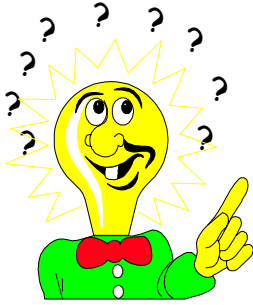


## Confusion techniques



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## Multiple negatives

1. You didn't fully fail at not doing things you never tried.
2. There is no reason to not forget all the things which haven't occurred.
3. If you don't withhold your lack of attention you can't know.
4. Nobody has been unmoved by the lack of action less than you.
5. Not understanding won't prevent your conscious mind from doing nothing.
6. If I didn't know it wasn't the truth, I wouldn't have said it.
7. You may not realize that it is immaterial for you not to remember this.
8. By guarding against suggestions that don't apply, you won't fail to make your experience relevant.

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## Sentence ambiguity

1. You can relax as you go into a Trance is a way for you to become familiar with yourself at a different level.
2. With your eyes closed there is no Light hands may raise to your face.
3. If your hand sits there it may have no weight/Wait until you think the time is right to raise it.
4. There are always things you are Forgetting is not just a concept.
5. Relaxing and going deeper is Simple solutions come and go in trance.
6. In your life you've done a lot of Thinking right now should be easy.

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## Permutation of multiple concepts

1. Maybe you can sit there wondering and forget what we have talked about. However, maybe you are wondering what we are talking about and you just forgot about sitting there. But, you are probably sitting there as we have been talking and wondered about forgetting. You'd probably be surprised if we talked about your sitting there and forgot about wondering.
2. Can you imagine how anticipating and working will lead to solving the problem? Anticipating how you will solve the problem may follow imagining the work you will do. But really, the real work is imagining the solution - but you may have been anticipating that. Or did you work on solving the problem and anticipate what you would imagine. Actually, you can find a solution for the work by imagining what you will really anticipate.

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## Permutation of double diss. binds

1. Your conscious mind may not care to recall what your unconscious has put aside, but your conscious mind may care to not recall what your unconscious has known. But then conscious mind may put aside what your unconscious has not cared to recall, while your conscious mind may never put aside what your unconscious has not known. It may not be your conscious mind that does not care to recall what your unconscious has put aside, but your conscious mind may recall what your unconscious has failed to know.
2. Your conscious mind can hold what your unconscious has learned, but your conscious mind may not learn what your unconscious has held on to. But then, the conscious mind may learn what your unconscious has held on to even if your unconscious mind hasn't yet held on to a thing. It may not be your conscious mind will be the part that does the learning and the unconscious won't hold it at all. Or, perhaps the unconscious will do the learning and the holding and in your conscious mind you will do neither.

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## Oxymoron

A figure of speech in which contradictory terms are brought together, as in the phrase, "O heavy lightness, serious vanity!"

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