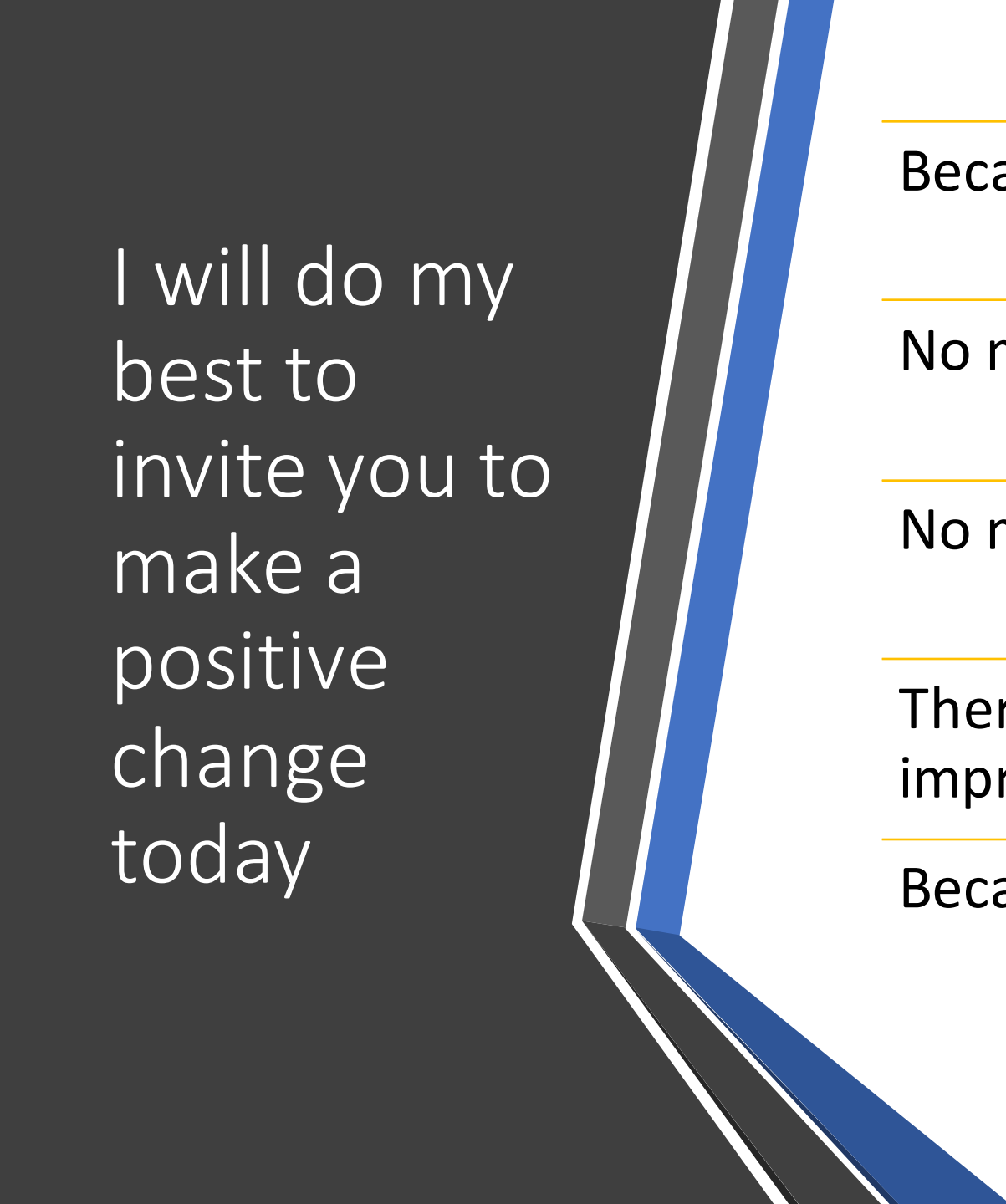




Implications that Change People

Dr. John D. Lentz



I will do my
best to
invite you to
make a
positive
change
today

Because, no matter how effective you are.

No matter how healthy you are.

No matter how accomplished you are

There is always room for you getting to
improve.

Because you can.

By making implications to you



And by inviting you to make them toward each other if you choose to, as well as any you make toward yourself.




BECAUSE implications cause us to see the world differently, and to make different decisions.

Definition of Implication by Collins


The implications of something are the things that are likely to happen as a result.

I will offer it in
the following
approaches.


With my trance impacting someone's negative
trance, and my positive words.



With Just my trance, and gibberish.



With just your strengths spoken of around the
problem.



With visual aids and commentary that can invite
you to realize strengths that you already have.

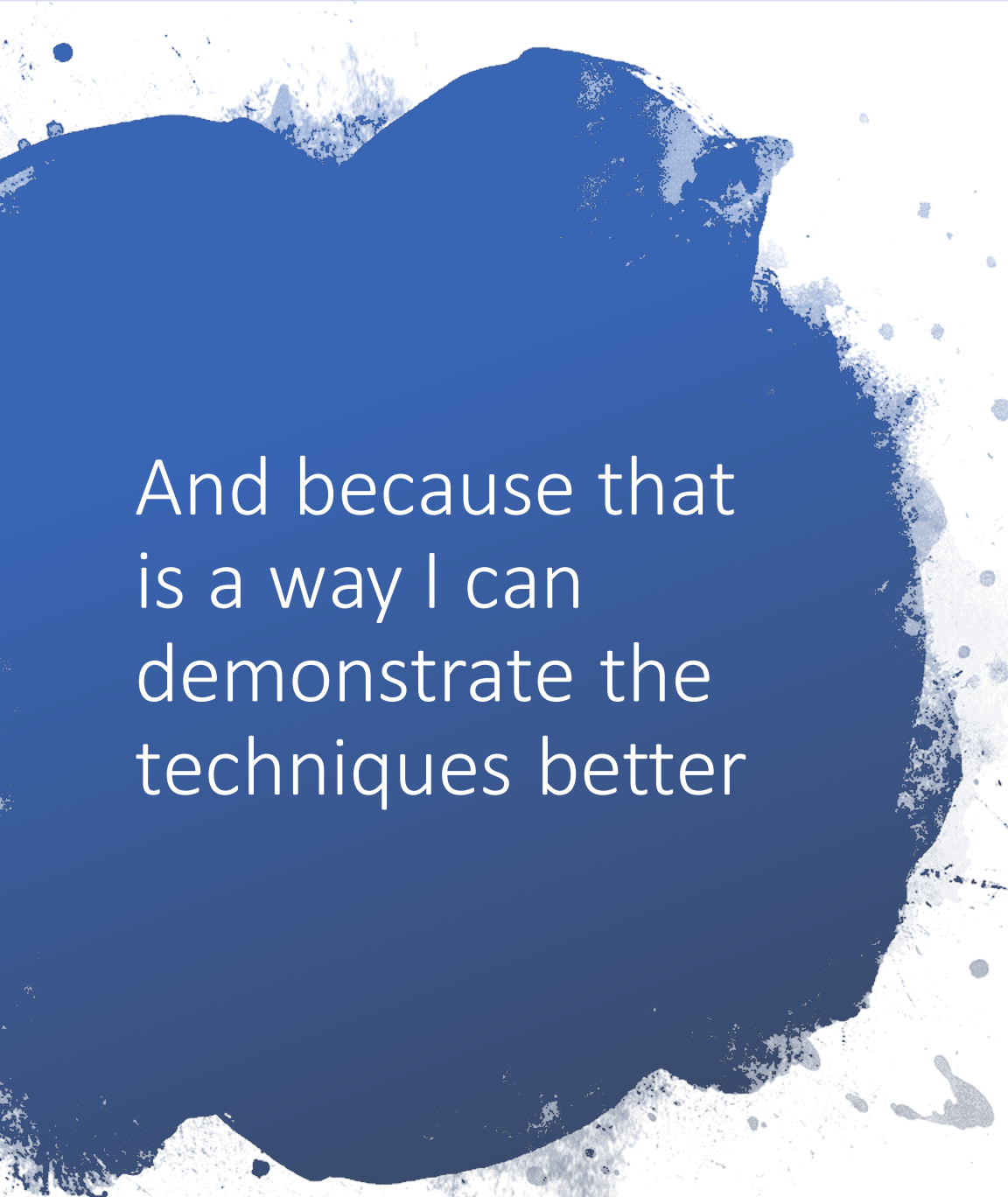


Hopefully one strong implication is that the problem was a negative trance that blocked you

- Because if that is so then you may be able to do many more amazing things with how you use this knowledge.

As a result

- Problems will diminish.
- And you will see that of course you can do this.



And because that
is a way I can
demonstrate the
techniques better

- When using indirect communication or multi-level communication it is good to signal to the other person that you may be doing that.

Disclaimer

I have no products
related to this workshop.

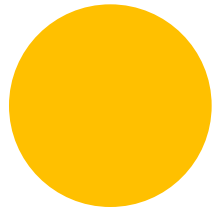
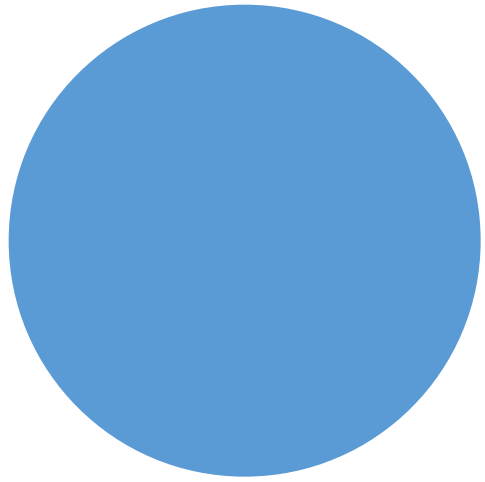
I also wish that I did.

Because



It is so
important

- Because experiences change people



And implications about
experiences you have can alter
how you think about yourself and

Your future

Implications hypnotize us



When you
use your
whole self
| what you
communicate
can make a
difference



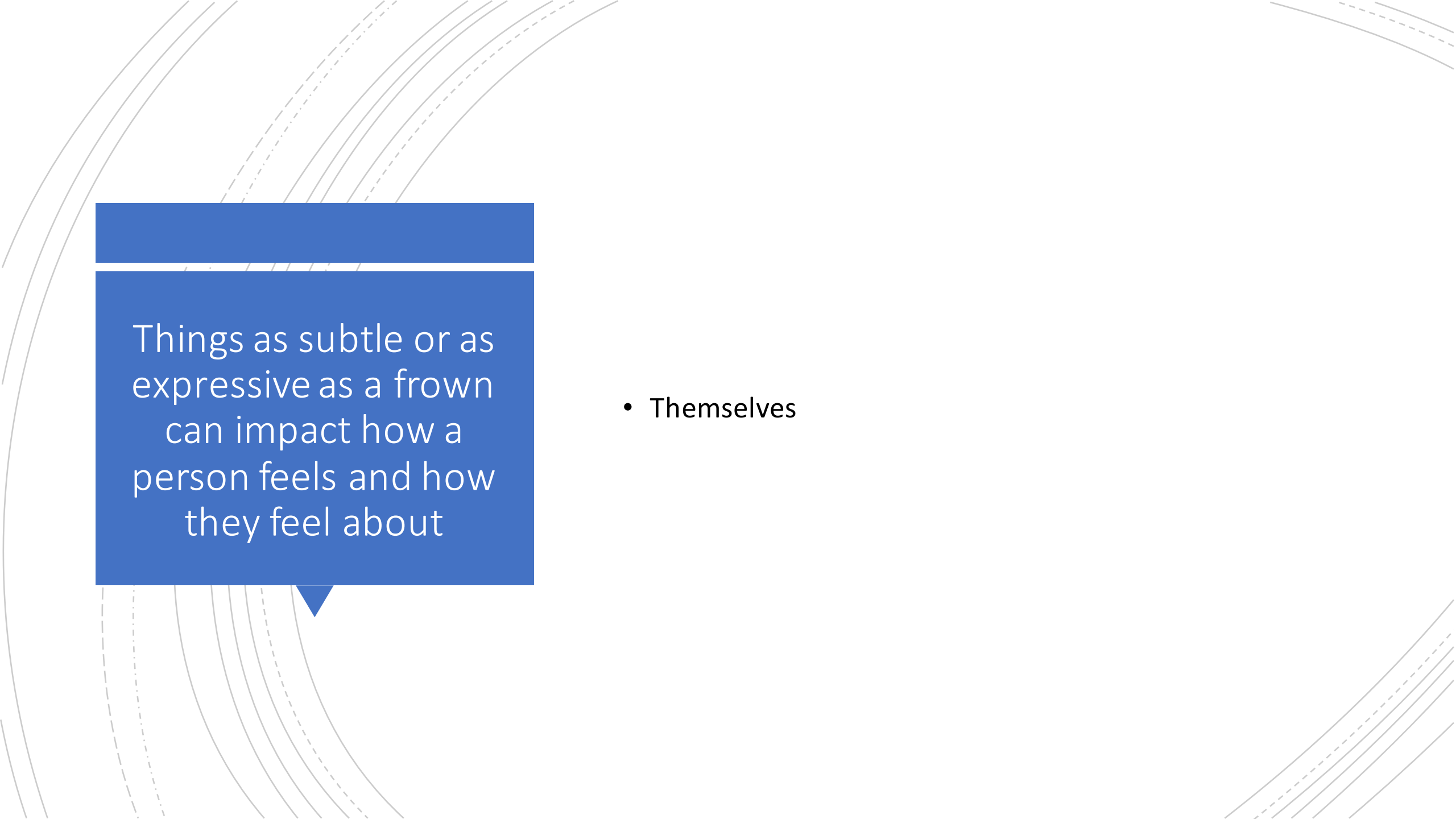
It can both punctuate a sentence as well as set a mood.



It happens easily and quickly, especially when you evoke a certain mood and or attitude toward a person that you are seeing . It happens naturally.



Your experiences of subtle things invites
micro changes

The background of the slide features several thin, curved lines in shades of gray, some solid and some dashed, creating a sense of movement and depth. A blue rectangular box with a small downward-pointing triangle at its bottom center contains the text.

Things as subtle or as
expressive as a frown
can impact how a
person feels and how
they feel about

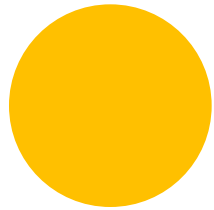
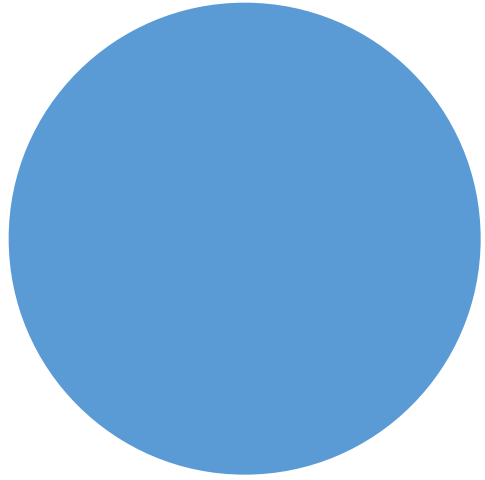
- **Themselves**



So how does this feel?

Looks, gestures, body expressions and emotions

All can together make up an attitude that can make a difference.



Implications and beliefs
frame the experiences

So they invite and solicit
changes that make a
difference



Yes, it is the big things that make a difference

- And sometimes it is the small things that make all the difference in the world.




It happens
because

What happens immediately before
or after, as well as

The mood you are in as well as the
mood they are in, and

What associations are evoked by
the subject as well as the frame
from your relationship.

The background features several thin, curved lines in shades of gray, some solid and some dashed, sweeping across the frame from the top left towards the bottom right.

All those things
together cause
us to believe in
ourselves or not

And cause us to believe in our future or not.



It changed Bethany-Hamilton

- Losing her left arm to a shark attack caused her to simply swim differently and become more of an inspiration.

Trauma is
thought to
limit us

but somehow it seems
to actually, makes some
of us grow stronger.

If we choose to



So

Have you thought about how difficult it is to create
experiences that change people?

What makes
the difference
between a
Bethany and
other folks



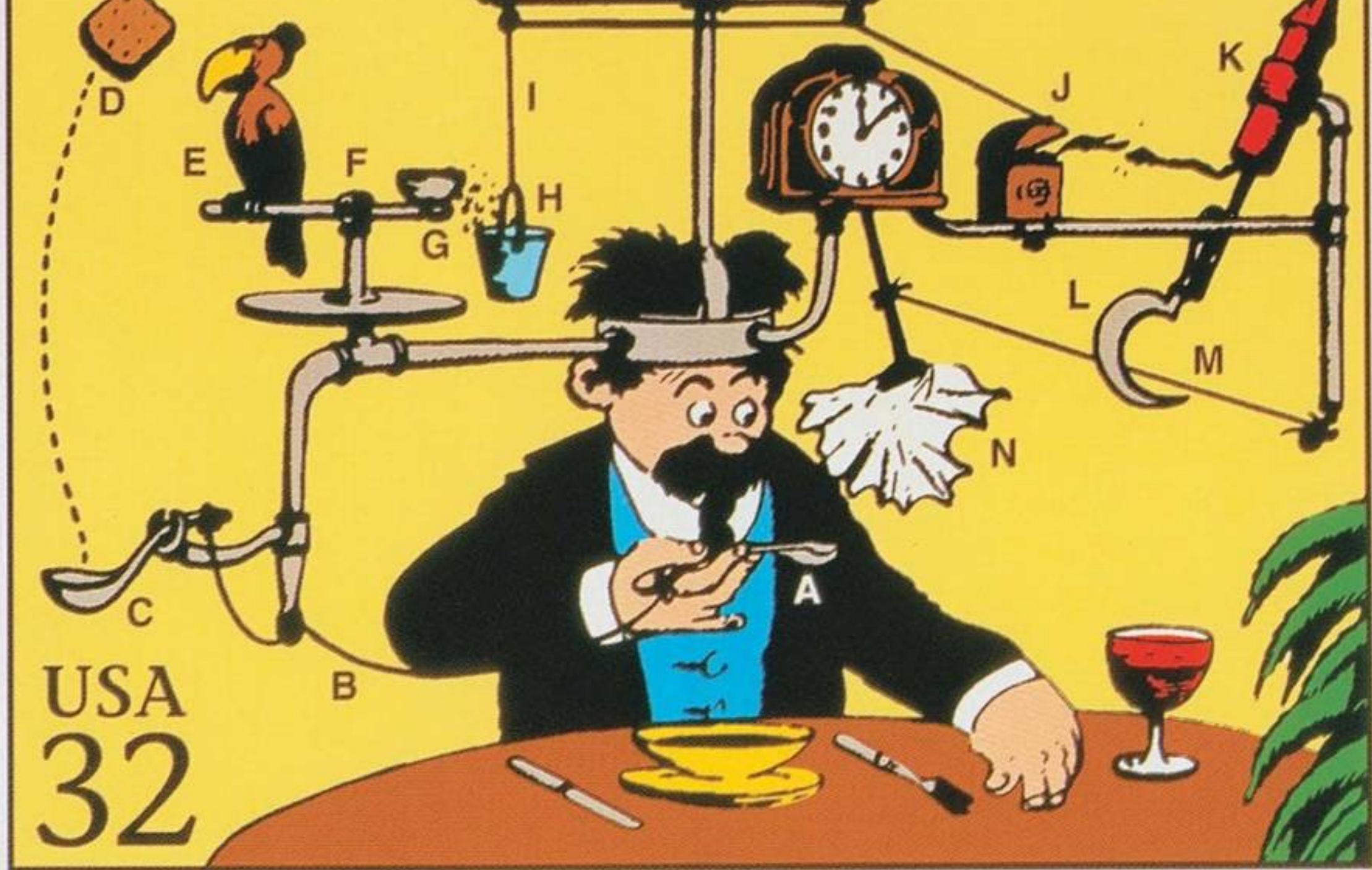
MANY PEOPLE NEVER MAKE
THAT TYPE OF TRANSITION.



MANY PEOPLE NEVER REALIZE
HOW MUCH THEY CAN DO.

So

How do we make that
difference?



Ok, it isn't quite that
difficult

But we can find a way to
help the person feel safe
enough to attempt difficult
things later on.



Safety is a state of
mind yet it is
foundational



- And a a bit of the mystic, mysteriousness to help.

Include hope
and a goal
And

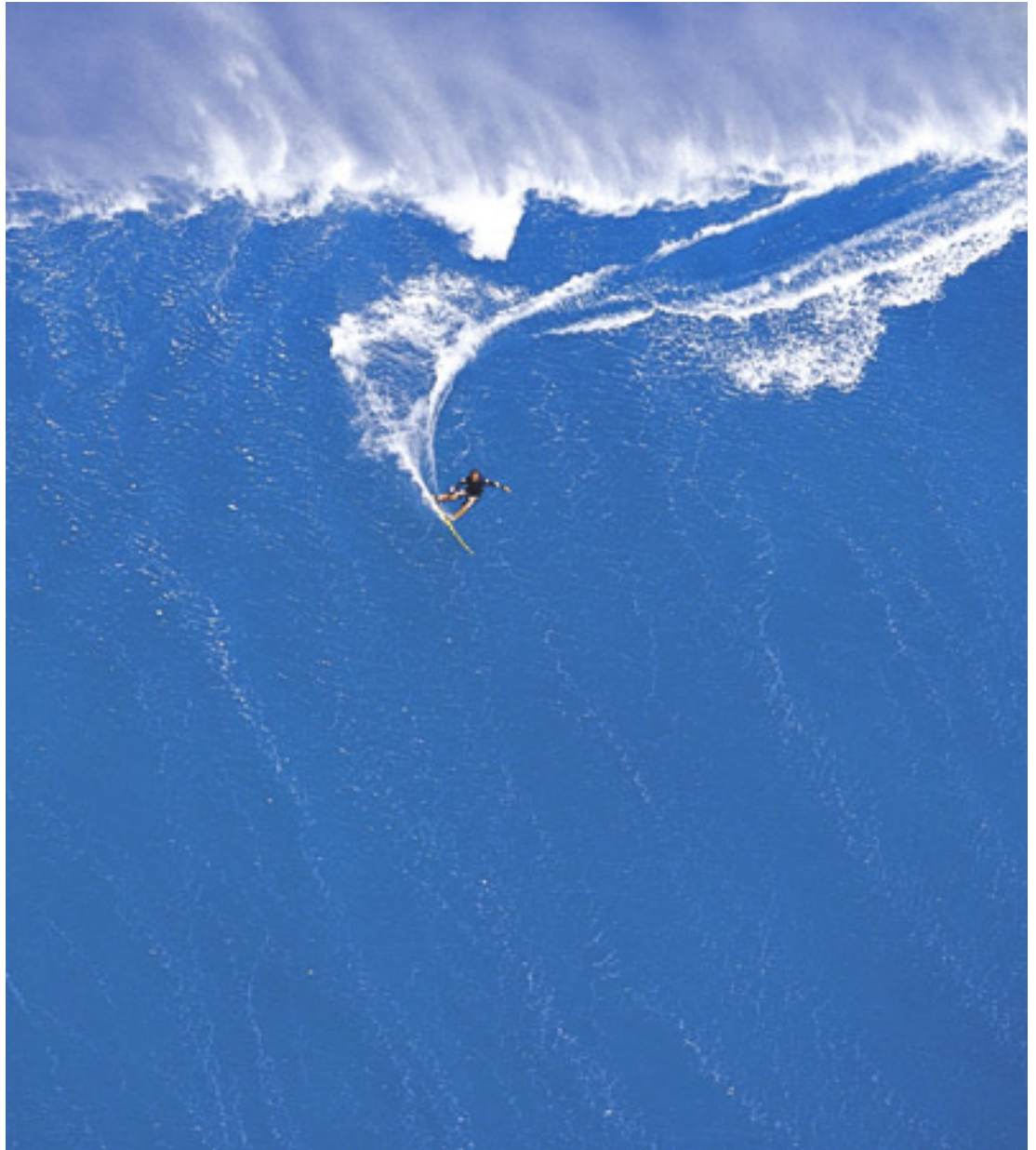
You may be able to do amazing
things.



There is an
implication



That you
can ride a
wave



The background of the slide features several thin, curved lines in shades of gray, some solid and some dashed, creating a sense of motion or a stylized globe. A solid blue rectangle is positioned on the left side, containing the text "We trance ourselves".

We trance
ourselves

- Demonstration

Riding a wave is about using the energy already present, and simply putting it to work.



It is then defining what that energy is about and how it can be used.

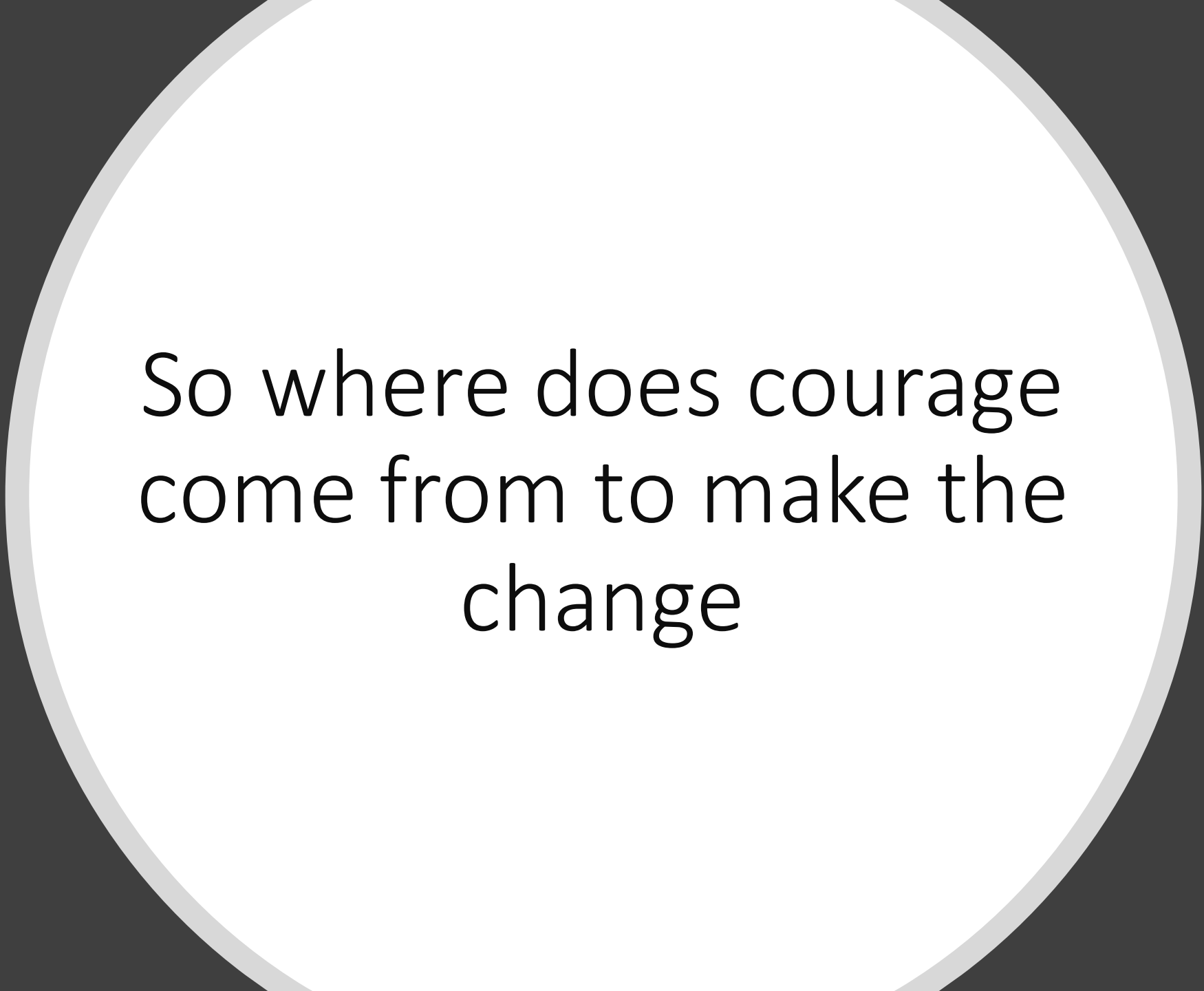


It is about catching the moment and the event to be used to alter the negative trance that blocks the person's ability to do what they want.



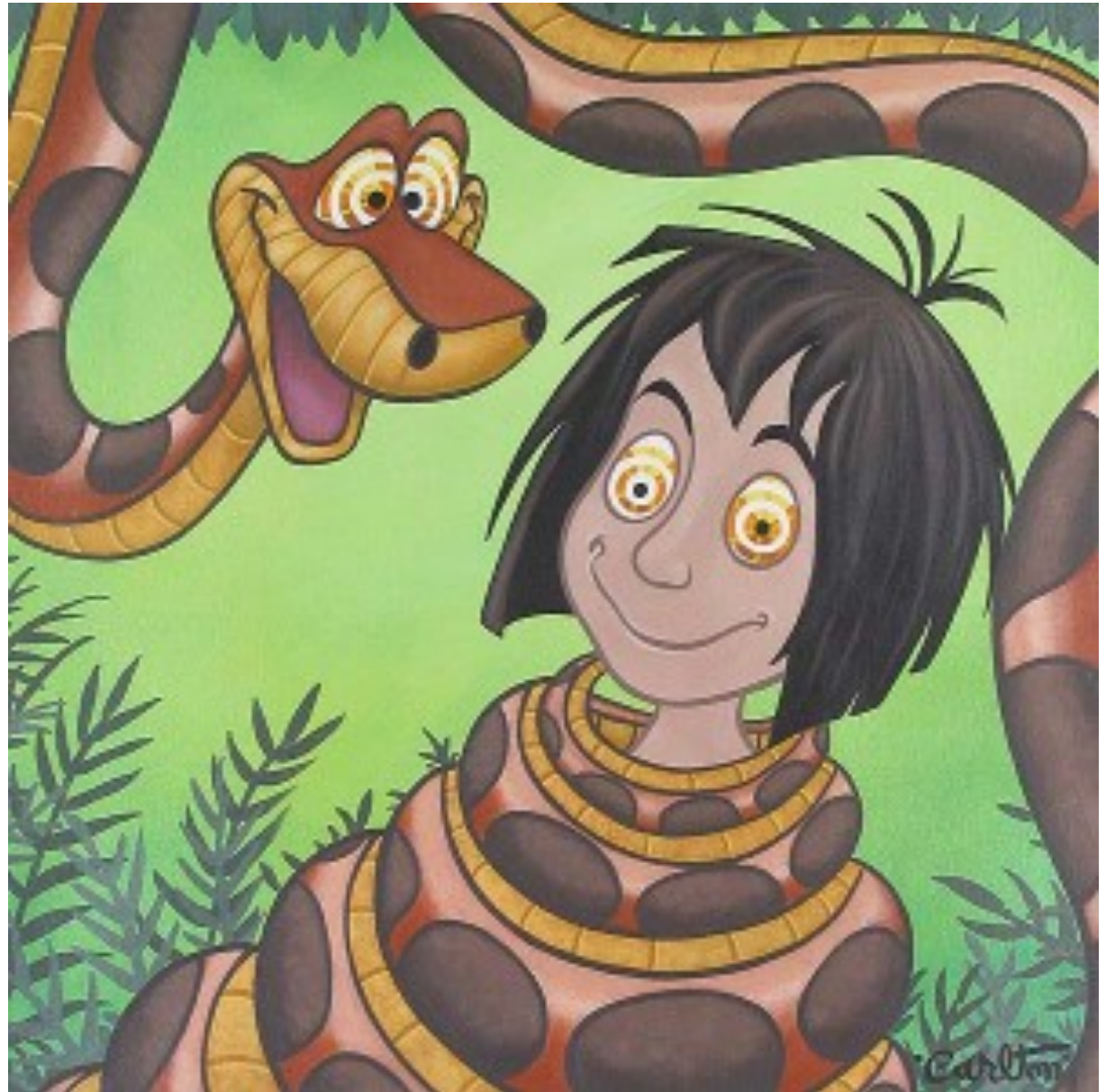
While waves are not everywhere there are goals everywhere

And everything can be used to assist a person to achieve their goals



So where does courage
come from to make the
change

We trance
ourselves,
either way



The famous
quote
attributed to
Henry Ford

“Whether you believe
you can or you believe
you can’t you are right”

We trance ourselves all
the time.

Beliefs,
learned
weaknesses,
self talk, and
interactions
with others
can

Either lead to our positive trance that brings
about solutions or

Not.

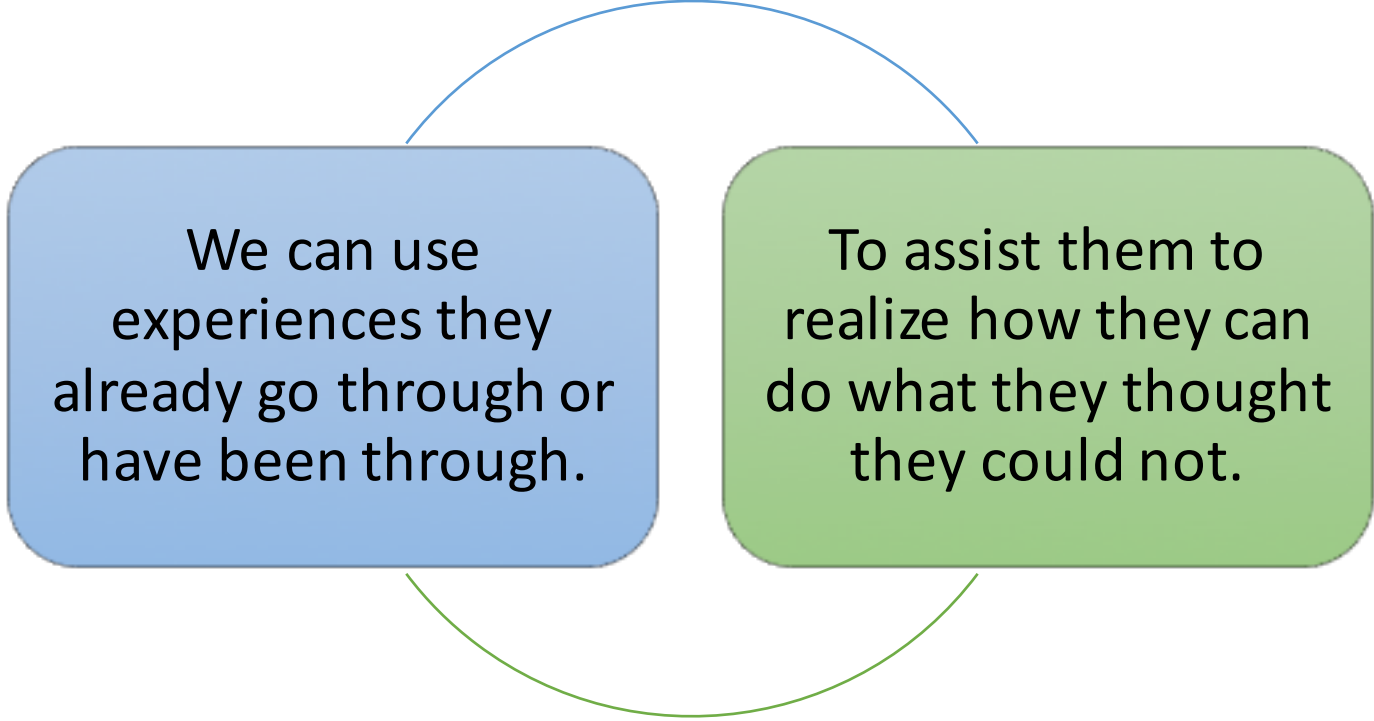
What this talk is about it helping people to make
that difference, it isn't just mind over matter.

Confidence is ignoring ourselves

- And focusing upon the goal.



So instead
of us
creating
experiences
that
changes
others



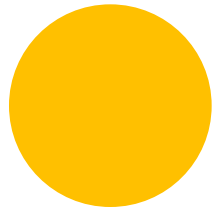
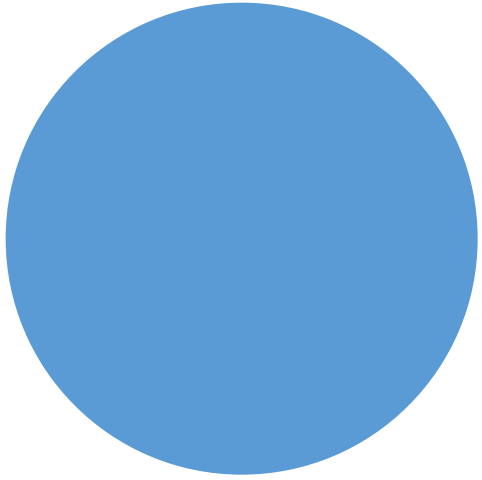
We can use
experiences they
already go through or
have been through.

To assist them to
realize how they can
do what they thought
they could not.

Because what they focus
on is how the trance
gets generated.


Demonstration

Ba- Ba- Ba



How come it
worked?

What was occurring that
made such a difference?



There are
lots of ways
of helping

We can use strengths they have to
alter their thinking.

We can use our believe in them.

We can notice the smallest move
toward healing and praise their
movement.

Two men who were addicted and changed

Both men were addicted to opiates.

Both men decided to change.

Both men did.

One did it because of a goal.

One did it because of how he decided to understand his sensations.

They both used
naturalistic trances
to succeed

They both
generated
those trances
themselves
because of
implications.

The one who
changed
because of a
goal

was told.

You would be perfect for
the job, of course you will
need to be clean.



He became clean.



He wanted the
job that much

- He had no trouble getting off the drug. He had been attempting to quit for over 14 years. None of the times before involved something that he really wanted. He wanted this job.



The goal was that
important to him

- Erickson made magic in part because he paid so close attention that he would know what was the most important thing.



Most of the time goals don't work because

- They are about what normal folks want, not what this particular person wants.
- Drug addicts often want to be able to not feel the anxiety, fear, or shame that they tend to feel.
- Reframing that makes a difference!

The one who did it by interpreting all his sensations as proof that he was being healed, did.

- He wanted to believe that God was going to heal him.



In effect he created
a trance that
balanced feelings
and reality.



Both men generated a
trance that allowed
them to let go of
Oxycodone

If you think about it there is little difference between pain control for surgery and recovery



- In both instances you are in a trance to assist you.

Demonstration

To do this I will need someone with a problem that is at least a 7 on a 10 point scale.

I don't need to know what the problem is, and neither does anyone else.

It is all about how to
reach the goal.

When you are sure that you
can help them, they are
more likely to reach their
goal.

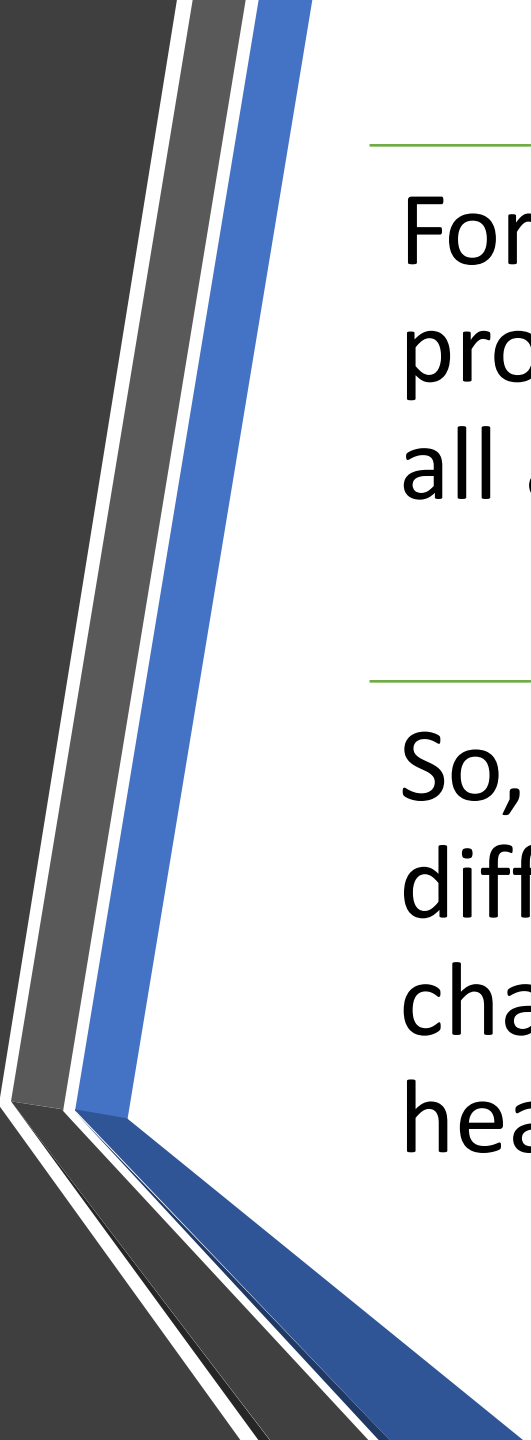
So how come
it worked?

Theoretically
Some folks say
that what we
are doing is



- Giving small implications that make a difference in how the person thinks and evaluates their world.
- Others say that we are connecting their strengths with the problem.

I like to think that perhaps we are doing both all the time when we see folks.



Some folks
believe
being
flexible is
what mental
health is all
about

For them rigidity is what
problems and dysfunction are
all about.

So, being able to think
differently and to flow and
change is all about being
healthy.

Ziata claims
to be the
worlds most
limber



Perhaps that
is true
physically



Is being flexible is a state of mind where you are willing to recognize your own strengths and weaknesses and not take yourself too seriously?



Or is it a trance state that simply allows us to find solutions more effectively.

You could say
that every
time you
learn a new
technique
you are being
flexible.

Is it a state of your mind?

Is it a trance state that
allows you to find
solutions more
effectively?



Either way it is beautiful

- Bellingrath Gardens
Alabama
outside of
Mobile



Perhaps there are waves
everywhere

- Near the Arizona-Utah border, known as “The Wave” carved in sandstone rock formation.

Persistence over time demonstrates conviction and gets things accomplished.

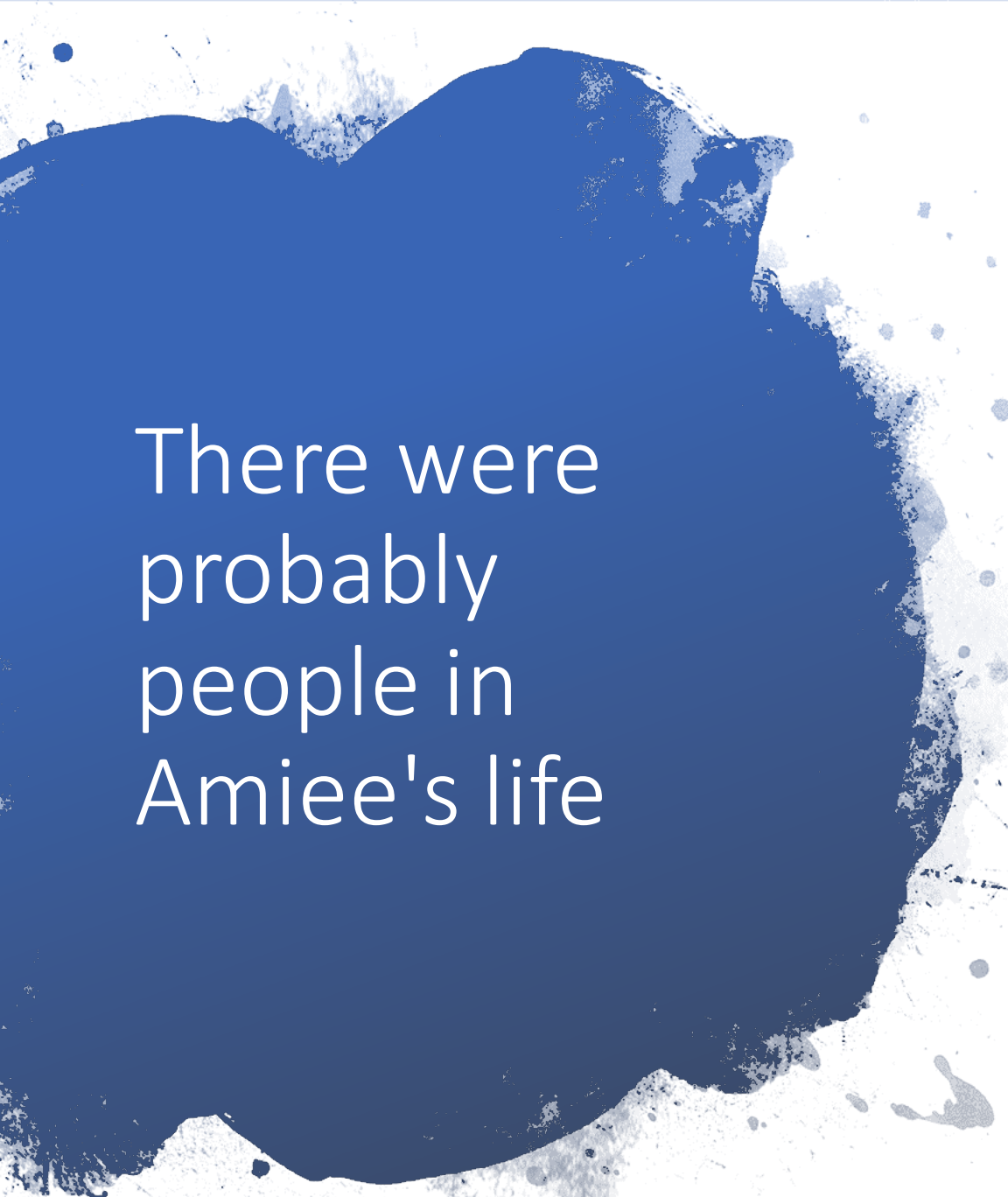


- That is how the wave occurred over the years.
- I like to think that type of commitment to a goal is beautiful and inspiring.



Aimee-Mullins

- Was born with a disease that caused her to have her lower legs amputated. She decided it would not stop her competing in athletics.



There were
probably
people in
Amiee's life

- That encouraged her, but they did it in ways that made a difference.
- My son's hitting a baseball, and going to college.
- If I had said, " You can do it." I would have been implying that he couldn't.



What Aimee has done

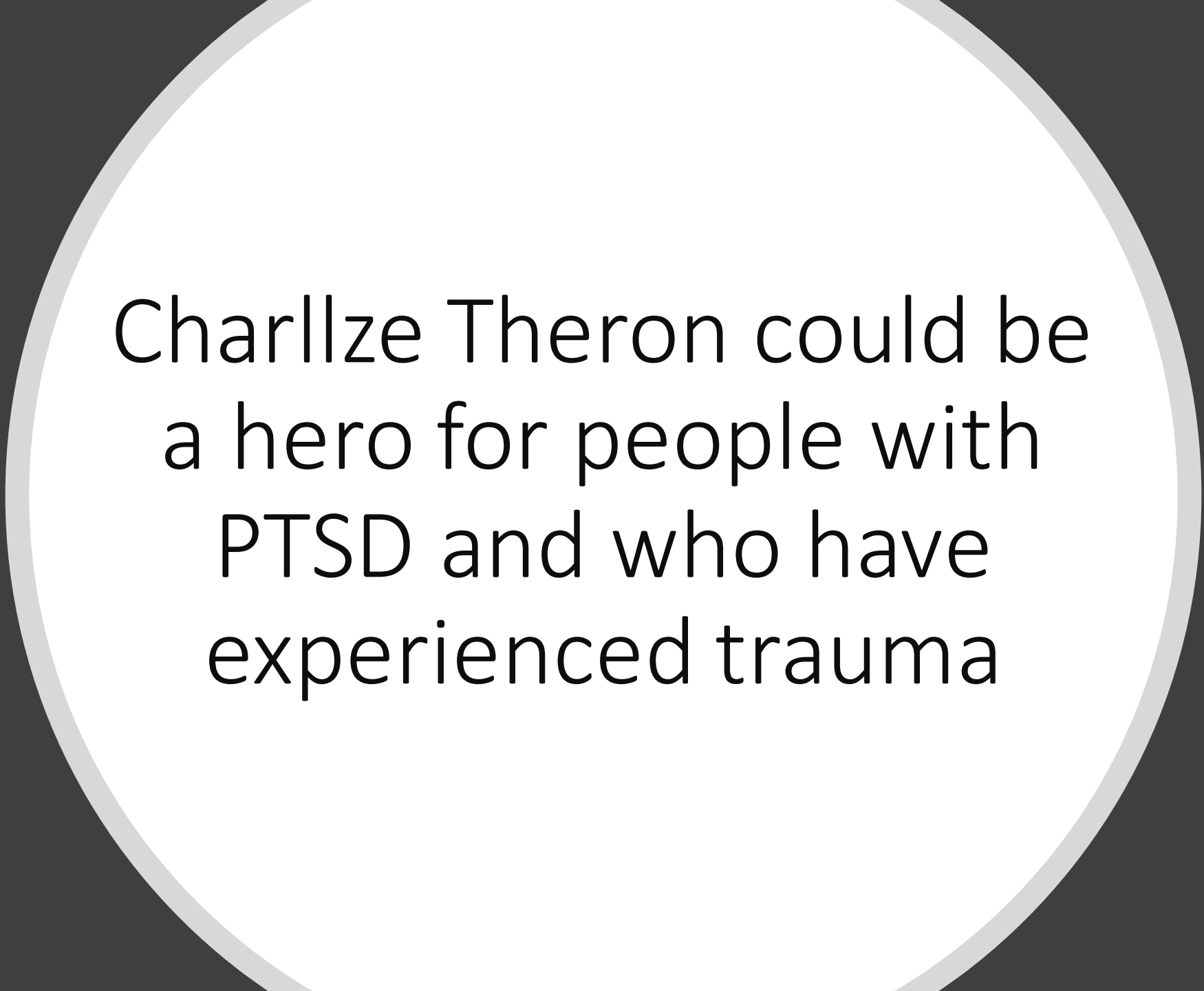
- Historic Wormsloe Plantation in Savannah



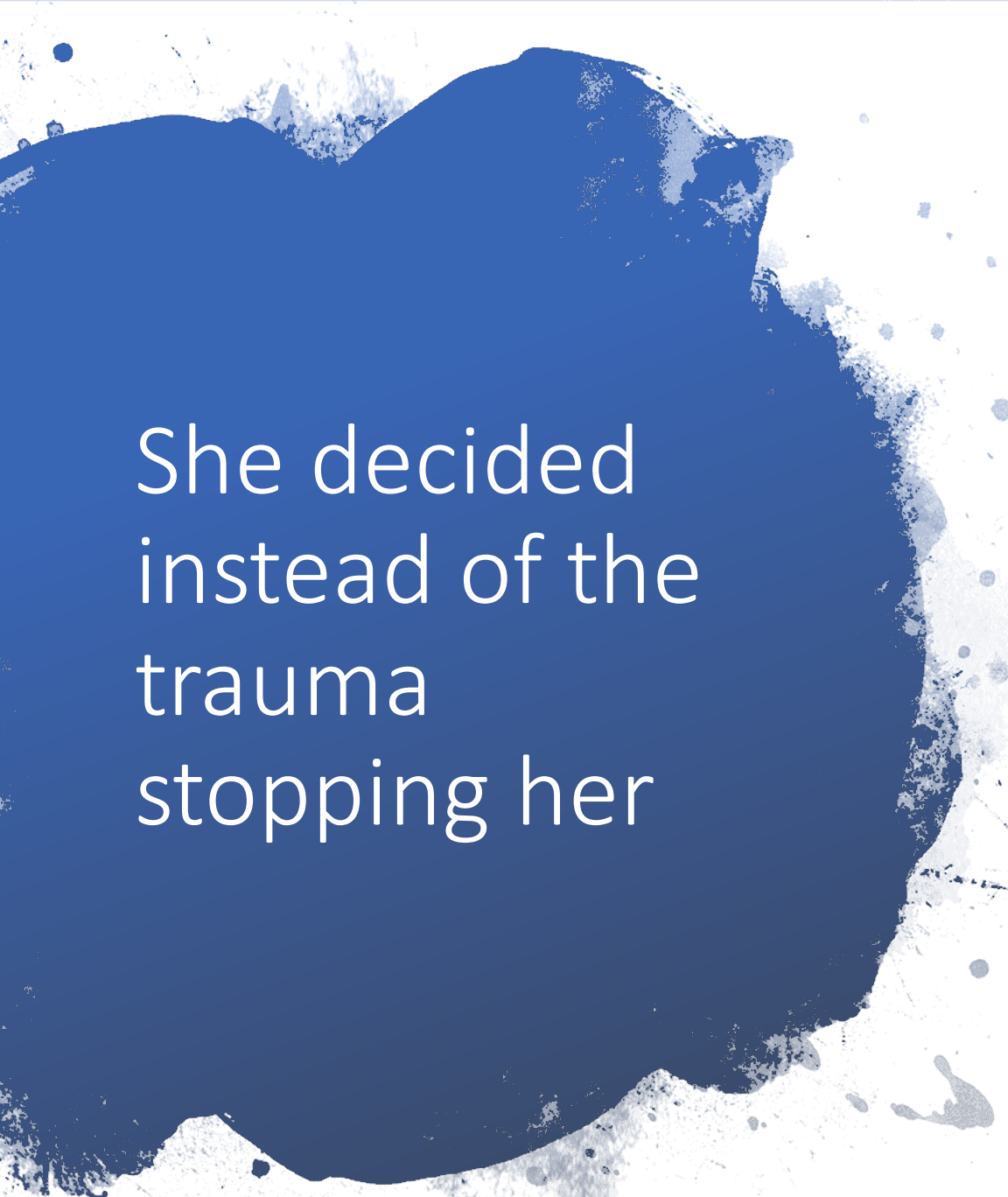
That type of
determination
is as beautiful
as Hawaii or
anywhere else



This woman watched her mother shoot and kill her father, when she was 15



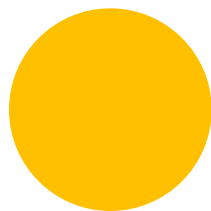
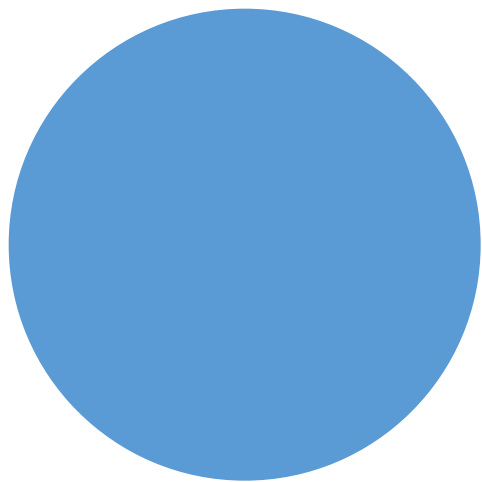
Charlize Theron could be
a hero for people with
PTSD and who have
experienced trauma



She decided
instead of the
trauma
stopping her

- She would use the energy making a name for herself.
- It worked.

How can we
assist people
who make such
positive life
decisions?



It is in part finding and noticing
the positive experiences that can
be life changing.

It is paying enough
attention to know how
to encourage.



Marla Runyan

- Is the first legally blind athlete who competed in the Olympics

You might know that she lives in Santa Maria

Not only does she run track and field, but marathons. She is a 3 time national champion.




This man began to lose his hearing at 26 and was totally deaf when he composed most of his most famous works

- Ludwig van Beethoven also overcame an abusive demanding alcoholic father.

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Some folks
believe that
Beethoven

- Was helped by a friendly Lutheran Pastor who helped him to play the organ and to deal with his anger problem that came from his father.



There is always someone or
many some one's that
make a difference.

Take a moment and think about just some of the people
who have made a difference in your life.

If you would
also write
down the
people who
influenced
you

- They people can be living or deceased, they can be real or fictional. Yet the people who have influenced you being who you are of course include parents, family members but also includes role models, as well as mentors, and people who you wanted to emulate.

Of course
you have
things
similar to
those folks

Of course you also
have positive feelings
about those folks.

And any time you think
of them you can access
those positive feelings.

Is it the
relationship, the
other person's
beliefs, or a
combination of
things?



- Either way when you add your insight, belief in and connect the person's strengths to their situation they can then overcome almost any obstacle.



Or Maybe it
is that
difficult?

Sudha Chandran 1964

- In spite of having her right leg amputated, she became one of the most acclaimed dancers of India. She received numerous honors and awards. All of this happened after she got her masters degree and then had an accident that resulted in losing her leg.





Jean-Dominique Bauby

- At 40 had a massive heart attack and then developed locked in syndrome. He was totally normal but unable to move anything except for his left eye. He wrote *The Diving Bell and the Butterfly* in that condition.



Vincent Van Gogh

Or thousands of other people who do good deeds everywhere

Like this man who found a baby rabbit and fed it until it could be released into the wild



After work this
man takes
uneaten bagels
to the
homeless



Or like this police officer who fed 20 people

- When he discovered the center where they eat was closed that day



Or this 82 year
old barber who
goes to the
park and gives
free haircuts



Or this man
who saved a
baby dolphin
who was
beached



Thousands of
people do good
deeds. This
man saved a
snapping turtle





Of course

- You could be listed for many of the things you have done as well.

I can be reached at
Lentzhome@aol.com



Gullfoss Falls
Iceland



Marla Runyan

- is the first legally blind athlete who competed in the Olympics

Runyan is the first legally blind athlete to ever compete in the Olympics





Natasha is considered the world's most accomplished sword swallower.