

HAND TO FACE FOR THERAPY AND THERAPY BETWEEN SESSIONS  
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I have found the **Hand to Face for Therapy** very effective to help release subconscious blocks to change. It is highly successful in releasing the problem without consciously being aware of the cause. If the hand does not touch the face (which is seldom), then I use **Therapy Between Sessions**. I learned these techniques from the late Dr. Art Winkler, a teacher, peer, friend.

**(1) Hand to Face For Therapy:** *(Client is in the hypnotic state)* In a few moments, I'm going to ask you to open your eyes and put your dominant hand up in front of your face with the palm toward your face so that you will be able to look at your fingers and the palm of your hand. As I talk to you, you will continue to go deeper and deeper.

Open your eyes now and lift your hand up a little above eye level and press your fingers tightly together. You become aware of the feelings and sensations in your fingers and hand. Your fingers feel like they want to start spreading apart. Your fingers are jerking, spreading, separating, pulling apart. The harder you try to keep them together, the more they are jerking, spreading, separating, pulling apart. As your fingers are spreading apart, you notice that your eyes start feeling heavy and your eyes keep feeling heavier and heavier. Your eye lids are getting heavy, droopy, drowsier, closing down, down. As your eyes close, you drift deeper into this calm, peaceful, hypnotic state of relaxation.

In a moment, your (right-left) hand and arm will move toward your face and you keep drifting into an even deeper hypnotic state ... Your hand and arm move toward your face, but your subconscious mind will not permit your hand to touch your face until your mind has worked out a solution to this problem ...

You have been having difficulty with (name problem) and consciously you haven't been able to resolve it... I don't know what is causing the problem, but the subconscious part of your mind does have the information ... so your subconscious mind can review, examine, and explore the information in your mind and find out what has been causing that problem ...

Your subconscious mind can review all the imprints, all the impressions, all the thoughts and ideas in your mind that have been causing that problem ... and your mind can assess, evaluate, and understand that information now from a more knowledgeable, more relaxed, more calm, more mature point of view ... and can work out a solution and resolve that problem rapidly and completely ...

Your subconscious mind is reviewing that information thoroughly and understanding that it is okay to resolve that problem now and forever... and when your mind has resolved that problem, then your mind causes your hand to touch your face.

Your mind is cooperating ... and is reviewing that information, and is working out a very pleasant solution to that problem ...

Your subconscious mind is causing your hand to move toward your face, but your hand will not touch your face until your subconscious mind understands the causes and effects regarding that problem and knows that it is okay for that problem to be resolved completely ...

When your mind knows it is okay for this problem to be resolved, then your hand will touch your face as a signal that the problem has been resolved ... and you are really pleased ...

You're doing well ... It feels good to continue relaxing ... and later, when you come out of the hypnotic state your whole body feels good from the top of your head all the way down to the bottom of your feet... and you feel confident and happy ...

You are continuing to learn more and more that your own subconscious mind is working out the solution to this problem ... Your subconscious mind knows what to do ... and is doing it in just the right way to resolve the problem completely ... You may not consciously be aware of the cause of the problem, but your subconscious mind is, and is working to overcome this problem.

Past experiences that have been misunderstood subconsciously can now be understood from a different point of view and your mind can work out the solution to that problem in ways you do not consciously understand ... Your subconscious mind is causing your hand and arm to move toward your face as it is reviewing, examining and exploring the information that has been causing this problem and is working out the solution ...

*(Continue on if hand has not touched face.)* Right now it may seem like you are experiencing some kind of a dilemma ... You may not be consciously aware of what needs to be done to work out the solution to that problem, but that's one of the amazingly wonderful things about your subconscious mind ... because, even though you do not consciously know what to do, your subconscious mind has all the knowledge it needs to work out the solution in a very pleasant way ... and your subconscious mind is resolving that problem now and forever...

In the past there was something keeping that problem from being resolved ... Whatever it was that had been causing this problem is soon changed ... Your subconscious mind is understanding it from a more knowledgeable, more mature point of view and knows that it is okay for that problem to be resolved completely and permanently ...

That decision has got to come from you ... and from your own mind ... You know that your mind is the only part of you that can cause the changes that are needed to resolve that problem ... and your mind can cause those changes as you go about the activities of your daily life ...

You can trust your own mind to do what is needed to overcome this problem and that's what you are doing now ... Your mind is receiving the proper guidance needed to work out the solution ... and you notice pleasant changes taking place ... As your hand touches your face, you feel great. You can now allow your hand to gently return to your lap and you experience a deep sense of peace.

(If hand does not touch the client's face by this time, use **Therapy Between Sessions.**)

**(1) Therapy Between Sessions.** One of the amazing facts I have learned over the years is that your subconscious mind can continue reviewing, examining, and exploring the storehouse of your mind and work out solutions to problems even after you come out of the hypnotic state ... As you proceed with your daily activities, your mind can be assessing information that is contained in the storehouse of your mind and can understand that information from a completely different point of view than you had when the information went into your mind. Your subconscious can work out the solution to that problem from a more knowledgeable, more mature point of view.

Even after you come out of this hypnotic state, your subconscious mind can continue reviewing all imprints, impressions, thoughts, ideas and other information that has gone into your mind and had anything to do with causing that problem ... By the time you come back for the next session, your mind can have a pleasant solution all worked out in a way that easily enables you to overcome this problem ... Your mind is receiving the guidance, suggestions, instructions I'm giving to you and is enabling you to be released from this problem ...

In the past you may have had some doubts ... but now those doubts are leaving and all those doubts are soon gone completely ... Those doubts are being replaced with a strong sense of confidence and sureness ... You can be surprised at the way your confidence keeps improving more and more each day ...

You know that we are having these sessions because you are determined to overcome this problem ... It has controlled your way of life long enough and you are determined to take control. .. Your subconscious mind understands that now, and realizes that you are serious about overcoming that problem ... You have decided that you want your subconscious mind to understand that you are ready to get that problem resolved now and forever. .. You want the solution to be worked out in a way that is pleasing and acceptable to your conscious mind ... So you are letting your subconscious mind work it out. .. You don't need to be thinking about it consciously anymore ... From now on your conscious mind thinks about things that are pleasant and enjoyable to you, because your subconscious mind knows exactly what needs to be done to work out the solution to that problem in a very calm, peaceful way ...

When you come back for your next session, you find that you quickly go into a deep hypnotic trance soon after you sit down in the recliner here in my office ... In the meantime, you notice some very pleasant changes taking place in your life as your subconscious mind works out the solution to your problem. Now you are ready to come out from the hypnotic state...

[Paul G. Durbin]