



Hypnosis and the Fourth Dimension: A Metaphor Without Limits

**Presented by
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3 Intentions

- To encourage you to think about imagination and hypnosis in new ways
- To give you a powerful and versatile new metaphor
- To give you 4-Dimensional Experiences



THE HYPNOTIST

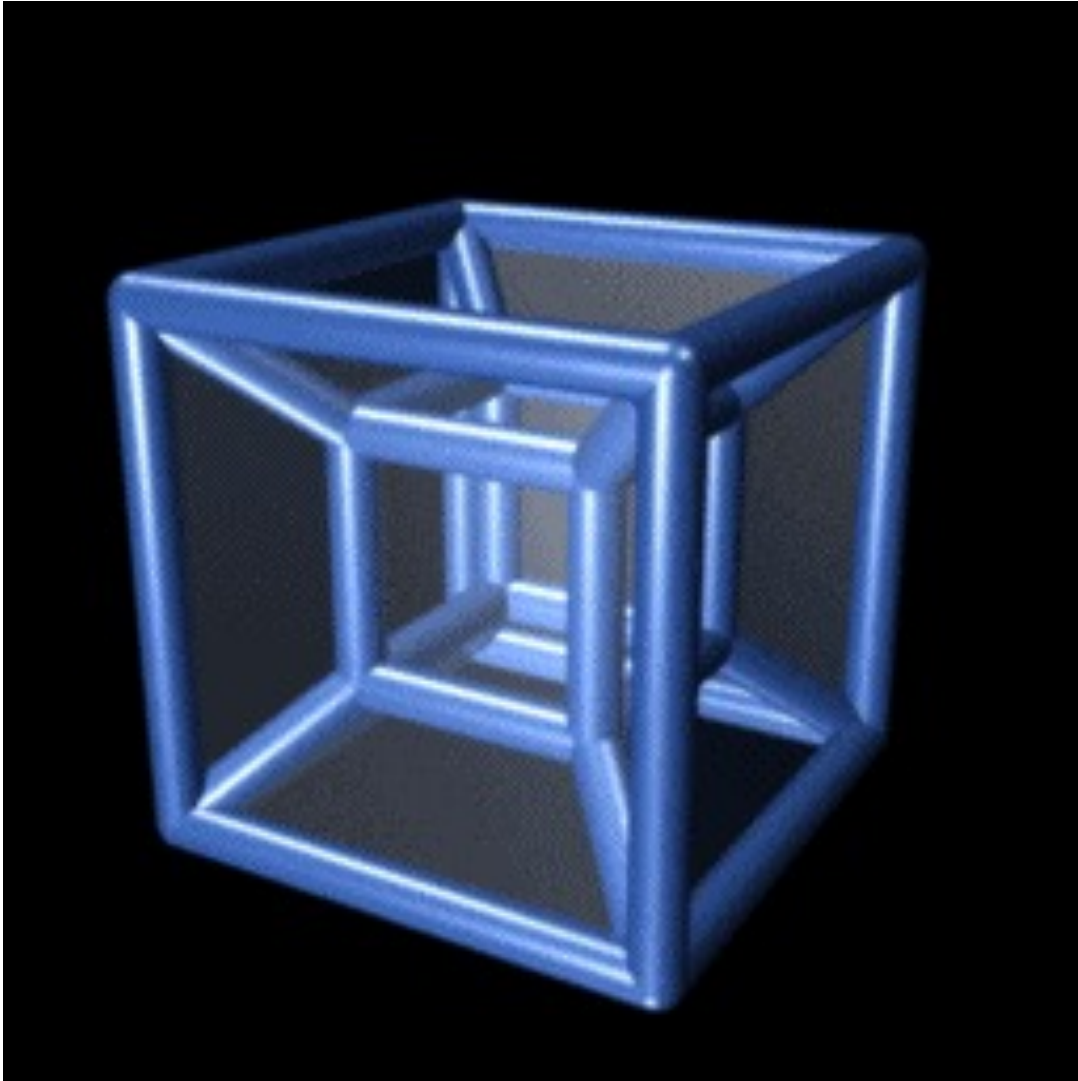


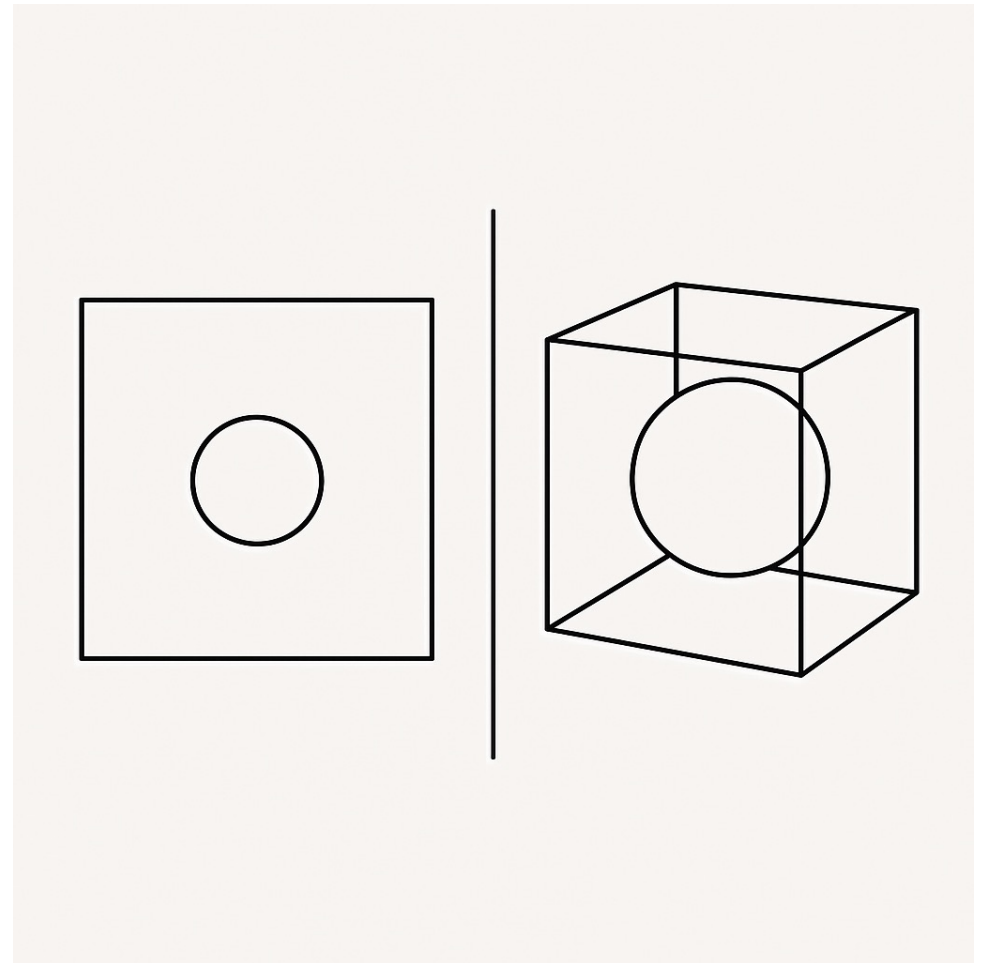
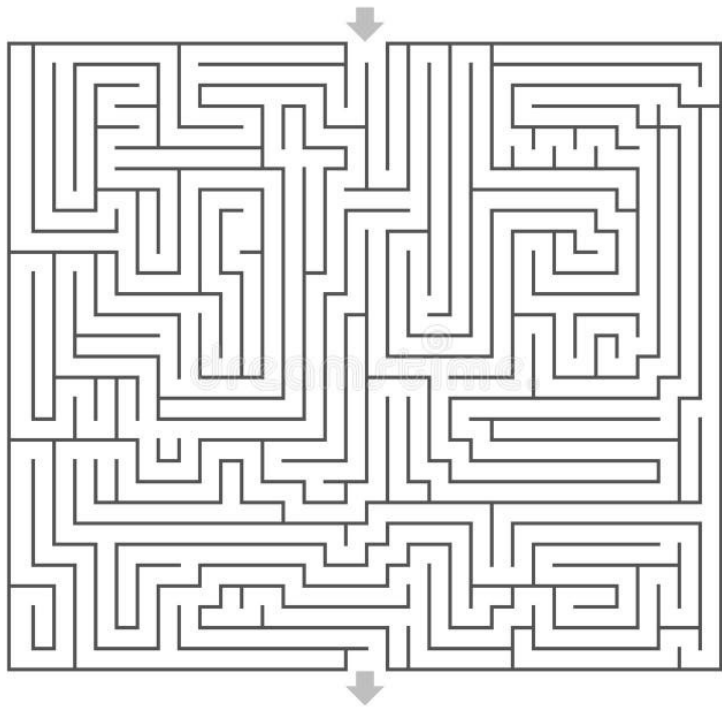


Pentachorons & Tesseracts 4D Triangles & Squares

- 1D - Straight Line
- 2D - Triangle / Square
- 3D - Tetrahedron / Cube
- 4D - Pentachoron / Tesseract

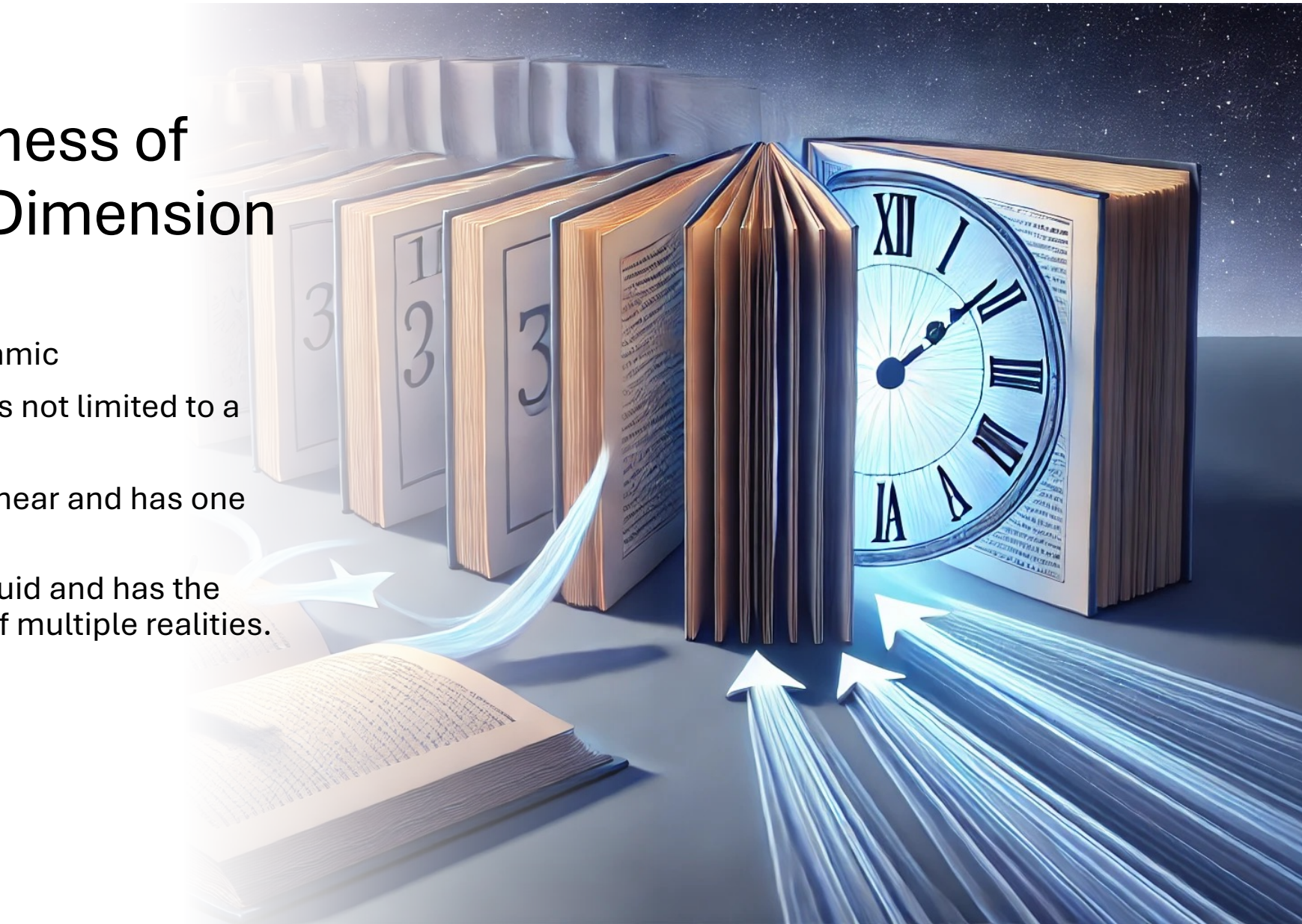




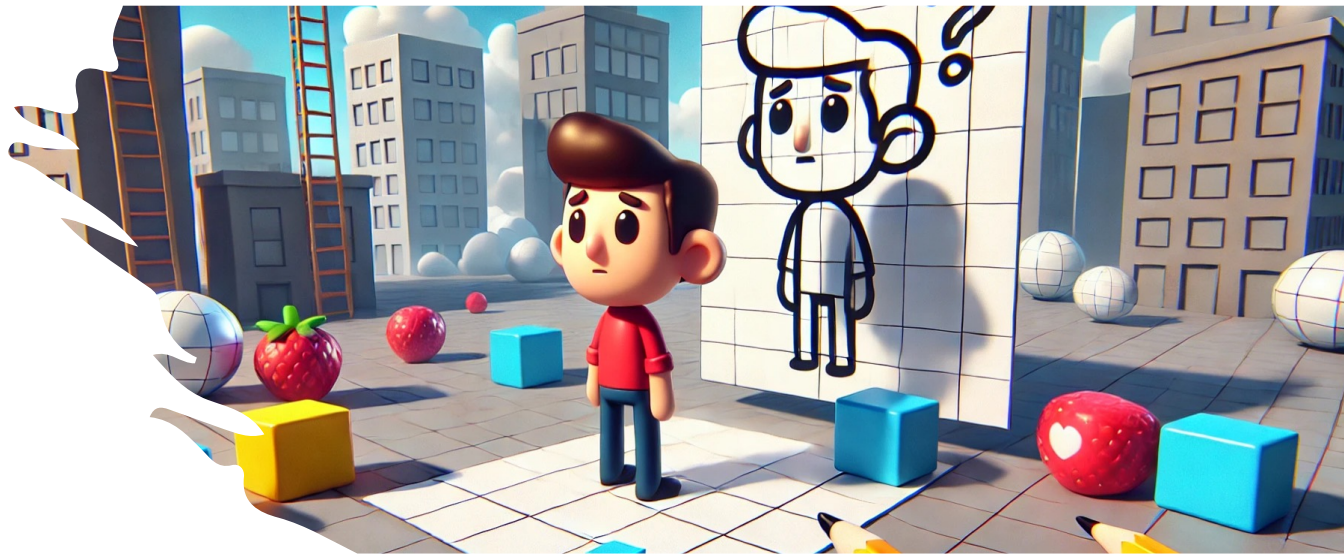


Uniqueness of the 4th Dimension

- Time is dynamic
- Perception is not limited to a single point.
- 3D time is linear and has one path
- 4D time is fluid and has the possibility of multiple realities.



Can we
experience the
4th Dimension?

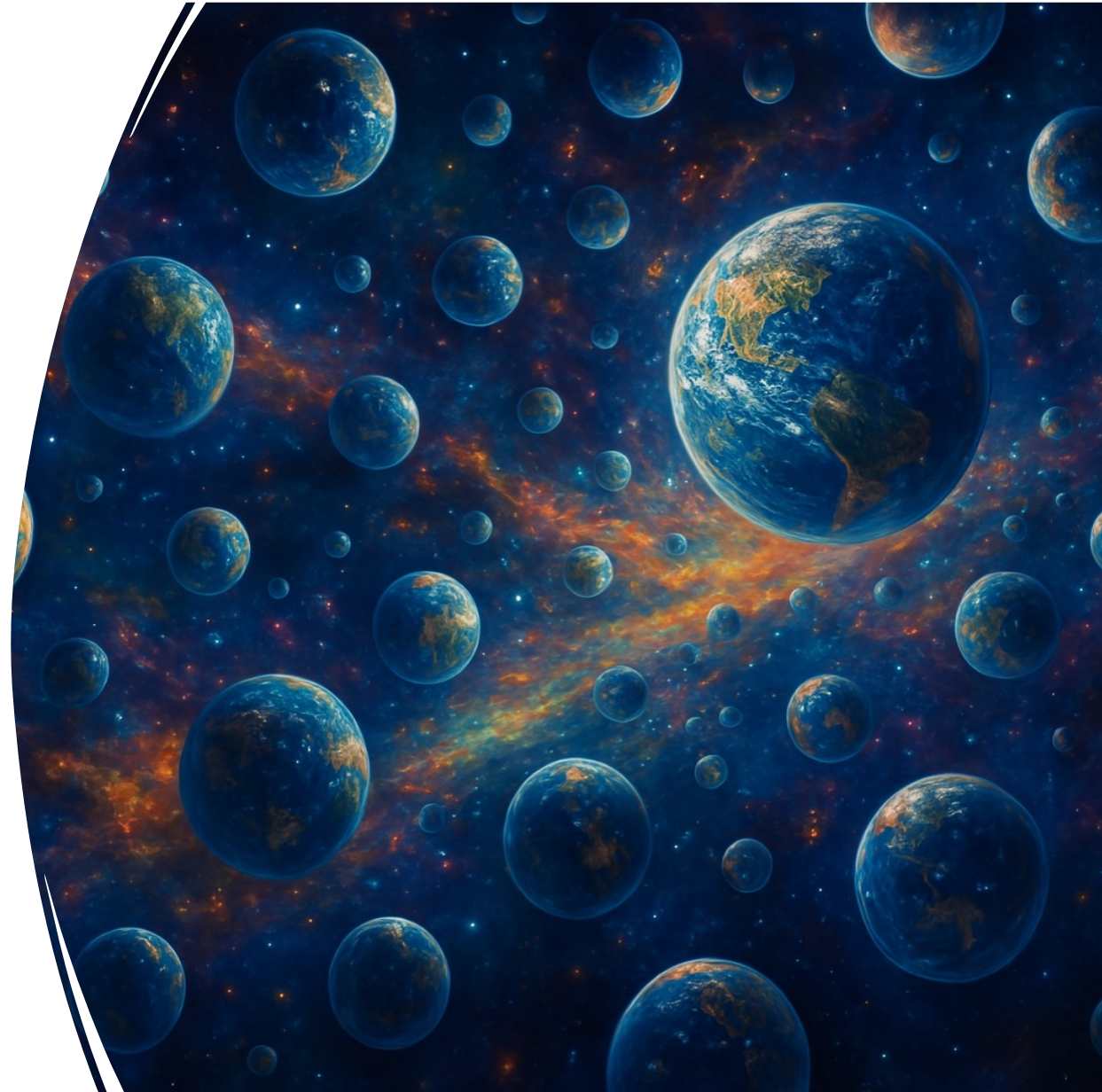






Alternative Realities

- In quantum theory – multiple realities exist simultaneously.
- Parallel universe – one other reality
- Multiverse – infinite other realities
- Fictional realities – Marvel Universe / Harry Potter etc.
- Dreams, Lucid Dreaming
- Past Lives / Future Lives



1,296 Dimensional Experiences



TIME	PERCEPTION	REALITIES	OBJECTIVE
<ul style="list-style-type: none">• 1 – Ancient Discovery• 2 – Ancestral Memory• 3 – Childhood• 4 – Recent Decision• 5 – Final Year of Life• 6 – Distant Future 100+ Years from now	<ul style="list-style-type: none">• 1 – 1st Person-Associated• 2 – 2nd Person – Body Swap• 3 – 3rd Person – Documentary camera• 4 – Fluid Perception• 5 – Staged Disassociation - Screen• 6 – Symbolic Perception – everything is a metaphor or symbol	<ul style="list-style-type: none">• 1 – Dream• 2 – Myth/Legend• 3 – Game/Puzzle• 4 – Animation/Cartoon• 5 – AI-Generated World – Hyper realistic but artificial• 6 – Multiverse – Similar but different to your reality.	<ul style="list-style-type: none">• 1 – Find a Message• 2 – Change Outcome• 3 – Elicit Wisdom• 4 – Resolve Issue• 5 – Observe without judgement.• 6 – Plant a Seed of an Idea...

Imagination is a 4-Dimensional Realm

- Past: Trauma, PTSD, Regret, Nostalgia, Rumination, Flashbacks, Memories, Grief,
- Future: Worry, Anxiety, Excitement, Anticipation, Hyper-Vigilance, Preparation, Pre-empting Risks, Mental Rehearsal, Desire.
- New Realities: Day-dreaming, Fantasies, Wishful Thinking, Manifestation, Creativity...
- Other's Perspective: Empathy, Judgement, Consideration, Catastrophising, Embarrassment...
- Imagination is an infinite playground of possibility...



Hypnosis is an Interface to a 4D Realm

- 2 parallels to a 4D reality:
- Metaverse (Digital Reality)
- Imagination (Imagined Reality)
- We are hypnotists not software developers.
- We can use our current skills to help clients navigate a 4D realm.



4D Thinking & Therapy

Category	Technique
Time-Based Techniques	Timeline Therapy
Time-Based Techniques	Age Regression / Progression
Time-Based Techniques	Past Life Regression
Time-Based Techniques	Future Pacing
Time-Based Techniques	Quantum Time Technique
Time-Based Techniques	Time Distortion (Induction)
Perception-Based Techniques	Perceptual Positions
Perception-Based Techniques	Visual/Kinesthetic Dissociation
Perception-Based Techniques	Submodality Shifts
Perception-Based Techniques	Nested Loops & Confusional Language
Perception-Based Techniques	Fractionation
Alternative Reality & Identity	Parts Therapy / Integration
Alternative Reality & Identity	Future Self / Higher Self Journeys
Alternative Reality & Identity	Metaphor Journeys
Alternative Reality & Identity	Archetypal Identity Work
Alternative Reality & Identity	Dream Rehearsal / Lucid Imagination
Alternative Reality & Identity	Deep Trance Identification





Time:

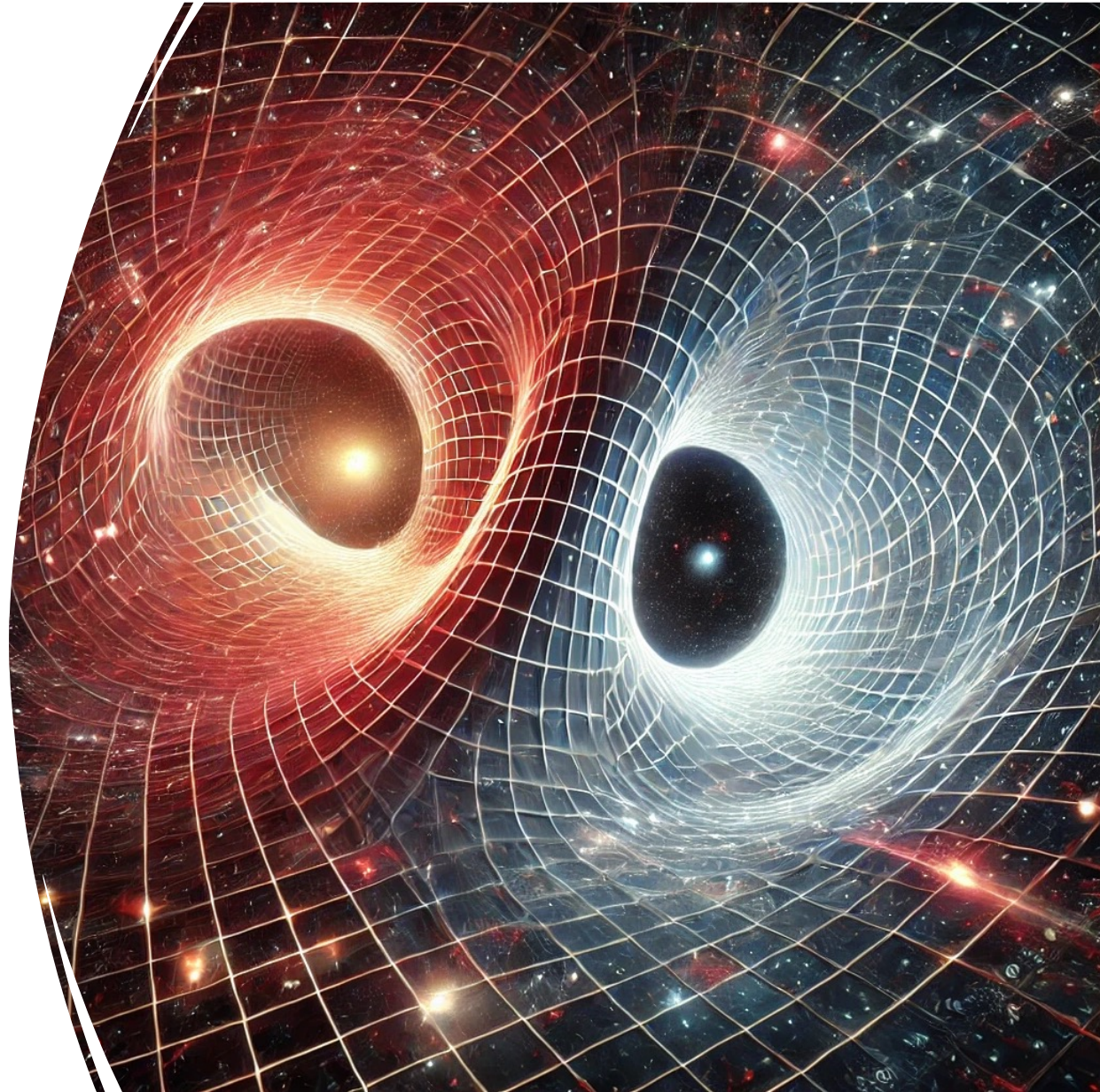
- Regression (to cause, past-life, resource states...)
- Revivification (unresourceful vs resourceful)
- Time distortion – fast, slow, rewind, pause... Temporal compression and expansion.
- Time-line Techniques / False Memory Syndrome
- Future Pacing, Pseudo-Orientation in Time, Post-Hypnotic Suggestions
- Perspective from a different point in time (rather than space)



**4D
THERAPY**

Intense or Vivid Memories and Wormholes

- What if your most intense memories are portals through time?



TEMPORAL PINCER MOVEMENT



ONE FORWARD TIME



ONE BACKWARD TIME



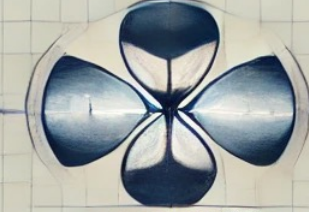
MOVING FORWARD



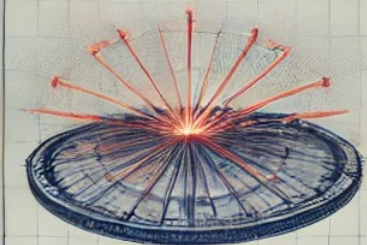
MOVING BACKWARD



TIME MOVING FORWARD



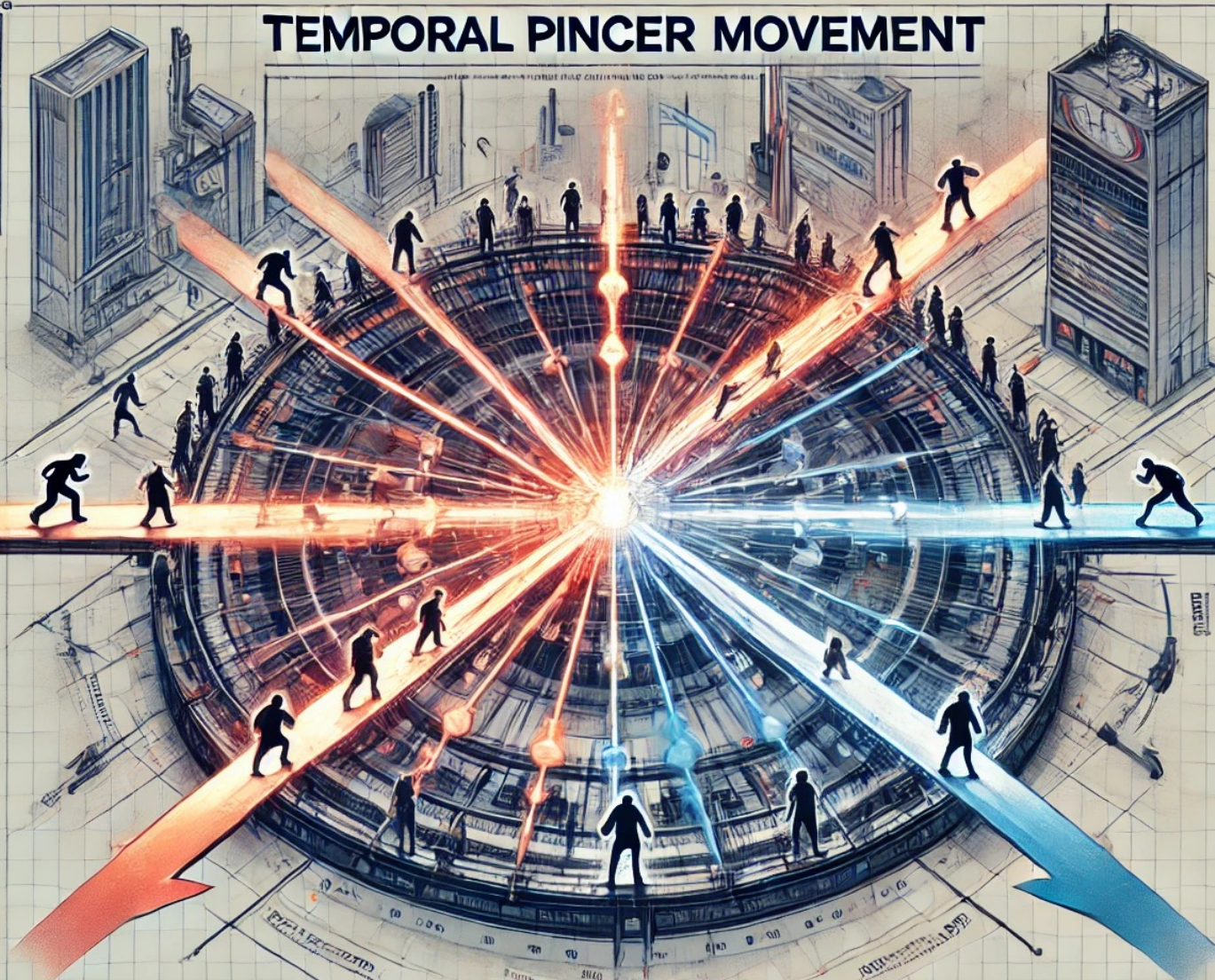
TIME MOVING BACKWARD



TIME MOVING FORWARD



TENET



TWO TEAMS ARE MOVING FORWARD THROUGH TIME.

Event Horizon

- In quantum theory – all possibilities exist until they are observed.

- Shrodingers Cat

- Black holes – beyond the event horizon / singularity...

- MRI Anecdote



4D Hypnotherapy

- 1 – The Memory Wormhole
- 2 – Sliding Doors – Parallel Universe
- 3 – The Multiverse
- 4 – The Tesseract
- 5 – The Event Horizon
- 6 – The Temporal Pincer Movement



7,776 Combinations





Any
Questions...