

THE DRAGONS WITHIN

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“I think I’m possessed. There is something compelling me to be miserable” uttered the client. This is a Dragon at work, not the Devil, nor evil spirits, nor possession in any form. “I hate myself, and this is also a Dragon at work” “Life is good”....this too is a Dragon at work. Everyone has dragons, not one, but many. Scary, huh? How can you tell a good cowboy from a bad cowboy? We know this answer: the one with the white hat. How do we tell the good dragon from the bad dragon: You can’t differentiate just by looking at them. You can tell the difference by seeing the effects. It’s the good Dragon if a person feels good about life, not just about things that we personally do, because serial killers usually are turned on by what they do, but are not happy with their lives or with the world. It’s the bad Dragon that promotes ill feelings. This is the Dragon that walks in the shadows or is the shadow side of a person. The dark ones are the Dragons that our clients bring into our offices as the person that is in decent harmony with himself or herself, usually does not walk into our offices, except maybe to enhance their skills, test taking, relationships, etc. What does this have to do with hypnosis? A very fine hypnotist Dr. Maurice Kougell, now deceased, was presenting a seminar at the NGH Convention about 20 years ago, which was attended by my wife, also a hypnotist. I was busy with something else at the time and she told me that Maurice spoke of his beloved mother who was a very famous concert pianist in Europe. She was miserable all of the time and Maurice worked with her hypnotically in an attempt to cheer her up, change her attitude about life and herself, and to bring joy to her. I used the word ‘attempt’ because everything that he did with her failed. He finally gave up working with his mother because it came to him that “she was very happy being unhappy”. Her bad Dragon was constantly at work and on vigil, so overpowering, so much so, that the Dragon convinced Maurice’s mother that she should be miserable on a permanent basis. And by the way, it’s so difficult to work with family as ‘you cannot be a prophet in your own town!’ Strangers are much easier!

What can we do in hypnosis to shrink the bad Dragon and enlarge the good Dragon without presuming that we are psychologists, psychiatrists or psychotherapists? Discovering the 'initial sensitizing event' the 'ISE', is totally unimportant. I know that I am going to get a lot of static for this statement but please read on before you send me scads of emails scolding me for such audacity. Every event that a client believes is important, real or imagined, is important. I'd like to give an example: 8 year old Mary was sexually abused by her step-father; she is now 28 years old and is having a rough time resolving the issues from 20 years ago. 8 year old Debby was sexually abused by her step-father; she is now 28 years old and living a very happy life. How can two young ladies experience exactly the same abuse at the same age in exactly the same way and yet have opposite effects? It's definitely not the incident of abuse because both were exactly the same and if we label this as the ISE and think we resolved the issue, then we have made a sad mistake. Remember, no psychotherapy, just plain common sense. Every child is born with archetypes which are forms with no content. They are feelings or sensations about every aspect of life. They change through the environment, so that if the archetype of a good mother is subjected to a real-life non-caring mother, the child changes its feelings about mothers and thinks of them negatively. The environment dictates various actions and reactions. So each girl brings with them the archetypes of the ancients plus the DNA of the parents, and they are different in this regard. Then they suffer the same sexual abuse. Mary continues to have negative happenings while she is growing up and the negative effects of the sexual abuse are exacerbated by those other negative events. So now Mary needs help. Debby has minor happenings, but largely good ones in the next 20 years so she feels good about life and is not in need of our assistance. The answer is: synchronicity. When a child is born of such and such parents into such and such environment, and such and such things happened, then this shall cause the child to live a good life or a troubled life. One child is not geared to cope and overcome adversity and the other is geared and does overcome adversity. It is a series of events that dictates ultimate effects. If this is true, then we must address the entire history of the client and not just something that is mistakenly called the 'ISE'....but address them as hypnotists and not as licensed medical professionals.

I got the first clue years ago when studying the theories of Dr, Carl Jung. To paraphrase one of his statements: 'Expose the demons to the light and they go away.' He did not say 'one demon' (maybe what some people call the ISE) but he said 'demons', because everyone has more than one thing happen to them in their life time, more than one Dragon. I have never worked with someone that only related one negative happening in their life. The demon or Dragon is in the dark area of the unconscious or the shadow side of the individual. Dr. James Hillman, a follower of Dr. Jung, said that it is the therapy of the patient and not of the psychologist that heals, so the psychologist must permit the patient to tell his or her own story because the patient knows what's necessary to effectuate the healing. Let our clients bring the demons to the light. Let the bad Dragon pull the good Dragon into the light of consciousness and in this manner we are now dealing with two good Dragons. We must permit the client to expand the area of unconsciousness by bringing it into consciousness. Dr. Jung said that it is the true self that heals and that the consciousness of the individual must be elevated. We do this by bringing the negative events stored in the repository of the subconscious mind into consciousness through our hypnotic techniques.

The more years in the practice of hypnotism, the more powerful I believe that people really are. We must give them the opportunity to discover their power, to take advantage of it, and to continue using it throughout their lives. Early on, and for many years, I permitted my ego to compel me to discuss the happenings that the client related to me in either Parts Communication or Time Line Repair. But now I realize that the techniques are just as effective if we permit the client just to bring the incidents to mind and in that regard 'own' them so that they can rid themselves of them. Just imagining them and sensing the negative emotions is also effective in bringing the demons to the light. If we can train our shadow Dragon to help our good Dragon, then the power of our unconscious is enlarged and magnified to degrees of which we never dreamed. Human beings' frames of reference are so limited that the depth and amazing attributes of the subconscious mind is truly unfathomable. We can only surmise and draw conclusions but never really know its magnificence. Often clients want to tell us of the happenings and we should listen but be extremely careful with our reactions and responses. Listen

to the client and they shall tell you what they need and you give their words right back to them in an understanding form. It's their healing and not yours.

I personally cannot accomplish what I seek in one session. I need several sessions and sometimes longer to accomplish the identification of the Dragons and ensuing enlightenment. I need feedback for the week in between sessions. I must give my clients the tools for them to combat future negative experiences. I have to address relapse prevention. I must concern myself with their future enjoyment. I have learned from working with so many addicts and attending so many self-help group meetings that people can overcome problems and still not enjoy life. I must give them the tools to enjoy life to the fullest extent of which they are capable. Our clients need us and we need them for the psychological rewards that we receive in really caring and doing our best.

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.