

An Explosion of Imagination: Love

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“Love is mostly an explosion of imagination, an extraordinarily powerful way the psyche produces its images. Love seizes us, often takes us by surprise and shakes us violently”, so wrote James Hillman, a noted Jungian psychologist. Why do I love this girl? Why do you love that guy? Why can't you get that person out of your mind? Why do you have such passionate and erotic daytime fantasies? Why do I have such explicitly s passionate sexual dreams? What are the answers? Many persons offer advice in many ways, in books, in articles, CD's, self-help groups, and then, just read your daily syndicated 'advice to the lovelorn' columns. These may be remotely helpful advices, but usually they are the wrong places to look and search for the answers. Now I ask you hypnotists: Where should our clients/we look for the answers to these questions? You must remember that we are human beings also, not just our clients, so what we do for and with our clients we should and must do for ourselves in the same fashion. We have the same tools that we use with our clients that we can use with ourselves. How many of us work on ourselves, work on our growth, work on our serenity? Sometimes I wonder, as sometimes I forget and then suffer for the forgetting and then I must remind myself of the power of the gifts that God has given us in the miracle of the mind. We must practice what we preach otherwise we are just words, just fools. Judith Duerk in “Circles of Stones” refers to women in her book however, what she suggests is also true for men. “To discover who she is, a woman must descend into her own depths. She must leave the safe role of remaining a faithful daughter of the collectives around her and descend to her individual feeling values. It will be her task to experience her pain....the pain of her own unique feeling values calling to her, pressing to emerge. To discover who she is, a woman must trust the places of darkness where she can meet her own deepest nature and give it voice. So, how do we accomplish this? Are we left alone in the wilderness of environmental imprints that you have been consciously and subconsciously, intentionally and unintentionally gathering since conception? Happily the answer is 'no', which really is a hypnotic 'yes', yes, yes'!

Let's consider several gifts that we have possessed since the beginning of time: gifts which often are not readily identifiable, and when identified, are not readily interpreted properly. Dr. Carl Jung has illuminated these gifts of the unconscious and given direction to those who work with the mind and particularly to hypnotists, who owe him a lifelong debt gratitude. I have fashioned most of my work in hypnotism after his teachings. Some of the gifts of which Jung spoke are the archetypes, intuition and instinct. He distinguished three psychic levels: 1.The conscious mind, 2.The personal unconscious and 3.The collective unconscious, which is common to all men, women and perhaps even to animals, birds and all creatures of the universe. It is the true basis of the individual psyche which then becomes molded by the environment from birth and before.

Archetypes are typical modes of apprehension. They are forms without content, representing merely the possibility of a certain type perception and action. We possess all of the knowledge of the of the universe from the first second of creation and of ourselves since the inception of our souls, but accessing and benefiting from this knowledge is not identical to its possession. Visionary authors and artists who have walked before us hundreds and thousands of year ago, have identified glimpses and forms for action which direct us, which automatically emerge from the unconscious, and cannot be denied due to absolute recognition upon surfacing. There are as many archetypes as there are typical situations in life. Endless repetition has engraved these experiences into our psychic constitution. As I am a 'true believer' of repetition being an impregnating and thereafter a driving force in our lives, (negative and positive) I can only scream to you to repeat affirmations to your client over and over during each and every session. Examples of these archetypes are mother, father, mother nature, liberty, the trickster, the child, the way, initiations, sacrifices, moon, sun, earth, transformation, journey, home, trees, demons, gardens, lakes, rivers, deserts, mountains, birth, death, re-birth and the lover.

These archetypes can readily and always be found in myths. These glimpses and forms depicted as goddesses and gods in different cultures and eras, by and large, carry the same messages for us today. Understand the ageless myths and fairytales and you will feel the pulse of your beings by feeling the pulses of your ancestors. Myths have a healing power of all their own. They bring into awareness repressed, hidden, unconscious, archaic urges, longings, dreads, passions, and other psychic content. The myth also reveals new goals, new ethical insights and possibilities. I know that sometimes, in relationship matters, when I tell a very brief rendition of 'Psyche and Eros' to women or 'The Search for the Holy Grail' to men that I see an 'aha-moment' expression on their faces. However the insights that we gain from myths are not only confined to men-women relationships but relationships among all living creatures. I have invariably used insights from 'Hansel and Gretl' in my addictions practice. Here I am, a grown man (I think) buying children's fairytales! But, is it not imperative that we open the clients' minds to realities and to the future with goal-setting and attitude? Myths break through with greater meaning that which was not present before. The myth is the way of working out a problem on a higher level of integration. Myths are a means of discovery; are educative. By drawing out inner reality, they enable us to experience greater reality in the outside world. As we hypnotists have learned through experience, that which goes on inside of us, dictates our perception of the outer world. In our practice we emphasize the subconscious and that is generally overlooked by everyone but those who work with the mind. We discover a new reality with reading a myth and a new reality when we introduce our clients to themselves!. Is this also not accomplished with 'Parts Therapy' and 'Time Line Repair"? Myths are the roads to universals. The movies utilize archetypes in a very successful fashion, deliberately and attractively. The closer that the themes stay to the archetypes, the bigger the box office draw. You have all seen Star Wars:...father, son, hero, power within,

old man wisdom, animal coming to help, conquest of evil. I cannot tell you how many times I have used 'the force' as depicted in Star Wars....describing it as a light saber as wielded by Darth Vader....when I program a client to control their emotions and feelings, to take back control of their lives, to take back their power as the person that controls their emotions and feelings, controls their lives....they have the power....and actually have them imagine themselves wielding the light saber as if in battle and striking down negativity, doubt, fear and other negative emotions and feelings. How many times have I personally looked at animals to gain insights and strength and thought of Star Wars and the help that the little animal brought? Robin hood....hero, model, rich & poor, athletic ability, nature, conquest over evil. King Kong....monster, rage, power, death, destruction, kindness, beauty over beast, love conquers all.

Carl Jung said that these archetypes deliver messages personally aside from myths such as in dreams, in active imagination and *fantasies in trance states*. Is not this mode of understanding ourselves and our ancestors right in the backyard of hypnotists. Can we afford to pass up these opportunities for self-empowerment and growth? Can we afford not to utilize these gifts to assist our clients? Will Allman wrote an article entitled 'Mating' in U.S. News and World Report (July 19, 1993) He said that "the sophisticated sexual strategies of modern men and women are shaped by a powerful Stone Age psychology....the who, what, when and where of love, sex and romance are a cultural obsession that is reflected in everything from Shakespeare to soap operas, from Tristram and Isolde to 2 Live Crew, fueling archetypes like the coy ingénue, the rakish cad, the trophy bride, Mrs. Robinson, Casanova and lovers tar-crossed and blessed." The two, three punch in conjunction with these archetypes are intuition which is the subconscious process which arises to consciousness as a sudden idea or hunch. Instinct rounds it off as an impulse to carry out some highly complicated action. All this happens quicker than the proverbial blink of an eye. They are all part of our being. These are the true gifts of our Maker who did not just permit us to be born and then go on our merry way, although sometimes it appears that way.

Valerie Harms in her 1992 book entitled "The Inner Lover" stated "One traverses the landscape of the Inner Lover as on a journey. It begins with pictures we hold in our minds of a person to whom we are strongly attracted. he or she appears in fantasies, dreams, thoughts and images, usually in solitude when the actual person is not present. However, the inner images have a life of their own, which reflect both the outer relationship and the direction to one's deeper self or soul. These images constitute the Inner Lover. On the way, the Inner Lover brings gifts of creativity to one's being, work, relationships, the whole of life." Pierre Chardin said that *if we could harness the energy of love, we would transform the world*. We must harness the energy of love within ourselves to transform ourselves by utilizing our inner lovers and then pray that this spreads to transform the world. Stop fighting your feelings and passion. Surrender to these feelings. Pay attention to them. Give them a chance to direct our lives and

empower us. Valerie Harms found that vitality, love and passion were in herself and not dependent on others. Her psyche was diffused with Eros. That blending was the ultimate Inner Lover experience which made her feel radiant, [peaceful and devoted to love and being.

Now I ask you, do we simply whisper 'sweet nothings' into the ears of our clients and put an arm around them to comfort them and tell them that they will be OK. Or do we listen to them? Do we have them listen to themselves? Do we empower them with the ability to look inside themselves not only in session with us but beyond that for the rest of their lives? I have found that sometimes little things can change a person's life. How do we find the little things? By making ourselves aware that there is more to our practice of hypnotism than a script and affirmations: By introducing the client to themselves at various stages of their lives....by asking them to look at relevant happenings in their lives by talking to the actors directly participating in those happenings....by talking to a specific relationship....by directing the client to ask questions of the principals and relationships in the stage play of their lives. Similar to a dream, the client plays all the parts of the scenarios in the play. I use many different imagery concepts to nail down as many inner being-insights that we can in our sessions: a Relationship Visualization, Images in Meditation, Active Imagination, Dialogue with an Individual and Dialogue with a Relationship. For example, this is a brief representation of Images in Meditation which in a session, is followed by the Dialogues to examine the feelings, emotions, insights and responses:

"Clear your mind, calm your body and relax. Do not think of a person or a particular location. Do not place yourself in an embrace or an erotic situation. Do not force anything whatsoever. It is better to witness the feelings and thoughts that surface on their own. Take 60 seconds for the feelings and thoughts to surface. Clear your mind and think of warmth and the inner parts and depths of your body and mindspiritsoul. Dwell on this warmth for 60 seconds. Now, clear your mind once again. Images are now coming to you. Permit them to take form. They can be visual, or thoughts, sounds or feelings. You just know that they are being sent from your subconscious mind and that they are happening. You just plain know this. Let the fantasies flow. Dwell on and play with your images. Refuse to run away from ones that upset you; go through them. Work through them. Refuse to block out the deeper sources of knowledge and love. Feel bright and passionate. Take 60 seconds to enjoy the knowledge and love. Become stronger than ever."

Hopefully these thoughts pique your imagination so that you can consider reading some myths and fairytales, and focusing on the inner realities of your client so that they may change their outer realities. I am considering telling the myths of 'Psyche and Eros' and 'The Search for the Holy Grail' in a couple of my columns so that you men and women can gain some revealing insights about the opposite sex, to use personally and in your practice.

LOVE QUOTES

Neither a lofty degree of intelligence, nor imagination, nor both together go to the making of genius. Love, love, love, that is the soul of genius. --Mozart

To infinite, ever present Love, all is Love, and there is no error, no sin sickness, nor death. --Mary Baker Eddy

Falling in love consists merely in uncorking the imagination and bottling the common sense. --Helen Rowland

If you judge people, you have no time to love them. --Mother Teresa

He who wants to do good knocks at the gate: he who loves finds the door open. -
-Tagore

Sometimes I find myself making love to my own misfortune. --Norma O. Abrego

Age does not protect you from love. But love, to some extent, protects you from age.
--Jeanne Moreau, French Actress

We are never so helplessly unhappy as when we lose love. --Sigmund Freud

Love is like a butterfly, hold it too tight, it'll crush, hold it too loose, it'll fly --
Unknown

May you live as long as you wish and love as long as you live. --Robert A. Heinlein

You never lose by loving. You always lose by holding back. --Barbara DeAngelis

If you have it [love], you don't need to have anything else, and if you don't have it, it doesn't matter much what else you have. --Sir James M. Barrie

I know that somewhere in the Universe exists my perfect soulmate - but looking for her is much more difficult than just staying at home and ordering another pizza. --Alf Whit

The mystery of love is greater than the mystery of death. --Unknown

Love is a canvas furnished by Nature and embroidered by imagination. --Voltaire

Love is life. And if you miss love, you miss life. --Leo Buscaglia

Life without love is like a tree without blossom and fruit. --Kahlil Gibran

What with the time limitations on licensed professionals imposed by current insurance procedures, they usually do not get the opportunity to spend the time with their patients that they used to spend years ago. We are in an ideal position to complement the work of the other professions so long as we realize that our services are in fact complementary.

CAVEAT: In strict compliance with the Ethics & Standards of our profession, always advise your clients who demonstrate symptoms of medical issues or psychological disorders to avail themselves of the best allopathic medical and psychological professional services that they can obtain. Request a written referral when warranted. Hypnotism is complementary to these traditional disciplines.