

Language of Hypnosis - Part II

by

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In this paper, the male pronoun will apply to either gender. Where the plural pronoun is used, it will apply to both authors. Where the nominal pronoun is used, it will apply to the first author.

There is a critical distinction between the language for hypnotic induction and the language that we normally use and the language when a person is already in a trance. This paper maps out the formal structural differences.

What is the definitive yardstick by which any hypnotic operator can say that an uttered word or sentence is or is not hypnotic?

We think that there will be minimal controversy if we were to suggest that any utterance that entails a change in a person's internal state enjoys the accolade of being a hypnotic utterance, provided that the change in the person's internal state is a hypnotic one. This leads to the question:

What is a hypnotic state?

To answer this question requires one to answer the following:

What is a "normal" state?

We propose that:

A "normal" state is one in which, when there are people around, under conventional social conditions, a person will not quack like a duck, nor howl like a wolf, or suddenly jump up from his seat screaming that there is a piece of hot coal underneath.

In other words, a normal state is one in which a person will not exhibit behaviour that will be deemed anomalous by others in the given conventional social context. He will not do these things because:

1. his normal cultural and other paradigmatic constraints are in place by which he will know what normal-behaviour-to-context is
2. his normal cultural and other paradigmatic constraints are isomorphic with those around him.

If we accept this, then, logically we conclude that:

A hypnotic state is one in which the normal ongoing paradigmatic constraints are functionally displaced-to-context and hence are inoperative.

However, for this to occur, the first step is to discount the operation of Critical Factor (CR) of the Meta Function. The Meta function is abbreviated as m(f). Critical Factor or m(f) has been indexed in Part I of this paper as the ability to generate distinctions that may be categorized as analyses, opinions, adjudications, evaluations, abstractions and criticisms. It is about our ability to opine, adjudicate, evaluate, abstract and criticise. By this, a person can generate an indefinite number of distinctions.

Our fourth attribute is the META FUNCTION.

With this we can have "*the about*" of any thing or consideration. In this way we enjoy the ability to go to other logical levels of thoughts on any subject; and we can entertain other abstractions that relate to it. For example at the:

1st logical level, I am typing this.

2nd, I am aware that I am typing this.

3rd, I am aware that I am aware that I am typing this.

4th, I am aware that I am aware that I am aware that I am typing this, and so forth.

It is by this meta function that I can have an awareness of an awareness of an awareness ... and so on. In turn, it means that I can have a representation of a representation of a representation ... and so on. It is to have the ability to have an opinion of an opinion of an opinion ... and so on.

The meta function has been designated as our ability to abstract; and to have abstractions of abstractions of abstractions ... and so forth. It has been described as our ability to have an "aboutness" of things.

It is because animals do not have this endowment, in as full a scope as humankind, that your pet dog cannot complete these steps of abstractions to No. 5, in the example below:

1. I hear footsteps.
2. The footsteps are the master's.
3. The master's footsteps are heavy and tired.
4. Therefore, the master is tired.
5. Master had a bad day at work.

Each step ensues from the preceding one. Each step is a derivation, or an abstraction from its antecedent. Each step is only possible because of the endowment of the meta function. By the meta function it is possible to gain for oneself a rich set of distinctions.

However, in the professional context:

1. The meta function is poor when a person cannot generate a rich and useful set of distinctions. A sad case example is of a person born with an IQ below 90.

or

2. Because of certain paradigmatic structures a person is compelled within the boundaries of a specific semantic kernel/file. An example of this is the person caught in some internal state such as Anger, Anxiety or Depression. In these instances the person cannot generate a rich range of "the aboutness" of their position. It is depressing to talk to a chronic depressive.

Dennis K. Chong & Jennifer K. Smith Chong: *Power and Elegance in Communication* C-Jade

When such constraints are functionally inoperative, then, like me, you will be able to conduct a full symphony orchestra before 3000 people who had come to see Reveen the Impossible⁴ at Hamilton Place, Hamilton, Ontario; however, the orchestra does not exist in actuality; it exists in the mind as the hypnotist told me. You will, with determination, compete in an Olympic 100 metre free style race on the same stage! Now that is hypnosis! Of course, everyone observing was laughing their heads off. And that is entertainment.

We are, therefore, logically compelled to the conclusion that:

The language of Hypnosis is the language that is able to

- 1. stay the operation of the m(f) or CF**
- 2. displace any significant and critical paradigmatic constraints that normally apply to a person in context.**

If the critical issue is that of the language of Hypnosis for the purpose of induction displaces the paradigmatic structures, then such a language would have to possess counter structures by which to achieve this. We have to propose counter or opposite structures since the normal action of generating natural language (NL) and being or body language (BL) is by concomitant normal structures that do such things. If this is the proposition, then the issue becomes, “ **What are the linguistic structures that can displace the structures that weave a person’s “normal” fabric of subjective reality?**”

In the language of contemporary computer sciences the above question takes this critical form, “**What are the language drivers that can either edit or transform the normal drivers of human ontology or state of being?**”

The language of Hypnosis for the purpose of induction, therefore, is NOT the normal form that comprise the linguistic usages that we use in routine conversation. Such ordinary forms serve the function of sharing information and do not entail hypnotic phenomena although they may entail a changes in a person’s internal state. Thus, in ordinary conversation, one person may say something as to entail a change in internal state from one of laughter to anger. However, either state is not hypnotic for the person. Either state is normal for him.

We now know, (see below), that what we are looking at are the formats of the metalanguage(ML)⁵ of the English language. In saying this, it raises the question:

What is a metalanguage?

The concept of a metalanguage was first proposed by Paul Watzlawick, John Weakland and Richard Fisch of the Mental Research Institute in Palo Alto, California in their seminal work *CHANGE*. This work was first published in 1974.

Eventually we realized that this state of affairs was directly linked to the hierarchical structure of all language, communication, learning, etc. As we pointed out in Chapter 1, to express or explain something requires a shift to one logical level above what is to be expressed or explained. No explaining can be accomplished on the same level; a metalanguage has to be used, but this metalanguage is not necessarily available (our underline). To effect change is one thing; to communicate *about* this change is something else: above all, a problem of correct logical typing and of creating an adequate metalanguage. In psychotherapeutic research, it is very common to find that particularly gifted and intuitive therapists think they know why they are doing what they are doing, but their explanations simply do not hold water. Conversely, many gifted writers are astounded and even annoyed at the deeper meanings that others read into their works. Thus, while the former believe they know, but apparently do not, the latter seem to know more than they are willing to acknowledge - which brings us back to Laing: "If I don't know I don't know, I think I know; if I don't know I know, I think I don't know."

Paul Watzlawick, John Weakland & Richard Fisch: *CHANGE* W. W. Norton Inc. 1974.

It is interesting to note that these authors noted that "this metalanguage is not necessarily available (our underline)." It was, therefore, one of these wonderful turn of events that happens in life that in the following year, 1975, the book, *The Structure of Magic* was published by Richard Bandler and John Grinder. In this work was proposed the linguistic formats that comprised the first ML. They were to name their ML the Meta Model⁶ since a meta model of language is a metalanguage. We became acquainted with this in 1976 and it was, without question, the pre-eminent gathering information tool of its day.

It was the genius of Bandler and Grinder to realize that *it is the inversion of the linguistic formats of the metalanguage that forms the linguistic structures of the Language of Hypnosis:*

The (metalanguage of the) our insertion **Meta Model** is a set of precise forms with which a psychotherapist can directly challenge impoverishing representations. Hypnosis, on the other hand, does not challenge those processes of representations but rather turns them into the very vehicle that enables a client to achieve both the trance state and its goals. . . . What could be called in hypnosis as an **anti- or inverse Meta Model** (our underline) is used to pace and distract, utilizing the modelling processes of the client to achieve trance and the goals of the hypnotic endeavour. This inverse Meta Model we have lovingly named the "Milton Model."

Richard Bandler & John Grinder: *Patterns of the Hypnotic Techniques of Milton H. Erickson M.D. Volume 1* Meta Publications 1975 page 146.

We, in turn, explored the metalanguage and, in 1993, we were able to complete the augmentations to the Meta Model. With these augmentations we renamed it the Modified Meta Model. Together with other critical expansions a new metalanguage emerged and it was designated

as The Gathering Information Module (GIM). However, when the first flush of discovery was spent, we realised it that was fitting to recognize the people who had the insight to see the value and significance of a metalanguage. Therefore, we named it the Watzlawick-Weakland-Fisch-metalanguage or WWF-metalanguage(WWF-ML).

The WWF-ML has 5 components:

1. The Modified Meta Model
2. Informal Logic
3. The No-Y-ian Model of Language
4. Calibration
5. Adumbration.

In learning Hypnosis, the acquisition of the WWF-ML is the first step. Step two is to get a coherent blueprint by which to apply the inversion of the WWF-ML in a well-formed, meaningful and coherent way. The form and nature of this blueprint were explored in the work *The Knife Without Pain*. Its efficacy and efficiency are corroborated by a VHS video of an actual surgical operation⁷ in which hypnosis was the only anaesthetic modality.

In a workshop that we conducted on Sunday, March 8th 1997 in Oakville, INTRODUCTION TO MODERN HYPNOSIS, held, we presented a critical component of this blueprint to the group of attending physicians. One of the attendees was later to apply what he learnt in a creative way. He attained results that left him to email to us. We cite this email as the sensory-based test⁸ requirement to underpin our statements:

From: Sam_Yoshida@octrf.on.ca
Date: Wed, 4 Jun 1997 11:22:56 -0400
To: dchong@cgo.wave.ca

Dear Dennis,

Thank you for that great workshop. Today I had to do a bone marrow on a woman who weighs 450 lbs. The doctor who saw her before me had to do the marrow under fluoroscopy. I used your technique with trepidation because it does not employ any suggestions of numbing the area or using visualization to decrease the awareness in that area. I was truly amazed that she was totally anaesthetic to the whole procedure and felt nothing. Usually I never know whether I will get anaesthesia or not. Your method truly is a "knife without pain". Thank you so much and my patients will thank you too I am sure.

Sam Yoshida

It is interesting and critical to note Yoshida's observation, "I used your technique with trepidation . . ." as it indexes what a hypnotic suggestion is. It is NOT a hypnotic suggestion to say, "You will feel no pain." It is a hypnotic suggestion when you say, "Z Y X," and then a person feels no pain. This "Z Y X" is the inversion of the linguistic format of the WWF-metalanguage. It is the language driver for "it does not employ any suggestions of numbing the area or using visualization to decrease the awareness in that area" and yet it happens.

CONCLUSION

The cornerstone of Hypnosis is the use of language. However, what has become clear is that the language of hypnosis is **NOT** the entire cluster of possible of hypnotic utterances in surface structure that any investigator can possible research out. In this cluster are such surface structure utterances as:

As clinical operators would utter:

Relax deeper.

Let yourself relax.

Your eyes will feel more tire.

You will feel your muscles getting heavier and heavier.

Go deeper.

When you feel me sweep my palm over your arm, it will go numb.

When you open your eyes, you will feel so relaxed, alert and energized.

You will forget everything.

And so forth and so forth. You will remember nothing.

As a stage hypnotists would utter:

Your whole body will feel so stiff that you know that you are like a bar of steel.

When I count to five, you will prepare to compete in the 100 metre olympic free style. One, two, three four (get ready) five.

When you go back to your seat you will sit down and then you feel that you have sat on a piece of hot coal!

And so forth and so forth

The language of Hypnosis is the invert linguistic formats of the metalanguage. It is for this that, when I was with Milton H. Erickson, M.D. of Phoenix, Arizona, he said a sentence to me and then asked me. "How does your back feel?" Suddenly I realized that I had a full saddle block anaesthesia of my back. With this realization, he looked at me and gave me the most mischievous smile I ever encountered in my life.

That Ericksonian sentence that was uttered to me, I can assure the reader did not have any words that

intimated in surface structure, *no pain*, or *feel no pain*. And this is what is witnessed and reaffirmed in the Yoshida em to me.

I was truly amazed that she was totally anaesthetic to the whole procedure and felt nothing. I used your technique with trepidation because it does not employ any suggestions of numbing the area or using visualization to decrease the awareness in that area.

This phenomenon is known as an analogical transderivation. In Part III of this paper we shall delineate the elements of the WWF-metalanguage and its place in analogical transderivation.

Endnotes:

1. Internal state is a generic term for the many possible internal physiologies that a person can experience as described by the pulse rate, respiration, sugar level, Se. Thyroxine or Se. Epinephrine level and so forth at a given moment. Some of these internal physiologies have specific names appended to them such as anger, frustration, depression, love, hate and so forth. Of this cascade of states one of them is the hypnotic state. A hypnotic state in turn is a generic term of a scan of possible physiologies.

2. “Normal” state in this description uses behaviour as a way to define what it is. It is clear that it is possible to use other parameters to define what a normal state.

3. Paradigmatic constraints are the kind of compelling criteria that are part of a person's belief systems. Such systems may be that of his religion, politics and his culture. For a devout Roman Catholic, Sunday mass is mandatory. However for an Orthodox Jew, Friday is the sacred day leading to Saturday, the Sabbath.

4. Reveal the Impossibilist

Peter Reveen is one of the most polished and finest of stage hypnotists. He was internationally established. Then, he has retired from the stage to manage the career of another upcoming artist. In our view this was an incredible gesture that speaks to the insight and generosity of the man.

5. metalanguage (ML) is a language *about* language. One has to have such a thing to understand another. However, until this was appreciated, most of us went along in our lives merrily believing that others understood us and we understood them. However this not an assumption that can be accepted in legal matters. In order that people really do understand each other, legal documents seek clarify all possibilities so that there will be no misunderstanding. It is clear that sometimes despite all efforts, the effort is not successful. Hence legal wrangling over words can be interminable.

6. The Meta Model was originally configured within the semantic ill-formedness of Cause and Effect. This aberration is corrected in the Modified Meta Model.

7. VHS video of an actual surgical operation:

We now know that the model we are proposing to get pain free surgery by Hypnosis is not the only way. There are in fact other ways to get surgical hypnoanaesthesia. However, in so far that the event in the VHS video could never have been rehearsed, it lends high merit and credibility to the model proposed in the book, *The Knife Without Pain*. This is especially since this model has been applied with success across a scan of some 15 surgical cases. There was no rehearsal for the los Alamos atomic detonation in 1945. Once it happened, there was no basis to conduct any clinical trials. That were further tests was only because of the search to refine the technology of the bomb. It was never to be assure the inventors that after 200 tests, they could say to themselves, “Yes we can be sure now that we have found the way to detonate the bomb.”

8. sensory-based test is one in which a person’s senses verify the event. When you assert you have been to Melbourne, Australia, it is only because you were there by the validation of your senses. That is a sensory based test. It is not a claim based on having seen a video of Melbourne.

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