

The Little Girl Who Was Always There....Hiding!!

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We think, therefore we 'are'. We are hypnotists. We are not psychiatrists, nor psychologists; however we should think, and not merely perform perfunctory hypnotic activities with our clients. Every person has the opportunity to create a 'new person' every day but the challenge with which we are confronted is to make the change permanent. Yes, we do accomplish permanent change in many instances with the use of mere positive programming without the use of any other techniques such as in the matter of smoking cessation, if the hypnotist is inclined to solely rely on positive programming, further demonstrated in group smoking cessation seminars....albeit the percentages of success are to be questioned. In 1902, James Allen published his classic 'As A Man Thinketh', which inspired millions of people to think differently about themselves and their inner beings, including Norman Vincent Peale, Earl Nightingale, Tony Robbins and countless other positive thinking proponents such as we. I marvel at Allen's statements and observations for they are what we promulgate in our approaches to change through the use of hypnotism. *"As the plant springs from, and could not be without the seed, so every act of man springs from the hidden seeds of thought, and could not have appeared without them"* Our clients are the product of their environment, both the outer and inner, and it quite difficult to change the outer environment when a person is trapped because of finances, family, and job. These outer circumstances have the power to create psychological toxins and they surely exist for every one of us, whether we are inclined to admit it or not. However difficult it is to change the inner environment, it is often more readily changeable than the outer. There is a saying in the self-help groups which suggests that an addict stay away from people, places and things that can block abstinence or lead to relapse....this can be partially accomplished in most cases, but in others attaining a 100% separation is near impossible. If only we can convey this message to our clients: *"Man is made or unmade by himself; in the armory of thought he forges the weapons by which he destroys himself; he also fashions the tools with which he builds for himself heavenly mansions of joy and strength and peace."* Is this not we teach our clients to do? Do we not enlighten the client as to the effects that past happenings and thoughts have on the present? Do we not give the client the 'tools' with which he or she creates a great future? Or do we just work with attaining the desired goal and forget about the fact that stressors are going to keep coming at the clients day after day after day, for such is life?

The issue that I have always considered was just this fact: we can serve the client's needs today but what about tomorrow. So now, I help a client quit smoking (to use the vernacular) or to stop drinking, or to think kindly about herself, or to treat other people nice, but what happens when life's stressors make their nasty way towards him or her, and further what happens when that inner most thought from the past works its way from the subconscious to the conscious, and then a pack of cigarettes is bought, a bottle of booze is obtained, a smile turns to a frown? We know what usually happens: there is recurrence of old habits and thought patterns. Dr. Carl Jung said that we must expose the demons to the light so that they go away. How can we do this without pretending to be psychiatrists or psychologists? You know how the kids play 'Let's pretend', but we are not children, nor are we messing around with matters which are in the province of the traditional medical people. In our hypnotic kit, the tools of our trade,

we have several simple techniques with which we have the ability to expose the demons to the light and to effectuate a desensitization of that memory. The two techniques that I believe are most effective and which I use with most of my clients are 'Parts Therapy' propounded by the great hypnotist, deceased NGH member, Charles Tebbetts, and Tad James' 'Time Line Therapy'. Every person, including all of us, has had at least one happening in life, whether real or imagined, that has affected the way we thought and acted. When we can place the scenario within ourselves, the image is loud and clear, for we also are our own clients and if we work well with our inner thoughts then we work well with our client's inner thoughts. We, ourselves, must always work toward harmony with the universe....not be in perfect harmony....but work towards it.

A 40 year old woman came to me with a dream that she wanted to become an artist but she 'knew' that she was stupid, with no ability, and with no confidence, and with low self-esteem. She just knew it and therefore knew that she could never become an artist nor succeed in anything in life. She came to me on a lark, more or less as a favor to a hypnotist who told her there was hope for her, but was too close to work with her herself. We had several sessions which included 'Parts and Time Line'. This lady had been sexually abused since she was a child and the abuse could fill a long book. We worked steadily with the exposure, release and desensitization for she was looking at herself and concluding the stupidity, inability, low self-esteem and low self-confidence with the mind of the child upon whom the abuse was inflicted. So happens to us all, if we do not process past happenings properly. Once the instances are brought to the light, they do have the opportunity to go away....the opportunity to release the negative emotions that surrounded the instances and permit the adult mind to perceive the past and not with the mind of the little girl that was hiding within, who arrived at the conclusions with the mind of the child at the time of the happenings. Little girl can you come out and play with me in the sunshine of my life now that we know each other? Her successes as an artist are many.

Little girls and little boys come in all sizes, shapes and ages, for the inner child can be wounded at anytime in life....and the inner child can be fortified and become the 'Wonder Child', the 'Wunderkind' just as well at any time in life, with a word, a compliment, a minor accomplishment, or a thought. I worked with a woman in her forties who was a professional person with two graduate degrees. She was heavy and wanted to shed poundage and manage her weight. Tried as she did for over 20 years, she lost a bit and then put on more. She was married for 25 years and in love with her husband. During 'Parts' work, it was discovered that a part of her came into existence when she was approximately 25 years of age. This 'part' felt there was a necessity for the client to gain and maintain weight as a protective shield for the lady did not trust herself with other men, and she did not want to cheat...she loved her husband very much and wanted to make herself as unattractive as possible so that men did not make passes at her or otherwise come on to her. This was a form of self-protection that was established 20 years ago when she was only married for 5 years and not firmly ensconced in the marriage by her own thinking. Now, 20 years later, although she no longer needed the protection of the weight, the 'part' was still doing its job extremely well for the 45 year old client was thinking about her sexual frailty with the mind of the young girl in the first years of her marriage. She no longer needed the protection of weight, but never addressed the issue with her mind of her present age, education, accomplishment and as a mother. Once this little 25 year old child came out of hiding, the client was able to manage her weight without fear of any succumbing to desires and indiscretions.

A 20 year old college student wanted to improve his baseball game, but as strenuously, and as diligently as he practiced, he never improved his game. It was discovered that the relevant 'Part' came into existence when the boy was approximately 7 years old while he was playing catch with his loving father in the back yard. His father jokingly said to the boy "Wow. Do you stink!!" a couple of times when the boy dropped the passes. The father never intended to hurt the boy....it was just good natured kidding but the boy did not take it that way and the 'seed' that was planted continued to grow and grow and grow....into a lack of confidence in his athletic ability, especially a sport that involved playing with a ball. The father never intended to hurt the boy so the hurt was not 'real' but rather 'imagined' yet the effect upon the boy sadly was 'real'. We brought the little boy out of hiding so that the big boy could play a great game of baseball as he later did....

Over a hundred years ago, James Allen told us a 'secret': *"The soul attracts that which it secretly harbors, that which it loves, and also that which it fears; it reaches the height of its cherished aspirations; it falls to the level of its un-chastened desires"*. *"Good thoughts bear good fruit, bad thoughts bad fruit"* Does this sound familiar to you? I hope so.