

A discussion on:

THE HEALING WHITE LIGHT SCRIPT

The healing white light is chosen for this assignment to demonstrate the deconstruction of the original script and to construct one that the author thinks is more relevant and appropriate to a given case study. This is a technique used in hypnotherapy to promote natural healing in the body against various illnesses, possibly by psychoneuroimmunologic reaction. This technique may be used to induce a general sense of well-being in patients suffering from generalised weaknesses, swellings, growths or tumours, and bodily pains. The author attempts to modify the original script to make it more relevant to current modern scientific knowledge, and socio-cultural acceptance, in its principles, while bearing in mind of the rapid advances made in the scientific community with regards to understanding illnesses. The general population is now more knowledge based and will certainly accept a script used in hypnotherapy that can be scientifically explained.

In the original script, the patient is given suggestions to imagine a white light that is fiery and growing that moves around the body. The predominant modality is kinesthetic that uses words like tingling sensation, warmth, vibrations, feel the energy etc. In order to make the hypnosis more successful, other modality of senses such as visual and auditory are also incorporated.

It is interesting to note that Modified Sleep Theory propagated by James Braid is cleverly used in the beginning of the original script which helps the patient to focus his or her attention on a particular point in the body, i.e. in the forehead. This produces a high level of concentration that makes suggestions more readily acceptable by the unconscious mind.

However, the phrase "...by focusing your *consciousness*...you can bring the full power of it..." can be somewhat contrary to the general understanding of hypnosis which deals more with the *unconscious* rather than consciousness. This may arouse dilemma in the patient who still possess critical thinking, thus, incongruent with the process of hypnosis. On the other hand, the use of Eye Roll technique in asking the patient to project to a spot a foot above the head, and then to defocus the eye by making the spot into a glowing and radiant sphere are good means of achieving a trance.

The deepener 'NOW' is frequently used to bring the patient into a deeper trance while useful suggestions are given during the therapy, this acts as a conditioning effect. Just as the word 'sleep' induces feeling of tiredness, limb heaviness and drowsiness, the word 'NOW' can produce similar effect according to the Conditioned Response Theory popularised by Ivan Pavlov.

On the contrary, not many patients will associate the phrase "...downpour of *fiery* white...radiant light energy..." with the process of healing. The word fiery is generally associated with malevolent forces and destruction! This phrase can be improved without evoking that sense of pessimism by using more positive words that help put the patient at ease.

The second paragraph of the original script suggests progression of the healing white light as it moves from the top of the head down to the neck, arms, chest, back of body, legs and out of the feet. This may give the patient a sense of control over the illness as the white light travels through the body, infusing every parts, 'burn' the unwanted illness, eliminating the toxins and wastes, while returning a sense of purification and good health to his or her body.

Nevertheless prescribing the entire long paragraph to disease destruction may in actual fact emphasising too much on the disease itself. This may not be very constructive to some patients who are already depressed and anxious about the disease. These patients who already have negative cognition may further their pessimism by worrying about the destruction going on inside their bodies, worrying about the many pieces of 'debris and garbage' within, and worrying if the white light has actually eliminated all the fragmented pieces and removed every single piece of them! The patient's insecurity may be heightened.

It is commendable that the script ends with a very positive note. Words like 'vitality and energy' have a very powerful ego-strengthening effect. It means to encourage and gives hopes to the patient.

It is important to point out that the original script may be contraindicated in patients with eye problems (in Eye Roll technique), photosensitivity, burns victims and migraine since words like 'fiery white light' may evoke discomfort and trauma in them.

The following is a revised script which the author has constructed to help a 40 year-old male lecturer whose recent ultrasound scan showed a benign liver cyst of 5mm in diameter. The patient had a lot of anxiety about his condition despite his treating doctor's reassurance:

"...and NOWwww...whenever you are ready...I would like you to focus your attention...to an area on the middle of your forehead...focus on the middle of your forehead...you may soon begin to feel a slight sensation...maybe... a slight warm sensation on your forehead...it may even be a tingling sensation...a nice warm tingling sensation as you focused all your attention on your forehead...by focusing your unconsciousness...you can bring the full power of it...to enhance...the wellness of your body and mind

...NOWwww...allow this spot of attention to become as small as you can...a small tiny...concentrated spot...now I want you to project this spot...to just a foot above your head...let it move up...moving up...that's right...above your head...and...let it grow...let it grow...grow slowly...growing slowly...to the size of a tennis ball...now let the ball glows...glowing with a white light...an intense white light...so radiant...it glows like a sun...in a few moments time...you may even feel... a nice warmth...coming out of the glowing sphere...you will feel the warmth...a relaxing sensation on your head...a soothing warmth...a relaxing warmth...you may even hear...the faint vibrations of this glowing sphere...as it glows and spins...yes...you may even see a little color around the sphere as it spins...and now...allow it to slowly expand...to the size of a football...as it

slowly sends out rays of white lights...lighting your whole vision with a blanket...of white lights...

...and NOWwww...let the sphere of white light...to enter the top of your head...let it infuse your head in soothing warm lights...that's right...feel the warm radiant energy...as it swirls...you may even hear the humming sound of this strong white light...and now...allow it to move downwards...to your neck...into your arms and hands...like a tingling energy moving in your arms...in your hands...and back up into your chest...your front...and back

...and NOWwww...I want you to bring the sphere of white light...the powerful white light to the front of your body again...allow the white light to settle in your front...just below your chest...let it settle on the area of your liver...the sphere of white light sitting on your liver... enclosing...encompassing the small area of the cyst...see the sphere of white light spinning...searing...and absorbing the cyst...you may feel...and even hear it drying up...as it gets smaller...and smaller... to the size of a small dot...consumed into the powerful sphere of white light...as the small dot disappears in the bright sphere of white light... and... it sends rays of healing white light...all over your liver...enclosing...enveloping your liver in a blanket of healing white light...a nice healing therapeutic warmth...and...the rays of healing white light spreads...all over your body...you feel the warm energy...flowing in your body...rays of energy flowing out from the sphere of white light...

...and NOWwww...let the sphere of white light absorbs any impurities in your body...let the sphere of white light moves lower...absorbing all unwanted impurities as it moves downwards...to your legs...to your feet...and discharging all impurities through your feet...into the ground...and soon...you may even feel warmth in your feet as all impurities flows down and out...you may feel lighter...and lighter in your body...more relaxed...and healthier as the unwanted impurities leave your body...and now you feel rejuvenated... and fresh...you feel...emotional and physical wellness...

...NOWwww...allow the sphere of white light...to slowly ascend...moving up your feet...moving up your legs...into your body...all the while sending rays of healing white light...as it moves up your body...sending more and more healing...white light...and it moves up into your neck...rising to the top of your head...suffusing your whole body with strong positive energy...vitalising your whole body...making you stronger...and more energetic...in fact you may even feel more cheerful and happy in the coming days...and now...the sphere of white light rises above your head...and it slowly...slowly slows its spin...it gets smaller and smaller now...it stops rotating...and getting smaller...allow it to shrink into your forehead... as a concentrated point...and NOWwww..."

As with the original script, this revised script is mostly permissive in nature. However certain parts are more authoritative with strong suggestions. This is specifically designed to allow the patient some sense of control, with respect to his personality and profession, while allowing the therapist to guide and 'prod' him into hypnosis so that therapy can be instituted.

The script made use of as many modalities as possible such as tactile, visual and auditory. In other words, the patient is made to 'feel the warmth', 'see the healing white light' and 'hear the cyst drying up'.

Opposed to the original script, the author changes the word 'consciousness' to 'unconsciousness' to be congruent with the general understanding about hypnosis. Several theories are incorporated into the revised script such as Modified Sleep Theory, Conditioned Response Theory and Suggestion Theory.

Like the original script, the author uses the deepener 'NOWwww' frequently to achieve a deep level of hypnosis. The author encourages the patient and reinforces the process of hypnosis by adding 'that's right' into the script as popularised by Erickson.

Compared with the original script, the revised version does not dwell too much on the disease, but emphasising the process of healing instead, e.g. absorbing the disease, healing the body, vitalising and energizing etc. In this regard, the new script is purposely worded to echo healing (or treatment) processes based on medical models: '...sphere of white light sitting on the cyst...enclosing and enveloping the cyst...' mimics the process of chelation used in medical treatment to absorb toxins, whereas, '... rays of healing white light...' conjure up image of rays of powerful radiation in destroying cancer cells. It is interesting to note that in many cultures and religions, divine interventions are sometimes depicted as 'rays' or 'lights'. Thus, 'rays of white lights' will give a positive spiritual dimension in treating this patient.

Words are chosen carefully to impart a more positive perspective, e.g. words like fiery, debris and garbage in the original script are omitted, and replaced with a more neutral term like 'impurities' and 'the unwanted'. It also tones down the 'fiery white light' into a 'healing, soothing, relaxing warm light' which the author believes sounds less distressing. A few of the words are repeated in the same phrase to impart strong suggestions to the patient, while trying to achieve a soothing intonation, e.g., "...let it grow...grow slowly...growing slowly..." and "it slowly...slowly slows its spin..."

The author 'ensures' total elimination of the disease (cyst) by suggesting the sphere of white light 'encompassing, enveloping, suffusing with healing white light' thus making no room for any remnants of the disease. This objective is furthered by suggestions like 'absorbing all impurities' and 'removing the unwanted into the ground'.

As with the original script, the all important ego-strengthening phrases are also included. Since this script made use of 'intense white light', it may be contraindicated in patients suffering from eye problems and migraine who may find it uncomfortable.

In revising this script, the author made full use of what he had learnt from previous lectures. However, it could be further improved if incorporated with more ideas and theories from other authors who had in-depth knowledge and experience in hypnosis. The author also thinks with more practice, he can write scripts effortlessly in a shorter duration of time.

References

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