Symbols include colors, music, words, shapes...even objects (like a flag or a cross). The American flag for instance is anchored to the Star-spangled banner, baseball games and times spent as a child, family bonding, and of course patriotism. A powerful symbol has anchored to it very powerful feelings, and even the unconscious collective emotions of the species. Some of these symbols include those found in the Tarot, Zodiac, and elemental signs (Air, Earth, Fire, Water, Spirit).

This is about programming on the Neurosomatic (Body/Mind Universal Consciousness) level.

So where does the fractionation come in? Well, one aspect of fractionation means, “to break into smaller parts:

1 Break symbols apart into smaller pieces, by bringing out specific aspects of the experience/person. (Not unlike “Parts” hypnotherapy, and the concept of “Places in the mind” where you create a place (i.e. Secret Garden) in her mind)

For example, at an abstract level, The concept of “SELF” is a symbol. You could name and describe that part of her that experiences true unbridled passion...longing to be filled...

The Covert way to access these places is through metaphor, stories, and poems.

“A wild untamed stallion running freely, like a powerful force of nature...moving with such unbridled and true passion across the landscape...leaving in its wake an emptiness and longing to once again be filled with the power of that passion.”
Another good metaphor is the “Secret Garden” You could begin by describing this place as the

“Place where you keeps your hopes, dreams, and truest wishes... where you can experience true passion... not just lust in the moment... not even when you finds yourself so deeply touched that you gives of everything that you are... it’s when you find things coming forth from you that you never knew existed... in ways that you never thought were possible.”

“And this place is like a Garden because you plant the seeds of your hopes, the seeds of your dreams, and truest wishes... and watch as these seeds grow into blossoming flowers nourished by the fertile soil of your unconscious... And as you imagine yourself now... in this Secret Garden... surrounded by all this beauty... You can imagine the most amazingly beautiful scenery... you can see the vivid and compelling bright colors, the sunlight shimmering off the petals... you can hear the sounds of crystal clear streams running through the Garden... you can feel the warmth of the sunlight touching your face softly... feeling the wind gently blowing through your hair...”

“And as you begin to remember a time when you felt really good... it could have been an intensely pleasurable sensation in your body... or a really strong feeling or emotion that overwhelmed you... This begins to take shape and form in front of you and you can see a form, shape or color... What do you see?”

“Good and as you see this beginning to grow clearer, brighter and larger, to help you visualize better... you can see my energy as a cord of Electric blue light... flowing from me to you... into that place... filling it up... combining, swirling... morphing with this shape/form/symbol/color... forming an entirely new shape/form/symbol/color...”
[By breaking into smaller parts, resistance is also broken down since the contexts in which these symbols/parts have their meaning no longer applies ...(NLP term for this is “Chunking Down”) therefore you can give them whatever meaning you want...]

2 Combine/Morph with other desired symbols

To “help her visualize better” you may want to have her visualize YOUR “energy/color forming a cord of light flowing into that special place” where she keeps her hopes, dreams, desires, fantasies...the kinds of things she wouldn’t even want her best friend to know that she dreamt about and longed for...

By NAMING it, you’ve created it, by DESCRIBING it, you’ve made it real. Better yet, have her name it and describe it.

3 You can Install your Voice into this place at this time...

“And as you hear my voice...take control of it...as my voice goes all the way inside...reverberating through this place...filling it up...as my words become your thoughts...your thoughts become your beliefs... and your beliefs open you up to new experiences, new directions...changing, filling and expanding your possibilities...powerfully and permanently at the very deepest levels right at your core, right next to the essence of who you are...”

4 Create a new combined symbol within this place

Yours/Hers mixing shapes/color into a new symbol
Create a new combined symbol within this place

Yours/Hers mixing shapes/color into a new symbol

5 Amplify

“Clearer, brighter, larger now... Color expands and spreads throughout body, city, planet, solar system, galaxy... universe transcending now time and space... extending all the way into your future and all the way into your past...” (Element of time distortion included)

Describe details of how this energy pulses and throbs, sending wave after wave of powerful feelings into her body with her at its center...

6 Hyperempiric Loop (Positive feedback amplification loop)

“The more you X the more you Y, and the more you Y the more you X”...

“And the more you feel this pleasure pulsing throughout your body... feeling your consciousness expanding, the brighter and clearer you see this color/symbol. And the brighter and clearer you see this color/symbol, the more you feel this pleasure pulsing throughout your body... feeling your consciousness expanding... and as you allow your consciousness to expand, grow, becoming one with the Universe, one with this consciousness flooding through you... filling you, penetrating you in that place where you are at one with the Universe and with all things, where you can feel the joy and ecstasy of the Universe flooding and pulsing throughout your being... beyond all time and space”

7 Ratification

“How good does that feel?”

... She has to “meta-state” above the experience to describe it)
8 Fractionation (going right back into the visualization)

Can fractionate with symbols by having her take the symbol (like a flower) out of her, holds it in front of her, then puts it back in (putting back in all of the feelings and emotions associated with the symbology)

9 Can repeat Hyperempiric loop/Description to Ratification to Fractionation allowing her to just experience this over and over...

Caution: She may actually orgasm in the process! (Don’t give her the cookie just yet)

10 Set yourself up as an Authority providing needs for comfort and safety...physically, emotionally and intellectually...

Since this is most probably an entirely new experience for her (unless she’s a Mystic or into Tantric Yoga, Drugs, or Pranayama). You are the authority that must guide her while she’s in this place. Being in an entirely new place (whether in the mind or physically) has deep implications and applications in brainwashing/mind-control/mind-programming techniques. Be careful! Why do you think Jim Jones moved his whole following to a remote place out in the middle of the jungle with him as their sole authority providing for all of their needs...physically, emotionally, mentally, and sexually? In Promethius Rising, Robert Anton Wilson talks about these needs in terms of “Circuits” which are imprinted upon us at various stages of life.
“Know that while you experience all of these incredible overwhelming feelings, that my voice goes with you, and you can feel safe, warm, and comfortable not only in your body (Bio-survival Circuit I) but in your heart and soul (Emotional/Territorial Circuit II) in your mind, (Semantic/Intellectual Circuit III), past that deepest place where you keep you dreams, desires and primal urges (Sociosexual Circuit IV) to that place where you are at one with the Universe and with all things, where you can feel the joy and ecstasy of the Universe flooding and pulsing throughout your being beyond all time and space” (Holistic/Neurosomatic Circuit V)

11 Post-Hypnotic suggestion

“And as good as this feels now, know that whenever you hear me say “X” you will feel this good as this experience and these feelings take their expression in your thoughts, beliefs, and behaviors NOW…”

What a post-hypnotic suggestion is, is basically a very powerful anchor. Of course, you want to anchor to yourself, ...kinesthetically (touch anchor) as well.

You also could link to common things in the environment...Doorways, windows, eyes...or common experiences like, “as you sleep...” Anchor to things in the physical and emotional environment

12 Say, “Open your eyes”... (The Pseudo-Awakening)

She’s actually still in trance because you haven’t told her to come out of trance yet...therefore whatever happens next in her extremely suggestible state...well that’s your call
13 *Physically move her to a different place/location*

She is “taking the trance with her”. The place she was at when she did the visualization was anchored to that experience therefore moving her to an entirely new location, then firing off the anchors/suggestions reinforces that this state exists within her not outside of her.

14 *Have her Describe her experience and Fire off the anchors and Post/hypnotic suggestions.*

Since she’s actually still in trance, even using simple sexual value elicitation, anchors, and ambiguities would be extremely powerful.

15 *Physically test close*

Now is the time to test close her with touching, kinesthetics, etc. Your work is done.

*The Future exists First in the imagination, then in the will, then in reality...*