

# Hypno-Poetics:

## Using Poetry In Hypnotherapy

A Workshop With Nick LeForce

Poetry is the language of the soul

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Note: Bonus Material:

The Work of Being Yourself:  
Navigating the 5 Dynamic Dilemmas In Life

is available free for a limited time at:

<https://nick-leforce.squarespace.com/config/commerce/discounts/5fa2f94efd0e692723217542>

“Poetry isn’t a profession, it’s a way of life.  
It’s an empty basket; you put your life into it  
and make something out of that.”

Mary Oliver

## Ingredients in Hypnosis and Trance

Presence : being in your body, in the moment;

Attention : Developing Exquisite Attention

Focus : Directing attention through sustained focus

Connection : Connecting to your self; connecting to other; connecting to life

Rhythm : Getting into the Flow; Staying in sync with the rhythm of self, other, and life

Hypnosis occurs at the intersecting between

1. a focused and receptive state of mind;
2. a context of meaning, and
3. a deep connection with oneself (or with the client, the other, or the group)

## Wordíng The World

Much of our experience depends on the context in which it occurs, and even more so, on the context of meaning in which we cast it. The word "context" derives from the middle English *con + texere*, which means "the weaving together of words." When you elevate the weaving together of words into an art form, you have poetry.

Poetry reconciles and make sense of what seems senseless and random in our lives. Poetry reveals the beauty in everyday life as easily as in those amazing moments when we witness the miraculous. Poetry expresses the timeless wisdom that helps us triumph over tragedy and find redemption in suffering. Poetry's hidden power is the capacity to transform your moments, your experiences, and, indeed, your life into a work or art.

## Sacred Relics

I do not know when I lost my footing on the earth  
or when I moved upstairs from the heart  
to the lofty places where ideas dance.  
I do not know how many steps I must take  
to make the pilgrimage back to the holy land.

But I do know the longing for something that cannot be named,  
the missing of something unknown  
as if the day calls me; calls me out to play

because I was once eager to go outside.  
I once knocked on the doors of friends uninvited.  
I once moved in my body as if I belonged there.

But here I am now in the middle of my life  
with duties to be done and chores to be completed,

while the pilgrim comes, uninvited,  
knocking at the door of my heart  
bringing sacred relics of the life I have not yet lived—  
ready to take me, even as I am, if I am willing  
to find my way down the stairs  
and open myself to life once again

## Poetry, Metaphor, and Meaning

"Poetry is language at its most distilled and most powerful."  
Rita Dove

Poetry is hypnotic communication:

- Poetry as metaphoric communication
- Poetry as condensed language
- Poetry as bridge between personal and universal
- Poetry expresses and evokes the imagination
- Poetry speaks to the inner landscape of the reader/listener

### Life Dignified

Stay very quiet.

Hide behind the fence that separates you  
from your own natural landscape.

Angle your eyes to look through the crack  
and spy on what is wild and free in you.

Be attentive. Be an anthropologist of the soul.

Write notes in the diary of your heart,  
carefully, meticulously, as if you will one day  
publish your findings in the archives of life  
and make known how the soul lives:

its patterns and routines, its language,  
its rights of passage and modes of courtship,  
its longings and its learnings and all that it loves.

Let this notebook be your lesson in nobility,  
your guide to a life dignified by presence,  
a life lived as no other: wild, free, and truly your own.

## Taproot

In addition to the basics of food, friendship, and shelter, we have amassed layers of “need” on top of our lives in the modern world. We “need” a computer (and bundles of software), a phone (and a variety of apps), a car (packed with features), a gym (and equipment for exercise), etc. etc. and the list goes on. We lose ourselves in the “needs” we have come to believe we must have to get by in the modern world and that end up demanding our attention, stealing our energy, and dominating our lives. If we tease out our need, look beneath the allure, we will likely find that what we really need is to deepen our taproot of trust in life; to connect more deeply with ourselves and with others.

### Need

Need  
is the perfect blossom  
in the dreaming mind  
of the unsprouted seed;

the imagined star held  
in the outstretched hand  
that has yet  
to touch the sky.

When we shed our need,  
the shell we have used  
to keep our selves  
the way we are  
cracks open,

the husk that held  
the nascent seed  
falls away.

Only then  
do we begin to send  
our taproot into life.

Only then  
do we begin to bud  
the perfect blossom.

## We Are Messengers

We are messengers.  
We may leave our footprints  
on the earth,  
but we walk in heaven.  
Our light shines farther  
our own vision,  
our words sink deeper  
than our own wisdom.

We teach  
what we have lived before  
does not determine  
what we may become.

And we follow a  
a simple truth  
of the heart:

What we see in others,  
we awaken in ourselves.

We become  
what we give  
to the world.

## Biography



Nick LeForce, the Transformational Poet, has over 35 years of experience in the field of human communication and development. He holds undergraduate degrees in Psychology and Social Welfare and a Graduate degree in a Rehabilitation Administration; he is a certified trainer in Neuro-Linguistic Programming and Ericksonian Hypno-therapy). He is also board certified as an examiner for the American Council of Hypnotist Examiners and certified as a Master Hypnotic

Coach. Nick is president of Inner Works, established in 1992, a coaching and training company located in Northern California, providing executive coaching services to businesses as well as personal coaching services to individuals.

Nick has designed and delivered certified NLP, Hypnotherapy, and Coaching training programs internationally (throughout Australia, Asia, Europe and the Americas) . He is particularly known for his language skills and elegant use of poetry to help people find their own voice, reclaim their soul, and walk a path with heart. Nick is author of several books: *I Owe You, You Owe Me* (1998, 2007, 2017) a book on overcoming emotional debts and building abundant relationships; *Co-Creation: How to Collaborate for Results*, (2009) a mini-book on the power of perceptual positions to create incredible collaboration; and co-author, with (with Kris Hallbom and Tim Hallbom) of *Powerful Questions and Techniques for Coaches and Therapists*. Nick has also authored a nine books of poetry, *Heaven In Our Hearts* (2102), *Endless Horizon* (2013), *Divine Whispering* (2014), *The Poetry of Life* (2015); *The Work Of Being Your Self* (2016); *Falling Before Grace* (2017), *Bearing Witness* (2018); *The Gospel of Radiance* (2019) and *The Undiscovered Country* (2020). He incorporates poetry into his transformational work as a teacher, coach, and consultant.

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