

# Metaphorically Speaking Little Red Riding Hood

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The Grimm Brothers' Little Red Riding Hood had issues, problems, and happenings that were identical to our clients' current issues, problems, and happenings, and the hypnotherapy treatment is exactly the same as we use today. She was liked by everyone, worried over by her mother, and given responsibility at a young age to deliver cake and wine to her sick grandmother, which tasks necessitated traveling through woods containing dangers of which she was unaware, unaccustomed, and untrained to guard against and prevent.

She met the wolf and was not frightened as she did not know his evil. He put on a false mask of niceness to delude and trick her. She trusted him and told him the facets of her journey. The wolf lied to her and led her off the right path so that he could get to her grandmother's house first.

The grandmother was so weak that the wolf let himself in and ate the grandmother all up. Then Little Red Riding Hood arrived and let herself in through the open door. When she saw the wolf this time, she began to recognize his big ears, big eyes, big hands and horribly big mouth. The wolf told her, "Better to eat you with," and then jumped up and ate her all up. A huntsman passing by saw the wolf that he had been searching for and cut up his belly, first extracting Little Red Riding Hood and then the grandmother, all alive.

The next time she saw another wolf in the woods she refused to leave the right path and went straight to her grandmother's. When this new wolf came to the house, they both killed it.

Many children of today have journeys for which they are unprepared, involving difficult tasks in strange areas, and carry heavy burdens that have been heaped upon them. Being unable to identify the dangers that lie ahead, they succumb to them, and then become clients. They are abused or not abused, and on their way to being emotionally "swallowed up" by happenings that are big or small, real or unreal, and very often helpless to help themselves.

Because of the vantage point that has resulted from occurrences in their lives, they are unable to identify the dangers, nor identify the problems and their causes, with the effect that they are unmercifully eaten up by them, sometimes partially, sometimes totally.

Their problems affect other persons and other parts of their bodies and mind, and Red Riding Hood's "grandmother" may be a relative or friend, or the "wisdom" or "judgment" part of Red Riding Hood, that is also swallowed up. The problem buries itself deeply into the belly of the subconscious and stays there, and from time to time

burps up negative images of hurt, abuse, loneliness, lack of confidence and self-esteem, doubt, and other nasty messages.

The problem becomes such a haunting and disturbing part of the subconscious, that one cannot separate the problem from the subconscious. They are as one. Then, perchance, along comes a merciful hypnotherapist, always the hunter of "wolves," who "cuts open" the subconscious, digs deep into its belly, extracts the client, and paves the way to a new world, one of enlightenment, not unwitting repression. Other loved ones, and parts, who have been eaten up by the wolf-problem are also extracted, and thereafter enjoy the benefits of the new world of the newly re-born client. The old client must "die" in order to make way for this birth. From thence on, the re-born, re-shaped client, with a new attitude and new perspective on life, its pitfalls and its dangers, its joys and rewards, is educated and wary of the wicked ways of the many wolves lurking on the paths of life, while also being aware that life is worth living. Once the demons are exposed to the light, they go away.

This is one of the precepts upon which Carl Jung based his approach to psychotherapy. Jung said that a problem cannot be solved at its own level. I, personally, do not want my clients to fight a fair fight, as they have been fighting totally unfair adversaries all their lives. You can solve it when you raise your level of consciousness. You do not solve it logically on its own terms. It must fade out in contrast to a new and stronger life tendency. Raising the level of consciousness prevents a person from being identical with the emotion. It permits the person to rise above it.

"What on a lower level, had led to the wildest conflicts and emotions full of panic, viewed from the higher level of the personality, now seemed like a storm in the valley seen from a high mountain top. This does not mean that the thunderstorm is robbed of its reality; it means that, instead of being in it, one is now above it ... he is aware of a higher consciousness which prevents him from being identical with the affect, a consciousness which takes the affect objectively, and can say 'I know that I suffer.' " To our clients, it is of the utmost importance that they do not identify with the suffering, so that they can think the uplifting, enlightened thought, "I know that I suffer," instead of the negatively devastating thought "I am equal to suffering. My life is suffering."

After the initial educational and rapport building aspect of the first session, in which the conscious mind is truthfully or fictionally narrating segments of the client's life that are relevant to the reasons for the visit, and after a lengthy induction, the client is set out on a journey "of exposing the demons to the light," which begins with a simple, straight regression in which any remarkable events are verbalized. Any method of regression is suitable, whether it is by flipping pages of years on a calendar, or counting backwards from the client's present age, or just saying the years backwards, or any one of several other methods that the hypnotherapist chooses. We now have the opportunity to view the emotional processing of the events and their effects through the eyes of the younger client. Often the regression shall provide us with identification of the real problem(s), and unmask the causes (the demons) of the problems. We then apply individual techniques to desensitize the client, which may

include "parts therapy," "inner child therapy," "time line repair therapy," "movie theater therapy," "past life regression," etc.

We must talk to our problems, our injuries. As long as the problem remains in the belly, it is impervious to will power, logic and reason, so forget these exercises in futility. Staying in the belly unseen and silently working its evil, it has the ability to attract other garbage in our memory banks, and become stronger by its absorption of the negative energy of the other negative stuff it has gathered around it. The belly must be cut open.

In theory this is excellent and produces unimaginable results, but the big "but" is how do we truly "cut into" the subconscious mind so that we can identify the issues, problems and causes, thereby exposing them to the light? It is well and good that we use these desensitization techniques, but have we properly set the "stage" and have we sufficiently primed the subconscious pump?

There are many explanations that a hypnotherapist must make, many actions to be taken, and many words to be said to set the stage for a proper invasion of and incursion into the subconscious mind, which brings about true participation of the subconscious mind in the therapy, with as little as possible interference by the ever present conscious mind. To accomplish this, a minimum of three sessions is required. I do not know how to wave a wand and call upon "Puff, the Magic Dragon" to heal a client in one session. When I work with addicts, the minimum amount of sessions is thirteen.

My first session is always 2+ hours. In the educational portion, the client must naturally be made aware of the workings of hypnosis, for reasons too obvious to list here. The client must be told about various techniques that will involve the client's interactive involvement, verbally and with body actions. Prepare the client to work so that he or she does not start thinking that the "hypnosis whatever it is" will be disturbed by the interaction.

Of more importance is the explanation that some of these techniques are very similar to "game playing," and a promise must be extracted from the client that he or she will willingly participate in the "games."

Explain the power of the subconscious mind and further explain that the subconscious mind is just begging to participate in the client's healing. But it must be asked, told, cajoled, tricked, instructed, and permitted to come to the front, thereby effecting a partial bypass of the conscious mind, so that the subconscious receives the input of the therapist and the client, answers questions, permits regression and re-living of remarkable incidents, sends up meaningful messages through images, symbols, words, thoughts, feelings and emotions, and promises to transmit back to the conscious mind, now and in the future, all of the good stuff that we have accomplished through our induction, regression, techniques, suggestions, affirmations, and repetitions.

Thereafter, in the body of the induction, remember that, in the beginning, you will be

speaking both to the con–scious and subconscious minds. Use phrases such as "become open and amenable to our work and to the thoughts that you yourself are having, and to thoughts and suggestions that I am giving to you," "let your armor slide to the ground from your body and mind, " "ask your conscious and sub–conscious minds to let go of your defenses, your denials, your disap–pointments, your disapprovals, " "let your armor slide to the ground. Let go of resentments, rebukes, rejections, just let them slide to the ground, " "become pliable and moldable. "

Do your deepening, and then com–plete the induction. Then, after the client is in the safe and secret place, and before you begin any regression or techniques, address the subconscious again: "Just relax, and let's talk to your subconscious again. Good. We know that you, Mary's subconscious mind, are paying atten–tion to what we are saying and to what Mary is thinking and feeling. We thank you for that. Mary and I want to ask you to help Mary overcome her present problems by giving Mary insights into past events that have a bearing on these problems.

Yes, we know how powerful you are. We do feel good about your power.

Yes, we thank you for being such a strong influence on Mary's life. We know that you want to help Mary and we ask you to participate in the healing regressions and healing techniques that Mary and I will be using. Yes, we ask you this because your meaningful participation is of prime importance, for we know that you send symbols and images to Mary's con–scious mind all the time, and in fact you make Mary automatically react to a lot of different situations.

Yes, we know how these images affect Mary's feeling and emotions, and how they direct her in certain choices in life. And yes, we know that the conscious mind may think that we are playing silly games, but Mary has asked the conscious mind to step aside now to permit you to participate in these games, because to you, the subcon–scious mind, games are not silly. Yes, we know that you accept them as real and we thank you for that. Mary asks you, tells you, and instructs you to open up with your insights and the wisdom that is contained in you, the subcon–scious mind. "

After a few sessions of regressions and techniques, I like to do something else with the subconscious mind. We have put pressure on it to participate, to play, and pressure upon the client to help the bypass of the conscious mind, which is seldom total. We have asked the client to totally participate without mental reservation about the serious–ness of the "games," and we prodded and talked to the parts, to the problems, the issues, to the emotions, and to spaces and places that are within the subconscious mind that we cannot identify because humans have not been on earth long enough.

Now, I just tell the client to relax and receive messages from the subcon–scious mind without prodding, or forc–ing, or asking, just images, anything, a word, a thought, a fragment, that may or may not have bearing on the issues at hand, but in regards to the client's total life. Take your time. It may be 5 minutes, 10 minutes before a thought or word comes to the client, but it will.

Remember that the stage had been set for the client to accept the power of the subconscious mind. The client wants the subconscious mind to send messages, and also remember that the client knows what is necessary for the healing to take place. "Physician heal thyself" rings true, but we must give the physician the opportunity to perform the healing. The client-physicians must be taught by us how to throw the wolf out of their houses, and how to keep the wolves away from their doors for ever. And Little Red Riding Hood went merrily on her way for the rest of her life.

**Note:** *For additional information on similar subject matter, please visit Tony's website at: [www.hypnoacademy.com](http://www.hypnoacademy.com)*