

SYNOPSIS

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TITLE: THE CREATION AND MANIFESTATION OF REALITY THROUGH THE RE-ENACTMENT OF SUBCONSCIOUS CONCLUSIONS AND DECISIONS
DEGREE: DOCTOR OF EDUCATION
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The Creation and Manifestation of Reality-theory was developed for this study. This theory provides an answer to why high functioning people experience problems at work, develop relationship problems, and other dysfunctions that occur in their lives. It provides an explanation as to why this happens: at a certain point in our existence a critical incident (or Initial Sensitising Event) or a series of repeated incidents is perceived by the person as traumatic. During this time of high emotion the child forms a subconscious conclusion, followed by a subconscious decision. The Hypnotic Blueprint is an accumulation of all the different subconscious conclusions and decisions formed over time at a time of intense emotionality, during which the psyche feared for its survival, repressed, gated and banished into the borders of the person's subconscious mind. Numerous other incidents occur through life that reinforce and bolster the original Hypnotic Blueprint. Simultaneously, conflicting ego-states are formed, attempting to balance the state of disequilibrium.

Later in life, the original Blueprint is triggered, through the Symptom Activating Event, at a subconscious level and starts to operate in the person's life, attracting the circumstances and people who best replay or re-enact the original trauma on a symbolic level. This pattern will be recreated in the person's life, and will most often be the reason why the person enters therapy, or the presenting problem. Life acts as a mirror of the inner world or the psyche of the person. The inner world is mirrored by the other world, or reality. By changing our inner reality, we impact or transform our outer reality.

To complete the Creation and Manifestation of Reality-theory, the Imago Developmental Stages identified by Harville Hendrix, were integrated, namely Attachment, Exploration, Identity and Competence. The therapeutic modality suggested is de-hypnotising.

The study does not intend to measure the success of the therapy, but rather to establish and test the validity of the Creation and Manifestation of Reality-theory on case studies, using the Life History approach.

KEY WORDS

Creation, Manifestation, Reality, Hypnotic Blueprint, Subconscious Conclusion, Subconscious Decision, Repression, Re-Enactment of Patterns, Ego-States, Imago Relationship Therapy, Heart-Centered Hypnotherapy, Transpersonal Psychology, God.