

## Empowering Decision-Making Transcript

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...And so that curiosity that you have as you notice...your own evolution, and it's interesting that I should use the word evolution... because to me it's a very deliberate word choice. I remember years ago being deeply affected by reading the book and then seeing the movie *Inherit the Wind*, story of the Scopes Monkey trial in Tennessee early last century. And Spencer Tracy brought it to life when he turned to the jury, considering the fate of a man who dared to teach evolution. And he said, ladies and gentlemen of the jury, knowledge, progress has a price. And then he went into a sort of reverie... talking at the jury, but not to them. So self-absorbed as he was saying out loud, he says, it's as if there's a little man who sits behind a table, who dishes out the price of progress...Who says, yes ma'am, you can have the vote and you can participate as an equal in politics, but then you won't be able to hide behind your apron anymore...And yes, sir, you can have an airplane and you can travel great distances quickly... but the clouds will smell of gasoline and the birds will lose their wonder... And yes, ma'am, you can have a telephone, and you can share information instantly with others... but, you'll give up some of your privacy and distance will lose its charm... And what your dad was talking about ...and what Dear Abby was talking about... and what can last... well after this session's over...Is what it means to evolve... every step forward... means leaving something behind... whether you step forward into a future of this relationship continuing, something's going to change... And if you step forward into the future of this relationship not continuing, something's going to change...

And those broad shoulders and that upper body strength and that deeper...much deeper sense...that you don't have to know exactly what's going to happen...you just can know... that whatever the price of progress is...you can pay it, gladly...comfortably...knowingly...with the power that comes from a sense of deliberateness...and so Carol...take a moment to absorb...and integrate...in a very deep way...and when you think about the vote and you see airplanes and you use a telephone, constant cues, powerful reminders about your own evolution...your own evolution.

And when you've had enough time to process the different ideas, the different possibilities, you can start the process of slowly reorienting yourself at a rate that's gradual and easy. Take your time and then when you're ready to and want to you can reorient yourself completely and allow your eyes to open whenever you're ready.

(long pause as client reorients out of hypnosis). I can afford it. I think so (laughter).