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**Abstract**

Hypnotherapy for an innate phobia of birds: Utilization of “naru,” “tsugi,” and “ikihohi”

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According to linguistic typology, English is a “suru” (do) language, emphasizing the actor and action. In contrast, Japanese is a “naru” (become) language that emphasizes the process of events. Maruyama Masao, a Japanese intellectual historian, explains the oldest Japanese myth, the Kojiki, using the keywords “naru,” “tsugi” (continue), and “ikihohi” (momentum). The Kojiki lacks a Creator and instead starts with the energy of “ikihohi,” amplified by continuous “naru” expressions. This way of thinking is also the basis of modern Japanese thought. Hypnotic verbal suggestions mainly consist of “naru” expressions, and a series of such expressions amplify momentum and bring about changes in clients. This paper presents a clinical case study in which the principles of “naru,” “tsugi,” and “ikihohi” were applied to a client suffering from an innate phobia of birds. The key element of this case was the utilization and control of “ikihohi” by hypnotic suggestions and the crucial role of the therapist’s conscious use of “naru” expressions.

**Keywords:** hypnotherapy, wording of suggestions, Japanese language, “naru” (become) language, Japanese thought

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