

Cascade Hypnosis Center

Hypnosis Skills Lab

Lab Book

The Inner Operating System: pause, notice, receive, and move with clean timing.

Use this during class. Write in it. Mark it up. Keep the cards that work and allow the rest to wait their turn.

How to use this book

The module pages give the map. The card pages give the practice. You do not need to master all of it today. Start with one useful thing you can actually feel.

When in doubt, pause. Gather yourself. Allow the next move to become clear enough.

The Playground

This is not a test. This is a place to try things, notice what works, and discover which moves your own mind responds to best.

Some cards may feel immediately useful. Some may not be yours today. That is part of the lab. You are not here to force every move. You are here to practice noticing, choosing, adjusting, and returning to yourself.

The cards are not meant to be perfect little explanations. They are handles. A handle gives you something to pick up. A good handle helps you work with a state, a metaphor, a craving, a wish, a decision, or a moment of timing.

Use the simplest gate first: what is it like? Then notice what arrives. It may come as sensation, movement, pressure, rhythm, memory, color, image, sound, knowing, or a feeling in the body. However it arrives, start there.

By the end of class, you are not trying to become someone else. You are upgrading your inner operating system so that pause, stillness, clarity, meaning, and clean movement become easier to find again.

AId

Attention, Intention, and Discernment

AId gives you agency.

We begin with the basic levers of inner movement: what you are paying attention to, what you intend, and how you know the next right move.

The first move is not willpower. The first move is pausing to notice.

Attention is what you notice. It is where your mind is pointed.

Intention is what you aim. It gives the mind a direction.

Discernment is the wisdom. It is the WHAT, the WHEN, and the right next move. They say timing is everything. Yes. That is discernment.

The Still Point is the center between two powerful states: non-anticipation and non-hesitation.

Practice

Practice the short Alpha Sequence, then bring one real situation to mind. Notice where attention naturally goes. Allow the intention to become clear. Settle until the timing is clean enough to move. From there, the next move begins to show itself as toward, away, waiting, or stillness.

Cards in this module

Pause, Personal Boot Statement, Still Point, Sense Of Spaciousness, Star Center, Discernment, Toward, Away, The Focus Lens, The Alpha Sequence

AId Playground

Play as a real learning state

Play gives you permission.

This works because you are allowed and encouraged to play. Silliness is encouraged here, because that is often when the truth spills out.

You can spread out and explore. You can gather into a point of light. You can notice the old driver before you hand it the keys.

A vague word can be true, but it is usually not useful enough to move from. We make language specific so the body and mind know what to do next.

Small success counts. Catching yourself sooner is success. A mis-take is a take that was missed, and now you have caught it.

Practice

Bring something small to mind, then play with attention: spread out, gather, notice the driver, name the movement, and count one real success.

Cards in this module

Sense Of Spaciousness, Star Center, Notice The Driver, Vague Word, Specific Movement, The Upward Spiral, Celebrate The Catch, State Change, That's Weird

Cravings Become Creation

Hidden drivers, needs, and fulfillment

Cravings show you hidden drivers.

Cindy Cravings becomes Cindy Creates because a craving is not just random trouble passing through. It often points to a need, a cue, a feeling, a habit, or a missing fulfillment.

We honor the need. We do not pretend the old thing never helped. We notice what it has been doing, then give the mind something better to do.

Convenience matters. If the old path is easy and the new path is buried, the nervous system will usually pick what is close.

Awareness is always the first step, and we celebrate it. The catch counts.

Practice

Choose one craving or repeating pull. Ask what it is trying to do for you, then identify one fulfillment path that could become easier to reach.

Cards in this module

Get The Message, The Imagination Bite, Convenience Reversal, Celebrate The Catch, Let The Fog Lift, Uninstalling The Pathway

Metaphor

Vague words into usable experience

Metaphor gives you shortcuts.

A good metaphor gives the mind a world to work inside. Instead of wrestling with explanations, we ask: what is it like? What do you notice?

The subconscious often gives experience before it gives explanations.

One good metaphor can hold a whole system: the road, the weather, the room, the gate, the garden, the fog, the path.

When the experience is incomplete, we add the missing information so the next move becomes clearer.

Practice

Take one word you use often, such as stuck, scattered, heavy, or ready. Ask: what is it like? Then ask: what do you notice? Allow the answer to show what changes next.

Cards in this module

What Is It Like?, One Good Metaphor, The Whole Experience, Let The Fog Lift, Water Off A Duck's Back, The Wall Has A Door, Through, Over, Around, The River Finds A Way

Activation and WISH

Movement toward what matters

Activation gives you movement toward.

Activation is about cultivating the towards and letting it mean something. WISH is for the moments when you care deeply and cannot make the outcome happen directly.

A strong towards gives the mind something worth moving for. We cultivate anticipation with proximity, certainty, immediacy, sensory detail, and meaning.

Meaning is the maker. It asks: what does this mean to you? How do you change as a person? How does this change your life?

Some old pathways are no longer on the menu. Decide before the pressure arrives.

WISH changes what you carry when direct control is not available. You offer love, possibility, and a different station to tune into.

Practice

Choose one place where you want more movement. Strengthen the towards, give it meaning, remove one old road from the menu, or place a wish in your heartspace.

Cards in this module

Uninstalling The Pathway, Cultivate The Towards, The Four Dials Of Anticipation, WISH

Write The Spell

Your personal system

Write The Spell turns it into a personal system.

The end of the day brings the cards, practices, language, and discoveries together into a self-hypnosis spell: a piece of language you can actually use.

This is an iterative process.

This is the upgraded inner operating system. It changes what you pay attention to, asks you to set an intention, and helps you notice hesitation as information.

The spell does not need to contain everything. It needs enough structure to begin, and enough space for the mind to make it its own.

You can build a system with an identity card, one or more state cards, and a script that points you toward what you want now.

The six-step method is the map.

1. Choose the outcome.
2. Name the current pattern.
3. Choose the cards or moves.
4. Pipe them together.
5. Write the spell.
6. Practice and refine.

The guided build is how we use the map.

What would you most like to change?

How would you like to be instead?

What state is required?

Let's build that state.

What language is involved now?

Now let's flip it.

What's the metaphor?

Practice

Use the six-step method to build one short spell with Setup, Hypnosis, and Insight Generator.

Cards in this module

Personal Boot Statement, Still Point, Discernment, The Focus Lens, The Alpha Sequence, Cultivate The Towards, WISH, State Change, Allowing

Practice Cards

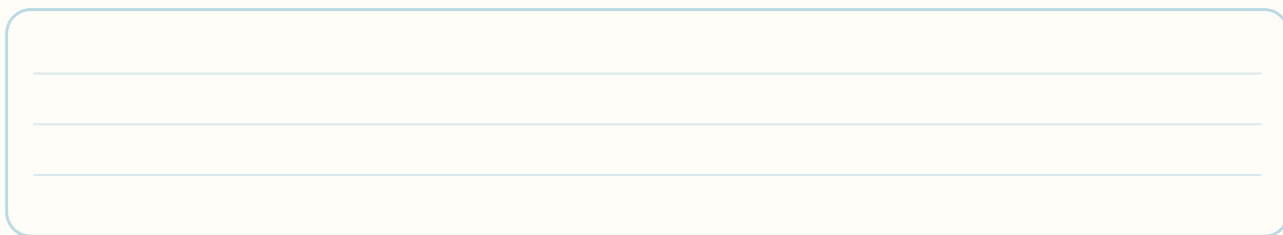
Two wide cards per page, with room to write what you notice.

Pause

Pause is the master move. It interrupts forward momentum and lets the system coast to a stop. When you do not know what to do, pause is almost always the safest first move.

Practice: No-thing at all. Pause. Coast. Allow the forward momentum to soften. Drop your shoulders. Relax your jaw. Take one easy breath out.

Attention: pause the momentum. | Intention: coast to stillness. | Discernment: what becomes possible when I stop?

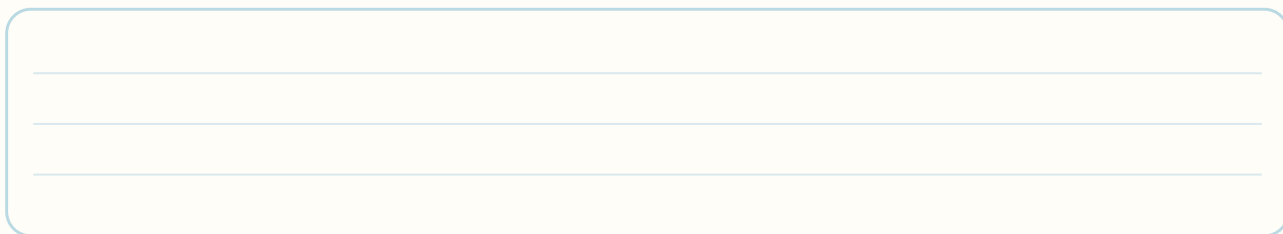


Personal Boot Statement

A Personal Boot Statement is a short instruction you give yourself so you know where to return.

Practice: I want you to always remember: when you do not know what to do, return to what brings you back.

Attention: what do I want to always remember? | Intention: give myself one useful instruction. | Discernment: what brings me back?

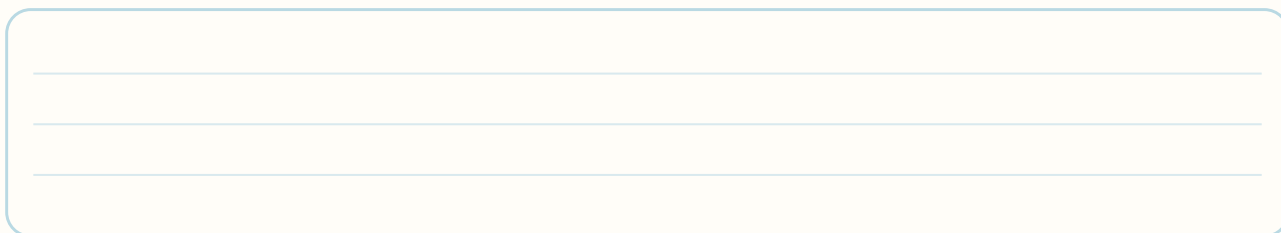


Still Point

The Still Point is the center. From here, the mind can open into non-anticipation or organize into non-hesitation.

Practice: Drop your shoulders. Relax your jaw. Slow down your exhale. Relax the back of your tongue. Allow your eyes to soften.

Attention: shoulders, jaw, breath, tongue, eyes. | Intention: come back to center. | Discernment: receive or move.

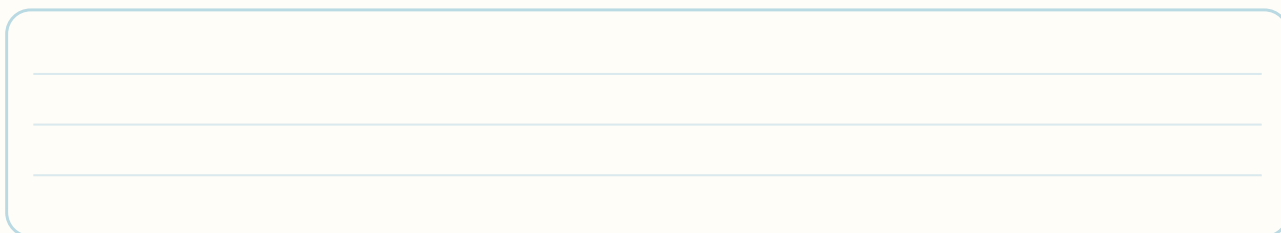


Sense Of Spaciousness

A sense of spaciousness allows awareness to spread out on purpose, feeling calm, light, and free.

Practice: Feel the space around your body. Allow your awareness to spread wider than the room, as if you have poured yourself across a beautiful canvas.

Attention: widen awareness. | Intention: make room for Your Entire Self. | Discernment: notice how magnificent you are.

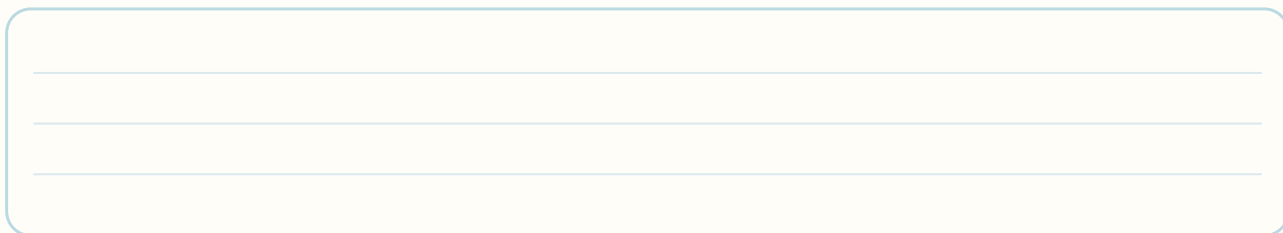


Star Center

Star Center is the opposite skill: gathering yourself into a condensed, organized point of light.

Practice: Imagine a point of light at your center, representing your condensed, full state at your highest potential, well organized. Allow it to become brighter, and as it does, feel it in your body. Notice its color. Notice how it feels like you.

Attention: gather into center. | Intention: become clear and radiant. | Discernment: does this help you focus?

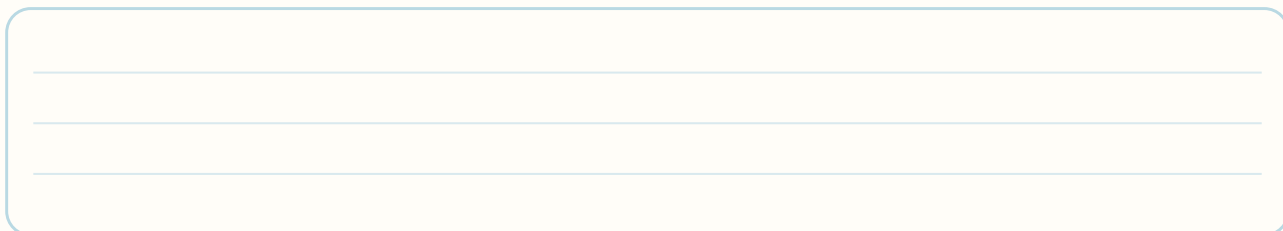


Discernment

Discernment is your ability to notice what is important and move with wisdom. The outcome is non-hesitation.

Practice: Sun is the WHAT. Moon is the WHEN. Settle until the timing is clean enough to move.

Attention: notice what matters. | Intention: allow the aim to become clear. | Discernment: clean timing, clean movement.

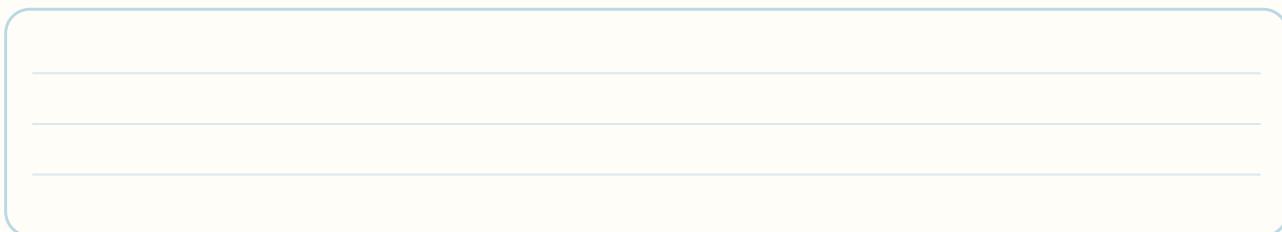


Toward

Toward is movement in the direction of what gives back to your life.

Practice: Think of something you want more of. Notice the smallest movement toward it.

Attention: what gives back? | Intention: move toward life. | Discernment: is this worth moving toward?

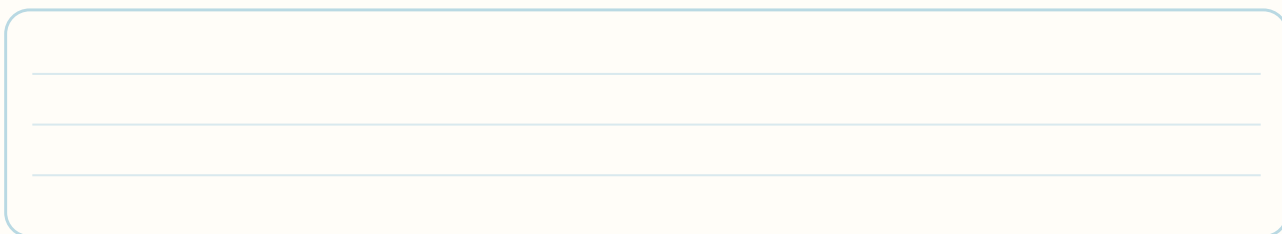


Away

Away begins by catching the old way, breaking state, and stopping the forward momentum in the unwanted direction.

Practice: Catch the old way. Break state. Stop the forward momentum in the unwanted direction. Allow the unwanted to dissipate from awareness.

Attention: catch the old way. | Intention: break state and stop the momentum. | Discernment: is the momentum stopped?

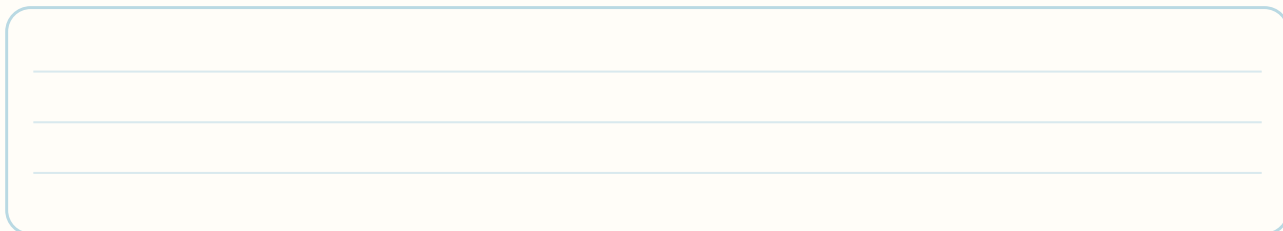


Notice The Driver

Before the old response takes the wheel, pause and notice who is driving.

Practice: Pause and notice: what part of you is driving right now? The rushed part, the protective part, the tired part, the wise part?

Attention: notice the driver. | Intention: choose the next move. | Discernment: who gets the keys right now?

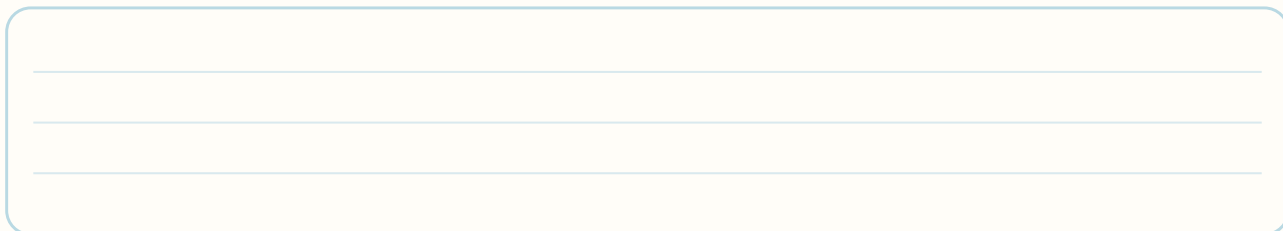


Vague Word, Specific Movement

A vague word becomes useful when it turns into experience, movement, and possibility.

Practice: Pause. Soften. What is it like? What do you notice? Allow the word to become specific enough to work with.

Attention: notice what arrives. | Intention: make the word useful. | Discernment: what movement becomes possible now?



The Focus Lens

Focus costs energy, so aim it at something worth having.

Practice: Ask: what is the what? What am I giving my powers of focus to right now?

Attention: notice where focus is going. | Intention: aim focus on purpose. | Discernment: is this worth my attention?

The Upward Spiral

Small success counts. Noticing sooner is success. Catching it is success.

Practice: Find the smallest evidence that something is already moving in a better direction. Count it. Allow it to matter.

Attention: notice sooner. | Intention: count small success. | Discernment: what made this easier?

The Alpha Sequence

The Alpha Sequence is the practiced pathway into the Still Point.

Practice: Drop your shoulders. Relax your jaw. Slow down your exhale. Relax the back of your tongue. Allow your body to come back to center.

Attention: shoulders, jaw, breath, tongue. | Intention: return to the Still Point. | Discernment: from center, what is the next move?

Get The Message

A craving is not random. It often points to a need, a feeling, a habit, or a missing fulfillment.

Practice: Notice the message arriving. Is this hunger, anger, tiredness, boredom, loneliness, or missing fulfillment?

Attention: notice the signal. | Intention: receive the message. | Discernment: what need is here?

The Imagination Bite

The mind can imagine pleasure in enough detail for the body to receive some of the benefit.

Practice: Imagine one delicious bite, or one beautiful ski turn, or one breath under blue water. Taste it, feel it, enjoy it, and allow the body to receive.

Attention: enter the sensory details. | Intention: receive through imagination. | Discernment: pleasure, relief, or fulfillment?

Convenience Reversal

Convenience is powerful. Make the better path easier to reach.

Practice: Look at the path you keep taking. Then make one good thing more convenient: the walk, the water, the art room, the recording, the chair.

Attention: what is easiest right now? | Intention: make the better path easier. | Discernment: what setup changes the whole game?

Celebrate The Catch

The catch counts. Awareness is the first real movement.

Practice: When you catch yourself, say: oh, I caught it. This is where I used to keep going. Now I am doing it differently.

Attention: notice the catch. | Intention: allow the catch to count. | Discernment: mis-take, or collapse?

What Is It Like?

This is the universal metaphor gate: not what does it mean, but what is it like?

Practice: Start with the word. Ask: what is it like? What do you notice?

Attention: notice the experience. | Intention: work with the richer language. | Discernment: what is specific enough to move with?

One Good Metaphor

One good metaphor gives the mind a world to work inside.

Practice: If the mind gives you a garden, road, room, pressure, sound, rhythm, or knowing, stay with it. Notice what belongs there and what changes.

Attention: stay with what arrives. | Intention: allow the world to develop. | Discernment: what belongs in this metaphor?

The Whole Experience

Sometimes the problem is simply that the experience is incomplete.

Practice: Add the missing information. Add the price tag, the warning label, the truth-in-advertising line, or the sense from ten steps back.

Attention: notice the whole experience. | Intention: allow more truth in. | Discernment: what was missing?

021 - Clarity

Let The Fog Lift

Stress creates a fog: hard to see, hard to move. We tend to stay stuck.

Practice: Center your awareness. Pause. Allow the fog to dissipate, and clarity arrives. Make the next decision from clearer weather.

Attention: notice the fog. | Intention: allow the fog to dissipate. | Discernment: is this a clear-weather decision?

022 - Choice

Uninstalling The Pathway

Some old roads are no longer on the menu.

Practice: Decide before the pressure arrives: that road is no longer mine. I am choosing life instead.

Attention: notice the old road. | Intention: remove it from the menu. | Discernment: is this path still available to me?

Cultivate The Towards

A strong towards gives the mind something worth moving for, and meaning gives that movement a reason to last.

Practice: Cultivate anticipation on purpose. Make the good thing close, clear, vivid, meaningful, and worth having. Once it is stable, you can learn to generate it on purpose.

Attention: what pulls you forward? | Intention: cultivate anticipation and meaning. | Discernment: is the towards strong enough?

The Four Dials Of Anticipation

Anticipation gets stronger when you turn up the right dials, and meaning gives the dials somewhere to point.

Practice: Check the dials: proximity, certainty, immediacy, and sensory detail. Then ask what it means.

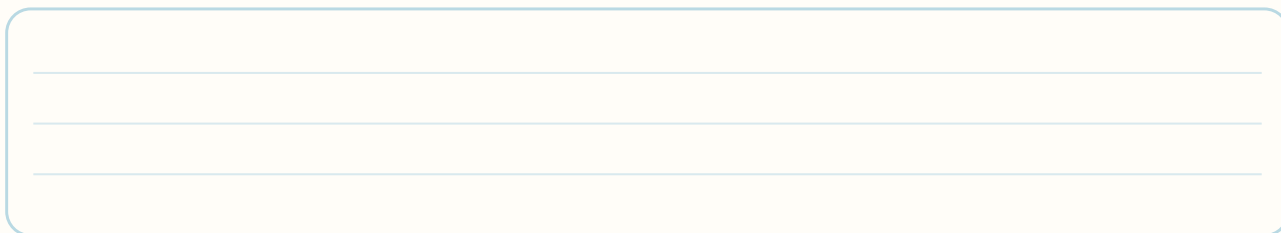
Attention: check the dials. | Intention: make the towards more real and meaningful. | Discernment: which dial changes everything?

WISH

WISH is for the moments when you care deeply and cannot make the outcome happen.

Practice: Imagine or sense them in the next room, lighter somehow, with a real laugh or the feeling of a smile you remember. Place your wish in your heartspace and bring that energy when you think of them.

Attention: notice helplessness and love. | Intention: offer the wish. | Discernment: what can I offer from here?

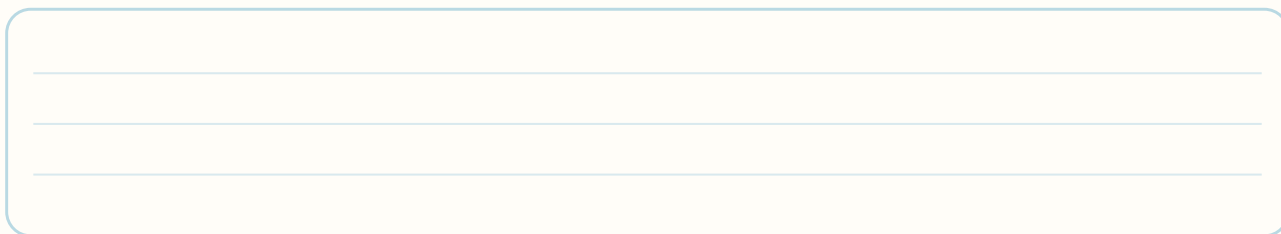


State Change

A state can be noticed, named, practiced, and returned to.

Practice: Capture the state as best you can. Notice breath, face, jaw, shoulders, hands, posture, color, texture, temperature, light. Write the words that bring it back.

Attention: what state is here? | Intention: capture it clearly enough to return. | Discernment: is this the state that supports the next move?



Water Off A Duck's Back

Some things can touch the surface without entering the system.

Practice: Imagine or sense the words, moods, or weather of the day rolling off like water from a duck's back. Notice what remains yours.

Attention: what is not yours to carry? | Intention: allow it to roll off. | Discernment: what belongs to you?

The Wall Has A Door

A wall may be real, but it may not be the whole experience.

Practice: If it feels like a wall, notice again. Is there a door, a handle, a gate, a window, a ladder, or a path around?

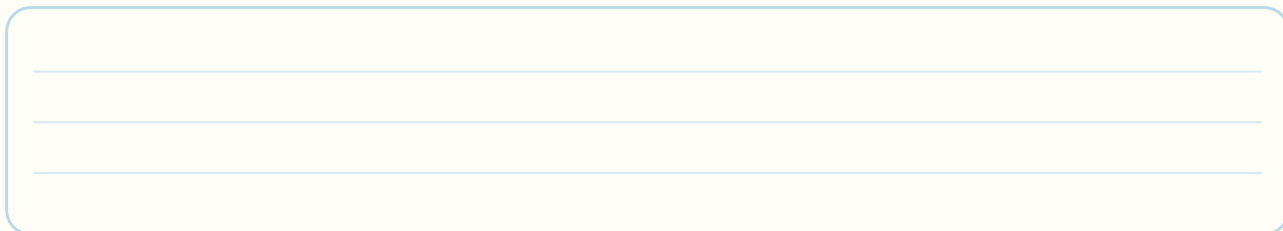
Attention: notice the wall clearly. | Intention: find the opening. | Discernment: which opening is real?

Busy Bee

Busy energy can move everywhere without moving toward what matters.

Practice: Notice the buzzing. Allow it to settle enough to find one flower, one direction, one next useful place to land.

Attention: notice the buzzing. | Intention: choose one flower. | Discernment: what deserves the next landing?

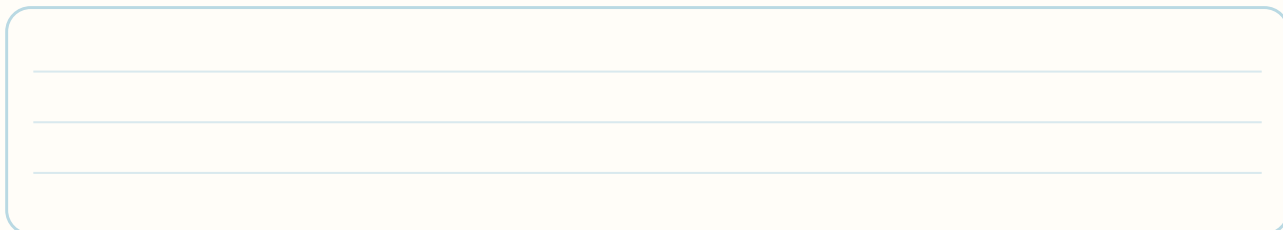


Through, Over, Around

A block is not always solved by pushing harder in one direction.

Practice: Allow the mind to consider three clean possibilities: through, over, around.

Attention: where is the block? | Intention: allow more than one route. | Discernment: through, over, or around?

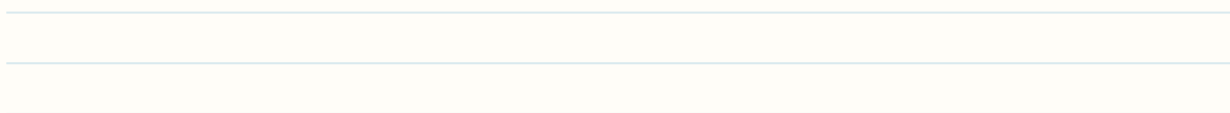


Old Road, New Road

The old road may be familiar without being yours anymore.

Practice: Notice the old road clearly. Then notice the new road forming: perhaps smaller, quieter, cleaner, and more alive.

Attention: recognize the old road. | Intention: choose the road that gives back. | Discernment: which road is yours now?



The Bridge

A bridge allows the mind to move from here to there without pretending the gap is gone.

Practice: Imagine the bridge between where you are and where you are going. Notice what it is made of, and where it begins.

Attention: notice the gap. | Intention: build the bridge. | Discernment: where does it begin?

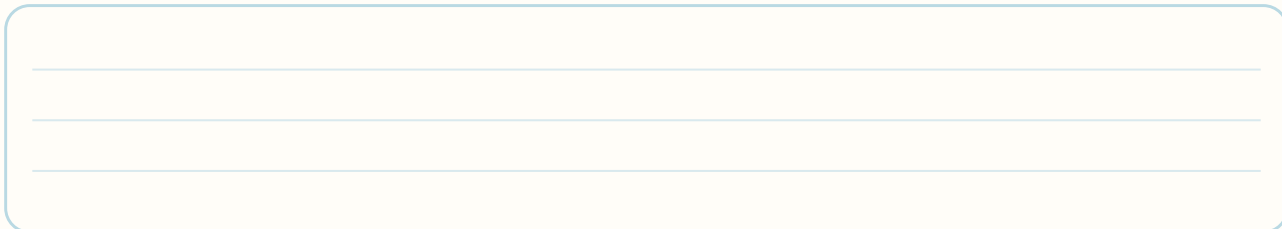


The River Finds A Way

A river does not fight the stone and does not disappear into it. It finds the next open path.

Practice: Allow the river to show you the movement. Around the stone, between the banks, toward the opening that is already there.

Attention: notice the stone and the flow. | Intention: stay with movement. | Discernment: where is the open path?

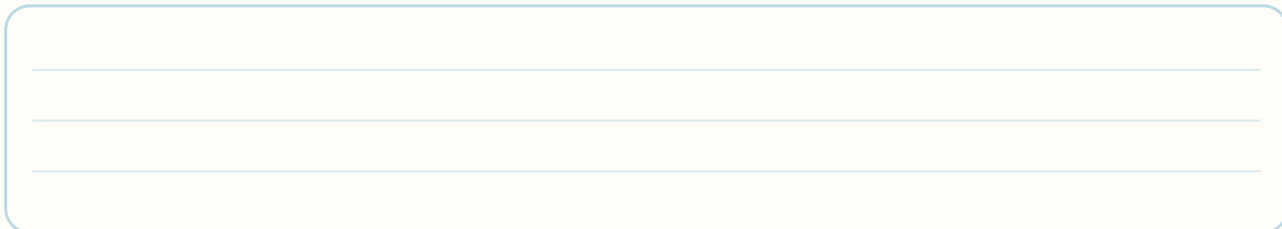


The Price Tag

Some choices feel different when the hidden price tag becomes available.

Practice: Add the missing price tag. Not as punishment. As truth-in-advertising for the whole experience.

Attention: what is the hidden cost? | Intention: notice the whole exchange. | Discernment: is it still worth it?

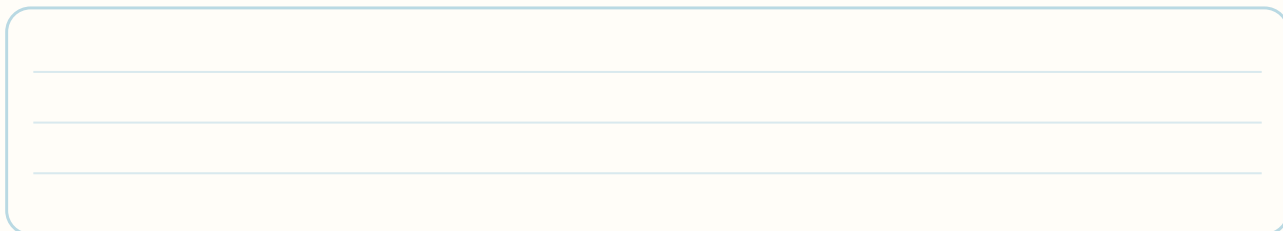


The Missing Piece

Sometimes the mind cannot move because one piece of the experience is missing.

Practice: Allow the mind to add the missing piece: the context, the timing, the need, the truth, the resource, or the next small movement.

Attention: what is incomplete? | Intention: allow the experience to complete. | Discernment: what changes when the piece arrives?

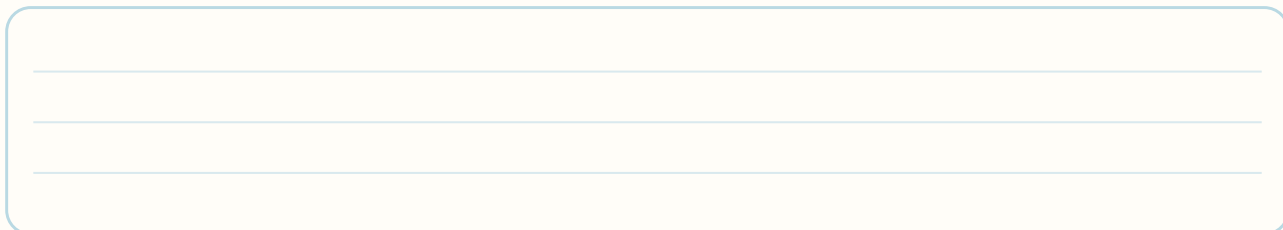


Allowing

Allowing is active non-interference. The system is no longer gripping, forcing, bracing, or rushing.

Practice: From the Still Point, allow. Stop pushing, chasing, and crowding the system.

Attention: notice interference. | Intention: allow the system to settle. | Discernment: what changes when I stop forcing?

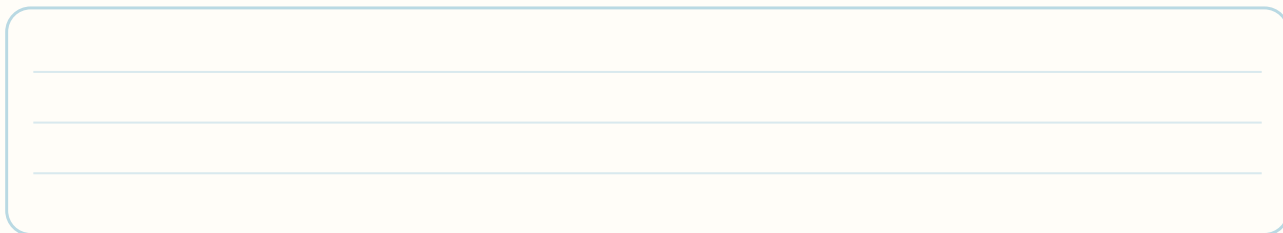


That's Weird

That's Weird protects the signal the conscious mind was about to discount.

Practice: When something feels weird, silly, strange, or like it does not make sense, pause. Allow it to count. Notice what the weird thing may be showing you.

Attention: notice the weird thing. | Intention: allow it to count before explaining it away. | Discernment: is this conflict, confusion, or a message arriving?

A light blue rounded rectangular box with three horizontal lines inside, intended for the user to write their observations or thoughts during the practice.