

## Ericksonian Hypnotic Language Patterns

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### Reverse Meta Model patterns, continued.

In NLP the "meta model" is Bandler and Grinder's name for the wellformedness conditions of the surface structure of the English language\*. (\*See their book "The Structure of Magic.") In Hypnosis we sometimes chose to deliberately violate these wellformedness conditions ("reversing the meta model") in order to be purposefully and artfully vague.

#### Pattern 36. Unspecified Nouns/Referential Index

This fine title is being brought to you by the department of redundancy department. "Unspecified Nouns" and "Unspecified Referential Index" are both either unspecified *people, places, or things*.

What is so trancy about that, you ask? Well, whenever the listener has to go inside to wonder what exactly you're talking about, you take a little slice of their consciousness momentarily. You are also giving them the opportunity to relate what you've said to themselves. It may be a small thing but small things add up.

"**People** can learn these patterns rapidly."

"**It** will be a delightful experience."

"And you can drop down into **that** good feeling."

You know, it's been a few weeks since I directly suggested you **go out and practice these language patterns on actual people in actual situations**. Perhaps you could consider this that suggestion. **DO** – *go out and practice on actual people in actual situations*. Write out a dozen or so examples first if you like, then go. Be daring. Do it.

Make the world a better place and put smiles on people's faces. Notice when people are in naturally occurring trance states (elevators, cars, buses, classrooms, waiting rooms, etc.) and just speak. Make casual observances. Like, "Morning. Nice day, eh? Say, did you ever just **stop and find yourself feeling good** for no good reason? You know, when you just don't care what anybody else thinks and you just **find yourself smiling** inside? It's nice to do that sometimes, isn't it? Anyway – this is my floor – have a nice day!"

Just an idea.□

See you next week.