

CHAPTER 5: UTILISATION OF CASE STUDIES TO ILLUSTRATE THE CREATION AND MANIFESTATION OF REALITY-THEORY WITHIN THE FRAMEWORK OF THE IMAGO DEVELOPMENTAL STAGES

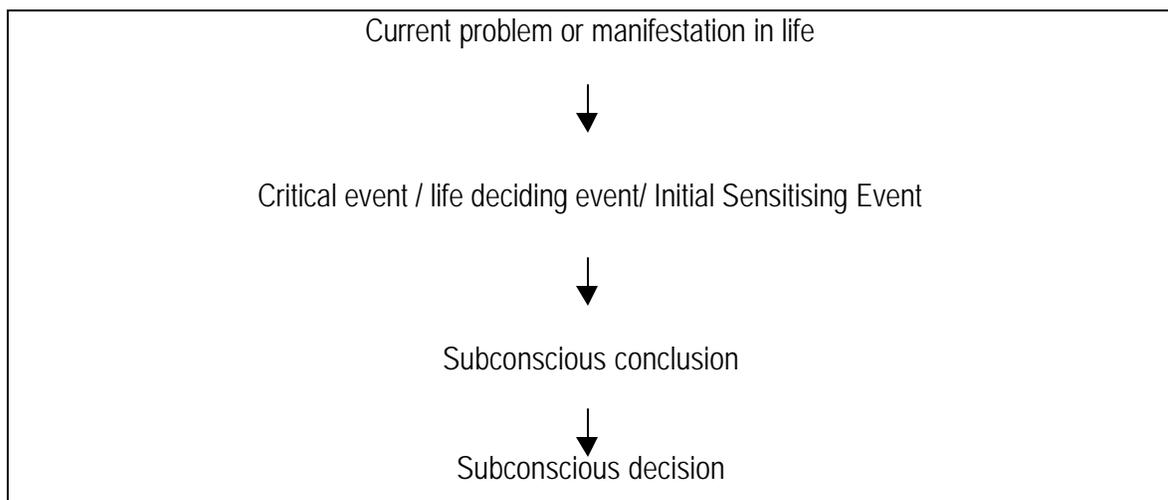
5.1 INTRODUCTION

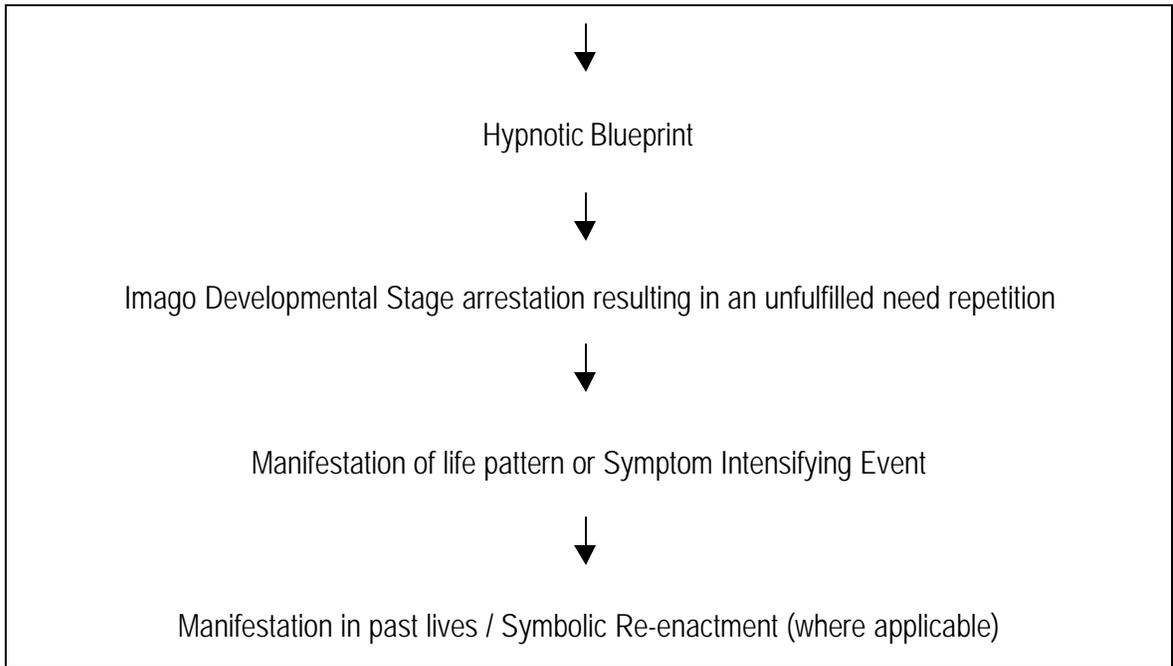
In Chapter 5 the objective is to integrate the two concepts – the Creation of the Hypnotic Blueprint (or Life Script, Schema, Trance Phenomena, Belief System) and the Imago Developmental Stages – producing the repetitive life pattern in which the Blueprint is manifested in day-to-day life in our relationships, work, our psyche, our character, our illness, and all aspects of our lives, finally resulting in the Creation and Manifestation of Reality- theory. A case study will be used to illustrate the impact of the four Imago Developmental Stages, Attachment, Exploration, Identity and Competence used in this study on the Hypnotic Blueprint, placing the Blueprint in a semi-permanent format that structures and moulds the subconscious conclusions and decisions within the unmet needs of the Developmental Stage arrestation.

Details have been changed to protect the identities of the patients, including locations, names, occupations and so forth. Due to the limited space allowed for a doctoral study, the researcher had to summarise and extract the relevant parts from numerous therapeutic sessions. Information emerges haphazardly in hypnotherapy. The researcher has organized the information to illustrate the Creation and Manifestation of Reality-theory, and the cases are not necessarily represented in the order in which they actually occurred.

The cases will be structured as follows:

FIGURE 5.1: GRAPHIC REPRESENTATION OF THE STRUCTURE OF THE CASE STUDIES



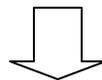


As the arrested developmental stages are universal, all human beings will re-enact all of them, but will have one stage in which they are stuck from which they cannot move.

5.2 ATTACHMENT STAGE CASE STUDY LS:

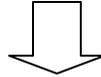
CASE STUDY 5.1a: CASE STUDY LS GRAPHICAL LAYOUT OF THE SUMMARIZED ATTACHMENT CASE STUDY

Manifestation of Problem Re-enacted problem or presenting problem	Married and divorced from a verbally- and physically-abusive husband. She has moved back in with him, and he battles with an alcohol problem. Their relationship is highly toxic. Two boys were born out of this union, and at the time of commencing therapy with her, were adolescents. The boys presented with numerous problems at school, including bunking, bad marks, and aggression. Both became involved with drugs, one with marijuana and street drugs, and the eldest with steroids. The eldest was charged with assaulting a teacher at his college.
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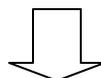


Initial Event Life Event Sensitising (ISE) or Deciding	She is hypnotized back to being a baby in a cot less than a year old. Her father, pretending to change her nappy, engages in sexually inappropriate deeds with her. Her mother walks in and confronts him. An argument ensues, during which he produces a handgun and threatens to take his own
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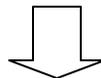
	<p>life. The mother pleads with him not to commit suicide, and a tacit agreement is reached that he can continue his sexual actions with his daughters and that she will turn a blind eye. During the altercation LS is hit on the head, suffering an epileptic seizure. She is cared for by doctors, but feels that her parents who should care for her are "not there for me."</p> <p>Her father is violent with the children, often giving LS hidings for imagined offences, leading to frequent sexual abuse.</p>
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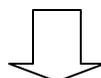
Subconscious Conclusion	<p>"Nobody is there for me. Nobody cares for me. My needs are not taken into consideration." "They don't know how I feel, they carry on, I am busy passing out – you are just not there for me!" "Strangers come for me, but there is no connection. They only care for me on a professional level. There is no connection, no bond, no comfort there." "I feel like an object. There is no name, there is no affection, there is no closeness. I am just an object to cause a fight, an argument. You know what, that's exactly what I feel today. If I am out of the way, people can start to live their lives. If I am there, it just doesn't work; I am an object causing unhappiness. I want to curl up in a ball and die. Then it will all be over."</p>
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Subconscious Decision	<p>The therapist encourages the patient, "And therefore I decide ..." "I need to make myself worthy, they are rejecting me totally. Nobody is there for me, therefore I must be bad. I deserve to be treated badly."</p>
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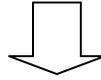


Imago Developmental Stage Stuckness	<p>Attachment: Nobody is there for me.</p>
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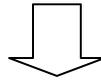


Past Life	<p>Past life experiences are about the theme of her father losing her in a card</p>
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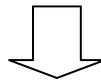
	game, and violently handing her over as a prize to the victor, her husband in this life.
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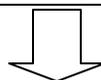
Manifestation in Life Pattern or Symptom Intensifying Events	In her late teens and early adulthood she attracted men who used her only for sex and would dump her afterwards.
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God Experience	When encouraging her to ask help from Angels during a hypnotic session of repetitive sexual abuse, she gets very offended, "As a little girl I prayed to God to please let him stop hurting me, please God, make him stop. Please make him go away. But God never helped me. Nobody ever helped me."
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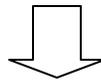
My psychologist is not there for me – Reinforcing the Theme	The patient phoned the psychologist in an emotional state. Her eldest son assaulted her and broke equipment and furniture. She insisted the therapist drive to her house and contain her son, who was and eighteen year old steroid using bodybuilder and bouncer with steroid induced anger outbursts. Being a long-term patient of the psychologist, she felt it was the least she was entitled to. When he suggested she rather phone the police, she was incensed. She felt that he wasn't there for her when she needed him most.
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Repetitive Pattern	"Nobody is there for me, not my mother, not my father, not God, not my husband, and not my psychologist." The core theme is one of abandonment.
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Presenting Problem

LS is a woman who first brought her son for an assessment with the psychologist. When the psychologist suggested that she consider a hypnotic intervention, the following became apparent during the history taking. She was married to, and divorced from, a verbally- and physically-abusive husband. In spite of numerous attempts to leave him, including divorcing him, she would time after time find herself back with him. Two boys were born from this tumultuous relationship. Both the boys were in different degrees of trouble with school systems, and got involved with drugs and the law over time. She felt that their relationship with her also became abusive. She mentioned that she grew up with a sexually-abusive father. As a teenager and young adult she became promiscuous, attracting abusive relationships, before getting married to her husband.



Father gets silent consent from mother to continue sexual abuse

During one of the hypnosis sessions she re-experiences herself as a baby in a cot, still in nappies. The researcher is adapting the order in which the story occurred in hypnosis so that it has a logical flow and makes chronological sense. *"I have a flash of something. Like a hammer being used. It's so quick; I can't see what the object is. It's like my soul is jumping from place to place. I am searching for where something happened. It is the place where I used to stay. I was born there and I stayed there. My mother told me that I fell out of the cot. But that is not right. Something hit me on the head. You can't fall out of your cot like that. I am so tense. I see a picture of me being in a cot. My mother and father are fighting over the cot. My father is really out of control. My mom is shouting at him. It feels like I am the subject of the fight. I am getting a feeling of extreme anger. I sense it to be my mother's anger. That anger is so bad; it wants to become a physical anger. I think my father made her so cross that she hit me with something, because I was the problem, I was the topic. I have a sense that she said: 'I will get rid of the baby, if that will stop the anger.'* This is a bad one. I feel like I am going to pass out." LS is clutching the side of her head with tears flowing over her contorted face.

She opens her eyes, thereby reducing the intensity of the hypnotic experience. By seeing that she is an adult in a psychologist's rooms, she is safe again to re-experience the event from the vantage point of the abused baby. *"I just want to see that I am safe here"*, she says. The therapist reassures her. *"I am so angry. I am being made a scapegoat here. They are taking out their physical anger on me. I have a sore head"* she moans. This phenomenon is referred to as body

memories. The body 'remembers' something that the conscious mind has repressed. *"I've got this sore head. I'm going to pass out."* The therapist encourages her to return to the event so that it can be processed. For her it is not a memory, but rather reliving the incident, as if she is that baby being abused. And if the process is not handled correctly, it can be re-traumatizing to the client.

"My whole body is shaking. I need some comfort somewhere, and it's just not happening. Everything is in a blur. It is like my vision is impaired. I am shaking so bad now, it feels like I am going to have a fit. It is going to go out of control; I am going to have a fit. That's what happened. That's why these doctors are looking in my eyes. The doctors look in my eyes. Strangers care for me, but there are no connections." This is the core feeling that people complain about who have been wounded in the stage of attachment. They will often say: *"There is nobody there for me"*, or *"Nobody is connected to me"*.

"I am going to pass out. I see another shining object. My father has a gun. He is in such a rage he is pointing the gun or pistol at himself. I see the shininess of the gun. It is pointed at himself. It hurts my eyes. I keep on seeing this light. I sense the feeling my mother must have been feeling. She is so nervous. She is moving up and down and around. Nobody knows my head is sore. They are doing their own thing, controlled by the emotions they are feeling. While they are busy, I want to see what hit me on my head. My eyes are so sore, everything is a blur. I find it difficult to see. I am starting to feel again. My whole body is shaking. I need some comfort somewhere, but it is just not happening. I could see something. I don't know whether this is it, it is a doorstop. I thought it was a paperweight. It's a doorstop. It looks like a small railway track. Its got felt under it, like a weight. It is on the desk there. The rest of everything is a blur. Like my vision is impaired. I'm going to open my eyes now." The therapist reassures her, and confirms that she is safe. *"I shake so bad now, it feels like I am going to have a fit. It's going to go out of control, I am going to have a fit. That's what happened, that's why those doctors are looking at my eyes."*

The therapist asks her about the conclusions and decisions she made at that time:

- *"I need to make myself worthy, they are rejecting me totally".*
- *"They don't know how I feel, they carry on, I am busy passing out – you are just not there for me! I am a bit nervous now."*

- *"Doctors look in my eyes. Strangers come for me, but there is no connection. They only care for me on a professional level. There is no connection, no bond, no comfort there".*

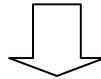
The therapist suggests that she returns to the original issue of the fight between her parents. *"It's like a sexual issue. I am weak with tension."* She makes a sound of recognition. *"I don't know how a person so young..."* Her voice trails off. The therapist encourages her to continue. *"Maybe it's a dream, maybe it's a fantasy."* Often clients will question the validity of the information that they receive from their subconscious mind. This is unfortunate, because it discourages the subconscious mind from coming out with the full story.

"She confronts him about his behaviour towards the girls". His daughters. The patient has two sisters. *"He is confronting her about sleeping around with other men. She is blaming my father for having another child, blaming him for giving her another child. 'Don't you dare try this with this baby!' she shouts at my father. The baby is less than one year old."*

"I see him (her father) coming into the room. He plays with the baby. He says: 'Come let me change your nappy.' 'Ahhh', LS moans, grimacing. 'This is hell'". Her mother walks into the room asking him what is happening. *He says, 'I am changing the baby's nappy.'* Note that there is no name attached to the baby. *"She says, 'I don't believe you'. She starts ranting and raving. She says he must leave this baby alone. She is not going to allow the same thing to happen. It seems like he threatened to shoot himself when she confronted him. It seems that the fear of suicide stopped her from confronting him again. I know that posture in the doorway, the face, the stance, I feel like an object. There is no name, there is no affection, there is no closeness. I am just an object to cause a fight, an argument. You know what, that's exactly what I feel today. If I am out of the way, people can start to live their lives. If I am there, it just doesn't work; I am an object causing unhappiness. I want to curl up in a ball and die. Then it will all be over."*

For the sake of brevity, the researcher can summarise the process as follows: LS's father sexually abused her and her older sisters on a regular basis, since the time they were babies, under the guise of changing their nappies and assisting his wife with child care. His wife, although at some level being aware of it and becoming the silent accomplice, walked in on him sexually abusing his daughter. She confronts him, saying she will not allow him to do to LS what he did to their other daughters. He fetches a handgun, puts it against his temple and threatens to commit suicide. His wife, perhaps considering a future without a breadwinner and sole responsibility for three young

children, pleads with him not to pull the trigger. LS comes to the conclusion that the silent agreement that her parents reach is that her father will refrain from committing suicide, and in exchange for him remaining alive, he is allowed to use her as his personal sex toy, unhampered by the mother. The mother becomes a silent accomplice to the sexual acts. This unspoken agreement lucidly illustrates the Attachment credo of ***"Nobody is there for me"***. During this altercation the mother hits the child with a paperweight against the head, inducing an epileptic seizure, for which she is rushed to hospital with the story that she fell out of the cot on her head. **Her conclusion is my father is sexually abusing me, my mother tries to kill me**, confirming her suspicion that **nobody is there for me**, and that **I cannot rely on anybody**.



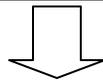
God is not here for me

The sexual abuse by her father continues unabated into her childhood. Her father took perverse pleasure in telling her to go into the bathroom for mild misdemeanours and making her wait for her punishment. The punishment took the form of sadistic hidings on her naked buttocks, with her begging and pleading for mercy, but to no avail. Sexual things would occur during and after the hiding. Her mother continued her role of the accomplice and silent observer. After having revisited another place of violent abuse during a hypnotic session, the therapist suggested that they call upon her guardian angel to rescue the abused and hurt child to comfort her, which is a standard healing technique that he often employs with substantial success. She responded angrily at him for suggesting that she called upon her angel. ***"All throughout my childhood I prayed to God and the angels, and they never came to help me"***, she sobbed. And then opening her eyes and looking at the therapist with undisguised anger, she said: ***"Why would they be there for me now if they were never there for me when I needed them. As a little girl I prayed to God to please let him stop hurting me, please God, please make him stop. Please make him go away. But God never helped me. Nobody ever helped me"***.

Her reality is one of an absent God, a God that ignores her pleas as a little girl to be rescued from her cruel sadistic father, a father who takes pleasure in hitting and sexually abusing his children. But her God never comes to rescue her. Unlike the stories in the children's bible, God does not appear in a miracle and rescues the helpless child. Actually, the only deduction that she could make is that God does not care for her at all; therefore, she cannot be important to God. And if that

is the case, the conclusion is that she is a bad girl who deserves to be punished. So even **God is projected as a deity "who is not there for me"**.

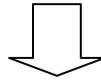
She believes at a core level that **"God is not there for me"**, the core theme of the person stuck in the stage of Attachment. And of course our relationship with God represents our relationship with life in general. *(If God is absent or gets a cruel enjoyment from watching her being molested and hit and raped by her father, and not intervening and preventing her father from doing it in the first place, God must be a sexual deviant, watching the rape of a toddler by her paedophilic father, and enjoying it. If he was not enjoying it, why would he allow it? He could just send down an army of angels and prevent it from happening, and rescue the child from the cruelty of her father. And by doing nothing, by just sitting and watching, He becomes a silent accomplice, just like her mother. He becomes another uncaring and cruel father.)*



Past life: lost as prize in card game

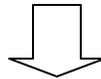
During regression work, LS suddenly found herself in a Spanish lifetime. Her father, who is the same father that she has in this lifetime, she exclaimed surprised, drives a big black motorcar and he is taking her somewhere. She is a young girl, barely out of puberty. She is going along unwillingly, not quite knowing what the trip is all about. Her father is sullen and uncommunicative. When they arrive at their destination, an isolated piece of land adjacent to a dam, her father pulls her out, and walks her over to a group of men. The exchange between the men is angry and harsh. Although a summarised version is provided, it takes a fair amount of determination to get all the pieces of the puzzle to fit so that the different snippets form a coherent gestalt. To her shock and outrage she realises that her father, an incurable gambler, has lost a card game in which she was the prize. Her father was thus angrily handing her over, reluctantly honouring his card debts. She looked up and met the eyes of her husband to be, and in that moment she recognises her ex-husband in this lifetime. She shrieks, pulls away and runs, being pursued by four men. She runs on the edge of the water, trips and falls into the water. Her husband to be is the first to reach her, and he yanks her head out of the water by grabbing a handful of her hair. Her father reaches her, and slaps her numerous times through her face for embarrassing him, for making him lose respectability in front of these men. She sobs where she lays huddled up in the hypnosis chair, curled in a foetal position. Her abusive father lost her in a card game to an abusive husband. Irrelevant if this really occurred in a past life, it certainly is an accurate symbolic representation of

what happened in this lifetime; the abusers in her life just changed faces. In the creation and Manifestation of Reality-theory her Hypnotic Blueprint of "I am a bad person and therefore deserve to be punished" certainly manifests and replays itself repetitively.



Psychologist is not there for me

As her two boys grow up, they become verbally, and on the odd occasion, physically abusive toward their mother. She is fearful of her boys, who use drugs, and play truant from school. She forms a close relationship with her psychologist, consulting with him on a regular basis, finding the support she longed for all her life in this professional relationship. However, this relationship is professional, and by definition operates within certain strictly-defined boundaries. One afternoon she phoned the therapist in a state of agitation, mentioning that her eldest son, approximately 20 years old at the time, was in a terrible rage and breaking the furniture and equipment in their house, demanding that the psychologist drive over and put a stop to it. When he suggested that she rather phones the SA Police Services, she was incensed. During the next session, she complained to the therapist that **he is never there for her when she needs him**, and does not live up to his professional role as psychologist. She concluded that **she cannot rely on him**. He mentioned that this incident is a repeat of her whole life pattern, where a crisis is created and she feels victimised by it, waiting for some real or mythological rescuer to save her from the situation. Whether she is a baby being fought over by her parents, waiting in the chaos to be rescued, or an adult at the mercy of her body builder-bouncer son's steroid-induced rage, the pattern remains the same. **She is still waiting to be rescued, to be taken care of, to be loved, for somebody to be there for her**. She will therefore project "Nobody is there for me" into her relationship with her psychologist.

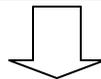


Her core conclusions are: "Nobody is there for me. I can't rely on anybody to help me, not even God. People who are supposed to help me and love me, hurt me." This becomes her Hypnotic Blueprint.

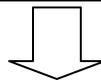
5.3 EXPLORATION STAGE

CASE STUDY 5.2a: CASE STUDY FW GRAPHIC LAYOUT OF SUMMARISED EXPLORATION CASE STUDY

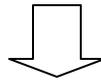
Re-enacted problem or presenting problem	<p>FW consulted with the psychologist after a car jacking attempt during which she feared for the life of her daughter and two young grandchildren. She felt angry with the car-jackers, feeling that they impacted on her right of movement, her freedom. She felt trapped.</p> <p>She stays with her daughter and son-in-law and her two grandchildren. She feels trapped having to live in a cottage on the same premises as her daughter's family. She has no freedom and no privacy. Her daughter and grandchildren come and go as they want, not considering her needs. She does not have the financial resources to buy her own home, preferably by the sea.</p> <p>Her daughter and son-in-law seriously consider emigration to America because of the crime situation in South Africa. They insist on her accompanying them in spite of the fact that she does not want to leave South Africa. She feels that she has no choice, that she is trapped in the situation.</p>
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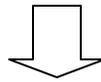
Initial Sensitising Event (ISE) or Critical Event	<p>In hypnosis she regresses to being a three-year-old child, "My dad dumps my mother, the baby and myself on the farm with my grandparents." Her father works for the railways and only comes home once a month. Her mother suffers from post-natal depression following the birth of her baby and the grandparents are busy on the farm. They expect FW to look after the baby boy. She wants to run on the farm and go with her grandfather to feed the animals. He expects her to look after her little brother. Her grandfather goes to the extreme of tying her to the kitchen table.</p>
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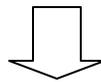
Subconscious Conclusion	<p>The psychologist prompts her, "<i>My grandfather ties me to the table because ...</i>" and she continues, "<i>... I am a hateful child, that is why they hit me like that.</i>"</p>
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Subconscious Decision	The therapist prompts the client, " <i>I am a hateful child and, therefore, I decide to ...</i> " She continues, "... just accept it. They had to be served all the time. I had to bath the children, put them to bed, make the table, clear the table. If I didn't do that, I would get a hiding. <i>I have to be obedient, I have to get their approval, I must do what I am told to do because I wanted to feel wanted.</i> "
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Imago Developmental Stage Stuckness	Exploration
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Manifestation in Life Pattern or Symptom Intensifying Events	She marries a powerful man that did not allow her much freedom. She feels she has to be a good wife. She gives birth to two children, which takes away more freedom and by definition adds to her feeling of entrapment. She loves her children dearly and she has an especially good relationship with her son. They sit talking until late at night. She sees all the freedom that she misses so much in her own life lived by her son. She enjoys his company and they maintain an exceptionally close connection, talking at times until 2h00 in the morning. While he is in the army, she receives a telephone call informing her that her son has died in a motor vehicle accident. Her only escape from the drudgery of life, her son, has been ripped from her life. She is entrapped again.
	She loves to visit the coast. She "sneaks" away from her daughter, telling white lies about visiting family at the coast, while she is travelling by herself, holidaying by the coast.
	She swims with dolphins, experiencing her freedom from the real and imagined constraints of her life, the entrapment.
	She signed over her property, worth a substantial amount, to her daughter and son-in-law and is trapped because of limited financial means in the

	autumn of her life.
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CASE STUDY 5.2b: ELABORATED VERSION OF THE EXPLORATION CASE STUDY FW

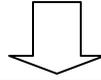
Presenting Problem

During our intake interview she mentioned that: *"I dreamt these people (the car-jackers) came back. The same one that had the gun to my head."* She pauses, attempting unsuccessfully to control the emotions that threaten to overwhelm her. *"He said, 'Today I am going to kill you!'"*

The therapist asks her how she deals with it. *"I feel quite detached, as though I am somewhere up there", she says, gesturing into space, "looking down at myself and my life."* Often after a traumatic event, where one feels your life is in danger, dissociation or detachment is a defence mechanism, helping us to survive during times of overwhelming emotional trauma, also referred to as flooding. The therapist suspected, however, that dissociation is an old companion of FW's, which fits her life comfortably, like a wellworn glove. She mentions that she wakes up weeping. *"Why?"* the therapist enquires. *"I don't know",* she replies. *"Perhaps it is because I am feeling this overwhelming sense of helplessness. In the past forty years I didn't do anything for myself, and it's too late. There is no more wanting something. I am making a mess of my life. And I know I am responsible for it. What can I show for it today?"* Obviously a rhetorical question, as she is not waiting for a response. She adds: *"Nothing! I never contributed anything. I worked hard for my home and family. I suppose nothing lasts forever."*

The therapist wanted to know from her what she would have done differently in her life for her to feel more meaningful. *"I would not trust the story of 'living happily ever after'. I can't believe that I was so naive not to believe it was just a fairy tale. This is what scares me so much, if I can do a stupid thing like that, how long would I go on doing stupid things?"*

The fear of loss is a constant companion to her, and being helpless to do anything about it. She lost her only son in a similar fashion; a haunting telephone ringing in the early hours of the morning, with that message no mother can bear to hear. Her soulmate son, with whom she could sit and talk until the early hours of the morning, died in a horrific car accident. Never to fill her days again with his brightness, his sport and academic achievement, the exuberance of his life that seems to dull the confinement she experienced in her own life. By him being so alive, it could lessen the persistent fear that she is not living her life to its full extent, that she just exists. And the incarceration of marriage and two beautiful children can seem enticing, durable and liveable.



My Grandfather ties me to a table leg

In hypnosis she is regressed to her being a three to four-year-old girl. *"My dad dumped my mother, the baby and myself on the farm with my grandparents. I had to look after the baby," she shares in a soft voice. "My grandfather ties my leg to the table so that I wouldn't go off ... so that I would look after the baby."*

"Why didn't your mother look after the baby?" the therapist asked. "I don't know ... all I know is that she was sick all the time." The therapist prompted her by stating: "I don't want to look after the baby, therefore I am..." "I am bad because I disobeyed; I must be something bad for them to disapprove ... That old farmhouse. What did I do wrong except not wanting to look after that baby. What was my mother doing!?" "What clothes are you wearing?" the therapist asks in an attempt to get her to focus more on the situation. "A little dress with flowers. Broekies to match. No shoes. My hair is hanging in rat's tails." "What emotion do you feel?" "I just want to know why? When I asked why I was told to shut up. Why did I have to bring up my siblings? Why did I have to look after my siblings? I am sad. I just want to get away from it. It's not nice on that farm. Everybody is always angry. I see that little baby brother. I don't want to stay with him. I want to run outside with my grandfather. He tells me a million times: 'stay with the baby.' Then he took an ox-rope and tied my leg to the table so that I would look after the baby and not run on the farm."

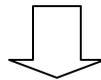
The therapist encourages her to express her needs to her grandfather, because if we don't learn to express our emotions, we become masters at repressing our feelings which, in its turn, leads to depression. *"Oupa, can I come with you to the stables," she begs in a pleading little girl voice. "Can I come and help you pick mealies? Can I feed the lambs and the calves that's on bottles?" "But he just shouts at me: 'Look after your brother!'"*

"How do you feel about it?" the therapist enquires. He is attempting to get her to connect with her feelings as she has learnt not to feel during her childhood, to numb her feelings, to dissociate. And we all do it, to a lesser or greater extent. It protects us from becoming emotionally flooded and thus paralysed.

"I feel belittled, like an animal. Even the horses were tethered. There were dogs tied up. I am deservedly belittled. I promised myself I am going to stop asking why." This becomes a life blueprint – she decides to accept her fate without questioning it. *"I would love to be outside. I would love for mommy and granny and granddad and the baby to come and walk outside with us. And feed the calves and the lambs with the bottle outside."*

The therapist prompts her subconscious conclusion by stating: *"My grandfather ties me to the table because..."* She hesitates a moment, her eyes brimming over with tears, *"Maybe you hated me. Why did they hate me like that?"* She added: *"I am a hateful child, that's why they hate me like that."* The therapist prompts her to obtain an understanding of the subconscious decisions that she made by saying: *"I am a hateful child and therefore I decide to ..."*

"Just accept it; they had to be served all the time. I had to bath the children, put them to bed, make the table, clear the table. If I didn't do that, I would get a hiding. I have to be obedient, I have to get their approval, I must do what I am told to do, because I wanted to feel wanted."

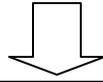


Manifestation in Life

Her subconscious decisions thus translates into her denying her own needs to explore her childhood world, to run free, feed the greedy calves with a milk bottle, and just be free to be a child. But because she wasn't allowed to do that, she got stuck in her exploration phase, and found her self-worth through serving others. Because of the age at which the pivotal life disturbance occurs, during the exploration stage, and because of the repetitive, relentless nature of the onslaught on her freedom, she gets and remains stuck in her exploration stage. In the present she re-enacts the pattern of being prevented from doing what she wants with her life, manifesting in different areas of her life:

- Her daughter and son-in-law want to emigrate to the USA with her grandchildren. She is happy in SA and feels that is forced to do something she does not want, feeling trapped.
- She signed over her house and property to her daughter and now lives in a granny flat on her daughter and son-in-law's property. She feels trapped in this situation as she has limited privacy with her grandchildren coming into her area uninvited.

- Her dream is to have her own little cottage by the sea where she can walk free, swim with the dolphins and enjoy her life. Due to financial constraints and her daughter feeling it is too unsafe for her to stay far away from her family, she remains trapped with her daughter and son-in-law.



Swimming with dolphins

She wrote the following an ode to life after swimming with dolphins on the coast as, thanking the psychologist:

*I woke at dawn on the first Monday morning of 2002, for a visit to the local Marine Research Station and a rendezvous with the dolphins. Anticipation made it difficult to concentrate on instructor J's do's and don'ts. The cloudless morning is eerily quiet, the silence broken only by the boat skimming over the water, even the waves seemed to have transformed into mere large ripples. I sat, staring wide-eyed at the fast disappearing coastline. The view from the ocean gave it an unfamiliar landscape, as though it belonged to a different place in a different time. With no perception of the distance travelled, we arrived at an unnamed secluded bay and lowered anchor. The boat started rocking violently when numerous, larger-than-life, blue-grey dolphins leapt out of the water, apparently recognizing and welcoming J, who promptly jumped in amongst them. A staccato of voices, mixed with sedate largo tones broke through the surface, as though conducted by someone other than human, and I thought, was there ever such music to the ear? I became mesmerized with the scene just below the surface. Like a beautifully-choreographed ballet, they rhythmically anticipated their human contact. With a gentle breeze on bare skin, and an urge to experience and participate, I slipped as gracefully as possible over the edge of the boat. In a few short seconds, with their attention diverted from J, I was surrounded by the most beautiful smiling mammals; even their eyes seemed to dance with pleasure. Half submerged, I extended a tentative arm, a most elegant dolphin left the group to nudge my hand and, ever-so-gently, with feather-like touches, seemed to caress and plant kisses everywhere. Not knowing whether this Godlike creature was a male or female, I said, "Hi Turciops, I'm F". Just then J surfaced and whispered that it is okay to accept the invitation. Oh! To swim with the dolphins is just too magnificent to articulate – such a high esoteric level, to be of this world and to feel as one NOT of this world. Please tell me **why everything can be so alive, with so much energy?** The self trust to appreciate the love of nature, for **always wanting to grow and venture**. Just to be -- ? My self-appointed dolphin never left my side, it allowed me to hug it as though neither of us wanting to let go! It allowed me to let go*

*of the holographic and conscious mind, and just play. With the absence of malice, I could have followed to the bottom of the ocean. How can there be so many different concepts of pleasure? Because each interaction begins just to end, it was soon time for the dolphins to leave with the receding tide. Weary-limbed, back on the boat, the midday sun mercilessly beating down; I got scolded by J for not having a hat! He then unceremoniously proceeded to tie a bandanna on my head, and laughingly produced bottles of drinking water. In the mystical tranquillity of the moment, I remembered you once talked to me about "ships passing in the night" and wishing you were here to tell you that even in bright sunlight it can evoke the same feeling of sadness. Back on shore, I could only try to express my gratefulness and with a tinge of sadness J acknowledged, because as a soon to be Marine Biologist, he will have to leave his group of studied dolphins. That was also the last day he would follow them to their feeding – "grounds" – his words, not mine! Standing quietly on that beach, with a feeling of oneness and of separation, the affirmation of the treasure every moment can have, **I felt like an unlimited individual** with a reservoir full of beauty and dreams.*

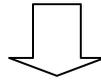
*Today I freely, Breathed every flower,
Flew with the birds,
Swam with the dolphins,
Stood in awe of a whale,
Wondered about the smallest shell of the beach.*

The gift of giving myself back to myself. Thank you, Ian.

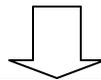
5.4 IDENTITY STAGE

CASE STUDY 5.3a: CASE STUDY JA GRAPHIC LAYOUT OF SUMMARISED IDENTITY
CASE STUDY

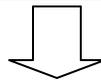
Re-enacted problem or present problem	My husband cheats on me; I cannot stand up for my rights. I have no rights.
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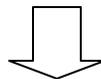
Initial Sensitising Event (ISE) or Critical Event	Her mother tries to drown her when she is three or four years old. Her grandfather rescues her.
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Subconscious Conclusion	"My mother tries to murder me, which means I am bad."
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Subconscious Decision	"Therefore, I decide to have no rights, no voice." "I keep quiet. I accept this is how things are."
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Manifestation in Life Pattern or Symptom Intensifying Events	Her brother and his friend use her sexually confirming her subconscious conclusion and decision of, "I am bad. I deserve to be treated like this."
	She is put in boarding school, alone and lonely, again confirming the same subconscious conclusion and decision.
	She marries a man and knows on a subconscious level that he will treat her as if she has no voice, no rights.

CASE STUDY 5.3b: ELABORATED VERSION OF THE IDENTITY CASE STUDY JA

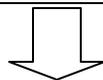
Presenting Problem

As she meets the therapist, tears flow uncontrollably. *"Don't worry about me. I am just emotional. I will get over it. I discovered in April that my husband was having an affair at work. My children know about it. I am not getting over it. I realize I've got to go forward. I am not coping".* In between the tears she says: *"He had relationships, right from the beginning, I've been messed around. I am very easily manipulated. I am pretty cut up about it. I look at it as a pattern of events. My husband is a charming, people's person. He is outgoing, fun-loving. He always had a problem of drinking too much. He messed me around. I am not assertive enough, I am not strong enough".* She described her childhood shortly: *"My mom comes from a very deprived childhood. She grew up in orphanage. She got a bursary to go to high school. She used to put herself and others down. My grandfather, on the other hand, was very warm. He was almost a mother to me. My father was also very warm. My mother was cold. I had no body contact from her."*

"My husband was the one person I could trust. Was she better than me? I am trying to get reassurance from him". JA is a medical doctor who presented with a problem of her husband having an affair and her wanting to save her marriage. In their Imago process called the Behaviour Change Request, she mentions to her husband that ***she is hurt by his "dishonesty, you are treating me like you have no respect for me, you are just using me."***

She worked as a locum at another medical practice. When asked about it, she replies: ***"I don't think I'm good enough to have my own practice. I feel incompetent"***.

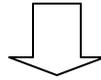
The following are transcripts from numerous sessions. The content of the sessions have been organized different from how it occurred in real life, where the unfolding of the life story will be fragmented, like a puzzle, that need to be deciphered. For the purposes of readability and easy comprehension, the cases have been structured to make the illustration of the Creation and Manifestation of Reality–theory apparent.



Womb

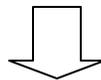
"I am uncertain about whether I really was wanted. I'm in the womb. My mother has gone to the doctor. She found out she's pregnant. And she doesn't want a third child. She's not saying it, but she's feeling it. She has resigned herself to it. She's not happy with herself. She's finding it hard to deal with life. She can't cope with life. And now she's got another burden. She's not ready for it."

I've known about it anyway. She told me she didn't want me. I've known about it for a long time."
This is the origin of her Identity of "I am a burden".



Birth

During a therapeutic process called Holotropic Breathwork, she states: *"I'm in the birth canal. I'm stuck. I am stuck. I can't breath. I can't. I can't take a deep breath. I want to, but I can't."* The therapist asks her what emotion she is experiencing. *"I'm stuck. I'm scared. I feel like I'm suffocating. I'm stuck, I am stuck. I am stuck. I can't. I can't get out. I want to breathe, but I can't. I can't take a deep breath. I feel like something is suffocating me. Somebody's hand is trying to get something. He is getting something. He is pulling. I can't breath. He is taking something; he is taking something around my neck. He is taking the cord that is suffocating me. He is pulling it. He is cutting it. I'm out. He is cutting it. He is taking it and cutting it. I can breathe. I can breathe. I can breathe. I'm out. He is giving me oxygen. Oh my heart. My heart. It's slow. It's going slowly".* She curls her body into the foetal position. *"Oh. I can breathe. He is giving me oxygen. Something. My heart is beating slowly. Giving me something to stop me from suffocating. I can breathe again. I am in the world again. I'm here. This world. It's a bit cold. Not very cold. A bit cold. I'm here with mother. Who will give me anything and accept emotional care. She can't give me emotional care".* "Why?" the therapist asks? *"I took it away from her before".* "Please tell me what you mean with 'I took it away from her before'?" the therapist enquires.



Past Life

*"I used to be her mother", she exclaims, sobbing. "I hated her, I hated her, I hated her. She wasn't meant to be. She wasn't meant to be my child. Somebody raped me. Someone raped me," she says crying. "It's a man I hated. I hated him. **He wanted power over me.** I don't know who he was. He was someone. I don't know who I was. I was someone, I was living. Where was I? I was somebody walking. I had some money. Someone, he wanted me. **He wanted power over me.** He was married with me. I didn't ... he raped me. I fell pregnant. I didn't want it. The baby I didn't want. I never cared for that baby. The baby grew up. Someone else fed the baby. Someone else looked after the baby. I hated her. She was my daughter. I hated her. I hated her. Till the day I died I hated her. I came back so she could hate me. She didn't really want me. I came back. She didn't want me. I reluctantly came back, but I came back".*

The therapist asks her whether she recognises the rapist. *"He is someone I know. There are different people that come to my mind. Maybe that man is my own husband now. Ja. It could be. That man wanted power over me. No. It's not him. I don't know. How do I know it's him? It's him".*

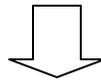
*I had a child I didn't want. I had other children. But a child I didn't want. She was my last child. Other people used to look after her. Not me. She hated me too. It was in England. In the country. Big house. Big garden. It's a farm. It's big. I was different to other women. I was rich. But I liked doing different things. Working with my hands. I liked, didn't like tea parties and things like that. I liked tea parties, working close to the earth. **I didn't want a man with power over me. My husband had power over me. He abused me. He physically abused me. He wanted lots of children, I didn't. That's why he raped me, over and over again. So I hated him. So, that's why I'm back with J.**"* The therapist enquires why she is back with J. *"He never physically abuses me. Why am I back with him? He verbally abuses me sometimes. But he doesn't anymore. I'm back with him; it's something I will overcome. He won't verbally abuse me anymore. That's over now. It's over. My mother is over too. She didn't want me. But she didn't have the ability to want me. She didn't want me, but I always wanted her."* JA is crying. *"I always felt I owed her something. I always cared for her. I cared for her enough, much more than she cared for me, when it's okay. I'm not cross with her. She did those things to me, she had to. She had to, she was angry. She was angry with me. She had to send me away, I sent her away. And J must have stopped."* The therapist asks JA what has stopped. *"He has stopped abusing me."*

The therapist asks her to notice if there is a connection or cord that carried negative karma between her and her mother. *"There is a cord. But it's not negative anymore. I understand."* The therapist asks if she is able to forgive her mother and JA answers affirmatively. *"I've forgiven her already, I understand. I've forgiven her. With my soul, I forgive her. It's not an issue anymore."* JA is asked if she can still see the cord. *"It can go. She can go."*

The therapist asks JA to call upon Archangels Michael and Raphael to cut the cord. *"On my diaphragm."* JA disintegrates the cord in pure energy. *"She's gone."*

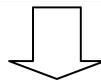
The therapist enquires from J about the cord. *"Very short cord. It's a power thing. He likes to have power over me."* The therapist asks whether a soul fragment disconnected during the rape? *"Yes."*

The therapist asks if she can see it and she responds affirmatively. He asks how it looks. *"It's in the air."* The Archangels Michael and Raphael are called to collect the soul fragment, heal it in the light, and reunite it with the rest of the soul. *"Like space. Outer space. Small piece. Light. Fragment. Tattered fragment. It's got jagged edges. They are bringing it to me."* JA is asked if they have healed it. *"Yes. Hands over it. Gently bring it back. It's got a piece of cord on it, which will make the cord between me and J a bit longer. Maybe it's not good. Maybe it's good. Make it longer. More flexible. Will relax it. It's back."* JA is encouraged to heal her soul in bright gold light and thank the Archangels. *"It's back. They are gone."*



Repeated physical abuse and emotional neglect by the mother

During a hypnotic session, using what JA refers to as *"air-hunger"* that she is subjected to regularly in her life the therapist uses the air hunger as an affect bridge. She rapidly finds herself in the bath as a young girl. Her mother is in the bathroom, and for no apparent reason, forcing the head of the three-year-old JA under the water and holding it there. The child, struggling to be freed, makes the subconscious conclusion, *"My mother wants to kill me"* and therefore *"I must be a bad child, who deserves bad things to happen to her."* Her grandfather, coming into the bathroom, saves her life. He chastises her mother, who leaves the bathroom in a fit of anger. This process is replayed during another session where Breathwork is used: *"I see water. It's a furrow. A big water furrow. It's going around a bend. There is a lot of water. I fall in it, I fall in it! I can't get out. I want to get out. My mother comes. And she pulls me out of it. But she smacks me; I shouldn't be there. I shouldn't be there. She hits me. My grandfather comes and he asks her what she's doing. He tells her she mustn't hit me. He says to her she must stop hitting me. Give her to me. Stop hitting her. He takes me. He holds me. Aggh, my hands. She's angry. She is angry with him, he interfered. My hands are sore. I hold on to him. I don't want her to take me. But she takes me. She tells me I shouldn't have been there. She takes me to my room. I change. I hate her. She always tries to take me away from other people who really care for me. She leaves me there. I'm just on my own. I am always on my own. She likes me being on my own."*



Repeated sexual abuse by her older brother and a friend

During a regression she goes to being a little girl on the farm, experiencing discomfort in her genital area. The therapist asks her where she is: *"When my brother sexually abused me when I was small. I am not good enough. It always used to happen on the farm. We go on the bikes, we ride our bikes."* When asked their ages, she mentions that she is about nine, maybe younger, and her brother is eleven. *"He says he wants to do something to me and stuff like that. He makes me take my clothes off, he has sex with me. I don't want to think about it, I'm his stupid little sister."* When prompted about the conclusions and decisions she made at the time, she says: *"I am worthless ... I am stupid ... I am not good enough."* The therapist encouraged her to express herself verbally toward the image of her brother in the process of attempting to dehypnotize her from her script: "I just want to kill you. What you did to me has affected my whole life," she says tearfully. *"I feel unworthy. I feel abused. I feel insignificant. As though it doesn't matter. What you did to me I don't really matter. I feel that you don't even care that you did it, you don't even think about it. It really affects me very much. It's the core of everything in my life. It sticks."* The therapist asks her what emotion she feels. "Anger," she responds. She is then encouraged to express the emotion of anger physically by using a hosepipe to hit a big cushion in the consulting room. During the hosework session, she exclaims, sobbing: *"I hate you! I hate you! I still hate you! You spent your life belittling me! And you belittled me in the worst possible way! And you treated me like I was stupid as well! I can't get rid of this! I hate you!"* Her conclusions and decisions are: *"I am worthless..."* and therefore I deserve ... *"to be abused. I deserve to always work, not enjoy myself. To do things not because I like them, because I'm doing my duty. To punish myself, to punish myself, to punish myself. Only by punishing myself, I feel good."*

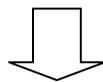
The therapist uses a Shamanic process where the Soul Fragment or soul part that split off is reunited by asking angelic helpers to cleanse it and return it and integrate it with the rest of the soul. It is thus a symbolic reintegration of the lost ego-state. Using inner child work, she is assisted in making new decisions: *"I am a worthy person. I deserve the best in life. I deserve to do things that I find fulfilling and enriching. I treat myself with care. I have an inner feeling of happiness, no matter what."*

The therapist asks her about the image provided in the therapy by the subconscious: *"I would see me and brother playing together. I see myself in gum trees, plantations. The vegetation is all very thick. We are standing there. My brother is trying to persuade me. Further than that I don't want to see anything. I intended keeping it a secret for the rest of my life."* When asked what she

concludes about herself, she says: "I am worthless". She continues: "He's telling me that he wants to 'do it'. He has an erection. He shows me. He tells me that he wants to do it with me. I don't want to. He persuades me. Pleads with me. I say okay. So he does that. **I feel like I haven't got the right to say anything. I am just nothing. I feel like I'm just there for him to operate on. That I'm just being used for his pleasure.** I suppose I also get some pleasure out of it, which makes it even worse. He always told me **I'm stupid.**" She makes whimpering sounds. I think once, I'm not sure ... he bought a friend over once. He makes me do it with a friend as well. I don't want to think about it. **That made me feel more worthless.** There is nothing else to feel. I didn't feel sadness or anger. **I didn't feel I had the right to.**" She continues whimpering. It didn't even cross my mind to tell my parents. It happened during the holidays every so often. He'd be nice to me. When I stopped him from doing me, he used to tie me up. Once he locked me in the shed with bees all day. He tied me up; he would leave me tied up." she says, crying.

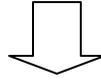
During another session she regresses back to being six-years-old. *"When my brother first had sexual relations with me. It just changed my life, **I always had guilt.** I had a fear somebody would find out. **I always had a feeling that I wasn't good enough. That feeling stopped me, it affected everything.**"* It appears that the sexual incidents with her brother and his friend played a pivotal role in the formation of her identity as not being good enough.

When prompted about the subconscious conclusions and decisions she made at the time: *"**I am worthless**"* "Therefore I deserve ..." the therapist prompts *"... **to be abused. I deserve to always work, not to enjoy myself. I do things not because I like them, but because I'm doing my duty. I punish myself. I punish myself. I punish myself. Only by punishing myself, do I feel good**"*.



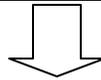
Boarding school

Due to their farm being very far from the closest school, she is forced to become a boarder at a boarding school, several hundred kilometres away from her parents and her beloved grandfather. As a five-year-old she is placed in school, with only her older sister there. This reinforces the Hypnotic Blueprint that her needs are not important, that she is not important. She is allowed home only during school holidays, and her days at school are filled with loneliness, isolation and feelings of abandonment and not being wanted.



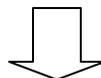
Grandfather dying

At boarding school, at a later age, JA relays during hypnosis: *"One day we came out of breakfast. We were called to the side by one of the nuns. She said she received a letter from my mom saying that my grandfather died. My sister and I huddled together and we sobbed. We cried for two days. Nobody comforted us. We just cried and cried. They buried him in the top of the garden. He was gone. I don't remember receiving any comfort apart from my sister. He died in his sleep. He just wasn't there anymore. He always tried to make our lives happy. He bought us two houses and he taught us to ride. He used to try and get us something. He used to go out of his way to make us happy. And he just wasn't there anymore. He was replaced by an angry mother."* They will not be fetched for the funeral, as it already happened. Her belief of being unimportant and disregarded is again confirmed by the indifference of her parents and the nuns. Her grandfather was the only person who stood up against her mother and attempted to protect her from her mother's rages.



Fear of happiness

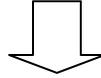
She mentioned that she came out of her shell in her fourth year of medical studies, and that she started doing reasonably well. *"I'm scared to be happy. If I'm happy, I'm scared something bad will happen."* she cries. *I'm scared to be too happy. I actually fear it. I have to guard against it. I'm scared something bad will happen to me if I'm too happy. I have to temper it. It's safer to be a bit unhappy. I coped like a mouse."* This belief that she will be punished if she is happy is confirmed by an incident where herself, her husband and her children went on holiday one year. She and her husband went for long walks in a nature reserve. At an isolated spot her husband asked her to take her clothes off, and they had sex in the bushes. After this, her son fell off the back of a bakkie. He had amnesia, and they were four hours from the nearest hospital. *"We were in a wild area. His one pupil was constricted and one dilated. Maybe I was punished. It was punishment to me for what we have been doing. I worry that something bad would happen if we do things like that."*
Bad things happen to you when you get too happy.



Fear of abandonment

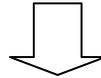
Her fear of abandonment manifests with her husband, J, my mother, the nuns at boarding school.

She mentions that she was abandoned when she was small. She was just left and was abandoned by my mother when she was little. J – he's abandoned me on frequent occasions. Even my father has abandoned me. My grandfather abandoned me – he died. The nuns abandoned me. They used to leave me in the dormitory all by my own. My sister abandoned me when I was young. All my good friends from university living overseas now. My grandfather dying. J having an affair. Learning that my mother abused me when I was a baby. My marriage has been a bit of a failure.



Unimportant because of gender

"I was the unimportant one. My sister was the eldest. My brother was a boy. My opinion was never considered. What opinion I had was never worth knowing. That's how I was treated. I opened myself for abuse, I felt unimportant." (Identity issue)



Husband's infidelity

"It feels like we are going to war. We were having peace for a few years, but now I am standing on a landmine. Things have been going real well. C still muscles her way in. A psychic said my marriage is bad, and told me to get out of it. She said 'You've been living in the shadow of your husband too long'. She told me he is womanizing. I confronted J and asked him if he had other affairs. At first he denied it. Then he started questioning me about the sexual thing with my brother, he asked me if I enjoyed it. Then he said there are things he needs to tell me about that I would probably want to divorce him. He mentioned that he went to whorehouses, the Ranch. He had sometimes two women at a time. Had sex with a woman at work in pub. Had sex with his secretary when I trusted him implicitly. She had marital problems."

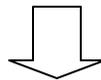
"C's parents live in () Road. I often walked past the house and it was as if almost evil pushing me to the other side of the road. He had sex with her in the mornings when he pretended to go on runs. We always had a good sex life. I feel so betrayed. He always wants blue movies to have sex. He will go to Playboy women on the internet. At parties he will just leave me and dance with other women. I have a victim personality. I just accept it. I asked him what it was about. He said he was a gawky nerdy adolescent. Chicks were not interested in him. As he climbed up the ladder, more and more people want to sleep with him."

"I think I've always known deep down. He says he has changed and he wants us to stay together. I don't even feel like carrying on. I feel like stopping it."

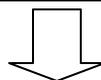
5.5 COMPETENCE STAGE

CASE STUDY 5.4a: CASE STUDY EB GRAPHIC LAYOUT OF SUMMARISED COMPETENCE CASE STUDY

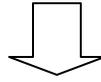
Re-enacted problem or present problem	EB consulted with the therapist. She mentions that she is the youngest person ever to make partner in an international consulting firm, has qualifications of CA and LLB, and got all her degrees cum laude. She was head girl of her school, got eight distinctions in her final year at school and has, through her life, been a top performer.
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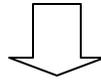
Initial Sensitising Event (ISE) or Critical Event	When she is four or five years of age (the stage of Competence) her sister is born. Her mother goes into a severe post-natal depression and her father, who up to that time had given her a lot of love and attention, has to care for a newborn baby and his ill wife. Inadvertently he has less time left for his five-year-old child. <i>"I always felt that my sister got away with things that I couldn't get away with. That took away my little girl status. My sister became that little girl. Always when we played I had to look after them. When I was three I was the little girl. It is as if I had to fight all the time to be that little girl, but I knew that I actually lost that battle."</i>
	As a little girl with a rag doll she walks into her mother's room. Her mother lies on the bed. There is something wrong with her mother. "I don't know what is wrong with her. I think she is going to die." Her mother attempted to commit suicide and she feels she has to rescue her mother. She has to be competent to do that. Her father is not there to help her, so she has to take responsibility for her mother's safety.



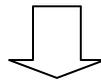
Subconscious Conclusion	She sees herself during a hypnotic session lying in a grave. Her hair is in plaits. She is a little girl. She says that she is at the funeral of the little girl. She can't be a little girl anymore.
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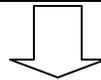
Subconscious Decision	She has to be a big girl now to help her father. To get her father's love she has to become competent.
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Imago Developmental Stage Stuckness	Competence
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Manifestation in Life Pattern or Symptom Intensifying Events	During our work she comes to the conclusion that with all the mountains that she climbs (symbolic of all the tasks she sets out to master), she is hoping for her father to be at the mountain to love her like he used to. Of course, he is not waiting for her on the mountain, so she just repeats the behaviour, which is to climb another bigger, higher mountain. To achieve more and more, but never getting the love she feels she is belittled too.
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Healing – Flow out of therapy	She resigns from her high-powered job and settles in a small town in another province where she takes life much easier.
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CASE STUDY 5.4b: ELABORATED VERSION OF THE COMPETENCE CASE STUDY EB

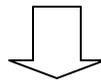
Presenting Problem

EB is a 31-year-old woman who has numerous degrees and is the youngest person ever to become a partner in a big international financial consultancy group in Africa. She is a high achiever. When asked about her history she says: *“My father is a preacher in one of the protestant churches. I grew up in a house with four children. **For me I see religion as equating to a series of rules that must be kept.** My father for me is the representation of God on earth. **My mother suffers from depression and always suffered from depression.** I am the oldest child. My mother rejected my second sister and my father compensated for this. I am my mother's chosen child. When I was in standard 7 or approximately 14 years of age my mother started suffering from very serious depression. My father replaced the love he felt for his wife with his daughters. I have a brother and*

a baby sister. I was married at the age of 22. My sister was married shortly thereafter. My parents separated when I was 28 and it was very devastating for me because they are very high-profile people. My sister and I blamed my father because he lied to us about another relationship he had. I dealt with the divorce settlement (being a lawyer among her degrees). During my 28th year my parents separated from one another, my boy was born and I changed careers from legal into corporate finance. My relationship with my dad and subsequently my relationship with God was never the same again. I have a good relationship with my father's new wife. It took me two years to forgive my father. In my childhood my sister was always better in my father's eyes. I worked very hard and pushed myself very hard. **I hoped to become head girl of my school but I didn't even make the student council.** It was a huge shock for me. The children voted. I had to be acceptable to my peers and obviously I wasn't. **I received eight distinctions in Grade 12** but the drive was not there anymore. **I became a partner at a big international consultancy firm. I am hugely, terribly successful.** I am responsible for sales. I think I enjoy my work."

The therapist asks her if she suffers from depression. She says "It might be." "What's the emotion you are feeling?" he asks.

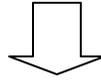
She says "I feel a feeling of disappointment. **I am so strong and so independent that nobody stands by me, nobody is there for me. As a child I believed that if I worked hard enough I would be better than my sister and that my father would like me better than what he likes her. My relationship with my mother is that of her being like a child and I am in the supporting role.** My brother is an alcoholic. I have a feeling of disappointment and disillusionment. The therapist asks her to go back to a recent situation that reminds her of this feeling of disappointment and disillusionment.



Affect Bridge: Relationship with Father

"I would like to speak to my father." She says. "I can't understand why you cannot understand the fact that I'm apart, that I'm separate from this thing. Why do you make it my responsibility?" she says crying. "It's not my fault that you married her. **I do my best. I don't know what you want me to do.** I cannot walk away from this thing. It feels as if you hate me. **It feels you'll only love me on your conditions.** When I said I'm sorry, the only thing you said is that I must see that it never happens again." She says, crying again. "I don't want to say anything more to you." Again

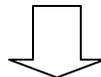
the therapist enquires what her emotions are. She says, *"I'm so disappointed. Our relationship is so artificial. I have to be cautious to remain on the inside line all the time."* The strength of the emotion of disappointment she says is a 9 on a 10-point scale. I use a process saying feel the emotion and allow it to deepen, making the emotion stronger with a hypnotic process called an Affect Bridge. The therapist directs her back towards the imaginary conversation with her father. *"You are so different with but you will never admit that. It's a waste of time to tell you about it. You always let me feel as **if I am reliable and dependable and conscientious**. S is cute and people like her. She is your little sun ray. Your relationship with me is like that of a minister of religion with one of his congregation members, but it's nice for you to be with S. I don't think that you want me to do the things that worry you and you manipulate me not to do those things. **I feel I must compensate all the time.** If I'm on your side, I'm not on mom's side."*



Her sister is popular, she decides to be better than her

The therapist regresses her back to a time even earlier than that. She says *"My sister, S, is so popular. She has so many little friends. Children love her. Children don't like me. S is very uncomplicated. S is a pleaser. Because my mother is ugly with her, S always reaches out to other people. She is a peacemaker, but that's not really the truth. S is a troublemaker. I am a peacemaker. The people at work also like S a lot and don't like me as much"*.

The therapist asks her *"**What decisions do you make?**"* After a pause she says *"**I will be better than her. I will show you [referring to her father] that I am better than her.**"* The therapist prompts her *"**So that ...**"* *"**he can love me. Not only that, but so that I can prove him wrong, that I can change his perception, his assumptions, but there are some things that I can never make better. I cannot make my relationship with people better, that will never change,**"* she says, sobbing.

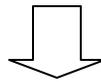


At work I make an effort to be supernatural

During another session we use a Neuro Linguistic Programming or NLP process called "timeline". During this process the client stands on an imaginary line in the consulting room. One side, which

they choose, becomes the future, behind them their past and where they are standing is their present. The therapist uses a process where he says, "Close your eyes and just describe what comes to you on that particular spot on your timeline."

The next place she steps back into is July 1995 "when I'm made manager at the consulting firm. The colour is one of being night, of being black. **I moved faster than my peer group.** Other managers felt very threatened by me. It reminded me of the movie called "Once We Were Warriors", that whole initiation process were repulsive. It made a person feel totally powerless". Take note of the level of dissociation. She is not talking about "I" or first person, but has put herself in a third-person place. "It makes a 'person' totally powerless." Competence or being able to illustrate one's power or mastery is the main commodity of the Competence stage. "My effort has to almost be supernatural. I had six individual interviews with managers. I had no respect for them. They misuse and abuse their positions of power. I had scars and marks on my arms because as I fight and battle with these things in my head, while I was jogging I fell. These marks were quite symbolic of what was happening in my life at that time. I felt hysterical. I felt alone. I felt this feeling in my throat," she tells the therapist.

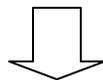


I lost my little-girl status

"In primary school I sang in the choir. I had a friend. No, it's actually not a friend. I wanted to be like her. Her name is E. She had the nicest clothes in the school. I had nicknames. They called me 'Goody-two-shoes'. In the Standard 2 year my father had our hair cut very short. I stood next to E singing. In Standard 2 I went to a new school." The therapist asks her: "What colour does this represent for you?" "The colour is one of a rhinoceros or elephant colour. It's a rough, black/grey colour, like mud." "What emotion did you experience?" he asks. She says, "One of being embarrassed, of being unco-ordinated, clumsy, unattractive, unpopular, isolated, rejected and isolated. In Standard 1 I had a little friend. Her name is R. She was a very good friend. I don't know if I ever had girlfriends. She was my only girlfriend. There I was a little girl. In Standard 2 I wasn't a little girl any longer. We sat next to each other at school. Weekends I went to her. They stayed on a farm. They had horses and we played cards." She started crying softly, almost inaudibly. "I think we had to move again in October that year and I never saw her again." She starts sobbing. The therapist supports her. "I never again really had a girlfriend. She was a little girl and I was a little girl. We were just the same. Nothing was different." The therapist asks her

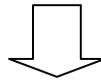
"What's the colour of that experience?" She says "It's gold and light and the emotion is one of heavenly happiness. At the new school the syllabuses were different. We moved there late in the year and my father insisted that we write exams. I got average marks for the first time in my life. Normally I got very high marks. I was totally alone in this school. During break I'd sit and eat apricots. The colour is one of mud black. When I was a little girl I lost something and then somebody gave it back to me and I lost it again. With my little friend, R, I was just another child but I've lost my little-girl status before. Where we stayed before I was either Grade 1 or Grade 2, my brother and I ride on our bicycles. He is three years younger than me. The reason why I like riding a bicycle with my brother is that my sister is very clumsy. It's mine and my brother's time. We are always two against one. We ride away from my sister. She smiles. It's ironic. My sister is clumsy and she cannot ride a bicycle. Then I was also a little girl. The colour is one of being free, of being open, of being limitless. The colours of the landscape, open." "The emotions that you felt?" She says, "Emotions of freedom, of carelessness, of being a child".

The therapist asks her to go back to another time. She moves back to being three years of age. She says, "Three is a wonderful age. There is something here. The colour is very colourful. The emotion is one of being very excited. It's nearly as if I'm having a birthday. I'm three years old. I'm my mother's little girl. I know that I'm a little girl. My father helped me to learn to ride a bicycle. We're at our new house. I have two little wheels on the sides of the bicycle. He runs next to me. I knew I wouldn't fall. First he took the one wheel off. **But already there are times I'm not a little girl anymore. My little brother and sister are also there. When they are there, I'm not a little girl anymore. I must look after them.** My sister was a crow. She stole very valuable things, like my personal ring. It was very valuable for me. I found her crow place. She wasn't punished for it. I always felt that my sister got away with things that I couldn't get away with. **That took away my little-girl status. My sister became that little girl. Always when we played I had to look after them. When I was three I was the little girl. It is as if I had to fight all the time to be that little girl, but I knew that I actually lost that battle.** I felt a clumsy feeling. My sister was built like a grasshopper. She was extremely thin. Thin enough that I was fat in comparison. I was cross with her. I was not so much cross with her as cross with my father. I was sad. I felt a feeling of loss. Something that's been taken away from me that I will never get back again. It is like that until today." "How strong is that emotion of loss?" She says, "10 out of 10. It's a feeling of loss. It's a gradual process. It's a gradual invasion of everything that I had, until she's taken everything that I had. It's a symbolic invasion. It's the evil. I don't share the same feelings regarding my brother."



I could have died – Conflicting Ego-States

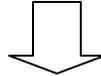
During a Holotropic Breathwork session, EB mentions, crying, that she has an overwhelming desire to die. *"A black tunnel that draws me in. It's terribly unpleasant. It's not nice. I feel nauseous. It feels as if I am filled with something evil. I am angry with myself because I am here. If I died, I would not have been here. It is a choice. The desire to die was good, it was right. It was the easy way out. I am sad because I am not going to choose death. I don't know where I am. The choice I have made is that I am here. As if this was decided on before. This struggle. I am sure my one side is dead"*. She indicates her left side. Referring to her right side, she says: *"I don't know if there is life here. It is stuff that I decided on before"*. The therapist asks about the decision. *"When I was in the tunnel, I could have died. It would not have taken any willpower whatsoever. Death would have been a natural process. Downstream. Life is upstream. The one is easy, the one is difficult. When I sleep, I have something of the side ... This side that wants to die. I am afraid of that side. It is such a powerful side. It is a side of me."* **This quotation represents an accurate example of opposing ego-states, one ego-state that would like to "give up and die", versus the other that says "I have to achieve at all costs, I have to be competent, I have to struggle."** As the idea of giving up and dying is so fearful to her, she banishes this part into the outskirts of her subconscious mind. In the therapeutic process the goal would be to integrate to two opposing parts into a co-operative unit.



The little girl in the grave

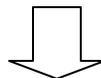
She continues: *"I go up. I look down on things. There is a plantation. I walk in the plantation. I don't know where I am going. I just walk ... but there is something ... I don't know what it is ... it's something that makes me scared. I walk on. It is a grave. The grave is open. There is a coffin. There is a person in the coffin. The coffin is not in the grave yet. I wonder who is in the coffin. It is me who is in the coffin. My hair is in two long plaits, I know how old I am. I am Grade three or four. It is the same time that I lost my friend."* This is the moment that her little-girl self dies, that part of her that could be a carefree child, and she makes a conclusion that I cannot be a little girl anymore, backed by a decision that, for her to be loved by her family, she has to compete for her father's love against her sister. So she becomes what she subconsciously believes will attain her father's love, namely a super-competent child and adult who, by her own admission, becomes **"addicted to achievement."**

After the session she told the psychologist: *"I think this wish to be dead dates from before my birth. It is something that was there before the rest. The death feeling is as heavy as a mountain; it's so heavy that I would rather be dead."* The researcher is interested in her reference to this feeling of wanting to be dead being there from before, and therefore he questions the accuracy of the concept of wanting to pinpoint the origin of an incident, as he believes that sometimes there is no beginning, it just is.



Running away from failure

Two weeks later we have another session. She discussed the pressures of work and the therapist asks her, *"By working as hard as you do, what are you running away from?"* She thinks a bit and then says, *"I am running away from failure. I have a huge, terrible sense of personal responsibility. I have done enough in my 32 years of life to retire, but I cannot become a stay-at-home wife. I will not get out of bed in the mornings."* This proves to be very substantial because later on in our later sessions I came deeply under the impression that that's what her mother did every day, that her mother was so depressed that she wouldn't get out of bed and by keeping as a high activity level, like a **hamster on the hamster wheel**, she fought off the depression. That was her strategy not to become like her mother.



Mother's suicide attempt

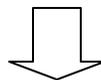
The therapist decided to work with the emotion of being scared, of being anxious. She says the emotion is one of fear, the location is her heart, the intensity of the emotion is 7 or 8 on a 10-point scale. The therapist asked her to describe it. She said, *"It's like something that wells up in my being that's going to engulf / overpower me like a hot liquid. I'm trying to flee away. I'm trying to suppress it."* The therapist uses an Affect Bridge. She describes a feeling of moving round and round. *"It's an interaction between an emotion and a twister. I feel nauseous. It's a feeling that wells up in me, something that's going to swallow me. It's going to overpower me, something that you must suppress. It feels as though I'm now under. I am fearful. Something must open, like a door or a curtain."* The therapist utilises this symbolic escape that she's giving me and says, *"Pull the curtain out of the way."* She says *"I'm too scared. I'm still too scared. Something tells me that perhaps there is a curtain behind the curtain. Perhaps there is another curtain."* The therapist

insists, "Pull all the curtains out of the way." "OK," she responds, "I'm going in now. I'm not scared anymore. I know there is something but I must do this. I must see it. It feels like I'm on a swing. I see nothing. I am small. I am very small. I'm two or three years old. I'm barefoot. It feels as if I'm going down a tunnel again. I'm being swallowed in the process. There is not a curtain. It is merely a part of the process of being swallowed. I get to the bottom. I feel a feeling of terrific fear. It's a physical fear, as if when you're watching a thriller movie and they have that music that enhances the feeling. I'm just a little girl on a swing but there's a feeling of evil all around me that surrounds me. The word "please" comes up. She's asking something please. Something that must stop but I don't know what it is." **The therapist asks her who she is asking please. She ignores the question, responding by saying** "Now it feels as if I've got to go further down. I go further down. I'm under the sea or under the sand or under the ground. I see a house under the ground with a red carpet with corridors like tunnels. I've dreamt about this before. I can choose. I can choose to stand still or to move. I go down with little cement steps. When I was still very small I dreamt this dream." "What is under the stairs?" The therapist asks her. "It's a basement or something." The therapist asks her, "Are you inside?" She says, "I'm experiencing the same feeling of fear and being terrified as before. I now open the door. It's very dark. It's that feeling of evil. I just want to turn around and run away but I'm standing still now. There are spiders' webs. It's a doll. It's a rag doll with yellow pigtails. I'm going to pick her up now. I'm so scared. I pick her up now. I must get her out of here. I have her in my arms now. The room is not dark anymore. I go up the stairs. I can see everything lying there. It's just a normal basement. I move up the stairs. It's very weird. I'm not scared anymore. She is now by the passage with the red carpet. OK, I'm going to take her along to the swing. I'm now totally confused. The fear was so intense, now it's totally gone. It's like an anti-climax." Then she mentions she is back at the swing outside and she's feeling peaceful. The therapist asks her when she asked "Please stop" who she was talking to, what was happening. She says, "When you said that you took the feeling of calmness and safety away because I, the little girl, the doll helped me. I went through so much hassle to go and fetch the doll. You now took away all the power of the doll. She says that she is not allowed to tell you. I don't think she knows what."

The therapist now uses a process where he asks the adult EB who's in the consulting room to go back to that child, to go and stand by her at the swings and to talk to her, to tell her that she is adult today, that she's safe, that she's a mature woman who is very successful, to tell her that she is there for her. She does this and then she says "She takes me back to her home in (M). She says I must forget how I can remember. She will show me. It's inside the house, not outside. We're in

*the kitchen. We move past the bathroom. It's something somewhere in one of the rooms. It's in one of the rooms," she repeats herself. "We are now standing in the passage. We must go in somewhere. All the doors are open. She goes into a room. There is a window. It's an open room. There is a lot of light and ventilation. My mother lies on the bed. She frowns, looking quite perplexed. There must be something wrong with her. Her face is all contorted, is being pulled funny. I look at it. What is wrong with her? What is wrong with her?" she repeats." EB reaches out and takes the hand of the therapist in anticipation of what she is going to discover. "There is something wrong with her. I don't know what is wrong with her. **I think she's going to die.**" And she pauses for a long time. "She looks totally contorted. I just stand there and look at her. I think that's what the small little girl is seeing. She lies on the bed in my room. She's all drawn in a foetal position. Her face is contorted. I'm not scared anymore. It's OK. The little girl has a feeling of total shock. She came in from the outside. My mother lay there. She couldn't understand what she was seeing. She just stood there and stood there and looked. Nearly like when you see something dying, like contortions, like somebody fitting. I just stood there. But she sees me. She knows about me. I'm there all by myself. My father is not there. Why is she lying on my bed? One part of me wants to go closer to her. The other part is too scared to go closer. It is like a dream. It is totally unreal. I am caught in a moment of motionlessness."*

Afterwards, in our discussion of this hypnotic moment which she has full memory of, she says, *"It's weird. It was like a movie. My mother obviously tried to commit suicide as she was very depressed. We moved away from (M) when I was three years old. Just before we moved I started screaming at night again. My mother had tried to commit suicide just before my brother was born. He was born just before we moved away from (M). I am feeling a moment of total astonishment."*



Client's subconscious conclusions and decisions

During the critical incidents of:

- Her mother developing post-natal depression after the birth of her younger sister, it felt to EB as if her mother withdrew her love from her.
- Her father had to compensate for his wife's debilitating illness by taking care of his wife and the newborn baby, doing feeds, nappy changes and caring for the baby. In the process he focused on these duties to the extent where EB felt she lost her father's love.

- She made a subconscious decision to **bury the little girl, and become a big girl**. This is a powerful metaphor to describe what we do to parts of ourselves that we believe are not acceptable to our parents.
- She despises her little sister, and is envious that she gets more love and attention than EB. What makes matters worse is that her sister is highly-intelligent, talented, competent and better at getting people to like her, so EB has to work extremely hard to compete. She is not allowed to verbalise that “unbridled anger”, or ever entertain that part of herself, so she decides, ***“I must hide her very well, because if I show my true feelings, I will obviously be the bad one.” “I must thus pretend to love my sister to keep my father’s love.”*** She creates a false self, and again, banishes another part into the darkness or outer regions of subconscious repression.
- ***“To win the love of my dad back, I have to be better than my sister.”*** She thus sets herself up for a life of competing with her sister, and later with life, to regain the love of her father.
- She feels that ***it was an unfair trade, “I exchanged my father’s love and care to having to care for my depressed mother.”***
- **The competition gets transferred to life. She has a compulsion to become the best at everything she does. She achieves her degrees with distinction, she becomes the youngest partner in an international consulting firm, re-enacting her need to compete for her father’s love. Her Hypnotic Blueprint manifests in her life in a pattern of being “addicted to achievement”.**

During one of the last therapeutic sessions, EB mentions she climbs higher and higher mountains, with the hope that her father will be on the top of the mountain, waiting for her, acknowledging her accomplishment, and loving her. But, every time when she reaches the top of the mountain, she is disappointed. Her father is not there. The repetition compulsion is activated and she just climbs a symbolically higher mountain because this time he might just be there. But he never is.

Although the aim of the study is not to measure the success or efficacy of the De-hypnotising process, the therapist need to mention that EB resigned her high-powered profession a few months after completion of therapy, and moved to a small countryside town, where she is going to take it easy and look after the needs of her children.

5.6 THE PRESENCE OF ALL DEVELOPMENTAL URGES IN EVERY PERSON AND ITS INHERENT COMPLEXITY

5.6.1 INTRODUCTION

In this case study of a man in his thirties with the presenting problems of being in a family business where the relationships are very difficult, having a phobia for hospitals, and concern about mentally confusing his wife with his mother during sexual intercourse, and feeling guilty while having sexual intercourse with his wife, as he feels that his wife symbolically represents his mother for him. This case will be deliberated on very briefly, just to point out the main developmental stage overlaps.

5.6.2 THE INTERPLAY BETWEEN THE DEVELOPMENTAL URGES

CASE STUDY 5.5: CASE STUDY CV ILLUSTRATING THE INTERPLAY BETWEEN THE DEVELOPMENTAL URGES

<p><i>I am probably about six months old. My mom throws the baby in the air. She is protecting me. I feel this is my whole life. My protection factor. Without her I wouldn't be alive. My father walks into the house. There is a sense of coldness, probably towards my mother. It is affecting me as a baby. He was not as affectionate to me as my mother. He would not pick me up and hug me. Almost like: 'Hallo, how is the kid.' My dad looked very stressed. Either with work problems or with money issues. When I look at him, I almost tighten up to my mother. She is my only hope, my only protection. My heart is beating.</i></p>	<p>Attachment, without her I would not be alive. His father represents the opposite, and he feels distanced (the opposite of attached) from his father.</p>
<p><i>There now is a scene with me and my grandmother, my mom is not there. I feel lost. Fear. I am starting to drift. My mom comes back home. (His mother was hospitalised for two months). I am hugging my gran, thinking 'Why have you deserted me'. She is trying</i></p>	<p>Words like lost, deserted, uninterested refers to the attachment stage, and his decision is to punish his mother for the abandonment that he experienced.</p>

<p><i>to get my affection back. I am almost not interested. My mom starts crying. I am almost happy my mom is feeling that way. Now I know the reason for her absence, its medical reasons.</i></p>	
<p><i>I am at another incident. My mom spills ... I ran in to her ... she had boiling water. She spills it over my left leg. I am running around the house screaming in pain. I am thinking, 'How could you have done that to me'. Now we are in the hospital, doctors wheeling me into the trauma area. They won't let my mom in. I am thinking, 'After what you have done to me, now you are not even there for me.' The one doctor says to me, 'If you don't keep quiet, you will never see your mom again' (Attachment). (Patient is tearful). I feel like my world is over, finished. I feel empty inside. I don't know what to do. I am stripped from my parents. All these doctors with masks. I felt I was going to die. The doctors are rude. They are trying to keep me quiet. I am going wild, I've got hatred. I feel abandoned, fear, hatred toward these doctors. I feel like I'm trapped. In jail. I am trapped (Exploration). My mother is in tears as well. When I turn back on my bed while they were wheeling me in, she was crying. If she is crying, I must really be ill (Identity). There must be something horribly wrong with me.</i></p>	
<p><i>The scene has swapped to when I lost my legs in war days. (A past life he visited during an earlier session). I also got wheeled in. My wife is saying don't let them cut that off. She just</i></p>	<p>Inability to do anything about the situation, powerless, refers to the urge for competence. His identity as a man is compromised by the amputation in a previous life.</p>

<p>stood there, I could not do anything (Competence). Also the same with the doctors in the war scene. We have to cut it. We have to cut it. I was the man, until they sedated me. I woke up without a leg. I can hardly feel my leg (Identity).</p>	
<p>The scene swapped. I am four years old. I am feeling very insecure. She is warning me not to get hurt. 'If you need anything, call me'. She is making me feel insecure. I would like to be like the other kids. I am scared to do anything. (Exploration)</p>	<p>Exploration, as he desires to be with other children.</p>
<p>Then, when I was in standard 5, my mom fell pregnant with my younger brother. I felt abandoned. All the focus was on the new baby. She was pregnant. She came later to pick me up from school. I felt like I was abandoned (Attachment). What is coming to mind ... that is why my relationship with my brother, I wouldn't say it's not close; there has always been some distance. It's making it more clear why. In high school we used to walk home from school. Walking home I was worried: 'Are my parents going to be there or have they packed up and left?' It was a fear of abandonment. Have they rejected me? I didn't want to go to school. I was worried if I got home, they might have packed up and left.</p>	<p>Feelings of abandonment refer to the Attachment stage.</p>
<p>I am feeling anxious. I have a lump in my throat. I am feeling the fear. It's taking me back to where I was born. The doctors are taking me away from my mom. My mom was</p>	

<p><i>trying to hold me and they took me away from her. She was crying. Reaching out. The doctor walked away. I felt 'That was it. I will never see my mom again!' I am in absolute panic. (The therapist prompts him for his decision: "and therefore I decide to...) Never leave my mom's sight. She must always be around me visibly. I need to be with her physically. Her being at home and me being at school was not good enough. (The therapist asked him how long was he away from his mother?) I was in the incubator for three weeks. When mom was away from me she had a clot, I was living with my grandmother. I thought she had abandoned me. I never felt that for my father. He was always a bit distant."</i></p>	<p>This decision is one taken from the position of a child in the exploration stage, as he is scared to leave his mother's side or explore.</p>
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In the above the researcher attempts to illustrate that each person will have unmet urges in each of the developmental stages. It is therefore often complicated to determine which stage is the main stage in which the person is stuck. How that is determined is by the permanence of that stage. The other urges will heal and not resurface consistently in therapy, while the semi-permanent or main stuck stage will repeat itself and, in spite of intensive psychotherapeutic input, remain tenacious and resilient. As it is semi-permanent, however, it can move, but only with a very determined and concerted effort of the person to become aware and conscious in all aspects of his life.

5.7 CONCLUSION

We have arrived at the close of this chapter. In this chapter the researcher used four case studies, following the life-history approach, to illustrate how the patients created subconscious conclusions and decisions, which they then subconsciously re-enacted in their lives within the structure of the incomplete Imago developmental stages. This brought them into therapy because they got to a point where they asked themselves: *"How did my life get into such a mess?"* The researcher points

out that they created that *"mess"* themselves, at a subconscious conclusion and decision level, and only by becoming conscious through the process of de-hypnotising do they (and us) stand a chance to live a full and satisfying, sacred life. It is our birthright, as we are children of God. The four case studies illustrated the four Imago Developmental Stages where the person got arrested, replaying the characteristic themes of each of those stages, namely Attachment, Exploration, Identity and Competence. The fifth case study was used to indicate how complicated it can be to identify in which stage the person is semi-permanently stuck, as he could represent characteristics of each of these stages. The core theme of that stage can be identified easily which, considered together with the Hypnotic Blueprint, forms the foundation of the Creation and Manifestation of Reality-theory.

In the final chapter, Chapter 6, the conclusions that the researcher comes to at the end of the study are presented, as well as the recommendations for further research.