client agrees to notify you immediately, or as soon as possible.

Technique: the Scanner



Localize and symbolize the physical or emotional pain*



Ask if the person wants to keep this symbol



“How can you remove it?”



If necessary, give 3 suggestions minimum!



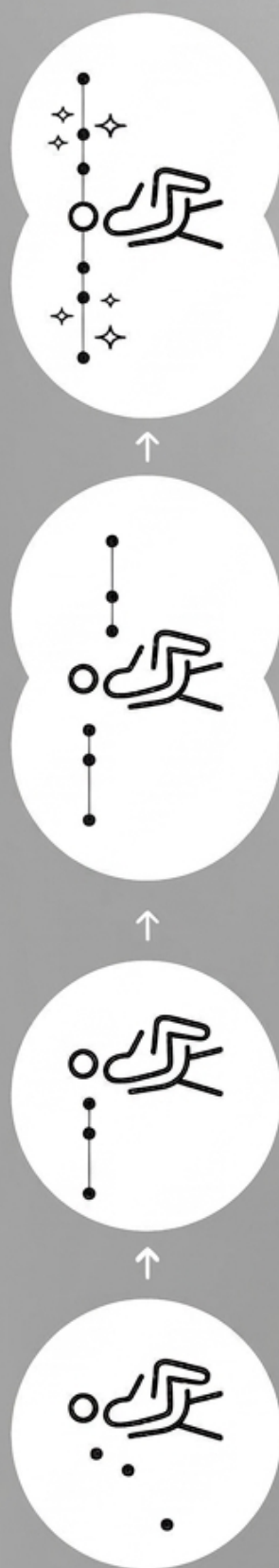
“What do you want to replace it with?”



“Extraction” of the pain and replacement

*Note: For an emotional pain, if necessary, do a full body scan to properly localize it

Technique : Harmonic Alignment

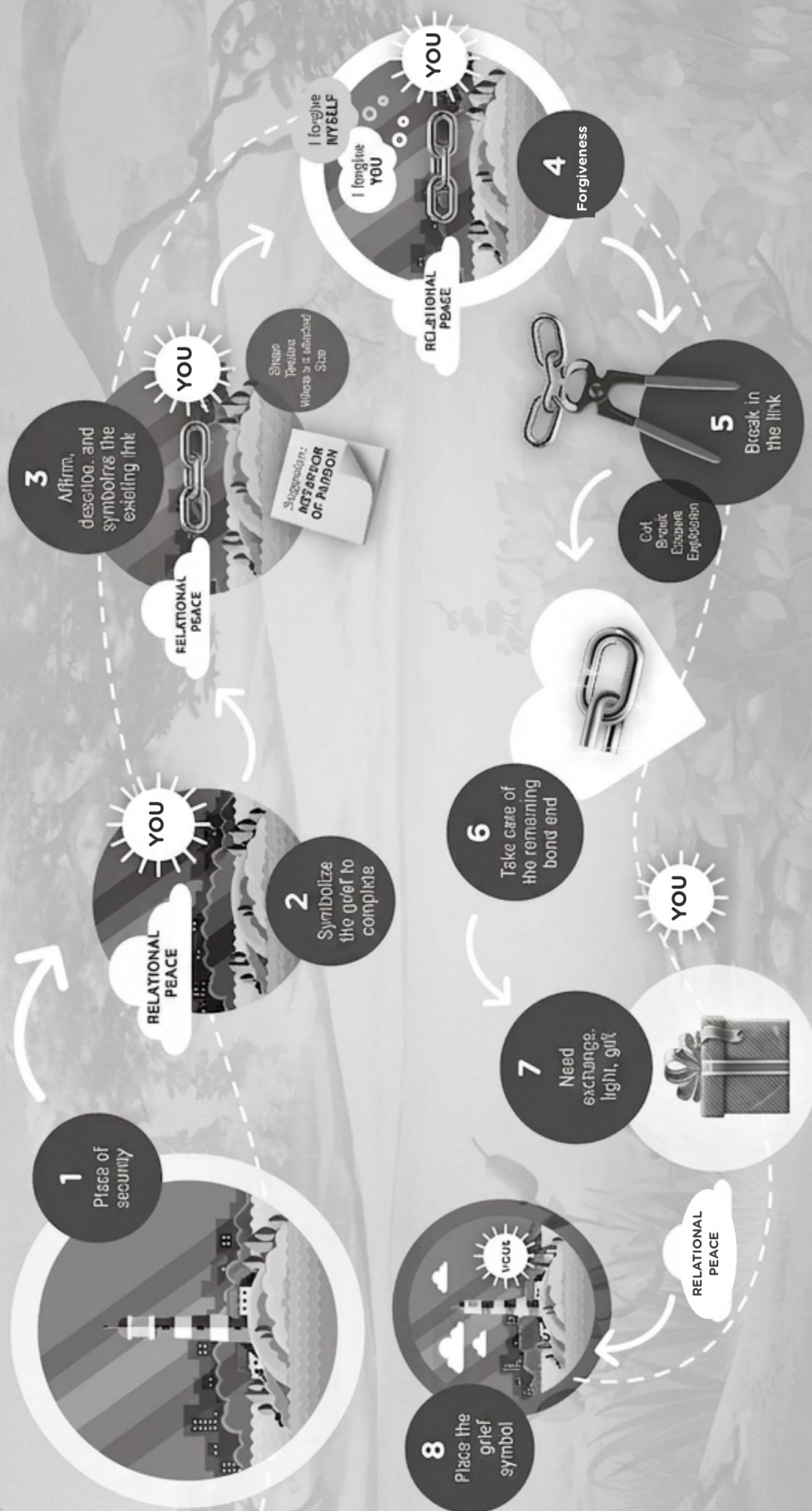


Technique : Archetypal Allies



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Technique : Relational Peace



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Technique : Freeing of the respiration

1

Fix the objective

2

Trance induction

3

Go next to the tree

4

Be alert to the respiration

5

Do localize where the breath is blocked or irregular

6

Use the technique of the scanner to free + call to an ally to help

7

Continue to be alert to the respiration and unblock until it is fluid

8

At the end, do state the state of liberation and better being

Technique : Magic Bath





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ACTIVATE YOUR FULL POTENTIAL