

THE LONELINESS OF THE LONG DISTANCE HUMAN

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Miss Piggy languished on the couch, watching TV, and eating bonbons every, and all weekends. Her eyes were dull and sullen; her head was drooping, and she labored to become engrossed as one of the characters of the show that she was watching. It seemed that the only escape at home was the minimal peace of mind that she had when she was eating bonbons on that dark brown couch while watching TV. Naturally, she starting gaining weight, and more weight, and although her body was now very heavy, her face was cute, if not beautiful. She sat on the couch wearing the infamous frown of stress, while her limbs were reluctant to move with ease, but this was far more comfortable than lying in bed on Saturday and Sunday and in the weekday evenings, so it just seemed that the couch, TV and bonbons were her only sanctuary at home. I learned a long time ago that sometimes we are forced to choose between the lesser of two evils and so it was with Miss Piggy. Each day she would rise from bed and don her office persona. The mirror offered her a winning smile and her eyes began to glow. She was getting ready to be with the outside world. Years ago she had a problem in going through the entire day at work and believing that she looked good. After several hours at her desk, she knew that her makeup would wear off, that her hair would be a bit tasseled, that her dress would show some wrinkles resulting from sitting for long periods of time, so that this would get her down as the day wore on, but the time at work was an ally of hers as it fought the boredom and inactivity that she suffered at home. I said “that was years ago” for one of her girlfriends, smiley-faced Sally Mae, months before, gave her some creative, innovative advice while both were looking into the mirror in the ladies’ room at around 2PM of the workday. They were in tight quarters and Miss Piggy was silently bemoaning how she looked but sometimes ‘silence’ is heard loudly and clearly by other people in close proximity. Sally Mae told Miss Piggy that she had a ‘pick-me up’ trick that really worked for her. Each morning Sally Mae would primp and beautify herself at home before leaving for work as most women (and men) do. Her makeup was applied ‘just so’, her hair remarkably in place, a featured smile on her lips, and a twinkle in her eyes. She stared into the mirror and brought the bright image of her present appearance into her mind. She activated her brilliant imagination and locked in the glow and satisfaction of looking great. She said to herself “I look as great as this all day long. I look as great as this all day long. I look as great as this all day long. This is me.” Sally Mae’s subconscious mind then took over, truly following the programming that it received at the mirror. My granddaughter Isabella used to say to me and my wife “Let’s play ‘let’s pretend’”, and so we did then, and so we do now, as all people do, all our lives. Miss Piggy contemplated, pondered and absorbed Sally Mae’s advice and saw the wisdom in it. She said “What the Hell, I’ll give it a try. I have nothing to lose!” She probably had listened to Dr. Andrew Dyer who said when questioned about hypnosis, “If it can’t hurt, try it”. So now, Miss Piggy felt good at work although there was stress common to employment, which on different days brought different degrees of stress. The higher the stress, the more bonbons Miss Piggy swallowed weeknights and weekends. The lonelier

she felt, the more bonbons. The more boredom for Miss Piggy, the more bonbons. The more bonbons the heavier she got. The heavier she got the more uncomfortable and 'down' she was. The less attractive she felt. The more uncomfortable and down she was, the more she suffered. The more she suffered, the more alone she felt. She knew that no one could appreciate her suffering. She suffered like no one else. The more she suffered, the less she enjoyed life. She believed that it was impossible to give up the bonbons for if she could, then she may be able to start shaping up and attract some nice man and engage in a rewarding relationship, which would alleviate the boredom and loneliness. She felt lonelier because no one really understood her plight. And yet, in earlier years she had stress as we all do, and she started drinking more than she should. Alcohol helped a bit and she was a 'borderline alcoholic.' I say 'borderline' because she would not admit to herself that she was an alcoholic while her acquaintances had their doubts. And yet again, something clicked to the point that she was able to stop drinking.

Now we go to Percy Periwinkle. In days gone by, he consumed enough drugs in his youth, to stock his own pharmacy! He felt that he had slammed his family and friends from pillar to post, as a result of his drug addiction, and in turn he himself was slammed with immense feelings of guilt, sadness and loneliness. His wife divorced him. She was a good woman whom he psychologically abused through his drug use. He loved her and did not intend to hurt her but such is the lament of all addicts. He believed that only he suffered to the depth that he suffered although he readily knew that all drug addicts, all addicts have their own share of suffering...in good measures too! Yet, this was no consolation for him at that time. Miracles do happen and Percy was able to become drug-free recognizing that he was destroying himself. And then, he started growing up and became a steady part of a large corporation. He took pride in his work and steadfastly met all deadlines with superior quality work. People marveled at this ability and his intelligence. He was riding the wave of satisfaction and pride, and was given larger duties and responsibilities, which he performed in an admirable fashion. His salary was growing higher; his commissions fantastic. His life was now a far cry from that which he experienced in his youth. He was now single and did enjoy on and off relationships with women, and he was happily moving forward in life, until the day that the 'downside' of increased duties and responsibilities started catching up to him; not caused by him at all, but caused by third parties whomever they may be, in hindering the progress of his work, due to their own shortcomings, money-saving techniques, and sheer lack of ability to grasp the entire picture of the projects. Deadlines now caused stress. Lack of concern of the third parties caused him stress. His pride in his work now was seriously affected. In his new life, he felt the joy of proper pride and satisfaction and now he lost a lot of these good feelings. He had been overweight for several years and when things were going good for him, he chose to shed pounds and in fact did shed 64 pounds in a matter of 7 months. He looked good and then the stress caused by other people took hold. He overate again at lunch time. He snacked in between meals. He ate double portions or double dinners at night and started gaining his weight back, unable to control his eating habits.

How much do Miss Piggy and Percy Periwinkle suffer? Neither I nor you can ever know! Please do not tell me that you have been in their shoes so that you know how much they suffer. You may understand that they suffer because you, yourself suffered in a similar fashion but no one suffers in the same way, to the same extent. Suffering is truly personal. Suffering is local as whatever happens to you is local. There is global suffering which may then be reduced to local suffering, but then the suffering becomes personal to you. We hypnotists listen and listen. Some of us do not hear. Some of us, as with all professions, forget that clients are humans. 'Client' is just a descriptive name, but 'human' is life. What do Miss Piggy and Percy Periwinkle have in common? The commonality is in the lack of understanding that they have in believing that their failure to control their eating habits is the problem. Lack of control of eating habit is the result of something else and not the problem itself. The problem is lack of control of their feelings and emotions. This makes them peas in a pod along with every person that is unable to control their eating habits. Because of the failure in controlling their feelings and emotions they overeat. I always, and without reservation, at the end of the session, tell my clients that the person who controls their feelings and emotions, controls their lives. You have the power to control your feelings and emotions. Take back your power. Take back control of your life. You are the power. It is the enlightenment of these two 'humans' that heals them. In the past, Miss Piggy overcame her drinking problem because she recognized that she had to control her feelings and emotions, and then was able to control her feelings and emotions. In the past, Percy was able to kick the drugs because he recognized that he had to control his feelings and emotions. This realization was enlightenment at the time but was forgotten by both of them as they got older in life. Both had to be reminded that they were successful in the past with other addictions and that they have the power to be successful with the control of their feelings and emotions resulting in control of their eating habits. Enlightenment is empowerment.

Tension, fear, anger, disgust, terror, lack of love, loneliness....all settle in the child-adult mind (by the way, don't you know, that we are all children). These negative emotions ferment for many years and wear many, many disguises and come in many sizes. Sometimes we identify them improperly or fail to identify them at all which creates a barrier to release and desensitization. This dictates that the hypnotist or (self-healer) works harder and more diligently. Sometimes we lack insight and understanding and are too concerned with ourselves or our selfish pursuits, or just cannot see the 'forest for the trees'. There are so many roadblocks that can stand in the way of healing. We and our clients are complicated individuals in need of direction and guidance. Not only must we bring harmony into the lives of our clients, but we must be on the road to harmony ourselves. How can we focus and concentrate on our client's issues and elements of those issues if we are unable to control our feelings and emotions, thereby resulting in our minds wandering and letting so much of the client to slip back into the unknown.

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. Listen, listen, 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 them anyway.

The bonbon manufacturer went bankrupt and out of business now that Miss Piggy gave up bonbons, and not only wore her 'good face' at work but throughout each and every day. The restaurant where Percy Periwinkle ate double dinners closed its doors now that Percy has developed great eating habits. Both are free from the yoke of improperly processing life's feelings and emotions. The Long Distance Runners are no longer lonely, just ask their new-born babies!

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