

HYPNOSIS and Other Stories

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© June 21, 2022 M. G. Dahl

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CHAPTER 15 : Highway Hypnosis and Pregnancy

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I was visiting a friend from the Hurricane Andrew part of my life this weekend. Over dinner, the story came up of how we met. Her youngest son didn't know that his mother had been told by multiple doctors that she would never have children. After four years of marriage to his father, and no pregnancy even with lots of practice, she still wanted children.

When I met Carrie (not her real name) we were at a post Hurricane Andrew group program where I was providing a stress reduction session for the participants. My eye went to her three times during my presentation, and I take that to be a spiritual nudge that I need to go introduce myself. I had to move fast to catch her in the hall as she was leaving, she was quick. She worked for a local television news station and had a deadline. We spoke briefly and we exchanged phone numbers.

A year later, she had a gig for me in her community, offered me an overnight in her guest room, and I drove to the mainland.

When I stood to speak, I was startled to discover that my period started as I began speaking. That was odd, my period ended the previous day. I wanted to say, "Does anyone here have a pad?" But I didn't. Fortunately, I was wearing a black wool suit, with black stockings. When the presentation was done, I went back to Carrie's car and suggested she offer me the newspapers to sit on, as I was soaked. She said, "Oh, thanks for taking my period."

I said, "How do you figure?"

She said, "You probably just finished yours. I usually give mine away to someone who has just finished their period."

I responded, "That's true, I just finished mine yesterday. I like my period, I don't like yours. How do you do that? I have friends who don't like their periods, and would love to learn how to give it away to someone else."

She said, "I don't know, but it means I can't get pregnant."

I said, "That must be frustrating."

She said, "I've been married four years, I want children. The doctors say it is unlikely that I will ever get pregnant because I have twisted fallopian tubes, and a tilted uterus."

I sat on a pad of newspapers in her lovely car, and asked, "What would you think about starting a conversation with your uterus and fallopian tubes about letting you get pregnant?"

She said, "That would be very interesting."

We headed onto the highway, and I suggested, "When the uterus is ready to talk, just say, 'I'm here.'"

Silence.

Long silence.

I asked the fallopian tubes to let us know they were ready to speak by saying, "I'm here."

Silence.

Long silence.

Then Carrie asked, "What time is it?"

I looked at my watch, "9pm."

Carrie responded, "No, what time is it?"

I thought, and said, "September, 1993."

Carrie asked, again, "No, what time is it?"

We were driving down I-95 in evening traffic, both of us buckled up with seat belts.

I leaned toward her abdomen, and through the seat belt said, "Time to get pregnant."

We laughed, and continued our drive home to her place.

Carrie came to visit me in Key West for a second session. We did a standard progressive relaxation, parts therapy for all the relevant parts to speak up about what they needed to say, their purpose, what they wanted and needed.

Sometime after the second session, I was washing dishes after dinner, and I heard her in my head saying, "What time is it?"

I dried my hands, called her, and got her answering machine. I left a message, "You must be getting drunk, or getting laid. What time is it?"

She called me back an hour later, "How did you know I was making love with my husband? I was on the edge of orgasm, and a voice in my head asked, 'what time is it?' Then the answering machine went off, and you were asking, 'what time is it?' How did you know?"

I answered, "I don't know."

She called a few months later to say she had another gig for me. Birth of her first child. I served as her duella the first ten days. The boy was different from other children I have ever cared for. He stood up within the first week with full control of his head, and direct eye contact.

The younger son at the dinner table during this conversation asked, "What was I like when I was born?"

I answered, "You came in without any hypnosis help, just the assistance of your father in conception. You were born a normal child; wobbly neck, non-focusing eyes, no direct eye contact. Your mother was concerned, until I told her that you were a normal child. She didn't know. I've held a lot of babies.

The younger son chewed on his meal for a moment before he asked, "Didn't I do anything unusual when I was born?"

His father looked up from his food and said, "Yes, you crapped blue on day 10."

Two hypnosis sessions, one driving down the highway using a conversational approach of parts therapy, the other in a more traditional setting of Carrie reclining with her eyes closed, allowed her body to bypass the negative suggestions from physicians that she would never have children. Her two boys are now in their late twenties.

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

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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.