**Text, application

Description automatically generated with medium confidence**

This process can be done without asking questions; just let the client sit with the process and discuss when their eyes open. If you prefer, you can ask questions and guide the client through what they are experiencing to healing and resolution.

**3-Step Problem Solving**

*(Ask the client to review the* ***history******and nature of the problem*** *with you.*

*When the client looks expectantly to you for an*

*"answer" you are ready to start using this formula.*

Now that you are ready to continue on an even deeper level, you can begin by simply becoming more sensitive to yourself. *(pause)*. When a deep part of your inner mind knows it can resolve that problem *(pause)* you will find yourself getting more and more comfortable and your eyes will close.

**(If the client does not close his eyes after a reasonable amount of time continue with the following.)** I wonder if there are any other questions or problems you need to deal with first, before you do this inner work? **(Wait, discuss if necessary, and then give suggestion again.)**

When a deep part of your inner mind knows it can resolve that problem *(pause)* you will feel yourself getting more and more comfortable and your eyes will close.

Now your inner mind can continue working all by itself to solve that problem in a manner that fully meets all of your needs. *(pause)* **There are memories, life experiences, and abilities that your inner mind can use in many ways you may not have realized before.**

When your inner mind knows that you have fully resolved that problem at this time, and that you can deal effectively with it, you will find yourself wanting to move a bit. *(pause)* You will open your eyes and come fully alert.