

# Manfred Prior

## Teddy

### COMMENTS

I witnessed the birth of Manfred Prior's "Teddy" induction from quite nearby. In a way I was able to watch how in a Teddy repair workshop Teddy was "carefully and circumspectly taken in hand by the master" to make members mobile and renew skin and fur. The caution with which he offers exactly what is necessary to gain trust, convinces us that we may give up our wounds in the workshop of the unconscious to our inner master for repair.

### INDUCTION

Probably some of you have had a strenuous day behind you and your thoughts are still not quite free from the strains of everyday life. That is a good start for a Small dream journey, on which you may be easily able to experience trance as being specially agreeable and healing.

To get ready you can prepare yourself for going into trance—safely and quietly whereby some of you may make yourself so (sic!) comfortable and be sure that it's sometimes a good thing to ease into an even more comfortable position, while others of you have already let your eyes rest on something and know that there is nothing else to do, just listen to my voice, follow any thoughts that occur and just be ready to let anything just develop by itself from what has already begun-

Begun in that you let yourself sit here, get atoned to this room, and listen to my words, gradually letting relaxation happen, giving thoughts leave to come and go and then letting them go piece by piece (peace by peace) is also something pleasant that has possibly already begun;

*Translator's Note:* In this induction—as elsewhere—there are several "mistakes" in grammar and Syntax. These ambiguities are used to deepen trance (i.e., through soft confusion) and to elicit more associations.

and while your conscious mind is still awake listening to me, may be on some other levels some slide or glide already may began, (sic) started happening, a slide a glide into a completely personal, very specific individual form of progressively self-developing, self-deepening relaxation.

And your conscious mind may remember that you may be awake when you go on a dream journey, while unconsciously your breathing has begun giving piece by piece and quite (peace by peace and quiet) more rest-room and your body all quite by itself finds more comfortable positions, or you can with the conscious mind think (sink) and reflect on beginning relaxation and trance afterwards and meanwhile some parts of your body can now already understand more of this very special form of wakeful relaxation that occurs in therapeutic trance and some of you take right down to the sensations into the very fingertips your own relaxation process into your own hand like adults, who know how children like you know how to like putting little hands into a reassuringly big hand or like adults, who know how babies like you know how and like taking hold like grasping and like keeping hold tight and like begin held—tight safely and pleasantly.

And grownups also like to hold on to whatever pleasant relaxation or remembering has already begun to develop and they also like letting go whatever tenseness they are still thereby held by for it can be very pleasant, this partly holding and letting go, holding the party (sic!) like letting and leaving hold, the small childlike party relaxation, holding and leaving hold, the wholly loosely leaving go of holding so and like be letting yourself drawn and addressed by the letting go, from holding up and holding on loosely to the leaving hold, from finding a hold in the tighthold of leaving letting go into the quiet, safe sliding and gliding to the age-old new experience and remembering, the memory and experience of retirement, withdrawal, going inside to the little warm room inside, this snug little cradling bed, that you all have, the warm bed with the cover, the pillow, the toys, the dolls, perhaps the Teddy that you hug snug in your arms all cuddled up and the favorite dollies and teddy bears—yes, you enjoy this very muck feeling so very safe and secure here.

For some have been weakened by difficult times, have wounds only superficially healed and hidden pains, the hair or—rather—fur has become bare in many places, some parts have been neglected, some limbs or may be remember a member may have become limp and numb, some parts stiff and cramped, and some almost completely immobile—and behind their dulled gaze, there where their hair or fur has thinned, their skin grazed, some dream in secret, age-old healing dreams.

And teddy bears and dolls can dream, wide awake in children's arms and don't always know whether to wake and dream or sleep in a waking dream and always slide and glide down deeper and deeper into your own (yawn) personal dream world where in changing darkness lights forms and colors live, pictures, memories or Symbols appear more, perhaps dance and spring speak or sing about childlike lovely thing so that afterwards the healing dreams can like thinking (sinking) lead-sinkers by co-incident (incidents) sink into the kingdom of forgetting again. But before then it may so happen that the dreams shall progress more vividly, lively

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dreams perhaps about a sheltering home, perhaps about moving things, or dream a dream in which the dreams of yore (your) dream about wonderful, miraculous healing, and so maybe dreaming of coming with the wounds, complaints and troubles into a workshop, a proper well-fitting Teddy workshop, where it's clearly usable (you 'se able) to mend and repair (re-pair) and find all you need for repairing and making up.

And the Teddy is like all teddy bears; who like absorbing the congenial atmosphere of the room, like sniffing around for a while, taking time to look around comfortably and take careful note of all the marvelous details, until after some time a friendly master craftsman enters the workshop, a nice quiet old man and—after him—his helpers. And as anyone can soon see and feel and Sense, these are people to whom you can feel a lot of confidence, really trust, for they really know how to understand without a lot of words troubles, fears, wishes and longings and say simply and confidently "let's see how to manage that!"

And so they instil others with confidence and trust, with an Invitation to open up—and trust this happening completely of its own accord after some time. And here too the Teddy is like all teddy bears who let trust in them be, examined by that peaceful, sober gaze and wish for healing. But the master says to the Teddy to his great surprise: "Somebody like you, a real genuine old raggedy stuffed Teddy was discovered recently in England by a collector who had given his whole fortune of many thousand pounds to own someone like you. A specially lovable collector's item like you should stay as it is as far as possible. Let's restore only what's most important, so people can recognize your true worth. And we will manage that easily."

And while Teddys still rather amused and amazed by this new perspective, this new aspect, he is carefully and circumspectly taken in hand by the master and the Teddy feels this big comforting hand that feels like saying: "Let's see how to manage this, let's see how we can make the best out of it."

And at first for sure it is the hands that gradually feel how the master craftsman and his assistants already begin to repair what's most important: First of all they straighten out something on the outside, carefully care for one hurt, then another, then they Splint something that is broken and soon you don't know anymore exactly what's being worked on until this very moment: sometimes it seems as though the assistants (assistance) mainly help simply to understand what is on hand and suddenly you realize in the meantime you have somehow experienced progress within or you notice that inner parts are to be re-arranged properly, and in the meantime feel how the external wounds are healing, because they are working on so many things simultaneously with such Speed that it is amazing to see how to manage that, how to take time for thorough work to limber up limbs, make members mobile, strengthen and expand internal things and in between even carefully renew and partially replace the old brittle straw stuffing. And during this whole procedure Teddy is being safely held and the master and his helpers make sure that they only repair, refresh and renew, mend and strengthen what is really desirable and where this farsighted master craftsman deems it seems to be really sensible and important.

And finally, after inconceivably long reeling moments of eternity-

eyes are shining certainly with more self-confidence and conviction

(as if they want to see how to manage it),  
skin, fur and hair feel good and fresh and fair,  
numb limbs awake again and members now gain  
more and more of their former strength and fitness,  
legs stand more sound firm with feet upon the ground.

And finally with the assistants a magnificent mirror is  
fetched  
go to say "just look into the mirror anyway  
and see how your body has become lively and flexible  
how it is standing there, head high, straight erect, with hair  
how face and skin are fresh and taut (taught) again

with eyes looking forward . . ." and the confident attitude ... of the old master and his helpers express the attitude: "Let's see how to manage that! Let's see how to make the best of it." And from this upright position and with this confident, steadfast gaze you see eyes looking forward to the things that lie ahead, to free and cheerful times and tasks to come, to one or the other both delicate and difficult matter. And they look at these matters very closely; they observe all the important details that matter. And in some situations they see very well plastically and with good prospects so when some things pass through the mind, it is the very first time that inside comes with confidence: "Let's see how to manage that!" It's the first time you really think: "Let's see how to make the best of it."

And it is really the first time you can also see after a time that you really do make the best of it!

And while looking and realizing this notice hearing the master or oneself (sic!) say with this same confidence:  
"Let's see how to manage that....

Let's see how to make the best of it . .  
so that it soon becomes natural and customary to think and to  
say:  
"Let's see how to manage that to solve this here... . Let's  
see how to manage that I feel better allround ... Let's  
see how to make the best of it here. . . ."

And, in the meantime, the master has tilted the mirror onto its side slightly facing upwards and is moving it gently to and fro—till the mirror becomes transparent till you can look right through far into the future and with this confident gaze see where and how to get the best out of it—bright prospects—and what you can achieve.

And sometimes you step into these pictures of the future as into an open space or onto a stage and feel how this future feels.

And if something is still not quite right, you can observe another picture changes right un-

til it's really good and then becomes completely light and shining bright. So that you feel really attracted towards it in a way that lets steps (sic!) in the direction be easy and becoming comfortably effortless.

And after you have absorbed everything so the sight of this perspective is familiar, the master moves the mirror a little towards the inside and now it shows all the little steps needed for you have made progress. And so you can take all the time you need to observe and note every single detail so exactly that you can be guided by them later. And teddies like people like looking at good films time and time again and discover something new every time.

But shortly before viewing everything to the very end, they just hear the master craftsman saying farewell: "This mirror is from now on forever your very own mirror. You will always have it at your own disposal for your own use. And you will be able to see yourself in it whenever and however you need it. Let's see when you notice this steadfast, confident gaze looking forward to the future has already become an established automatic habit. Let's see how you make the best of it.

Do come again soon-, the door to my workshop is always open to you. See you soon! Good-bye!"

And while the master and his assistants are gradually receding and moving away and drifting off like visions in a dream, Teddy is succeeding and gradually becoming quite clearly conscious of the fact that teddies often forget to remember after dreamy waking dreams and sometimes can become so forgetful and sometimes self-forgetting while humans may be becoming conscious that during awakening it is possible to retain the relaxation and let go of what passed (pass). And so here they become more and more aware that holding on tight to the letting go that began here in that with the ability of sitting here and listening to my words it may be possible to feel that after phases of stillness it's always natural to move about a bit, just as in the morning we want to rest for a while, to stay a moment longer with what is already vanishing and what we often vainly tried to hold on to (too). And often on awakening we have that sure feeling that we have dreams well and are well-rested, restored, full of well-being; no alarm clock is ringing, we stir gently, move easily and enjoy for a little longer the transition from the dream to the waking state till our limbs, indeed all our members, begin to stretch and sometimes see open eyes and return refreshed to the starting point, the outset of our dream journey. Hello ...

#### COMMENTS

This is one of the inductions where the language is most carefully considered and polished. Linguistic trance-inducing specialties include rhyming words, the multiple meaning of words as well as the soft confusion of puns and other forms of word-play. The use of homophones, e.g., piece and peace, has been named the Kay—Thompson-Technique by Jeff Zeig. There is also hard confusion in the trance-deepening phase and, symmetrically, in the future pacing *pari*, where sentences do not end properly or parts belong to different sentences. An example: "all the little steps needed for you have made progress." The three words "needed for you"

overlap both parts of the sentence with the middle word "for" like a pivot. You can relate: "All the little steps needed for you" or: "All the little steps needed, for you have made progress."

Manfred Prior loves playing with Chose verbal techniques provoking time distortion and age regression, but the content of the induction with this powerful image of a Teddy being repaired is equally well calculated to be in equilibrium with the firework of techniques. The healing suggestion in the embedded command in various contexts: "See how to manage that, ... see how to make the best of it" gives confidence that we will manage whatever is necessary.