



La Méthode Dolfino®

*Techniques for
childhood wounds*



DOLFINO

ACTIVATE YOUR FULL POTENTIAL

Table of contents

Archetypes	5
The role of archetypes	6
Two fundamental archetypes: anima and animus	6
Technique: the castle and the atmosphere around the castle	8
About the technique	8
Steps of the castle and the atmosphere around the castle technique	8
Technique: the king and the queen	10
About the technique	10
Steps of the king and the queen technique	10
Technique: the prison and the torture chamber	12
About the technique	12
Steps of the prison and the torture chamber technique	12
Technique: the DNA pyramid	14
About the technique	14
Steps of the DNA pyramid technique	14
Technique: the dominant archetype	16
Preparing for the journey.....	16
Steps of the dominant archetype technique	28
Elements that can be integrated into your hypnosis sessions	29
The Pygmalion effect	30
Childhood wounds	31
From one generation to the next	32
We are responsible, but not guilty	32
Childhood wounds and their role in couple relationships	33
The four types of couples	33
Emotions, their impacts and their needs	34
Recognizing childhood wounds	35

Technique: the hotel doors	39
About the technique	39
Steps of the hotel doors technique	39
Technique: the wounded children	41
About the technique	41
Steps of the wounded children technique	41
Conclusion	43
APPENDICES	44



With the Méthode Dolfino®, you support the people who ask for your help with ease and simplicity. You can certainly see for yourself the effectiveness of the tools and techniques you've integrated into your practice.

Techniques for childhood wounds are a major part of the Méthode Dolfino®. This component will let you understand and correct bad habits and limiting behaviors in yourself and in others. These new techniques will also let you improve your interpersonal relationships and let you enjoy new life experiences.

The archetypes

The Young Me has a major influence on shaping your “map of the world”, and it organizes its visions of the world in the form of archetypes.

Your Young Me is like a hard drive. It records everything, experiences (what you saw, heard, felt) and actions. It also has its own understanding and interpretation of events. Often, these “recordings” are distorted or inaccurate because they are the product of early-life experiences without a complete understanding of the situation lived. You may even sometimes feel you’ve forgotten them. Since your conscious memory’s capacity is very limited, you believe you’ve “forgotten” certain details of your early childhood that seemed unimportant to you. But it’s all there nonetheless. Consciously, your beliefs are, in the end, only the summary of your distorted “memory stock”.

However, all of this profoundly influences the course of your life by shaping your outlook and affecting your hopes, your beliefs, your opinions and your doubts.

The experiences continually repeated throughout your childhood, but also lived through your upbringing, which is the product of a transgenerational culture, settled into your mental space, giving shape to **archetypes**. It’s a bit as if these memories were sorted and stored in “boxes” with labels such as:

- The child
- The inner masculine
- The inner feminine
- The sage
- The critic
- Etc.

These are, in a way, Pandora’s boxes that contain, for example, all the representations of woman you’ve associated with “the typical woman”. This “box” has taken on a particular shape and appearance and holds the entire history of your view and understanding of woman. It contains a significant mass of information. In this way, you’ve unconsciously transformed the information (already distorted) stored in your memory into an archetype of woman.

The beauty of archetypal and symbolic therapy is that it’s possible to transform this often-distorted information that limits us, causes us to suffer, lowers our level of happiness and drives destructive behaviours in our life, by changing the appearance of the box.

The role of archetypes

Archetypes are, in a way, the archaic residues, the innate and original primordial images that make up the heritage of the human mind. Archetypes produce types of affective and intellectual behaviours common to all of humanity since the beginning of time. They are found at all times and in all places in the tales, legends and myths of universal literature, as well as in the dreams, fantasies, delusional images, illusions, artistic representations and fantasies of the individuals living today.

They reside in human beings' tendency to represent these mythological images or motifs. These representations vary in detail depending on the individual without losing their fundamental pattern, and they are always charged with emotion. The archetype is both image and emotion.

Archetypes represent themes, myths, symbolic images or dreams of humanity, or even patterns of instinctive behaviour.

Two fundamental archetypes: anima and animus

According to C. G. Jung ¹, every human being carries within them the image of the other sex. Man's unconscious

has a complementary feminine element, the "anima", and woman's unconscious has a complementary masculine element, the "animus". It is this "inner partner" that makes us a whole and autonomous human being, but to become whole, you must be able to recognize and let this often unrecognized part of yourself express itself.

These two archetypes always coexist within you. Depending on the kind of life you have led, your life journey, your culture and your upbringing, your anima and animus may have been wounded in various ways, causing an imbalance within you. This can cause health problems, sorrow and inner discomfort. The goal of the hypnosis techniques you will learn is therefore to address these imbalances.

	Function	Mode in which we find	Symbolic representations
Anima	Balances the masculine conscious	<i>"Letting go", outside of time and space</i>	Earth, moon, nature, water, oceans, caves, panther, spider, doe, she-wolf, mermaid (wounded)
Animus	Balances the feminine consciousness	<i>Action, expression of the opinions</i>	Eagle, bull, lion

¹ Carl Gustav Jung is a Swiss psychiatrist who founded analytical psychology. He is the inventor of the concept of archetypes.

Here are 12 other major archetypes that can be called on during an Archetypal Journey to help the guided person activate their full potential:

The innocent : It lets us explore trust and optimism.

The orphan : When we feel alone, abandoned and betrayed, it teaches us to pull ourselves together, to take responsibility, and to meet our own needs.

The warrior : It lets us set our goals, gives us courage and lets us
have the discipline to fight for ourselves and for others.

The helper/guardian angel : It teaches us to take care of ourselves and others.

The explorer : It searches for that unsatisfied part of us. It wants to be authentic, and it teaches us to be curious.

The Rebel : This is the one who breaks the rules, the old patterns. It teaches us to value our freedom to act, think, and choose.

The Lover: It teaches us to fall in love with our project, with people. It also teaches us sensual pleasure and the desire to connect with others physically, emotionally, and intellectually, and it leads us to commitment.

The Creator : It helps us begin to express our true Self in the world, it allows us
to be innovative. It prepares us to return to the kingdom.

The Leader: It allows us to make clear decisions to achieve prosperity, it seeks harmony and balance.

The Magician : It makes us capable of healing and self-transformation.

The Sage: It allows us to face our subjectivity and our illusions, it invites us to let go so we can commit, to be in non-attachment.

The Court Jester: It teaches us to be in joy and spontaneity, it is the final reward of our journey.

The following techniques can be combined with one another based on your strategy, according to the needs of the person you are guiding.

Technique: the castle and the atmosphere around the castle

The castle is the archetype of the ideal place to live, it is the dwelling of the Greater Me. It is a reconnection to your deep essence.

This extremely simple technique, which is nothing other than an Archetypal Journey, is easy to guide. Your role as guide will be to invite the person to improve the castle and the atmosphere around the castle again and again. Everything must be extraordinary. As the guide, you must make sure the castle is as fabulous as possible.

This technique acts positively and dramatically on cases of depression. It is advisable to use this technique over several sessions and to prescribe it in self-hypnosis to the guided person in order to make the improvement lasting.

About the technique

This technique should be done before and after the wounded children technique.

Steps of the castle and the atmosphere around the castle technique

1) The induction

Proceed with the trance induction through focalization, deepening, then expansion of consciousness. (See the induction in *La Méthode Dolfino®: basic techniques*, p. 44 and following)

2) The castle

The guided person discovers and describes the castle. The guide invites the guided person to improve the castle. It can be enlarged, decorated with precious stones, have a tower, an extra wing, anything is possible.

3) The atmosphere of the castle

The guide then invites the guided person to improve the atmosphere around the castle. This can be improving the sunshine or any other weather element, arranging lush gardens, changing the horizon to get a spectacular view, having thriving surrounding nature... Be sure to respect the guided person's choices and to encourage them continuously.

4) The ultimate transformation

Ask the person for one ultimate improvement, like "the cherry on top."

5) The return

On the count of 3, invite the guided person to come back to the “here and now” and state that all the transformations will happen at the right pace for them and will be permanent if that is good for them.

Technique: the king and the queen

Through our upbringing and across generations, we carry an idealized image of the masculine and the feminine, from earliest childhood on. This technique aims to integrate the person's masculine and feminine parts. It improves relationships with individuals of both genders, and harmonizes the inner feminine and masculine through the healing of the anima and the animus. Balance is essential.

About the technique

In this technique, non-directiveness is essential. You enter the inner world of the person you are guiding.

The goal of the technique is to bring about a “heart fusion” between the king and queen of the castle. To do this, you guide until the king and queen are both beautiful and elegant, but also until they become deeply intimate, with respect, consideration, complementarity, and equal status. You know the technique is complete when the two monarchs look into each other's eyes, kiss, embrace, and go shut themselves away in a bedroom. The guide's modesty then is to close the door and leave them to their intimacy.

There is no connection between what happens in the technique and a person's sexual orientation.

Steps of the king and queen technique

1) The induction

Proceed with the trance induction through focusing, deepening, then expansion of consciousness.
(See the induction in *La Méthode Dolfino®: basic techniques* , p. 44 and following)

2) The castle

The guided person arrives in front of their castle – they are the owner – and they improve it along the way.

3) The king and the queen

Invite the guided person to search the castle for the king and queen, who may be in the throne room, in a wing of the castle, in the garden... When the guided person finds the king and queen, invite them to describe them and to make them beautiful. Encourage the guided person to add dynamism, youth, beauty. Transform the king and queen if needed, but always without any directiveness. For example, if they are old and worn out, ask the person whether it is relevant or ideal for them to be that way, whether ruling a kingdom doesn't call for more dynamism.

Also, if either monarch is alone, set out in search of the other. Keep in mind that all solutions are possible. If the queen hates the king (or vice versa) because he is unbearable, boorish, etc., it could be an impostor. It might then be necessary for the king or queen to throw him out and look for the true ruler of the kingdom.

4) The perfect relationship

Once the king and queen are reunited and “improved,” do everything possible so that they experience a perfect relationship: collaboration, consideration, equality, closeness... and that they be intimate to the point of withdrawing together to unite body and soul.

5) The return

Bring the guided person back on the count of 3. Set the fuse so that all the transformations happen at the right pace and become permanent if that is good for them.

Technique: the prison and the torture chamber

This technique is a cleanup technique. The prison, or dungeon, archetypally represents the psychological limits we set for ourselves and the skeletons we keep in the closet. The torture chamber, meanwhile, represents physical limitations and discomfort. These two rooms symbolically represent what undermines the person from within at an unconscious level.

About the technique

The technique consists of finding, cleaning, and then transforming these rooms to turn them into ideal, comfortable rooms. The transformed prison then becomes a place of safety that can serve as the starting point for the wounded children technique.

Steps of the prison and torture chamber technique

1) The induction

Proceed with the induction by focalization, deepening and expansion of consciousness.
(See the induction in *La Méthode Dolfino®: basic techniques*, p. 44 and following)

2) The castle

The guided person arrives in front of their castle – they are the owner – and they improve it along the way.

3) The prison

Invite the guided person to look for a prison, a dungeon, in the castle. Once they've found it, have them describe it. Ask if this prison still serves a purpose. Generally, the person will find that this prison is obsolete, but if not, and without directiveness, guide them to verbalize that they no longer want this prison.

The guided person transforms the prison into a wonderful place where they feel good and can find peace of mind. This can take all sorts of forms, from a meditation room to a private access to the seaside or large bay windows overlooking a wonderful garden, anything is possible. Encourage the transformations as much as possible, take whatever time is needed for it to be perfect.

4) The torture chamber

Proceed the same way with a torture chamber found in the castle. Handle the instruments of torture if there are any, whether through transformation or disposal, as well as through recycling management. Encourage creativity. Once again, anything is possible, it can become a spa, a billiard room, an olympic pool, an artist's studio...

The important thing is that this place becomes somewhere they feel good and can physically recharge.

5) The return

Install the fuse so that everything becomes permanent, settles in at the right pace, and is for the greater good of all. Bring the person back to the waking state on the count of 3.

Technique: the DNA pyramid

In this technique, the guided person must find a secret pyramid-shaped room in the castle. On the archetypal level, the pyramid shape represents transgenerational healing. The archetypal healer is called upon. The archetype of the healer does not exist for Jung; instead, there exists the archetype of the healer/patient, where the healer and the sick person are archetypally connected to one another.

In fact, when someone becomes sick, it is the healer/sick person archetype that manifests itself. The sick person seeks an external healer, but at the same time, an intrapsychic healer manifests itself. This is the “healing factor”. It is the doctor inside the patient who heals just as much as the doctor outside.

About the technique

A symbol of immortality and eternity, it is through the archetype of the pyramid that healing potential is easily activated. Finding a pyramid-shaped room will therefore be a key element for the success of the technique.

The expansion of consciousness practiced during the induction of trance, through its function of aligning the three Selves, will also be an asset for the process to unfold smoothly.

A variation of the technique would consist of inducing an expansion of consciousness with elevation, so that the pyramidal place is also at a very high altitude. Unconsciously, this would bring about a greater involvement of the wisdom of the Greater Me.

Steps of the DNA pyramid technique

1) The induction

Proceed with the trance induction through focusing, deepening, then expansion of consciousness. (See the induction in *La Méthode Dolfino®: basic techniques*, p. 44 and following)

2) The castle

The guided person arrives in front of their castle (they are the owner) and improves it along the way.

3) The pyramidal room

Invite the guided person to look for a secret pyramid-shaped room in the castle. The pyramidal shape is important, so the guide must make sure this is indeed the case.

4) The beds

In this room there are two massage tables or beds. Invite the guided person to lie down on one of the tables.

5) The archetypal healer

Ask them to call upon an extraordinary healer. Have them describe the healer, who may take the form of a wise man, a scholar, a magician, a fairy, an animal, an extraterrestrial... The benevolent healer places their hands above the guided person or on a part of their body. Ask them to describe what is happening.

6) The transfer

At this moment, thousands, millions of “mini me’s” (miniature representations of the person) leave their body and go to place themselves on the second table. The person’s body becomes like an empty costume.

The healer moves to stand near the second table and hears the guided person’s request for what needs to be changed, healed. The guided person describes what they want to change, improve, heal. The healer acts once again. Have them describe what happens using all the elements of VAKOG. The guided person must feel the changes.

7) The reintegration

The transformed “mini me’s” reintegrate into the guided person’s body, which returns to its original form. The guided person thanks the healer. They may also offer them a gift. The guided person gets up, notices and enjoys the changes and the new energy present. They leave the pyramid.

8) The return

Return from trance with the fuse “all these changes will happen at the right pace, if it’s good for you”.

Technique: the dominant archetype

Every archetype always presents two facets. One capable of serving you and the other of working against you. Our strengths, like our fears, divide our being into two polarities. This is why, for example, faith and doubt, peace and war wage eternal battles within our psyche.

When you become whole again, you begin to establish an intimate connection with your deeper being. You gradually manage to realize and express the beauty, richness, life, love and intelligence you originally carry within you. The more you reveal them, the more you spread them around you, and the more your existence will become simpler. This is the goal of archetypal work.

This technique, simple to guide, will allow the person you are accompanying to discover their dominant archetype, discover their shadow side, understand their life mission, or find any other answer important to their personal development, and resolve a challenge or problem affecting their life.

Preparing for the journey

The person's objective must be clearly defined according to the rules of the art of the Méthode Dolfino® and stated aloud.

The following table must be filled out by the guided person during the intake. It should be done spontaneously, without overthinking. The description of the archetypes must be read in full.

Present the following table to the person you are going to guide, instructing them to rate each archetype from 0 to 5 according to the scale: 0 "this doesn't describe me at all" - 5 "this describes me completely".

Using the numbers, and by narrowing the focus, ask the person to identify:

- The 5 archetypes that best represent you today (positive facet and negative facet).
- The 3 archetypes you aspire to (positive facet only).

Archetype	Positive facet	Negative facet	(0 to 5)
Alchemist	Sometimes an inventor, often a “sorcerer”, I have the power or the hope of bringing about changes and transformations spiritual around me.	With my great ability to scheme or to make “illusion”, it’s easy for me as a “miracle worker” to deceive or abuse people.	
In love	I seek to experience oneness with all things. I want to merge with the other (a friend, a group, a lover, an element of the cosmos). I express intimacy, sensuality, but above all I have the innate ability to love others and life naturally. I vibrate and express all my charisma through the love that I radiate, and my ability to love each person as my equal. I know how to heal matters of the heart through communication and love in order to restore harmony.	If my love becomes obsessive, I risk smothering others and undermining their self-esteem through rejection. I must pay attention to not use my charisma to manipulate and dazzle easily influenced minds.	
Artisan	I love touching material, creating and tinkering. I take care of the environment. I am the archetype of creativity. I am passionate about the arts that serve me metaphorically to see life in a more inward way.	I can use my talents to extract other people’s money.	
Miser	I believe I have the power to change everything into gold. I hoard my wealth, I am afraid of sharing and I stockpile to dominate others and I gradually debase myself.	My lack of generosity leads me to isolation and stirs up animosity.	
Volunteer	Full of compassion and altruism, I give love, I do favours without expecting anything in return. My greatest desire is to contribute to creating around me a better world, more just and happier.	Sometimes, I forget about myself and I become bitter for lack of recognition and gratitude for what I do and accomplished.	

Businessman	I love managing money, sales and administration. I want to make a fortune! I'm motivated, my head is full of ideas and I'm a fabulous visionary. Energetic, I know how to crystallize the most complex ideas into reality.	I can tend to go on a "power trip" and think of myself as above others. I can also develop a complex of superiority and not delegate enough.	
Gossip	I give myself power by using the gossip and slander. On the other hand, my revelations can lead people, to whom I share my information, true or false, to draw a lesson and to separate truth from falsehood.	I destroy the reputation of others through my schemes and my destructive rumors and harmful.	
Shaman	I have a great ability to move from one waking state to that of the inner world and to move from one personality to another.	I need to be careful about my tendency to change image or character in an exaggerated way to deceive others.	
Knight	I am loyal and I love committing myself to noble causes. My sense of honor is highly developed. I support an ideal or a social cause and I defend rights that have been violated.	I need to be careful not to get too involved in causes dubious causes and becoming the defender, out of self-interest, of unjust, vain or unjustifiable causes.	
Communicator	I have a strong desire to express myself through the arts, speech, writing, etc. I am an accomplished speaker. I give to those who ask me for solutions, lessons and advice through metaphors therapeutic. I spread information.	I must avoid inventing stories for those who use for bad purposes. I tend to serve mainly my own interests. I sow worry among the people I manipulate.	

Creator	I am a craftsman able to use my imagination as mere first, allowing me to shape a new reality. My imagination is limitless and it allows me to create easily (dance, singing, drawing, writing...) and to reinvent the world. I have the potential to create my own life as though it were a work of art. I transform what is in my life into light and sparks.	I must not reduce my existence to mere matter feeding my creation. Endlessly assailed by new projects and to new ideas, I can quickly find myself overwhelmed. I must avoid living in a world of fantasies rather than in reality.	
Druid	I devote myself body and soul in keeping with my divine inspiration and I put myself in service of others.	I am narcissistic in my search for spirituality, I must be careful not to exclude the people around me. I must not become a real tyrant to those who follow me.	
Dynamic	I am a person of action, I love sports. I am dynamic, motivating and enthusiastic. I need things to evolve and move. I am eager for movement and fresh air.	I must be careful not overwork my body. I am sometimes uncomfortable and nervous in day-to-day tasks.	
Environmentalist	Well grounded in reality, I love wildlife and plant life, I am simple and discreet. I am in natural communion with the spirit of animals. I survive problems through my way of living, no matter what happens.	It is easy for me to reject modernity and to not be fair to Men.	
Emotional	I listen very well and I know watch others. I am imaginative, intuitive and understanding with others.	I let myself get carried away and I turn everything into a tragedy. Hot-tempered and unpredictable, I let myself be ruled by my emotions.	

Eternal child	I want to stay young with my whole being (body and soul) my whole life. I flee my responsibilities and I don't want to move into adulthood.	My immaturity is a source of boredom. I lack of commitment and my dependence on the people around me and they will isolate me. I need to accept getting older.	
Wounded child	I want to help those who also have tolerating this kind of wound. I have sense of compassion.	I have a problem important to forgive, I have a tendency to ruminate and to blame my moods on my past.	
Crystal child	I am gentle and even-tempered. I forgive easily and I am flexible. My heart is open and loving.	I tend to speak little, preferring to communicate through mind and gestures, which can worry people who don't know me.	
Magic child	For me, every thing or situation becomes a game, a moment of joy. A being of light, I stand out for my purity and my innocence. I give myself as a mission to save the world. I know how to see the divine beauty in life's hardships. life. I am certain that everything is possible. I embody hope, optimism, and awareness that happiness is found in through life's simple pleasures.	I don't believe in miracles and don't believe that work and action are essential for grow. I could end up by not measuring the nature of the trials that I must face. So, my natural faith in a protective force can keep me from truly acting to resolve certain problems on my own.	
Indigo child	I am sensitive, spiritual, and I have serious life goals. I have a warrior, a temperament and a unshakeable determination. I can sense dishonesty easily.	I am misunderstood by people who resist changes and who value conformity. I am often stigmatized.	

Teacher	I love sharing my knowledge and I have a great gift for making things simple.	I am more concerned with give an image of myself and to manipulate or abuse people who trust me.	
Explorer	I have a sense of adventure and the independence that lets me dare follow my path without being afraid to find alone. This deep sense of individualism drives me to touch and toward improving the person I am. I am constantly moving, my life is a perpetual quest. There is often in the explorer a tension inner between the need to express their originality and individuality and a natural tendency to integrate with rules of society. I am a builder and an explorer, both of the spiritual, business, and artistic world.	When problems come up, I always in search of a potential handicap, because rather than face and come out of it grown, I can have a tendency to flee them. Sometimes, my individualism can turn into selfishness or lacking in loyalty toward those who support me. I live only for the future or ongoing projects, and not in the present.	
Femme fatale	I am the queen of manipulation. I seduce and manipulate men, without being personally involved. I literally crush my prey.	I misuse seduction, money and power.	
Court jester	Clown, I love having fun, entertaining, and amazing people. I make people laugh by helping them see, through humor, the inconsistencies and absurdities of the world around them.	I tend to deny my emotions, to hide them behind a mask, and sometimes hurting the others to free myself from my emotions.	

Healer	I like to treat the body or the mind. I have often known illness (optional) and I want to heal. I am able to transmit my energy to heal the affected person. Wounded in the past, I can understand the misfortunes and sufferings of others and help them find their way by helping them understand the nature of their wounds. I too am advancing in my own introspection, often represented by my dreams. Other people's wounds help me better understand and heal my own.	I forget to take care of my own health. Because of my empathy, I can end up identifying myself completely with a person and putting myself to live through the wounds of the other. My sense of sacrifice can end up be dangerous for my own growth, if this aspect of my personality is poorly integrated.	
Warrior of light	I embody strength and perseverance in the point of becoming, in others' eyes, a hero who respects his code of honor. I fight relentlessly to defend causes or rights to the point of heroism. I know how to confront and take on challenges to reach my goals, even the most restrictive. I know how to inspire others and I work on my development spiritual to help others.	I want to win at all cost. I let myself get carried away into goals that are too high. I categorize people with differing opinions as being in the mistake. If I lose sight of my ideal, I can lock myself into wars and devastate my own world.	
Hedonist	I love beauty in all its forms. Well dressed, surrounded by beautiful objects, I love offering beauty. I also love eating and pleasing my senses. I seek the maximum pleasure for a minimum of effort. Pleasure is the basic principle of my life, but I know how to enjoy the good things in life.	My pleasure makes me forget my loved ones by becoming too self-centered and navel-gazing. I must make careful not to overindulge in my health.	

Outlaw	I love getting things done exceptional, unimaginable for the everyday person. I like to flirt with the law and danger, and I am powerfully nonconformist. I know how to charm and get everything I want from people. I am excessive in everything. I want to gain wealth without too much effort.	I must be careful not to not to be associated with criminal activities and not fall into illegality and activities illicit.	
Llama	I stand tall to open the way for people and guide them. I act with fairness, in keeping with my convictions. I know how take the time to listen, but I I don't hesitate to take action when the time comes. I serve with humility. I love taking care of spiritual things. I am very inward. I have great focus and I am very meticulous.	I take care not to become individualistic and to live as a hermit under pretext of piety or devotion.	
Leader	I am a visionary that people tend to lean on. Energetic, I maintain cohesion in projects. I have a natural charisma that lets me bring people together around a shared goal. I know how to make my kingdom thrive and thus, make sure people always see their needs (physical, emotional and psychological). I always make sure to be careful to speak in a fitting voice when my opinion is asked, because I know the power I have over others.	Poorly integrated, I can become a tyrant. I then seek to abuse others, to force them by force. I can also become so fascinated by the image of the kingdom that I want to create that I can tend to cut myself off from cut off from the opinion of others and to try to impose my dreams on people.	

Magician	I know how to transform myself, act on the elements and change reality. Part of this magic comes from my power inner, and the other comes from my ability to live in synchronicity with the world. I know how to align my state inside with the outside world. I know the power of words. I understand that I can shape reality at will by shaping my attitude and my deepest thoughts. I am the bearer of a vision, I inspire and transform people through my example. I am gifted with psychic abilities, for I know the human spirit and I know how to unite people under a common vision and make that vision a reality.	I must be careful not to become a guru who could then take advantage of their position to manipulate and influence others.	
Beggar	I need love, comfort, and material possessions on the physical plane. I must learn to become self-reliant.	I lack self-esteem. myself. I expect everything from others and I avoid taking charge of myself.	
Mother	The mother is the embodiment of generosity, love, and forgiveness without condition, patience, and self-sacrifice. She also symbolizes the nurturing Earth. Just like her, I give without any reservation, whether it be physical goods, my affection, or my wisdom. I teach that we always reap what we have sown. I help bring any situation back to life by focusing on the hidden resources at the heart of every thing.	I tend to smother my children with my love and I have always given without ever seeking to receive. "You cannot give if you are empty of all energy!", for balance and exchange are at the heart of any process of growth.	
Orphan	It's the symbol of abandonment, of loneliness: I must learn autonomy and develop my tools so I can survive my isolation.	I want to find a family, but I use often means inadequate.	

Princess	I am the very image of femininity, the sensuality, physical beauty and wisdom.	I have an immoderate taste for popularity.	
Prostitute	I lack self-esteem and I disrespect myself.	I make bad use of seduction to enrich myself and to survive. I put money above moral or spiritual concerns.	
Purifier	A true erupting volcano, I destroy and reject everything that holds me back so I can then rebuild a more harmonious life. I am also often the initiator of change. I am the one that will let a frozen situation take a fresh start. I am the one bearer of the spark that will let the others get moving by breaking, for them, the constraints they've set for themselves forged. I understood the unchanging cycle of things and the fact that everything is in perpetual motion.	I ravage, ruin and destroy without discernment, blinded by my strength domineering. I must be attention when I set a change in motion only to destroy the aspects of a situation that must be abandoned. When I suppress my energy, I can put myself in anger, putting at risk my relationships with others and my health.	
Rebel	I dare walk outside the world known. I am both the free spirit who opens up to the mysteries of the world. I know break with established dogmas to discover my own truth behind the conformity. In an altered state of consciousness, I discover in a madness divine the genius slumbering within me. In embracing my subconscious and the potential that resides there, the rebel that I become able to merge with the field of possibilities and my possibilities are unlimited.	In conflict with the system established, I can end up exclude myself from society. I have a life of excess and self-destruction. Alcohol, drugs and pleasures make me flee from reality, which lets me keeps trapped by urges and shadows of my Young Me.	

Saboteur	As a saboteur, I destroy willingly the aspirations and the successes of those around me, because it's the only way for me to esteem myself.	I tend to self-sabotage and destroy unconsciously everything that I build as soon as success draws near.	
Sage	I am able to anticipate the future and to inform people in order to benefit, without gaining any advantage from it.	I could become more mercantile and offer my services for money.	
Savior	I provide and offer my help and my assistance to my fellow humans without waiting in return. I highlight their strengths and their skills and help them to use them.	The danger for me is to use people that I help in order to get favors or services. I tend to hold a grudge against people who are rather stingy.	
Scholar	Gifted with a mind for synthesis, scientific, analytical, philosophical and strategic, I know how to reason logically.	I can become completely disconnected from my emotions and use only my rational mind.	
Hero transcendent	I help people get rid of their bad habits, both on the spiritual and physical level, by breaking down invalidating barriers that keep them from moving forward.	I must avoid my tendencies toward dictatorship.	
Vampire	I am a person who drains the energy of others, often unconsciously.	I have a chronic dependency on another person.	
Victim	I let others benefit from my victim experience so they learn to defend themselves. I am ready to sacrifice myself for a cause, and I have the courage to fight for these goals.	I play the victim to gain the sympathy of others and thus take advantage of their pity or their sympathy. I internalize to pick at my wounds.	

Traveler	Life is a perpetual discovery that stimulates and enriches me every day. I strive to discover the places and the people with an ever renewed outlook. I marvel at the richness of life and its thousand and one facets.	I travel to gather simply the experiences without to bring my contribution and my heart to the places and to the people I visit visit.	
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Steps of the dominant archetype technique

1. The induction

Modification of the state of consciousness through focalization, deepening, then expansion of consciousness. (See induction, *La Méthode Dolfino®: basic techniques* , p. 44 and following)

2. The sacred space

Invite the guided person to go to a sacred, magical space (a clearing in a forest, the top of a mountain, the edge of the ocean...). There is a great blazing fire in this space.

3. The calling of the archetypes

The person then invites the 5 archetypes that best represent them to join her (the guide can here list the 8 archetypes previously defined to allow the guided person to “select” 5 of them). Have the guided person briefly describe each of these archetypes.

4. The dominant archetype

Have the one who holds the most important message today step forward to face the guided person. Ask that there be an exchange of greetings, of looks.

Ask the guided person to describe the archetype:

- Its physical appearance
- How it is positioned (seated, standing, upright, hunched, etc.)
- The tone of their voice, their pace, etc.
- Their emotional state

5. The archetype's contribution

Invite the archetype to talk about its strengths and weaknesses to the guided person. The guided person will then ask this archetype for advice on what it thinks of their goal. Invite the guided person to converse with it.

6. The challenge

The guided person will then ask the archetype to give them a challenge to really move them toward their goal. The guided person can then share their worries about the challenge. The archetype will then give them something to encourage them (What is it? A magic object? A piece of advice? A tool? A wise word?). The guided person thanks the archetype and offers it a gift if they wish.

7. The return

On the count of 3, invite the guided person to come back to the “here and now” by suggesting they remember everything that is important to them in reaching their goal. Have the person note down what the archetype told them and give what needs to be done as a prescription.

Elements you can integrate into your hypnosis sessions

Here are a few elements you can integrate into the Archetypal Journeys you guide. As usual, the idea is to expose the person to these elements, have them describe how they initially appear, and invite the guided person to improve them so they become as beautiful as possible.

The crowd

Each person in the crowd represents a facet of your personality. The energy the crowd gives off reflects your inner state.

For example:

- A joyful crowd reflects your joy; feeling good there reflects your inner harmony.
- An aggressive crowd reflects your anger.
- A passive crowd reflects your laziness or inaction.
- A crowd running in every direction reflects your confusion and the scattering of your energies.
- A crowd making itself heard reflects your desire to have your ideas accepted and used.

The natural elements

The elements will show you the strengths you hold to reach your goal.

Water: Reflects the balance of your emotional body.

Air: Reflects the mastery of your mental body.

Earth: Represents the power of your physical body.

Fire: Represents your spiritual body, that is, your spirit.

Ether: This element represents the energy that animates everything on the material plane. Seeing this element shows that you are acting with wisdom or that you are evolving spiritually.

The key

Represents access to a hidden strength or secret knowledge. Your talents, gifts, experiences, and knowledge are all keys in your possession that let you reach your goals.

In dreams

- Having the key you need shows that you have all the assets required to achieve your goals. It also indicates that you will soon have access to new possibilities.
- Not finding the key indicates that you want to access something that is currently impossible for you. This is an invitation to try again later or to make the effort to acquire what you're missing in order to reach this goal.

Chest or box

What it contains represents the things you wish to keep secret. Is it a strength, a desire, a talent, a piece of knowledge? Why do you want to keep this thing secret?

In a positive context: what is in this box must remain secret — revealing your strengths is not always to your advantage in certain situations.

In a negative context: it is a sign that you will need to let go of certain thoughts or desires that could seriously harm the quality of your growth.

Mirror

It reflects a person's inner state, their true nature, their secrets.

Positive dream: becoming aware of a facet of your personality that had been buried deep within you. Looking at yourself and being beautiful and radiant is a sign of wisdom and purity.

Negative dream: breaking it or seeing a distorted image of yourself shows that you don't want to accept your flaws and weaknesses. It also means being disoriented by confused thoughts, not seeing things as they are, and not reaching the truth, which is hidden from you.

Telephone

Symbolizes the communication ties you maintain with the people around you. The message you receive will help you overcome the challenges you're facing or find more effective solutions.

Not getting an answer on the other end of the line indicates that you're not looking for help in the right place. It's also a sign that, in the current circumstances, you will need to act alone.

Labyrinth

Represents the reflection you need to undertake in order to overcome all the obstacles standing between you and your goal. Successfully finding your way through it foretells realizations that will bring you success (personal growth or the progress of a material project). At its center lies a piece of knowledge that grants a certain power and can only be gained through sustained effort.

Entering it : the beginning of introspection.

Finding a way out : completed inner transformation, wisdom, growth, success.

The Pygmalion effect

The Pygmalion effect (or Rosenthal & Jacobson effect) is a self-fulfilling prophecy that produces an improvement in a subject's performance, based on the degree of belief in their success coming from an authority figure or their environment. Simply believing in someone's success thus improves their odds of succeeding.

In education, it refers to the influence of assumptions on a student's academic progress and abilities. This is an important issue, because if children from disadvantaged backgrounds perform less well in school than children from privileged backgrounds, the cause may not be solely linked to the shortcomings of these children and their environments.

The Pygmalion effect is mainly studied in the context of its positive effects.

[Source: Wikipedia]

Childhood wounds

Childhood is the time of first learnings and first experiences. It holds as much happiness as it does hardship.

For example, you probably witnessed an argument between your parents at some point during your childhood. You lived through and understood that situation with your child's-eye view, and your perception of the event isn't necessarily complete. Still, your Young Me absorbed something and built a memory based on what it perceived and felt.

Too immature to fully grasp the stakes of that argument, which was probably trivial to your parents, the young child you were back then may have registered a distorted perception of the cause, of the behaviors to adopt in certain situations, or of the importance of an object or a person, based on their interpretation of the event. Thousands of events were stored this way in your unconscious. Even if they may seem distorted and incomplete to you today, given the Young Me's perception and understanding of reality, these events were nonetheless identified and stored as true.

As a result, a parent's abrupt departure following an argument might have been interpreted by the child as abandonment, even if the parent had simply stepped out for some air and returned ten minutes later. This feeling of having been abandoned is what we consider a childhood wound. There are others, such as betrayal, humiliation, injustice, rejection...

An unmet need leaves a mark. Feeling safe, feeling important, being recognized... these are all things that, when left unsatisfied, can give rise to destructive thoughts and behaviors in a person. It's enough to meet the Young Me's various needs for it to adopt other attitudes, abilities, and life habits.

The very first wounds, before the age of 7, are rarely expressed, so thoroughly are they denied, repressed and left unheard by those around the young child. The drive to live and grow keeps these wounds in the field of the unconscious, and the traumatic images are gathered and covered with an opaque veil until the trials and setbacks of life bring back to the surface, in adulthood, what had until then been hidden.

There are three ways of living out one's wounds.

- Replaying them consciously or unconsciously in one's own life, which can prove very negative. In the end, working on oneself will make it possible to heal the wound, in order to reach inner peace.
- Repressing them by staying in denial, loudly claiming that one has no problem at all.
- Sublimating them, which makes it possible to experience them positively, opening the way to transformation.

From one generation to the next

People's personality and life are greatly influenced by childhood wounds. The main wounds are passed on unconsciously and systematically from parents to children. We often inherit our parents' wound, without them realizing it, through what we learn, right into adulthood.

When it comes to the intergenerational transmission of wounds, we find:

- The chronic feeling of guilt: guilt colours every decision and consequence in life. The mother often passes this wound on to her children without meaning to.
- The chronic feeling of powerlessness: every challenge is seen in a negative light, making it feel as though the weight of the world has just fallen on one's shoulders. This powerlessness often comes from the father.

We are responsible, but not guilty

If we take responsibility for all our actions without feeling guilty because of it, we will be able to reflect on who we are beyond our wounds. Often, the books and films that draw us in most illustrate our main childhood wounds.

Here is how we generally react to these wounds:

- Trivialization: we often tend to underestimate our significant problems and trivialize them, acting as though it were normal to have such problems.
- Denial: we refuse to see a problem that someone else (a husband, a friend, our child) points out to us (coming from ourselves) or confides in us (about themselves, but that we don't want to hear).
- Projection: we project our inner world onto others (a tendency to constantly make connections with our own reality or to predict how a situation will turn out based on our own experience). What type of person attracts us? What film? What music?

Wounds and their role in couple relationships

It is always the unconscious that chooses your life partner according to the representation of your anima or your animus and according to your wounds. There are four possible scenarios:

1. Choosing a partner who favours the survival of the species (ideal genitor or procreator)
2. Choosing a partner who resembles you
3. Choosing a partner who gives you social value
4. Choosing a partner who heals your wounds
 - o They heal through “electroshocks,” treating fire with fire. They push you to go all the way through your wounds in order to overcome their consequences.
 - o They often have the qualities hidden by our wounds, which we are unable to manage without help...

A heartbreak hurts a great deal. The reason for this very intense pain is that the person we were in a relationship with was giving us something essential to offset, mask, or treat our wounds. When they leave us, the wound starts bleeding and hurting again.

A woman will generally choose a partner who resembles her inner masculine. She will find appealing what resembles the positive sides of her anima, and unattractive what resembles the negative sides of her animus. The same is true for men.

The four types of couples

Conflictual : When routine sets in, we see our partner’s true nature, their strengths and their flaws. They are the representation of our anima or our animus, and in them we will discover the flaws of our father and our mother. By becoming aware of each other’s wounds, the couple can become “conscious.”

Conscious : The partners are opposites (victim and abuser, lazy one and workaholic).

They risk amplifying the flaws associated with their wounds, which is unconsciously “expected” of the other. As soon as the couple becomes aware of this, by healing their wounds and stopping this game that makes them suffer, they begin to grow together again.

Creator : Both partners in this couple are freed from their main wounds. Neither partner will ask the other to be different, to change. Each one knows their own wounds perfectly, as well as the other’s. These partners form a couple that has managed to free itself from its primal instincts, that no longer responds to its wounds or its hormones, but to its inner wisdom. It has healed almost all of its main wounds, and for those that remain, it is able to interpret them, and they will not destroy the love.

Divine : This is the ultimate phase. It means that both partners have healed all of their wounds and have recovered their original wholeness. Each of the two partners is “individuated” (Jung). Unlike romantic couples, this is not about two people who “complete each other.” It is instead about two whole beings who have chosen to live together.

In this context, it is worthwhile to know the human emotions that must be taken into account and understood.

Emotions, their impacts and their needs

Emotion	Feeling	Need
Joy	Moving toward (movement of opening)	Sharing
Sadness	Going inward (withdrawal movement)	Being comforted
Anger	Going against oneself (attack movement)	Being respected
Fear	Fleeing (moving away, going far)	Being protected

Recognizing childhood wounds

The table below summarizes the 14 main childhood wounds and the patterns that correspond to the three ways of living these wounds, whether by reproducing, repressing, or sublimating them.

Ask the person you are accompanying to rate, on a scale of 0 to 10 (0 “this doesn’t describe me at all” - 10 “this describes me completely”), each type of wound. This will let the person identify their main wound. Give the person 5 to 10 minutes to assess it all using the table below.

	Reproduces or represses	Sublimates
Child abandoned	Emotional and affective dependence, clings to others, afraid of being alone Avoids groups and people they don’t know well Suffers from paranoia, abandonment Jealous, possessive Abandons people Likes to believe everything is fine Wound often created by the opposite-sex parent, relationship problems Plays the role of the rescuer Unstable, avoids intense or lasting bonds Complains often	Excellent at managing relationships Is a mediator, a peacemaker
Betrayed child	Lives in uncertainty Little emotional involvement out of fear of rejection, of separation Chronic insecurity Often blames people of the opposite sex for their wounds and problems Is the scapegoat Is gullible, easy prey for cults, scammers Gets exploited and walked over No longer trusts anyone, is suspicious Solitary, isolated Very demanding, impatient, quick to become aggressive Very controlling, authoritarian, seductive, intimidating	Good at helping relationships

Child abused and hungry	Tendency toward violence Persecutor (verbally, physically...) They lacked love They need to be taken care of They live in fear and worry Gentle and self-effacing They try to compensate through excess for the deprivation they suffered Tendency toward self-destruction, self-harm, eating disorders	Helping relationship with the deeply wounded
Dead child	Detached from their emotions Uncompromising, insensitive, cruel He is sad and depressed Lacks joy for life, leads a dull life Had to become an adult very quickly Was never a child Doesn't know how to have fun Judges others	Knows how to see the world with a child's eyes Brings joy and light
Sacrificed child	Satisfaction in sacrifice Gets taken advantage of, others exploit him Tends not to respect himself, nor his limits Is always ready to step aside and let others shine in his place Repeats "patterns" where he is devalued, poorly regarded and abused Unable to express his limits Unable to say no	Excellent at bringing out the best in others
Martyr child	Blames others Feels sorry for himself, is pessimistic Quick-tempered A "doormat", a pro at self-pity He repeats his misfortunes over and over Seeks the attention of others by describing himself as a victim Violent Represses, causing stress, degenerative and psychosomatic illnesses	Exacerbated compassion Quick to help

Humiliated child	Inferiority complex, because he is convinced he is not worth nothing Experienced with the maternal figure. Problem with the female sex Self-saboteur Self-flagellation, boastfulness Attracts insults and contempt Superiority complex Big talker, small doer Tendency toward masochism Forgets themselves for others' sake A fan of "name dropping" Takes credit for others' work	He will get involved socially
Child invisible	Flies under the radar, unnoticed Feels little accepted and little recognized Has difficulty perceiving how important they are in others' eyes Has difficulty finding their place and seeing their	Recognizes strengths of others
Rejected child	strengths Draws attention or is very withdrawn Lives in their imaginary world Drains the energy of people around them Tends to run away when their wound is activated No one pays attention to them Afraid of panicking Has problems with people of their own sex (wound caused by the same-sex parent) Piles up mistakes	A uniter Ability to form and manage teams
Victim child of injustice	Tendency to become very rigid, abrupt, curt, and insensitive Only perceives the unjust and dark side of things Does not believe they are receiving what they deserve Accused of crimes not committed Dictator, guru-like attitude, imposes their ideas Fanaticism, cruelty Perfectionism, intolerance Hypercritical, too demanding Has suffered numerous injustices (for example, for the benefit of siblings) Blamed for things they did not do	Will help make order and justice reign

Not recognized	Makes choices that provoke outrage Nonconformism (career, behavior, etc.) Replays situations of failure Enters a vicious cycle where performance = fatigue = depression = alcohol and drugs Sensitive about his identity When threatened, he becomes very unpredictable Ignored and unappreciated Hurts those around him	Refuses submission Original, keeps his identity Artist, pioneer in his field
King child	Cannot stand contradiction or authority Unpleasant, arrogant, contemptuous He gives up at the first difficulty Not reliable Volatile and unreliable Tyrannical No defined limits Uncompromising and dictatorial Has had too much freedom	Independent, confident and free-spirited Creator, forerunner, he has original ideas
Child guilty	Dramatizing the smallest faults or mistakes Tries to self-punish, to self-flagellate Seeking justification Perfectionism Fear of others' judgment The person sometimes no longer feels worthy of being loved (self-contempt) Constantly compares themselves to others Wound stemming from a maternal behavior	Tolerant and validating for the people who are around them
Child powerless	Constant devaluation Frustration, bitterness Exhaustion, wanting to sleep and do nothing Discouragement, no more desire to continue, to persevere Feeling of being useless Every challenge is seen negatively, giving the feeling that the weight of the world has just fallen on their shoulders Wound stemming from a paternal behavior	Places a lot of importance on relationships interpersonal

Technique: the hotel doors

This technique is a hybrid between regression and childhood wounds. It is extremely simple to guide and is a perfect preamble to the wounded children technique.

About the technique

This technique requires absolute non-directivity. Before undertaking this technique, your guiding convention should be amended with a phrase such as: “The person I am guiding has all the resources needed to resolve their issues”. As in the Pygmalion effect, you take for granted that the guided people are perfectly capable of resolving what needs to be resolved perfectly. It is the guided person who will define the technique by living it. In this technique, the Young Me will resolve a situation analogous to the one experienced by the guided person at a certain age. The greater the dissociation, meaning the more distant the Rational Me, the more effective the technique will be.

The hotel here symbolizes the home of the unconscious, capable of resolving what needs to be resolved. Also, the hotel must be beautiful, clean and functional. The doors of the hotel symbolize the different stages of the guided person’s life. This technique will make it possible to rewrite an emotionally limiting situation in the person’s current life.

Steps of the hotel doors technique

In the intake, ask the guided person’s age.

Determine the objective by the book. (See “My objective in twelve questions” from the manual *The Méthode Dolfino®: basic techniques*, p. 31 and following)

1) The induction

Modify the state of consciousness through focalization, deepen the state, then proceed with an expansion of consciousness. (See the induction in *La Méthode Dolfino®: basic techniques*, p. 44 and following)

2) The hotel

The guided person arrives in front of a hotel. Invite the guided person to describe it all and improve the exterior appearance as needed. Then invite the guided person to enter the hotel. Proceed the same way, description and improvement.

3) The hallway

In the hotel, there is a long hallway with a series of numbered doors. All the doors are on the right. On the first door in the hallway, the number shown on the door is the age of the guided person. The numbers decrease down to the last door at the end of the hallway, which shows the number 0. At this stage, it may also be necessary to improve the hallway before even stepping into it. Simply manage the situation as it presents itself. Invite the guided person to go all the way to the end, near the first door.

4) The doors

Tell the guided person that some doors are different (different color, door not properly closed, different number, a different-style handle, a feeling that they must go in, etc.). Invite the guided person to go to the very first different door, the one bearing the smallest number. Ask the person to tell you what number is shown on the door.

5) The child

The guided person goes through the door and finds a child of the age noted on the door. Announce the child's age directly without mentioning that it is the same number as on the door. Find the child and offer them everything they need. Make sure everything is perfect for them and that the issue is resolved forever. Of course, if the number on the door is "22," it is an adult, not a child, who should be announced when going through the door. Assume that there is something there to be resolved, otherwise the person would have chosen a different door. Also, once through the door, you re-enter the guided person's world again. Whether it is an Amazonian forest, the inside of a cardboard box, or indeed a bedroom, simply manage the situation until the person feels ready to leave the child.

6) The other doors

Once the first door has been "resolved," and the guided person is back in the hallway, invite them to check whether another door requires their attention. Generally, the issue resolved in the first room causes everything to return to normal in the hotel hallway, or at least, many doors are now "normal." If a door remains different, repeat the same procedure with joy and creativity. Then leave the hotel.

7) The return

Install the fuse that "all the transformations will happen at the right speed for you and will remain forever if it is good for you." On the count of 3, invite the person to come back to the "here and now" and to congratulate themselves on this wonderful accomplishment.

Technique: wounded children

No matter the reason a wound was created in childhood, this technique will make it possible to change the negative imprint of the original wound recorded in the brain.

About the technique

In this technique, it is truly the guided person who defines the scenario once the framework is set. As the guide, you will encourage the person to go all the way.

Take the time to carefully induce the trance and deepen it enough that the Rational Me is as absent as possible.

This technique should never be done in a first session and requires a “prior cleansing.” The castle, king and queen, and prison techniques will be done during a prior session.

Steps of the wounded children technique

1) The objective

Using "My objective in twelve questions," determine the objective according to the rules of the art. (See *La Méthode Dolfino®: basic techniques*, p. 31 and following)

2) The induction

Proceed with the induction by focalization. Deepen the trance level and then proceed to an expansion of consciousness. (See *Méthode Dolfino®: basic techniques*)

3) The safe place

Ask the guided person to go to their safe place (near the tree or the castle prison transformed into a place of psychological well-being), have them describe it, and if needed, make an improvement.

4) The other inner world

Invite the guided person to find, in this place, an opening, a hole, a trapdoor that goes down to an extraordinary, incredible, unexpected place. The descent can happen via a slide, a waterfall, a beam of light, a tube (the guide can accompany the slide

through sounds). Invite the guided person to describe the universe they've arrived in and have them experience it fully (VAKOG).

5) The wounded child

Then tell the guided person that, somewhere in this place, there is a child who isn't doing well and who needs a hand. Invite the person to search for the child. Ask the guided person how they can help the child, and encourage them to do so. It's possible that the guided person will come across other children who aren't the one they need to find. This may be a psychological escape by the Young Me. Encourage the person to continue their quest.

When the guided person finds the child, ask them questions such as:

- "What happened?"
- "What is he doing there?"
- "What does he need?"

Encourage the person to communicate with the child and to respond to their need. It can be helpful for the guide to place a cushion in the guided person's arms so they can cuddle the child.

Make sure the guided person stays in a pleasant emotional state throughout the technique. If needed, use the so-called "cleanup" techniques to ease the discomfort and allow them to continue.

6) Validation and integration

To make sure the situation is truly resolved, once the child seems fully fulfilled, use time distortion to age them and confirm that everything is going as well as possible. If all goes well, continue moving time forward until the child is the same age as the guided person, then integrate them. Invite the guided person to feel the transformations that come from fully integrating this being whose life was completely different. Highlight the effect on posture, the sparkle in the eyes, thoughts, habits, etc. Once again, use as many senses as possible (VAKOG) so that the whole body's awareness integrates that these transformations are truly there, within them.

7) The return

Set the fuse so that all the transformations will unfold at the right pace for the person, and so they will last forever if that's good for them. Invite the person to come back to the "here and now" on the count of 3.



Conclusion

With these new techniques, your knowledge as a Méthode Dolfino® hypnosis practitioner grows richer, and you will be able to respond to a broader range of requests from people asking for support in activating their full potential.

Keep in mind that taking your time in guiding, staying non-directive and encouraging the person being guided leads to better results. Properly defining the goal and having clear agreements is also a key to success.

We wish you a wonderful practice with the Méthode Dolfino®.

APPENDICES

To deepen your understanding of childhood wounds, you can refer to the table below.

Wound	What left traces in the child	How to move past it
Abandoned child	He was left in the kitchen or at the hospital.	Reconnecting with safety, independence and the fear of abandonment
Betrayed child	A child's secret was revealed to a friend.	Regaining trust in others, a critical sense, and improve human interactions
Abused child and hungry	He lacked nourishment (poverty, war). He was beaten, abused, also psychologically.	Caring for the inner child and meeting their needs
Dead child	An event forced them to become adult (mortality, illness, disability of a loved one...).	Reconnecting with lightness and the joy of living
Sacrificed child	Always wanting to please, they place themselves last, behind others. People come to expect that from them.	Regaining self-respect and learning to enforce their boundaries
Martyr child	They are relentlessly targeted physically or psychologically.	Taking responsibility for their problems, actions, and life's hardships
Humiliated child	They are mocked at their own expense and their mistakes are highlighted by ridiculing them.	Resolve the inferiority complex or superiority complex

Invisible child	They fly under the radar. Neither too much nor not enough, they're not taken into account, nor noticed. They live in the shadow of flamboyant people.	Have them take their place in the world, have them realize the impact they have on others
Rejected child	They're always too much. They can't not, because too young, too old, not skilled enough, etc.	Give them back their self-confidence and the courage to handle worries
Victim child of injustice	The wrong child is blamed for the siblings unfairly.	Teach gentleness, the ability to be optimistic and have their ideas and rights recognized
Unacknowledged child	Their strengths are not highlighted. Neither their efforts nor their qualities or achievements are noticed.	Recognize who they are and give them restore the ability to recognize themselves
King child	Nothing is refused them and no clear limit is set for them.	Make them aware of the impact of their actions and words on others
Guilty child	Through imitation, they see their mother engage in this type of behaviour and see themselves encouraged to act the same way.	Become aware that feeling guilty is of no use Improve flexibility and the ability to let go
Helpless child	Through imitation, sees his father having this type of behaviour and learns to feel this way	Restore confidence, energy and the desire to act

Here, for fun with friends, but also to spark a dialogue with a person you are accompanying, a little test : the 6 boxes test.

The unconscious is a very interesting indicator of a person's personality and outlook on life. In any case, it is a good way to fuel a conversation at a restaurant. All you need is a small piece of paper... or the restaurant's tablecloth.

- Draw 6 boxes, 3 on the first row and 3 on the second
- Tell the other person to draw a circle in the first box
- A triangle in the second
- A staircase in the third
- A cross in the fourth
- A square in the fifth
- A number 3 rotated 90° (it makes a sort of m)

Your friend must complete each shape to turn it into a drawing that means something (careful, no abstract art!).

Then, they must write down an adjective for each drawing.

Do the test for yourself first and then go look at the interpretation that follows.



Your unconscious is wonderful, since the drawings and adjectives give the following clues:

Circle: How the person sees themselves

Triangle: How the person believes others see them

Step: How they see life in general

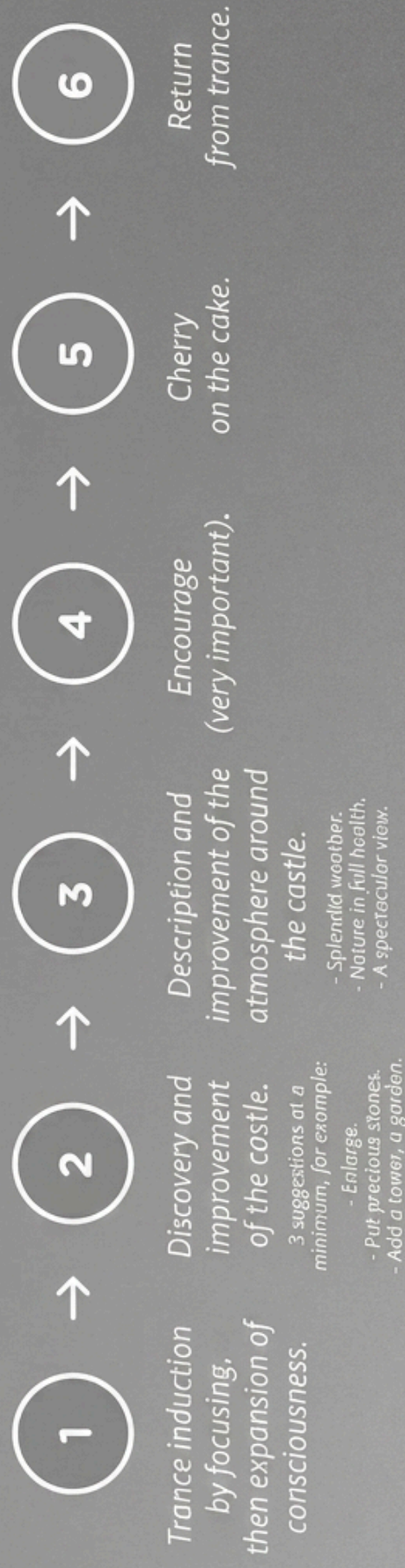
Cross: How they see their spirituality

Square: How they see family

m: How they see love

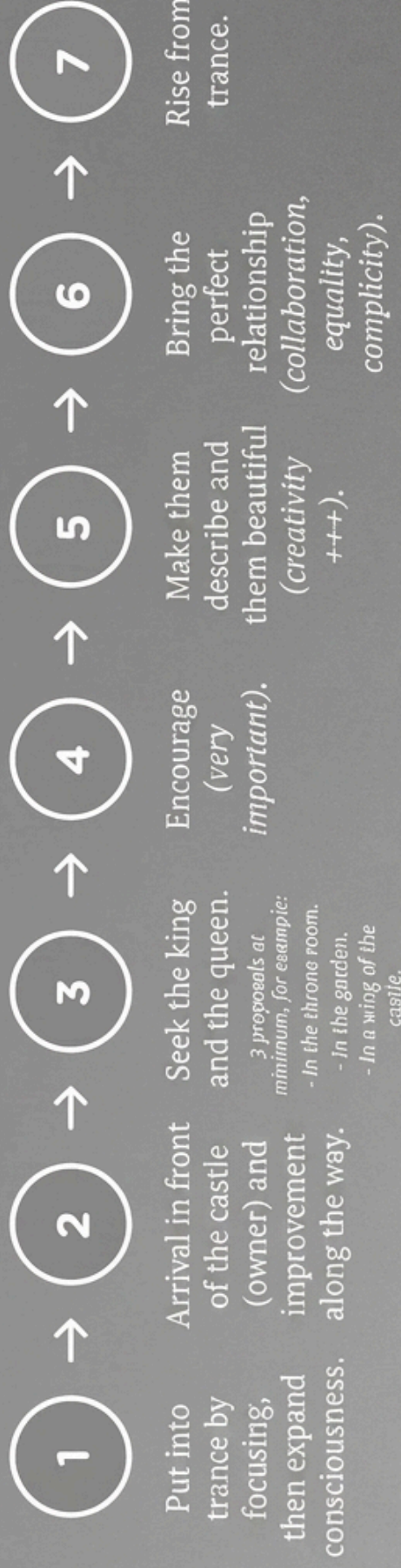
The castle and the The atmosphere around the castle

Technique: steps



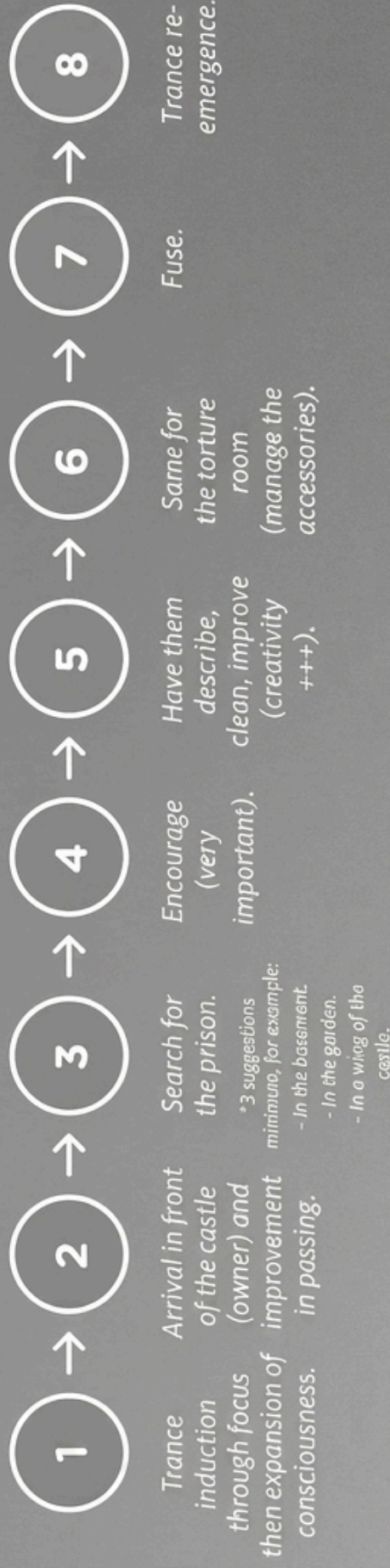
The king and the queen

Technique: steps



The prison and the torture room

Technique: steps



The DNA Pyramid

Technique: Steps



Trance induction by focusing, then expansion of consciousness.

Arrival in front of the castle (owner) and improvement along the way.

Search for a hidden room in the shape of a pyramid.
3 proposals minimum, for example:
 - In the basements.
 - In the garden.
 - In a wing of the castle.

Encourage (very important).

Have the guide enter the pyramid and describe that there are two tables.

The guide lies down on one of the tables and calls an extraordinary healer.

The healer arrives (the being described by the guide) and places his hands over the guide.
 This guide can then intervene with the permission of the guide (in support of guide in energy, meditation, etc.).



Millions of Mini Me's exit the guide to go to the other table.

The guide's body becomes like an empty costume.

The healer goes to the table.

Ask the guide what the healer can enter act on.

Have them describe what is happening as a visible transformation.

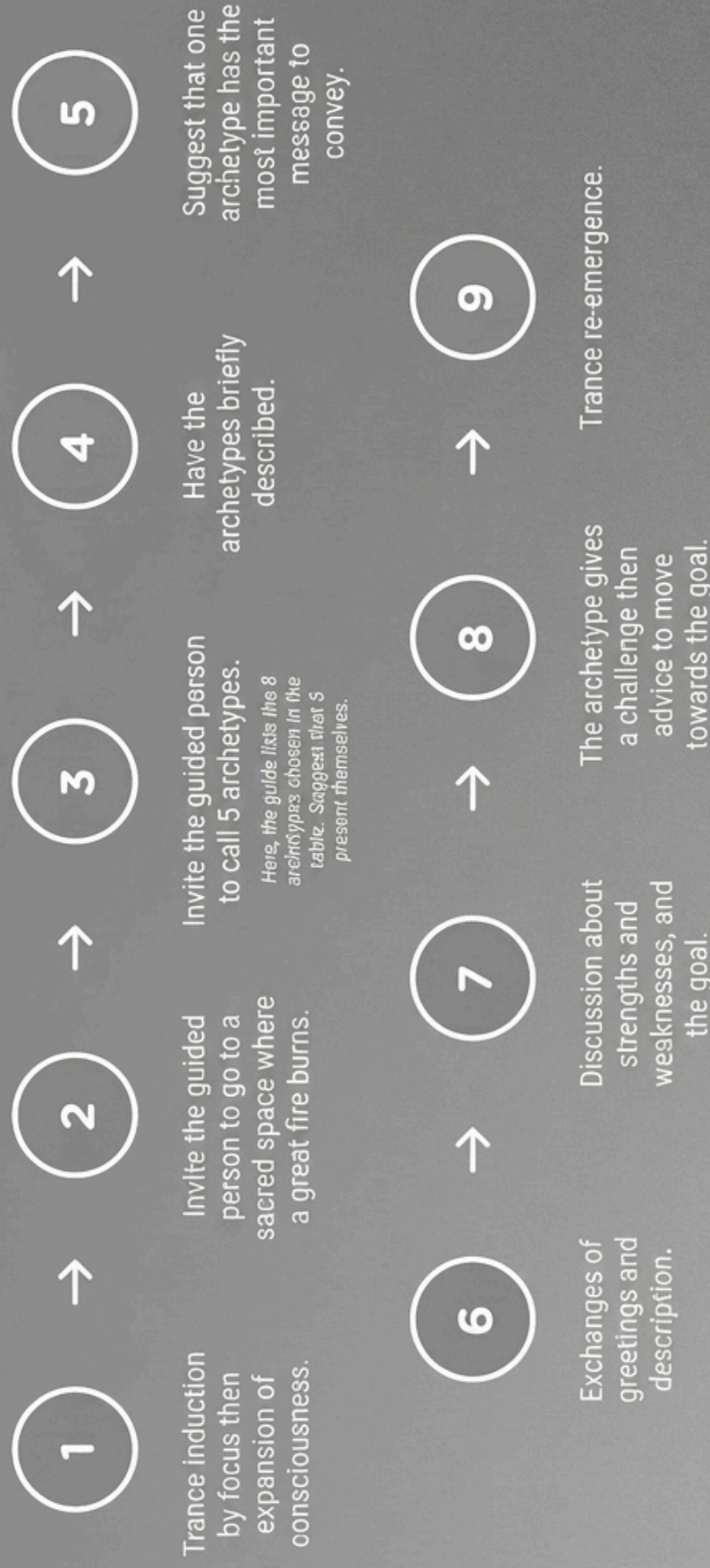
Reintegration of the transformed Mini Me's.

Thank the healer, offer him a gift.

Return from trance.

The dominant archetype

Technique: steps



The doors of the hotel

Technique: steps



Trance induction
by focus then
expansion of
consciousness.

The guided person
arrives in front of a hotel
(improvement).

The guided person enters
the hotel and arrives
in a long corridor with
a series of doors on
the right.

On the first door is
indicated a
number that
corresponds to the
person's age.

All doors are
numbered in
descending order
down to door 0.



The guided person must spot
the door which is different and
has the smallest number.

He enters the
corresponding room.

There is a child of the age of the
number inscribed on the door.
This child has a need.
Respond to the need.
Manage the situation.

Trance re-emergence.
Fuse.

Wounded Children

Technique: Steps



Trance induction by focusing then expansion of consciousness.

The guidee is in a safe place (tree, transformed prison).

The guidee discovers an opening, a hole, a trapdoor that leads leads them to an unexpected place.

Description of the place. Have them live the experience (VAKOG).

Somewhere, there is a child who is not doing well and needs a hand.



Find the right child.
Encourage (very important).



Meet the child's needs.
Cuddle them (cushion).



Time distortion, validation of the situation, make the child grow up and integration.



Coming out of trance.
Fuse.



DOLFINO

ACTIVATE YOUR FULL POTENTIAL