

THE INVISIBLE SABOTEUR

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It walks with us silently shouting its dynamic orders. Dynamic because the orders are life-controlling, life-disturbing, life-changing, and patently unfathomable to the unsuspecting host. The host is lost in a sea of turbulence caused by the storms of smoking, or stress, or alcohol, or drugs, or being obese, or fear, or lack of self-confidence, or lack of love, or non-existent child nurturing, or loneliness, or unhappiness, or a combination of many of these, rooted in so many negative feelings and emotions related to happenings from the past or present. Its submerged torpedoes are constantly speeding towards the boat of life. Who is this saboteur? Who is this saboteur who pervades 99% of our thoughts and actions, and who acts as a result of unknown forces which dictate whether the trigger in the torpedo is activated or remains dormant? It is a fact that saboteurs or torpedoes or sleeper cells may remain dormant all their lives, but then again, the times that they do act can be devastating to a person. I've attempted to consider the scenarios that a human can encounter and in a matter of seconds figured that there must be trillions of combinations in the world community. Every person, including all of us hypnotists, 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. So then how do we unmask the saboteur?

The word 'saboteur' implies something sinister and dark similar to the 'shadow side' of humans. Everyone knows that a shadow that is cast is dark in its outline of the person or object from which the shadow originates. A shadow is not necessarily a 'dark-shadow'; there is another shadow side which is 'golden' that may be the dominant side '*most*' of the time. The key word here is '*most*! What happens when it is not the 'golden' side? What can this saboteur/shadow theme spark in us as individuals and also as hypnotists? Purely and simply, our clients bring in their dark shadow to our office, usually camouflaged in their persona. Persons who come to our offices for assistance with smoking cessation, weight management, stress alleviation, relationship issues, addictions, etc., know that they need help and believe that hypnosis is right for them. Sometimes they come out of desperation, other times because they have been enlightened to the strength of this modality. Hypnosis to some is a scary thing, to others it is as natural as using your imagination or daydreaming. We hypnotists must realize that they and we are the same; we are one; that we all suffer from human frailties; that we all have our strengths. We must listen to their 'stories' and recognize the 'golden' side as clients usually only dwell on their problems and issues. We must begin by permitting them to talk and then permitting ourselves to listen. A real danger in our profession is one whereby we think that we are so smart, become judgmental, and spout off the remedies without truly listening. We must listen to their conscious talking and demeanor,

and their hypnotic expressions of themselves. We must listen and observe all the time. Do we do our work with the persona or do we attempt to acquaint our client with their 'true self'? Are we bold enough to accuse the client of self-sabotage? "I have met the enemy, and the enemy is me"! Do we avoid or address the issue of self-sabotage? Are we strong enough to discuss this with our clients and also 'try' to determine if self-sabotage exists? Do we work with the conscious mind or the unconscious mind? The answers to the last two questions are obvious, but let's go a step further. Do we work with the unconscious mind in the state in which it was when first brought into our office or do we do something to it to make it amenable to our work, thereby making our work meaningful, and permanent? Do we hypnotically search for 3rd party saboteurs and do we also search for self-saboteurs? We manifest ourselves to the outer world through our persona and the persona is created as a result of our memories! That which really counts is how do the 'goings and comings' of the outer world affect the 'goings and comings' of our inner world, which then determines whether our feelings and emotions are good or bad? It is always the inner effect that has the 'last say' on the way we feel and the way we approach and manage life. It is always the unconscious mind and not the conscious mind that has the 'last say'. We are one 'giant memory' and act and react accordingly, until an 'awakening' is occasioned and experienced. Enlightenment is always a goal. Elevation of consciousness heals. As Dr Carl Jung has said: "Only the true self heals"!

Every person at one time or another has felt the surge of unconquerable inner power. Through which well-spring does this power flow? It flows through the subconscious mind which permeates every cell, system and organ of our being. Every second of every day, the effects of the subconscious mind are realized. Dr.Jung postulated that our psyche is comprised of the conscious mind, personal unconscious mind and collective unconscious which is part of the Universal Mind, God's Mind. We are born with archetypes which drive us such as the concept of nurturing mother, providing father, joy, happiness, the joker, freedom, etc. These archetypes are form and not content and then are altered by happenings in our lives, by everything that we have witnessed through our five senses. Then our attitudes, feelings, reactions and actions are starting to take shape with the content that we receive. So the nurturing mother can become an uncaring mother, providing father become abusive, freedom become imprisonment, and then the personal unconscious stores all of this new information. If the information that has been received by the unconscious mind is 'bad', it is the dark side of the shadow, if it is 'good', it is the golden side of our shadow. This interpretation of the shadow caused the split between Dr. Sigmund Freud and Dr. Carl Jung. Freud believed that only the repressed negative stuff of our lives was contained in the shadow and Jung believed that 90% of the shadow was gold. For the sake of argument, if we hypnotists can agree that there is good and bad, dark and gold in the shadow, then we must agree that it is necessary to eliminate the bad and accentuate the good.

In my addictions work, I have seen so many cross-currents, so many ups and downs, so many lefts and rights, so many fronts and back, so much devastation. Most of our clients may not be addicts but the suffering that they suffer, through stress or loneliness, or abuse, lack of love and affection, manifest lesser symptoms is difficult

nevertheless. The clients that bring these other issues feel similar negative feelings. Their behavior and 'type of thinking' is unwanted, and that is why they visit our offices.

For example, let's consider the issue of 'smoking'. The Dragon of Smoking Addiction digs its claws into your skin and bites deeply into the center core of your subconscious mind. It ruthlessly fights tooth and nail, and refuses to let go of you. The addiction tells you in so many ways that you can never quit smoking. It possesses you, enslaves you, plays games with you, hurts you, tempts you, and makes you suffer with withdrawals from the nicotine. It plays tricks with your mind. It uses all of the dirty tricks in the book. The Dragon makes your skin crawl when you do not have a cigarette; accentuates stress and nervousness with its merry-go-round of feelings of necessity; creates headaches; makes you cranky and often intolerable; just plain crummy. Addicts do not easily scare as they look the Devil in the eye every day, and still continue the unwanted behavior. It is my opinion, based upon working with people for so many years, that willpower, logic and reason are worth zero when it comes to breaking the smoking addiction, and with many aspects of self-improvement. You may doubt this at first but once you reflect, you'll agree. How many times has a smoker said "I'm going to stop smoking?" And the next thing you knew, he or she was smoking? The Dragon won again! If you think back, you'll remember many occasions where this happened. If willpower, logic and reason were enough, there would be so many less problems in the world; less divorce; less sadness; less addictions; less negativity.

Naturally, all of you know that the saboteur is the 'dark shadow side' of the unconscious mind. I've always told my clients that the unconscious mind is 100,000 times more powerful than the conscious mind, until I read that Dr. Bruce Lipton said that it was a million times more powerful and controls 99% of our lives! Now, in the silence of yourself, in the deepest recesses of your being, feel your true self, feel the energy of your spirit, and feel that you are ageless and timeless