

A CONDENSATION OF REMARKS I HAVE MADE IN THE PAST REGARDING CONSCIOUS INTERFERENCE IN HYPNOTIC REGRESSION.

During a hypnosis regression session in PL and LBL conscious mind interference presents a frustrating obstacle to the hypnotherapist. I look upon this issue almost akin to a mental block to the truth because the condition, quite often, involves wishful thinking on the part of the client.

Conscious interference often manifests itself in the early stages of a regression session—say in childhood recall and may be the first clear sign of a lack of proper trance depth. If you suspect this is true as the facilitator, the progression of your session must be placed on hold to increase trance depth. You may need to return to an earlier segment of the session for this action to be effective.

On Pages 58-62 in my LBL Hypnotherapy text book I discuss some of the ramifications of conscious interference. For example, wishful thinking may drive false memories into the forefront and distort accurate recall. Both the Atlantis and Marilyn Monroe Syndromes come to mind here in terms of personal identification. And, of course, faulty recall may lead some people to question the validity of the entire hypnosis process. This too, you must guard against.

Conscious interference and blocks must be immediately explored for ambivalent feelings and hidden motivations. Our challenge as facilitators is to discover the true sense of Self in our clients. Therefore, it is vital during intake to explain to the client the difference between the conscious and unconscious mind. They should realize that it is the conscious analytical mind that first receives and processes information. Yet, the storage of memories can be shared by both the conscious and unconscious mind but also that the unconscious plays the greater role with the passage of time. This means the unconscious can be contaminated by distortions from the conscious mind. Siblings, for example, can have different “realities” for the same event experienced together.

It is important for the client to understand that the unconscious mind is quite capable of reality bound rational thought—this capacity is not just the province of the conscious mind. Conversely, fantasy and imagination are not limited to the unconscious mind. Creativity and problem solving are attributes of both centers of the brain because the soul and brain work together from womb to death in one life span. The key here is the fact that the cognitive aspects of the human mind are not dormant during deep hypnosis---in fact it may be enhanced. We must remember that the LBL client is not passive during regression and they do not loose contact with reality—even in a solid trance state-- and this is the primary reason that conscious interference may disrupt a hypnosis session.

Please note that during a regression that begins with childhood memories, recall is tempered by adult mental processing. This part of our mind is not asleep and works to our advantage as facilitators because even in a deep trance state the subject is able to correct wrong assumptions by the hypnotherapist if the client believes them to be wrong. We should appreciate the fact that good LBL subjects are quite capable of multiple

perspectives of both an objective and subjective nature. This is why it is so relevant during intake to get to know your subject, understanding why they came to see you and their strengths and weaknesses.

Michael

Michael Newton**From:** "Michael Newton" <michaelnewton@ncws.com>**To:** <spiritualregression@yahogroups.com>**Sent:** Tuesday, April 21, 2009 6:18 PM**Subject:** Training new LBL students in conscious interference *REGARDING DEMONIC ENTITIES*

Dear Members:

A short while ago we discussed hypnotic conscious interference on e-group and now a few of us have addressed the fears associated with faulty belief systems concerning destruction of our planet and related religious prophecies. What I would like to do here is develop something concrete for our Training Manual in the way of a series of questions that addresses the problem of destructive conscious interference that might occur even during training with pairs. We could place this new page in the section on the passage to the Gateway alongside that of Blocking. Right now our new students are, in my opinion, not properly grounded in this form of a block because frankly, there is the feeling among many trainers that we should avoid too much negativity in our training process before the student sessions begin. I should add this feeling could also include avoiding the dreaded "spiritual attachment" theme. I am inclined to keep things positive myself but certainly this is something we should think about in future trainings so that our students are better prepared.

In my experience, unconscious images that have been morphed into faulty conscious interference visualizations usually happen in the shallow Alpha states and not in Theta. Frequently, we see "looping" in hypnosis where there is a self-induced pulling back for a variety of reasons, fear not being the least of these elements. By the time Orientation with Guides begins we are usually on safe ground.

Impressions, emotions and ideas from the conscious mind, including dreams, childhood memories and life belief systems and perceptions of Self all play a part in conscious interference. Sights, smells, sounds may trigger both benign and threatening images within the mind during hypnosis, particularly in the early stages. Subjects who are uncertain of their capacity for a proper trance state or what they might see on the journey into the spirit world are particularly vulnerable. Every concept in our conscious mind has its own psychic associations that vary in intensity depending upon how a concept relates to the whole personality of our subjects. Humans are able to change the "normal" character of any concept. Expressions of the unconscious are also capable of being distorted before the subject reaches Theta-- assuming that level even happens in the session. We all know that emotionally charged visual episodes may be disguised by the subject as means of self protection and distortions may even reach the fantasy stage of pseudo-recall to achieve this and, naturally, prejudices play an important part as well in conscious interference.

I would like those who are interested to help me develop a series of general questions here for students of no more than a page. To start us off I thought I could list a short series of questions to address a subject who has just entered the void leading to the Gateway and says: S (subject): "I see a dark, demonic force near me!"

F (facilitator): "Is this the first time you have thought about such a scene?" (open ended question that could mean consciously or unconsciously as well as in the past or right now).

(after subject responds)

F: "Please connect with your left brain--that critical, analytical part of your memory. (pause)
Now, search that memory--even back to your childhood, or beyond (womb or P.L) and tell me
when you first felt scared by the visualization you are having now?"

(after subject responds)

F: "Were you ever told, or did you read or think about the spirit world having fearful entities?"

(after subject responds)

F: "Do you believe in Hell and the Devil?"

(after subject responds)

F: : "Could this be an imagined scene from your earlier thoughts or belief system that is not
really happening now?"

(adjust to client responses with other questions and eventually de-programme).

How about all this group? Could I have your ideas for a good script of general questions
because what I have above is designed for a specific fearful problem.

Best.....Michael