

# The Hypnotherapy Report

Information on How Hypnotherapy Helps to Live a More Fulfilling Life

ISSUE 3



## this issue

Regression For Deeper Levels of Healing  
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## Trance Work for Deeper Levels of Healing

Regression Therapy can work on much deeper levels than any talk therapy. Everything that has happened to each individual is stored in the subconscious mind. It is one thing to resolve current problems in life through hypnotherapy or other therapies but there are much deeper levels of healing available. With more long term regression work individuals can begin to resolve their core issues. In the next article about existential issues we explore what some of those core issues can be.

When we resolve our Core Issues we begin the journey to higher awareness of who we really are and to developing a connection with our higher selves. In this way Trance Work becomes a spiritual journey rather than just a technique to solve problems and improve relationships.

Resolving our Core Issues also allows us to have deeper connection with others in our lives. When we have released our unworthiness or one of the other primary existential issues we are more ourselves and we are not afraid to reveal ourselves to others. If we can reveal ourselves we can then let others in and go deeper in our relationships. We no longer have to hide ourselves and have released shame about our identities and bloom into freedom. Freedom to have true connection and contact with others and to be who we are and drop our chameleon like ways with each other – no longer having to hide or to pretend we are a certain way to please our family and friends.

Trance work is one way to create that freedom and space in your life and being.

## The Life Transformation Intensive

See our first issue of the Life Transformation Intensive newsletter which goes into some details about the Life Transformation Intensive; a series of weekends with processes and trance work that will assist you in resolving your primary existential issues.

The Intensive can go to the source of the issues of worthiness, identity, resistance to life and powerlessness. Those who have done the intensive have more fulfilling lives than they did prior to the intensive.

This journey with a group of people over several months is transformative and the group support adds to the deep healing with each individual. The group process goes even deeper than individual work in resolving the core issues we all bring out of our childhoods.

# Four Primary Existential Themes

## Finding your Core Issues and Resolving Them

In order to achieve personal transformation or self-actualization, it is necessary to look at the reason why you are here on earth at this time, to understand what the lessons are that you are supposed to be learning, and the ways in which you resist learning them. The higher your awareness of these issues, the sooner in life you can live in fulfillment of your true purpose. The discovery of who you really are is probably the most exciting aspect of being alive. Without this insight, life often seems meaningless, laborious and boring.

The first existential theme is **Resistance to Life** (“I don’t want to be here” or “I don’t want to do this”) or Receptivity (“I welcome and am grateful for every experience”). It is necessarily an internal dynamic, although it is usually manifested outwardly, toward the world, characterized by feelings of not wanting to be here, an attitude that gets projected onto almost every situation in one’s life. One may have grown up with the feeling of not wanting to be in one’s birth family, of one’s grown up with feelings of not wanting to be in one’s birth family, of one’s race or gender, or in one’s marriage. If the existential belief is that you shouldn’t be or don’t want to be here on earth, then you would continue to attract unpleasant people and situations which would reinforce that belief is that you shouldn’t be or don’t want to be here on earth, then you would continue to attract unpleasant people and situations which would reinforce that belief and prompt you to resist. Resistance is a universal reality among humans. We are all resistant to some things, at some times. For some people is actually the predominant theme in their life. Whether it is a major or minor factor for a given individual,

understanding resistance can create ease and efficiency where struggle and impediment have prevailed.

The next primary existential theme is **Powerlessness** (the extent to which I experience external locus of control: “I am accountable for my experience in my life”). Personal power may be understood as “an existential experience of living in harmony with the world and its inhabitants. It is not only the ability to act, it is also the “personal feeling of appropriateness, health, or competence derived from how we act”. Personal power is characterized by effectiveness, determination, nurturance, connectedness, responsibility, and the recognition of powerlessness in the sense that personal power is experience as not powerless. Self-affirmation, relationship to others, temporality and synthesis of opposites are the structures of personal power.

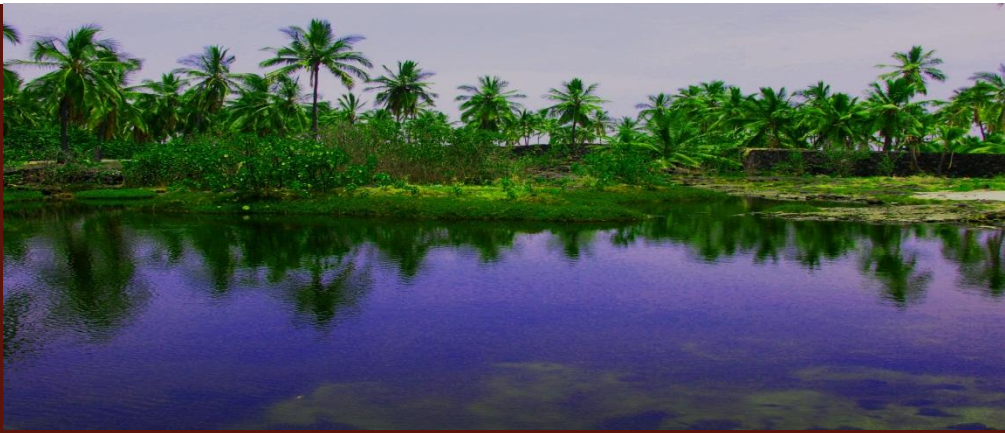
One might view the negative manifestation of this basic existential issue as powerlessness, and the resulting choice to use force, control or manipulation to regain a sense of power. We define powerlessness as generalized helplessness, a denial of one’s ability to impact his/her environment (learned helplessness) and the need for an outside force to intercede (external locus of control). Derived from social learning theory, the concept of locus of control defines an individual’s belief about who or what is responsible for outcomes in their life. People with an internal locus of control believe that what happens to them is a consequence of their own actions and is within their control.



## The Hero’s Journey

The hero always experiences dissatisfaction with life in the conventional world of home, family and culture, and is yearning and searching for something more. The hero experiences a “call” to enter on a mythic journey, which always involves a departure from the community and travel to the “otherworld,” the Land of the Unknown. The journey is from the realm of limitation to a world wide open to unlimited possibility. The hero must discover rituals and ceremonies, rites of passage that allow access to the threshold between these two worlds. At the outskirts of the conventional world there is a threshold between these two worlds. At the outskirts of the conventional world there is a threshold, an in-between place that belongs to neither world, and here the hero encounters Guardians. They are fierce, dark and dangerous. They are the gatekeepers to insure that only the worthy embark on the journey. They test the strength and resolve of the hero, and in so doing they test his commitment, fortify his strength, and build his stamina. The Guardians prepare the hero for the journey. These guardians often take the form of dragons; they are dangerous and threatening. And yet they can be an empowering ally, although it is usually difficult to recognize them as allies at the time they are threatening you. Reflect on the Guardians preparing you for your journey, the aspects of your being and would limit your development: The fear of becoming lost and of dying, the agitation of a restless mind, the heaviness of inertia that bunts awareness, and the mental laxity in which concentration has no strength. These obstacles are in fact allies, because they force you to outgrow them, to vanquish them and prevail.





## Existential Issues - Continued

Those with an external locus of control believe that what happens to them is related to external events, powerful others and chance, thus beyond their control.

The third existential theme is **Identity** (in which identity is internally defined: "I know who I am") or Diffuse Identity (in which identity is externally defined: "You tell me who I am"). Formation of ego identity is a lifelong process that leads to a sense of continuity with one's past, of competence and meaning in the present, and confidence in one's future direction. This need for a sense of identity is so vital and imperative that man could not remain sane if he did not find some way of satisfying it. Of course, the identity created to satisfy the need may be authentic or inauthentic, depending on the individual's developmental maturity.

This existential theme is related to the third and fourth developmental stages (from 18 months to 7 years), focused on identity and power, initiative vs. guilt, separating fantasy from reality, and belonging. The task at hand is to separate from others (including God) and be welcomed back with love (rapprochement), and to give up narcissistic beliefs in being the center of the universe. It also relates to the fifth and sixth developmental stages (from 7 years to 18 years), focused on industry and identity. The task at hand is to explore and define an identity, to learn expression/repression of

the true self and to achieve independence.

The final primary existential theme is **Worthiness** (the degree to which "I accept myself and embrace life fully") or **Unworthiness** ("I am not worthy to exist"). This soul is struggling with God for justification of its existence. Am I significant? Am I worthy to express my true feelings? To enjoy abundance in life? To move through life with ease rather than struggle? To have an intimate relationship with God? Ultimately, am I worthy to exist? Unworthiness is ego-centric, manifested either as inferiority or as grandiosity. They are one-in-the-same.

Here let us discuss shame, which is inevitably bound up with the process of reinforcing a sense of unworthiness. Analysis of the genesis of shame goes as follows: a child's needs for recognition and acknowledgement are ridiculed or ignored by the primary caregiver (parent). For example, a child runs up to her father as he walks in the door after a difficult day of work, expectantly wanting approval for something she accomplished that day. Dad is too tired to attend and fails to respond, or says, "You always pester me just when I get home!" or "When are you going to grow up and stop asking me to look at everything you do?" The child sees the parent as infallible, and so interprets the parent's rejection as unworthiness.

## The Hero's Journey - Continued

The dragons of darkness may kill and eat the hero, forcing him to resurrect in a new form. Or they may be killed by the hero for him to eat their warrior heart and imbibe their strength. Or the hero may make friends with the Dragon taking him on the journey as a comrade in arms. Which of your weaknesses or bad habits or addictions killed and ate you earlier in your journey? Yet have you ultimately found new life, like Jonah's deliverance from the whale? What strengths have you gained from your struggles with those old demons? The hero's task is to avoid being overwhelmed by the adversities in life, or by one's own shortcomings, but to assimilate them instead, releasing the energy that has been tied up fruitlessly fighting them.

The hero's goal is initiation, to find the treasure, the princess or the prince, the ring, the golden egg, the elixir of life, the highest expression of self. Some become seduced upon finding the treasure and succumb to greed; they keep it all for themselves, an unfortunate choice that usually leads to misery and ruin. Most heroes want to bring the treasure back to their community, and they will undergo additional hardships and challenges in order to do so.

On returning and approaching the perimeter of the community, the hero encounters new Guardians at the threshold of return. These, too, are dragons of darkness. Here the hero finds fear of being different, fear of being rejected, the lure of complacency, the self-sabotage of unworthiness. Have you shied away from the opportunities to teach or lead or write the book you know you are capable of, to quit your job and start a business, or to tell your spouse how much you love him/her? Have you stopped yourself instead, turned back by the dragons at the threshold of living your optimal life? These Guardians, too, offer you their power if you will take it.

The hero's journey teaches us how to travel safely and successfully through the challenges of life, and to achieve our own highest unique potential. The hero is the potential of every human being to follow the impulse to "something greater."



### Next Issue

Dreams and the Secret messages they provide.

The Hypnotherapy Newsletter  
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## Upcoming Events

### Dyad Nights

These nights are an introduction to the Enlightenment Intensive and a way for those who have attended Intensives to continue their practice.

### Enlightenment Intensives

The Enlightenment Intensive is a modern answer to the question, "Where can I go to directly experience the true nature of life, others and myself?" With one foot rooted in the ancient tradition of Rinzai Zen and the other in the modern dyad process of communication, the Enlightenment Intensive is a three-day retreat capable of producing deep spiritual awakenings at the core.


### Life Transformation Intensives

This is an EXPERIENTIAL WORKSHOP designed to give you the answers you have been looking for. It meets for six weekends over a six-month period, providing a loving and accepting environment for the challenge of profound personal growth.

The Life Transformation Intensive supports you in your spiritual path, whatever that is. Through the use of a variety of Heart-Centered trance techniques, you will learn to open up to Soul Work and to discover a much broader aspect of who you really are and what your purpose is at this time on earth.

### Master Sessions

Spend an evening with The Masters bringing in their information for our members to enjoy. We have invited Friend; a Master that has been channeling through since 1983. Friend will speak about future times and special spiritual theories. He'll then bring in other Masters that will guide us through our special evening. The topics will range from developing businesses to personal growth and metaphysical issues. Friend also guides us in an adventure meditation. The Masters then go into a more esoteric range of topics on the paranormal and prophecy. Our members always walk away from the experience with wonder and excitement for their own and the planet's future.



**Robert Keller, M.A., LMFT,  
LMHC**

**Advanced Clinical  
Hypnotherapist**

PO Box 12015  
Olympia, Washington 98508

360-754-4607  
Fax: 360-867-1328

[www.healingthepast.com](http://www.healingthepast.com)

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