

## **I Hate Myself And It's My Fault**

**Tony De Marco, LL.B., B.C.H., C.I, OB, DNGH**

Not only am I a ship wandering aimlessly in a fog-shrouded ocean but sometimes it feels that I am dragging an anchor behind me which catches on to so much debris at the bottom that I seem to be forever mired there. There is a certain murkiness in the deep water that stops the light, joy and happiness from shining through to me. A client has never used these words to me but has used other words to say the same thing, to communicate the same thoughts of sadness, being held back, and an inability to overcome some unknown feeling that saps their energy. They just cannot consciously explain why they are feeling this way. Then they start telling you of their past and their present thoughts. You may have read something like this when you were learning hypnosis. A 28 year old client gave this history: "My mother hated me. She broke two of my ribs when I was 7 years old. I can never forgive her. I don't know why she hated me but she did. I can never forget this." This story stuck in my mind and it is always there throughout my practice. It was determined during the post-hypnotic work that the girl's mother did break two ribs but they were broken while the mother was saving her life. The child had been choking on some food and the mother slapped her forcefully on the back to disgorge the food thereby breaking the two ribs. All the now-adult girl could consciously remember was that her mother broke two ribs and only remembered that the mother was saving her life in the post-hypnotic process. Her attitude and feelings changed in the minutes that it took for her to recall the incident and to look at the events with an 'adult-mind'. What do I mean "with an adult-mind"? I have learned that invariably the clients that are suffering from past happenings in their lives are viewing and considering those happenings with the stage of their mind at the time of the happenings. This young lady was not looking at the rib-breaking incident with her 28 year old mind but with her 7 year old mind, and that is why she could not sort things out properly. And please do not say "You mean she did not remember that her mother saved her life?" Because if you do ask me, I would say to you 'C'mon. Get Real!' We cannot look at the world through rose-colored glasses, nor can we be judgmental in any form. How many times have you, yes you, forgotten something that happened and when you had some recall, it took time to piece together the scenario if you were able to piece it together at all? Thought and happenings under pressure or when a person is in a state of shock or awe or distress can become very elusive. We may be at our sharpest or we may be focusing on one aspect of the event. It is well known that when persons suffer a trauma in an auto accident, statements that are made to him or her, or visual observations go deep into the subconscious and have a lasting effect unless some form of psychological help is given. You have read about victims of personal armed

robberies, or as witnesses involved in a bank robbery, being unable to identify the persons holding the gun. The psychological reason is that the victim was so focused on the gun through an intense fear that nothing else went into his or her learning channels...the 5 senses. We have a built-in defense system that buries many happenings, feelings and emotions in our subconscious so as to prevent them from constantly hurting us. We have a filter system that selectively lets thoughts and feelings through, but there is absolutely no 100% protection against these negative thoughts, feelings, emotions and images from popping up to do their harm at the weirdest of times, except we have hypnotic techniques to expel all of these from the subconscious. Logic and reasoning does not do it. If we leave the negative emotions there, they have the ability to do their harm....if we get rid of them, they are no longer inside the subconscious to rise to the level of consciousness whether we think of them or they are manifested some place in our body.

There is one emotion that is almost always present in child-abuse cases. I have found and also other hypnotists with whom I have discussed 'abuse' have found that 'feeling guilty' is a common denominator. At the time of the abuse(s) the child felt that she or he should have prevented the father, uncle or other male (and sometimes female) adult from performing the abuse. As a result of this initial feeling of guilt, not only did the abuse itself take its toll, but the guilt set in around the abuse and we have one hurt child who now carries that hurt into adulthood because he or she is still looking at the happening(s) with the stage of mind at the time of the happening(s). This is the 'I hate myself and it's my fault' feeling that drops the anchor, manufactures the fog, catches the debris, mires the person down, and stops the light and joy from shining through. Naturally, there are so many other causes that bring clients into our offices but we are just focusing on the clients that feel that their problem is their own fault. You see, just imagine that the original abuse and guilt create a seed which grows into the trunk of a tree and other happenings in life, not necessarily abuse-like in nature, are the branches. Well after years of life, the tree is so full of leaves on the branches, and surrounded by weeds and other growths that the client cannot see the seed nor the trunk any longer. Sometimes we hypnotists are gardeners, carpenters, explorers, discoverers yet always teachers.

You have often heard me paraphrase Dr. Carl Jung: 'Expose the demons to the light so that they go away'. My favorite technique to accomplish this exposure action, to desensitize the client from the negative feelings and emotions, is Time Line Repair. I use this technique with every client....even for a 'hangnail'!! I studied with Tad James in California, the Author of Time Line Therapy and in my opinion he is the patient master of the time line. The object is to identify the feelings and emotions attached to the happening(s), preserve the happening as a learning experience, and then send the negative feelings and emotions to burn in the heat of the sun. The identification of the

happenings and emotions is exposing the demons and sending them to the sun constitutes Jung's theory of 'Exposing the demons to the light so that they go away'. Often after we have worked this Time Line Repair technique I have observed the client's face lighten up, the frown disappearing, the texture of the skin changing, the muscles relaxing, moving around in the chair, sighing, scratching or coughing. Something is happening. The client sometimes cries which I welcome, sometimes smiles which I welcome, sometimes is angry which I welcome and always is relieved which I welcome. It is as if a weight has been lifted from their shoulders. Several clients have expressed it as if a dark or black mass had been taken from their body and they point to the pit of their stomach or chest around their heart area. After sessions I have been asked if I turned on a fan or the air conditioner because they felt a wind upon their face or body, or turned on a bright light because everything brightened in their eyes. Clients have many various reactions to the hypnotic state. We hypnotists must observe, take in everything from the moment that we first see the client. . And we must not forget that we must be 'listeners'. Everything that the client needs is inside him or her but we have to listen. The most difficult clients that I have worked with are those who are not very talkative or expressive. I want them to let it out but they are either not in the habit of talking or they do not want to hear themselves talk and tell of their tales of woe. This is the problem. They cannot let it out. How can they 'Let Go and Let God' if they would not identify and own the happenings in their past that are directly responsible for their present anxiety, stress, nervousness and depression. We cannot force an individual to talk about the past in order to expose the demons to the light but we can have them identify the past happenings and own it anyway. (My partner, Dr. John Gatto uses hypno-analysis ideomotor finger responses when he has a client that has difficulty speaking about things). I do not know if I came up with something original or if I 'usurped' it from someone else otherwise I would give credit to that person. Sometimes I was confronted with these difficult clients who just would not speak and I would go into this routine. I instructed them to think of the happening and negative emotions and instead of telling me about it, to assign a number to the happening. In this fashion we are identifying the happening without disclosure but sufficient exposure to preserve the learning experience and send the negative emotions to burn in the sun.

My techniques and session plans have been developed through witnessing the peoples' failures as well as their successes. My approach is primarily authoritative, with a sprinkling of permissive, however I do not practice in "nicely-nicely-land" because none of my clients live there. On second thought, I don't know anyone who lives there in real life, except I constantly hear hypnotists practice in "nicely-nicely-land" by using logic and reason, and by whispering "sweet-nothings" in their clients' ears. None of that gets the job done. Get inside the individual. Think what he or she is thinking. Become one with the client, become the client. Listen to the subconscious mind. Think like the client, so that the needs of the client are recognized. The subconscious mind is just begging to

be invited to participate in the healing of the client, so give the subconscious a chance, talk to it, ask it for help, tell the subconscious what to do, cajole it, trick it, give it instructions, play games with it, treat it like a child, treat it like an adult, treat it like a part of a person that is crying out for help. Permit the client to cry uncontrollably. Temporarily forget the intelligence, education and stature of the client. Work with the essence of the client. Let the client speak consciously and unconsciously, and with a mixture of both, and you listen, and then repackage that stuff with your own stuff and this begets success. Study, study, study. Practice, practice, practice. There are really no such things as adverse conditions. If you want something strongly enough, it will come. Where there is a will there is a way. Work with people as often as you can, and make the mistakes that we all made. Most importantly, if you are going out into the world to help people to change their behavior and attitude, you must practice what you preach. Do it for yourself and continue doing it. Do you really think that you can help other people to improve, if you do not work on improving yourself? I tell my students that to work with clients they must “be in harmony with the universe”, and they look at me with a doubtful eye. I don’t mean that they must be in complete harmony with the universe, but they must be working on that harmony as they go along.

**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