

Things to consider about Hypnotherapy

As the ongoing crisis escalates, the cry for Help, Assistance or Aid will become louder and more desperate.

Unfortunately, as with almost everything concerning modern man, considerations regarding success or failure of any treatment is usually of a purely material nature. But, since Man is a spiritual entity a review of any procedure that we undertake or accept cannot be complete without taking into consideration its spiritual aspects and implications. Ignorance does not protect or absolve one from the consequences. When evaluated from this perspective, it may be disheartening for many to learn that although Hypnotherapy may offer temporary relief from severe pain and suffering, it causes great spiritual harm whose effects are very long lasting. Patients, and their loved ones may dismiss this statement or find it harsh and insensitive to the plight of those suffering. Practitioners will most likely reject it as baseless, or an uneducated rambling. But, as was the case with the early days of work with radioactive materials, ignorance of the effect of exposure to the unseen radiations took its toll on both the researchers and those who worked closely with the products. For example, **The Radium Girls**, mainly young women, who used radium-based paint to create luminous watch dials. They would frequently lick the tips of their brushes to achieve finer points, thereby ingesting small amounts of radium. This practice resulted in severe health

consequences, including radiation poisoning, bone fractures, and various cancers. Several women died from complications related to radium exposure. No doubt the focus of society at the time was the great benefit *of being able to see the watch dials in the dark*. This example of The Radium Girls highlights two points that have a strong bearing on our subject matter. First, man is quick to adopt something because of the perceived immediate benefits offered, without consideration of any side effects or implications. One can only imagine the excitement at the time of the perceived military advantage in the battle field during a night exercise, from having a luminous dial. Second, radioactive materials give concrete evidence of material properties that were "invisible" until they were discovered. Since their discovery, and after reckless usage and application, we now know of the dangers to the human body from unprotected exposure to these radiations. Is it illogical to consider that with hypnotherapy, modern man is using radiations, (forces) whose full properties and effects are yet unknown to us? It is noteworthy that until the innocuous sounding term *hypnosis* was adopted, the phenomenon was described as ***using 'animal magnetism' [to induce] a state of sleep ... to communicate [with the patient]***. The term Animal magnetism, is attributed to a German, Franz Mesmer (1734 – 1815), a physician who is considered the father of hypnotism in the modern era. He recognized, although some would say theorized, the existence of a natural energy transference occurring between all animated and inanimate objects. He called this force "animal magnetism, i.e. an invisible natural force (Living Magnetism or Magnetic Fluid) possessed by all living things, including

humans, animals, and vegetables. He explained the process of hypnosis as the unique ability of some people to manipulate this "magnetic fluid" to produce effects upon other people. Thus, practitioners of what we today call hypnotism were once called Magnetizers, and the patients described as being mesmerized. With the ascendancy of science in Western Europe and the Magnetizers not being able to offer "solid" physical scientific evidence of this magnetic fluid to an antagonistic and skeptical scientific community, protégés of Dr. Mesmer, in an attempt to dissociate the practice from the *metaphysical implied in the concept of magnetic fluid i.e. that the effect* was induced through the transmission of an occult influence from the body of the operator to that of the subject, coined the term *Hypnotism*, to describe the phenomenon. They then theorized instead that the change witnessed in patients was a peculiar condition of the nervous system, Thus they now explained that the determining cause of the effect lay within the subject himself". In other words, that the phenomenon works purely by the power of suggestion. This was then accepted by the scientific community as theoretical position that is consistent with generally admitted principles in physiological and psychological science. With that, they were allowed to continue their work, though still suspect by the scientific establishment. The point to note here is that just because science could not see, or measure this "magnetic fluid/field", practitioners, for the sake of survival and expediency, came up with a more scientifically acceptable theory to explain a phenomenon that they could observe, but not explain. In doing so, they eliminated the notion of any non-material influence in the process, which automatically

excluded any consideration of the impact or exposure to the unseen forces at play in this field! Yet the practitioners still interact with the same forces that they cannot see in this field or sphere. Being more comfortable to describe their activity as ***operating at the mental framework of man's nervous system or the psyche*** does not negate the impact and consequences of the forces that are being used during the process. This historical background is given only to show how by limiting ourselves to only the material manifestations, even well intentioned care providers can unduly expose themselves and their patients to radiations and forces which could be devastating to both patient and caregiver and may even have far reaching consequences for humanity. Since hypnosis works at the psychic level of man's being, it is illogical to expect that the benefits and side effects will also manifest foremost in the psyche. But, this is an aspect of the human personality of which we know so little. Yet, here we are fully conducting mass applications without having a real idea of the full extent of the consequences involved. Perhaps the following excerpts from the lecture **The Crime of Hypnotism** in book "In The Light of Truth" (***The Grail Message***) by Abdrushin, will serve as serious food for thought for those who are ready to consider the insight given.....

"When a person employs hypnotism he binds the spirit of the one hypnotised! This binding is in itself a spiritual transgression or crime. To use hypnotism for the purpose of healing a bodily disease or as a means towards psychic recovery does not excuse it. Nor can it be defended by the argument that the resulting psychic change for the better has also improved the volition of

the patient, so that he has benefited by hypnotic treatment. To live and act in this belief is self-deception; for only what a human spirit undertakes with a perfectly free and uninfluenced volition can bring it that benefit which it needs for its real ascent. All else is extraneous and only capable of bringing about a temporary and apparent benefit to them. Every binding of the spirit, no matter for what purpose it was done, forms an absolute check on the possibility of the necessary progress. Apart from the fact that such a binding brings far more dangers than advantages, a spirit bound in this way is not only subject to the influence of the hypnotiser but also remains to a certain extent defencelessly exposed to other ethereal influences, despite the possible prohibition of the hypnotiser, because in its bound state it lacks the sorely-needed protection which only freedom of movement can offer. Just because men notice nothing of these perpetual conflicts, the attacks, and their own successful or unsuccessful efforts at defence, this does not exclude the activity in the Ethereal World or their cooperation with it." Hopefully this illumination will allow anyone to properly weigh the benefits against the potential spiritual consequences of hypnotherapy, especially since many (helpers and those suffering) will increasingly feel the pressure to seek assistance from any avenue to relieve the mounting pressure and pain.

It is not unreasonable to expect that care givers may be inclined to recommend hypnotherapy, especially as a preferred alternative to medications whose side effects can affect ones quality of life. For example make them more lethargic or cause hallucinations.

So, what can one do to alleviate their emotional suffering? It would be dishonest to suggest that there is a simple answer to that question. But, consider, if all suffering has a spiritual basis, the answer to the question must be of a spiritual nature. And when we consider that true spirituality cannot not exclude the recognition of the Creator, it automatically follows that The Lord in his infinite Love and Mercy must also have provisions for helping those who are suffering. But each person has to secure their own mercy, that is readily available, by themselves. And this will be shown to them only when they open themselves to it. The gateway is to open oneself in genuine belief in the Creator, followed by humble trust and total submission to the laws that manifest the Will of The Creator. Through the genuine and sustained efforts to change oneself in this respect, accompanied by humble heartfelt prayers, the one suffering will open up channels to help that will at times appear miraculous.