

FURIES ANONYMOUS

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Myths are ageless and timeless and always have meaning from the century in which they were written through modern times, thousands of years later. We have the opportunity to learn from them if we only take time to reflect upon the wisdom embodied by the myth. Whether I convey the thoughts properly to you is another issue as my sole intention herein is to confirm to you that what we do with hypnotism is ageless and timeless, powerful and has its roots thousand, upon thousands of years ago. Take what you will, leave what you will, but reflect upon a few of the key thoughts, the key words that stimulate healing.

Bird after bird after bird was walking or flying into the meeting room. There were lofty parrots, pigeons, swallows, the proud peacock, the thieving magpie, the squabbling crows, beautiful and strong bluebirds, fragile love birds, smallish cockatiels and so many more that would take so much time to identify. After all birds were seated, a bird standing in the front of the room asked the birds to join wings and repeat: "God grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference." The big bird at the head table then asked if any bird would like to speak and a parrot raised his wing and stood up. The parrot said that he was a loser because he could not control his anger, that his life was unmanageable and that he was at the end of his rope. He was an angry bird! He told of stories where he blew his stack and ruffled so many feathers that other parrots did not want to be near him, so all he could do all day was sit in his cage and squawk. He felt really miserable.

A little swallow stood up and said that he was so fearful of almost anything that he could not venture among the other birds to find food and also sometimes had to fight for his very existence. He told stories of how he could not enjoy life because he was so fearful that he jumped at his own shadow and this prevented him from seeking the companionship of winged friends. He would shake and could not control his nervous system, and it was so difficult to relax. It was so peaceful in Capistrano where he came from, compared to the hustle and bustle of big cities. He just could not adapt. The next to stand up was a beautiful, petite love bird who testified that she also could not enjoy her significant other, nor life in general because she was extremely jealous of her partner. Every time her partner went out looking for food or drink she thought that he was bedding another girl or in the least that he was 'billing and cooing' or maybe even preening the other girl. These thoughts permeated her entire being and her feathers were getting dull looking, her eyes were no longer twinkling, and she had such a forlorn feeling inside of her. Her pure white feathers now appeared to have a jealous red cast to them. The thieving magpie said that he regretted being a thief but there are some things that could not be avoided. He gave reason after reason why he was forced to steal. The other birds listened politely and a few even shook their beaks, but did not say a word. The quietude

was very unusual because it is normal for birds to make comments and give advice to the birds who spoke, but tonight was different, and they did not know why, so they just kept quiet, even the normally noisy birds kept still. It was so quiet that one could hear a seed drop. It just seemed that this was the night where so many birds came to speak of their negative emotions and this may be the reason that all was quiet. They knew that this was not like regular self-help groups which focus on one problem such as alcohol, drugs, compulsive gambling, compulsive overeating, birds who hate their mother-in-law, you know....such common issues like that.

Next up was the pigeon who was really contrite. He said that he carried enormous guilt because he pooped on everything and anything, and that he could not help it. The guilt was preventing him from going on vacation in the summer from the city halls to the beautiful, relaxing and sunny country barns. He so missed the splendor of the roving green fields, the waterfalls, the flowers and the horses over which he flew and pooped. His guilt would not leave him. Sometimes he was happy and enjoying himself and just when he thought that everything was going good, the guilt would raise its ugly head and bring a dark feeling into his existence. Bird after bird told their stories of anger, guilt, fear, jealousy, low self-esteem, sadness, depression, sleepless nights, constant arguing, a myriad of phobias, pain, anxiety and you name it....the same as humans bring into the offices of medical doctors, psychologists, psychiatrists, therapists and consulting hypnotists. Everyone just sat there listening, until finally one authoritative looking bird stood up. She was the female bald eagle who roams on high surveying the world below. She was the invited speaker to this meeting and raised her wings as if to address all the birds in the room. Her feathers were unruffled and so smooth looking. Her beak was not shiny and she looked as if she had just made-up herself. She started out by saying that she had 26 years of abstinence from negative emotions, unwanted habits, and pervasive addictions. Everyone listened as she opened "I am going to tell you about some other birds like us who were subjected to devastating furies, thousands upon thousands of years ago. There was a Greek god named Zeus who commanded Hephaestus (the Roman. Vulcan) to construct a woman, Pandora, on his forge. Pandora was of irresistible beauty and may very well have been conceived by Zeus to punish men. (Not that I agree with this thought!) Hephaestus was a blacksmith, a forger, who manufactured anything of which you could imagine. He had the gift of making imagination a reality, such as we have the power to make our imagination a reality. Most do not realize that paradise does not exist in the outside world, but only in the inside world. Zeus was a tricky sort so he also made Pandora extremely curious (some men attribute 'curiosity' to women, but that is not fair....is it?) The real raw action that Zeus took was to put the 5 furies in Pandora's box knowing that her curiosity would get the better of her, and she would open the box and unleash the 5 furies upon man (in this sense, 'man' also includes 'woman, and this is probably why nearly a large percentage of birds attending self-help meetings are women. Do you know of a 'bird' that attends such a meeting?) The 5 furies were named 'disease', 'hatred', 'jealousy', 'natural disaster' and annihilation, but these names have changed over the centuries and are representative of so many ills nowadays that the names mean little as they come under the umbrella of 'suffering'. (You may add the others that you know or have witnessed.)

And then the female goddess, Hera intercedes to give women a shot at survival. Hera was the wife of Zeus and she flashed her charms for him to permit Hera to also put 'Hope' into Pandora's box. Her psychology was that so long as 'Hope' existed there was the chance to overcome the furies that could befall man. Well, as you know, Pandora's curiosity got the better of her and she cautiously opened the box as both Zeus and Hera knew she would. (And as we knew she would) Fury after fury flew out of the box and started working their suffering upon the world. As the last fury flew out, Pandora realized that she had unleashed the furies of Hell and quickly slammed shut the lid of the box thereby trapping 'Hope' inside. Thank God for 'Hope' and for the saving grace that 'Hope' brings to birds, man and woman for the world was now saved. The eagle asked all the birds there to repeat over and over again out loud, almost like Emile Coue, the Mastermind of Auto-Suggestion, had his patients repeat their own personal, positive affirmations. The entire room reverberated with "hope, hope, hope, hope, hope." The meaning permeated the beings of all the birds that were present and went deep into their subconscious minds. The eagle continued saying "**hope, hope, hope**", louder and louder and with great passion. The birds became heated with passion and felt that changes were happening right then and there. After moments of synergistic passion, the room became silent and calm. Every bird was relaxed. Every bird held its wings to its chest clinging to and clutching the "hope" which it had been given knowing that change was possible and that everyone was entitled to change. It is so beautiful when change is felt and recognized immediately upon enlightenment, programming, and upon the elevation of consciousness.

Sometimes we and our clients are so desperate that it is believed that there is no way out and no help in our future, and yet subconsciously, the glimmer of hope exists within them. So it was with the birds at the meeting until the session unfolded with the eagle teaching the birds the core of change, and so it was with our clients while our sessions were unfolding. As you probably know, the self-help groups are resorted to when all else has failed, and hypnosis is usually the last resort when traditional help has failed. 'Hope' brings clients into our offices and we must realize that the words that we speak in the waking state are analyzed and weighed by each client as the conscious mind wants to hear what it wants to hear. Although, clients come through recommendations, referrals, advertising and other forms of contact, it is the 'hope' that drives them. We must fortify that 'hope' with every word and action that we have within us. This is why the eagle told the myth of Pandora to the flock of birds, and this writing is just a reminder of one of the greatest assets that a client brings into our offices, so that we may capitalize on it and make it stronger in the waking and hypnotic states.

My mind is my greatest tool of survival. I think and focus clearly. I think therefore I control my mind and my mind controls my feelings. I have confidence in my ability to think and cope with the challenges of life. I am confident in my right to be happy, to have a feeling of being worthy and deserving. This is my life, and my pursuits, decisions and choices are truly mine.

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

