

HYPNOSIS and Other Stories

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CHAPTER 18 : Hypnosis with an Accident Victim

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The young man in the street in front of my house was screaming and banging his head. His moped was destroyed, his foot was hanging by the Achilles tendon and flap of skin, backwards. The car that hit him had stopped; I had already called 911.

My nephew said, "His foot looks like the pizza we just had for lunch." I was not able to look closely, it was too gruesome.

I told my nephew, "That's a poor suggestion for healing. We can do better than that. Go upstairs, get two thick towels. Come back quick so we can put it beneath his head. We want to protect his brain and skull." I was holding his hand so he didn't feel alone before the ambulance arrived. I did not try and remove him from the busy street, other bystanders diverted traffic until the police arrived to take over.

I glanced at his mangled foot out the side of my eye, and heaved, the top of the foot was opened up, it did look like a regurgitated extra pepperoni pizza. It had been torn off at the ankle, I was amazed that it was still connected, only the tendon and a flap of skin holding his foot to his body. I heaved but did not barf, promptly redirecting my attention on the eyes and hand of the young accident victim.

I told him, "Squeeze my hand as hard as you like, any time you notice any discomfort, and it will release the discomfort." His shock-dilated eyes locked on mine, he stopped screaming, and began to flinch his hand in mine. It was so light; it was like butterfly wings. My nephew arrived with thick towels that we placed it beneath the accident victim's head. I asked what day it was, who the president was, what year it was, and what town he was in. He had accurate answers. I didn't think to ask his name. His mind was open.

Every time his eyes moved toward a look at his foot, I pointed to my eyes and said, "Look here, stay here with me. We've got help on the way." I wanted to keep his attention on me, my eyes, away from his mangled foot.

"The ambulance is coming. They are going to take you to the hospital where your body is a willing and eager part of the surgical team that is going to restore full use of your foot. Your medical team is excellent, and you are the best part of the medical team. Your body is open to full restoration, full recovery. Your body does everything that is needed, controlling blood flow, restoring connections, limberness, and well-being. You heal so quickly that you blow your doctor's minds. You heal so thoroughly that you blow your doctor's minds. You find yourselves in the hands of the most wonderful medical team. Your body heals completely."

OK, I added a stupid suggestion in my own chaos dealing with this unexpected event, "And it just won't go fast enough for you. You are going to blow your doctor's minds with the speed and thoroughness of your healing, and it won't go fast enough for you."

He did not scream the whole time I held his hand, kept his eyes focused as best they could in their shock state to mine. I waited what seemed forever until the ambulance arrived, delivering what I perceived to be comforting suggestions, direct suggestions of healing, for excellent medical care and full recovery. Then the ambulance arrived, and I stepped back. The young man did not scream again until the first responders covered his foot and it was totally obscured from his sight. Then he resumed screaming. I puked in the hedge on the edge of my property.

I put that accident out of my mind for six weeks.

When I saw him, again, he walked by me at a restaurant. What? I recognized him by his lips, he had a cleft top lip. He was walking, no cast, no cane. Maybe he had a twin in town?

I waited until he seated himself, got his order in, and then excused myself from my table to investigate.

I approached his table, said, "Excuse me, you look like a young man who had an accident on his moped in front of my home six weeks ago. No cast? No cane?"

He affirmed, "Eaton Street? That was me."

I asked, "Do you remember me?"

"No."

"I held your hand until the ambulance arrived. Do you remember that?"

"No."

I asked, "You look marvelous. No cast, no cane? What happened to give you such speedy recovery?"

He said, "I had the best medical team. They were great. My body healed so fast it blew my doctor's minds. It just isn't going fast enough for me."

I said, "Wow. That's amazing. Congratulations!"

What we say to people in shock goes right in.

IMDHA Resources

<https://www.hypnosisalliance.com/imdha/>



The International Medical and Dental Hypnotherapy Association can help you find hypnosis practitioners, training in hypnosis, events, a virtual library and an online store.

There are four types of membership providing access to tens of thousands of hypnosis and other articles for human health and well-being: associate, student, certified, and educator.

“The International Medical and Dental Hypnotherapy Association is a Referral Service dedicated to providing the community with excellently trained Certified Hypnotherapists. IMDHA Practitioners work harmoniously with allied healthcare professionals to aid individuals in dealing with specific challenges and procedures.

Our objective is to help create a sense of peace and harmony within the individual so that the current challenge can be met and dealt with in a positive manner, thus making the journey toward wellness and peace of mind less traumatic.

Our goal is to reduce the stress the individual is experiencing as a hospital patient and / or surgical patient, etc. Less stress allows the body to focus attention on its natural course of healing. The method to be used is hypnosis.

In addition to medical challenges, all IMDHA members assist persons in dealing effectively with non-medical problems. Finding solutions to self-sabotaging habits leads to peace of mind and control of unwanted, negative behavior. Self Empowerment is the goal.

The International Medical and Dental Hypnotherapy Association: Dedicated to Healing: Body, Mind and Spirit.”

M.G. Dahl has classes scheduled through 2026

Keywesthypnosis.com

Her training manuals are available on Amazon.

Hypnotherapy, Vol. 1: Basic Hypnosis.

Hypnotherapy, Vol. 2: Hypnotherapy

Hypnotherapy, Vol. 3: Electives

Her chapters (Chapter 10, 1st ed.; Chapter 13, 2nd ed.) regarding the use of neurofeedback for reducing the adverse impact of PTSD and mTBI are found in *Restoring the Brain*, edited by Hanno Kirk. Both editions are available on Amazon.

She is co-author of an article with Hanno Kirk that is in press, 2022.