

PYT WEEKLY

HYPNOTIC FIRE WRITING

“The paradox of trauma is that it has both the power to destroy and the power to transform and resurrect.”

~ Peter A. Levine



Overview

- For any traumas in the past
- Excessive holding back of thoughts, feelings and behaviors can increase risk of diseases
- Free ourselves of pain and fear
- Connect to our true potential

Inhibition Effects

- It is physical work that uses up energy
- Affects short term biological changes and long term health
- Influences thinking abilities- In holding back significant thoughts and feelings associated w/an event, we typically do not think about the event in a broad and integrative way.
- By not talking about an inhibited event , we usually do not translate the event into language, which prevents us from understanding and assimilating the event.

Expression Benefits

- After confessions, there are significant drops in blood pressure, heart rate and improved immune function
- Exposure to upsetting events helps us to relieve the emotional cost on us
- Gives us increased feeling of freedom and lightness

High Level vs Low Level Thinking

- Low level thinking- often when we want to avoid feeling pain or thinking unpleasant thoughts, we focus on low level thinking styles...
- Cleaning, small superficial problems, unimportant
- High level thinking- when we think about the bigger picture, appreciate it's subtle effects, gain new perspective

Expression Strategies

- Speaking with someone
- Thought vocalization- recording thoughts into a microphone
- Writing

Putting Yourself Into Trance

- Close eyes
- Relax body
- Take a few deep breaths
- Think about situation you're going to be writing about
- Connect to situation
 - Visual
 - Auditory
 - Kinesthetic

Hypnotic Fire Writing

- Put self into light hypnotic state
- Writing
 - 15 minutes at a time
 - 4 days in a row
 - Stream of consciousness writing
- Post writing
 - Reread if you want
 - Burn paper

