

Psychosomatic Illness

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Our bodies are putty in the hands of our minds. They can be molded and shaped into a sickly, unhealthy state, if we permit them to be so molded and shaped. Or we can do what hypnotists do best....program them magnificently. Psychosomatic illness is born through the impregnation of the subconscious mind with a negative imprint or thought intentionally or unintentionally finding its way there. The imprint may occur at an early age, as 3-5 years is quite dangerous, but all ages are responsive to an 'attack of the killer imprints'. We are not immune from the devastation of stressors because we are....humans!! The imprints are then confirmed, fortified, and magnified over a period of years by other negative thoughts, words, ideas, attitudes and happenings. The outer and inner environments have the capability of 'toxifying' us psychologically....as well as physically. Yes, we have heard it many times that the condition of the body affected the mind, and now it is accepted that the reverse is also true....that the condition of the mind affects the body....positively as well as negatively. And in spite of the enlightenment of the medical profession in the last 60 years, I have found some hard-nose traditionalists who still treat the body as being the sole culprit for its state of health and accordingly, proceed to drug it to death.

Many people have many opinions relative to the makeup of our being. I choose to utilize 'psyche' as the 'mindspiritsoul'. I believe that the mind, the spirit and the soul are one in the same and we merely use different names to describe the functions of our non-body being (spiritual), so that they are more readily understandable to the extent that we can and do understand the spiritual aspect of our being. They are parts of us which act independently and in combination with each other yet are an undivided whole. Dr. Carl Jung described the psyche as being comprised of the personal conscious, the personal unconscious, and the collective unconscious....through which we tap into the all that has transpired since the beginning of time....we are part of the universal mind.

We laughed at witchdoctors, medicine men, shamans, and snake-oil salesmen before we realized that because all disease is psychosomatic in nature, the physical treatment was the curative factor. The minds of the ill were purged of the effects of the cause by the effect of the traditions, the actions, and demeanor of the witchdoctor. His 'medicine;' was stronger than the imprint, therefore the symptoms disappeared. The 'placebo' wore a mask and paint. All of us have heard of the opposite of cures in the form of 'voodoo curses'. I have no personal, nor hearsay knowledge of voodoo, nor how it works, other than what I have read many years ago. Do I believe that persons died because they believed that they had a voodoo curse cast upon them? Absolutely, without any doubt. This should make absolute sense to a hypnotist as we know the power of the subconscious mind. Suffering or dying from the effects of a voodoo curse is merely an intentionally inflicted psychosomatic illness in disguise.

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. The subconscious mind is 18,000, 100,000, a million times greater and stronger than the conscious mind. Its power is vividly demonstrated in its control and operation of the body's involuntary functions. We have heard of examples of children who were seriously undersized and grossly immature in their speech and behavior. When a new setting of warmth was furnished, the children flourished very quickly. Children who returned to their original plight stopped growing and lost weight. Exposure of a young child to anger, hatred and resentment cause emotional shock which manifests itself later in life as a psychosomatic illness. Good intentions can obtain detrimental effects in many cases where overprotection prevails. The children adopt the fears of the parents and are also prone to believe that they are losing their parents' love as the children get older, and this belief can bring on various symptoms, including those related to asthma.

The body responds to repressed and unwanted thoughts, ideas and concepts that the conscious mind does not presently hold, for the subconscious mind literally accepts everything that is given to it as true. It is not fooled; it is just not logical. We hypnotists are sitting in the seat of knowledge which we may share with our clients, family and friends....albeit much more difficult with family and friends. The child who is hit on the back after falling and losing her breath may unconsciously believe that her mother did not love her because she hit her while she was injured. We have heard of the 18 year girl who was suffering under the mis-belief that her mother hated her since she was 4 years old. She was either in a state of depression or sad most of the time as she dwelled on this theme which was born out of the mother whacking her on the back to dislodge a chicken bone causing the 4 year old to start choking. Two ribs were broken with the whacking and the daughter carried the thought of her mother hurting and hating her all this time. You see, the 18 year old was still viewing and feeling the incident with the mind of the 4 year old, and once the light of knowledge was shone upon the incident, healing began. We must be careful of what we say and what is said to us. Yes, be careful of what is said to us, and if detrimental and able to hurt us or cause psychosomatic illnesses, neutralize it immediately. 'You make me sick to my stomach. Someone or the other is a pain in the neck. Sin always brings suffering. She's ugly. I'm ugly.' Beware of doctors who say "You must learn to live with it" Damn, do they mean that you will die without it? Nothing will ever go away under that admonition. Because that phrase is uttered by a person in a prestige position, it has the potential to have the same power as the voodoo curse in that it can block all healing if permitted to ferment and grow.

When the imprint is properly processed the imprint is sent to the centers of our being without harm. When improperly processed, the imprint goes to these centers with the potential to cause harm. Dr. Flanders Dunbar in "Mind and Body: Psychosomatic Medicine" speaks of emotional contagion which is brought about very easily. Her example is that of a great aunt who disliked liver and dried eggs and when she fed a 4 month old infant she treated that food with such disdain to the point that the infant 'caught' the feeling of disdain and refused to eat the food. The mother was quite sharp and put an end to the contagion. Dr. Dunbar also tells of a spinster who was born to cold parents and received no love for she was an unwanted child. She was diagnosed as having 'heart disease with cause unknown'. The patient had had such hatred for her mother that she dreamed of the mother being in the ovens of hell while she was

shoveling the coal. The patient hated her mother's birthday and her own for she cursed being born. She always wanted to die on her birthday to show this resentment of being born. Her desire was fulfilled. The psychosomatic heart condition was programmed to perform its last act on her birthday and it did the job promptly and right on time....did it well.....WELL!! Think well; act well; listen to only 'well', and stay well forever.

We hypnotists may bear the wisdom of these anecdotal stories in mind constantly until that wisdom becomes an imprint in our subconscious mind to perpetuate good thinking with everything that we do and to reach the point where we automatically manifest positive thoughts of wellness. We are environmental beings as that which we live, and that which we breathe is our environment. Sometimes we are trapped in psychologically toxic outer environments and just cannot get away as quickly as we should, but we have the power to create safe harbors in our inner environments. The safe harbors may only be in our mind presently but never the less they are safe and rehabilitative until we can create a wholesome outer and inner environment. I use the word 'we' throughout this article because we are no different than our clients. We are our clients and our clients are us. Maintain your prestige position for that is part of your healing 'equipment' but never forget that it is really you sitting in the chair for we are a part of all men and all men are a part of us.