

The Lies I Tell

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I have a public confession to make. I am a 'selective compulsive liar' and no doubt, this is the first time that you have ever heard this descriptive term. I lie to my clients all the time and I really cannot help it. This is the very definition of compulsivity. The 'selective' aspect of my lying was born in a clinical hypnotic setting. I do not even attempt to tell the truth anymore ever since I've glimpsed at the mechanics of the unconscious and its marvelous attributes. In fact, I am not only happy to lie, but under a strict obligation to tell my clients lies. And, the lies are not 'little white lies' but very large, serious lies, some of them monumental. Sometimes I make myself smile for I know that I even lie to myself outside the clinical setting. So then maybe I am not so 'selective' in the location of my compulsivity; or maybe I have many locations and settings for lie-telling. The unconscious works in a tricky fashion. It is truly the most honest part of us in spite of the fact that it tells our conscious mind many, many lies that that our conscious mind told it first through conscious interpretations mistakenly created, or formed out of necessity in the nature of a defense mechanism. So I not only tell lies willingly, but the unconscious tells lies and truths; maybe the better choice of words would be that the subconscious mind repeats lies it has received through the ever manipulative conscious mind. Therein lies the secret that all hypnotists, clients, and non-clients must learn. The conclusion can readily be drawn that this means everyone.

I was set on the right track of 'attempting' to understand clients and people in a non-clinical setting by my son, Frank. He said, "Dad, all I do is listen to what the person is saying and I know what he wants me to tell him. When I give it back to him it makes him happy for he believes that it must be true, for I also, independently thought of it." This works well in the 'outside world' so long as making a person happy does not hurt him, for sometimes we must vehemently disagree to protect or help the other person. However, when we bring that concept into a clinical setting, we then have the opportunity to modify the approach into a rewarding, healing experience. We do not agree for the sake of agreeing, nor do we agree to make the client happy. We listen, and that is the lesson that I learned from Frank. First and foremost we must realize that the client knows what is necessary to effectuate the healing, but we must listen to ascertain this. Each client is both the 'patient and the doctor'. We are only listeners, teachers, coaxers, manipulators and liars, and we should be proud of this. We hypnotists must not be so presumptuous to think that we are identifiable with medical doctors, psychiatrists or psychologists, and it is not necessary that we be such. Just as it is not necessary to attain a deeper level than light hypnosis to effectively work with a client; we need not work on the deep level that these licensed medical professionals work. We must listen and learn. We must listen to the fiction that the client brings to our office. We must learn what the necessary fiction is to heal the fiction that the client brings forth. We human beings are all guilty of kidding-ourselves at one time or the other, and the client is no different. James Hillman, a Jungian, in his work 'Healing Fiction' points to a double meaning in the title: the fiction that heals and the healing of the fiction under which a person suffers. Dr. Hillman states that "Our reality is created through our fiction, to be conscious of these fictions is to gain creative access to, and participation in, the poetics or making of our psyche or soul-life; the 'sickness of our lives has its source in our fictions; our fictions can be 'healed' through willing participation, and in this atmosphere of healing, they reclaim their intrinsic therapeutic function. The status of

fiction, so easily regarded as the 'lies' produced by the psychopathology of everyday life, is returned to the level of poetics and to the basis of mind itself."

An example of a fiction under which a person was suffering is the one where the 18 year old girl is extremely bothered by something that happened when she was a child. She was choking on a chicken bone and her mother slapped her on the back very strongly to the point where two ribs were broken, and the bone was disgorged. However, the young girl misinterpreted the act of slapping and fracturing two ribs as her mother hating her. It is obvious to all mature persons that read this that her mother saved her life, but the little girl misinterpreted the mother's actions with the mind of a little girl and the 18 year old was still viewing and experiencing the incident with the mind of that little girl. This fiction had to be healed for the 18 year old to gain peace with the remembrance of her mother. Misinterpretations by young children happen often and then the action becomes stronger and stronger in a negative fashion. This can be likened to the gossip that people tell. When the gossip is 10 times told, the facts are so distorted that they are unrecognizable as the original occurrence. We cannot judge the feelings of the client from our vantage point, but must understand it from the vantage point of the client. The healing words that we must use in this matter are obvious.

Your 400 pound client is enjoying her first visit with you for weight management and after the induction and use of any personal techniques, you tell her: "You are thin and getting thinner and thinner every day. Shedding poundage is easy for you starting right now. You feel good about yourself. Look in the mirror and contour your body to the shape that you desire. You have the power to contour your body. Look how good you look. Try on the outfits in the target size that you have chosen and see how good they look on you. You give love and receive love. You are love....., etc" Truth or Lie?

Your drug addict client reports that he used drugs in between office visits; in fact he used drugs the night before his visit to you: You use some imagery for him to visualize himself walking on a straight path of abstinence: "And as you walk on this path, you see how straight it is and how straight you are; you feel so good that you are drug-free; that you are permanently abstinent; look how the people on either side of the path are happy and smiling at you because of your abstinence; and as you walk along all urges, cravings, needs and desires disappear forever; you are drug-free; you are free" Truth or Lie?

The young lady just broke up with her guy and she is so forlorn, so concerned about being alone and unloved in the future: "You are happy for you know that true love is waiting for you. You are a magnet that draws the right man to you; one who will honor and respect you; give you love and support your dreams and desires; the right man is there and you send out positive vibrations. Imagine the man that makes you a complete woman. Imagine the color of his hair, his build, hear his voice, see his smile, feel his love....." Truth or Lie?

The venerable Dr. Milton Erickson was the 'master of metaphors'. He made his points through the use of people other than the patient with their symptoms, issues, complaints, problems, and happenings similar to that which the client narrates to him. I was not sitting in his office through the countless stories that he told his patients but surely Dr. Erickson was a concocter of lies to create the healing metaphors. His approach was to tell them reasonable stories that were readily believable, therefore he did not tell the client about the workings of the subconscious mind. We are all unique in

our approaches and considerations and we have the right to choose the manner in which we reach the healing.

The subconscious mind accepts everything that we have witnessed since birth and before. It accepts everything as it is received, without analysis, without judgment, without choice, without prejudice. It accepts everything that the conscious mind has interpreted rightly or wrongly and then sends it back up to our conscious mind for our conscious actions and thoughts and more importantly, also uses the information for our automatic, subconscious thoughts, actions, and reactions. So that when we are taking a test and feel good about our ability to attain a good grade, the subconscious may send the instantaneous message in image form which encompasses the words that your father said when you were a child that "You are a dummy and will never succeed at anything" whereby your self-confidence ebbs and you cannot think straight, or your father's words "You are so smart; you are smarter than I was when I was your age; you will surely succeed in anything that you do." is sent to your conscious mind and your self-confidence is at a high level and you proceed to pass the test with flying colors.

It is imperative that you discuss the subconscious mind with your clients to make them aware of its power. It is of extreme importance that you impress upon them that the subconscious mind accepts everything that it witnesses and is told without question. This explanation assures that the client's conscious mind does not question the hypnotic statements that you make, nor the imagery, nor the progression to view the changed person, the new person that has been created by the client and the programming that takes place.

The old adage rings true "Fight fire with fire." I am a very insightful liar and proud of it....Maybe I lied to myself when first I told myself that I was 'insightful', but maybe it has become true because I told myself this lie over and over and over again. The World of the Mind is marvelous....it is a place where good lies can become realities!!....and bad lies have the same ability!!