



Compounding Suggestions_Watts

The two versions of compounding below can be surprisingly effective and have all sorts of applications where you may be using straightforward suggestion work, for yourself or others.

Compounding (1)

This first one has the advantage that it can work with or without a consulting room environment and with or without hypnosis.

To use it effectively, you would take **just ONE suggestion...** we'll look at quitting smoking as an example, since that always seems to arouse a lot of interest!

The suggestion, for example, is:

You are now a non-smoker and will remain so for the rest of your life.

Now take a 30 second continuous loop tape (as used in some telephone answering machines) and record the suggestion 3 or four times.

Now you can have it playing quietly in the background throughout the hypnosis part of your session - that's a very effective way of using it for your clients. The volume should be such that your client can hear it if s/he listens for it, but soon 'loses' it beneath your voice when you start using the script proper. This is an effective form of subliminal programming. (I am not saying, by the way, that the suggestion offered here is more effective than any other. Use what feels good to you, of course)

Alternatively, for self use, have it playing in the background quietly enough so that you 'lose' it from conscious hearing after a short while. This method is best for confidence and/or self esteem building.

Compounding (2)

This version is quite different and DOES rely on a reasonable depth of hypnosis. Here, we will use the example of somebody who needs to prepare for a public speaking assignment.

We could start with the simple basic suggestion that: **"As you stand to begin your talk, you will feel a surge of confidence coursing through your mind and body."**

Now we begin the compounding process, gradually adding in something for some of our other senses.

So now get something like this: **"As you stand up to begin your talk, and you feel the firmness of your feet on the floor you will feel a surge of confidence..."** etc.

Then we could add: **"As you stand up to begin your talk, and you feel the firmness of your feet on the floor, you will feel a surge of confidence surging through your mind and body... and that confidence will increase when you see how interested your audience are in what you have to say..."**

Then one more addition, something like: **"As you stand up to begin your talk, and you feel the firmness of your feet on the floor, you will feel a surge of confidence surging through your mind and body... and that confidence will increase when you see how interested your audience are in what you have to say, and will continue to increase as you hear for yourself the steadiness and easiness in your voice..."**

and so on. It really is quite easy, with a bit of imagination, to apply the 'four sense' test to your suggestions, so that you compound sound, sight, touch, smell into an effortless flow.

The idea of compounding has been around for a long time, but I believe it is probably often underused or overlooked completely.