

## CHAPTER 6: CONCLUSIONS AND RECOMMENDATIONS OF THE STUDY

### 6.1 INTRODUCTION

The first chapter of this study deals the process of becoming aware of the problem and the motivation for the study. During his training in specifically Heart-Centred Hypnotherapy, the researcher underwent hypnosis and during the hypnotic process, re-experienced his birth process, and was confronted with the impact of the subconscious conclusions and decisions he made during his birth, and even more astounded at how those decisions manifested in his life. He experienced a dramatic elimination of the dysfunction/symptom/trance phenomenon causing dysfunction in this life, namely inappropriate anger. Later he became acquainted with the Imago relationship therapy, where he was introduced to the Imago Developmental stages. The developmental stages indicate that we are arrested at a stage and repeat the same developmental urges that we were thwarted at, not only with our life partners, as suggested by Hendrix, but in every aspect of our lives. The researcher thus added his own experience, the Heart-Centred Hypnotherapy and Imago Relationship therapy, into a transpersonal model, termed the Creation and Manifestation of Reality-theory. The chapter furthermore describes the aims of the study and provides a clarification of concepts.

Chapter 2 sets out to consider the nature of reality within the auspices of Quantum physics and the Holographic model, that proposes, similarly to the researcher, that reality is not a fixed and unalterable constant outside of oneself, but that we are active creators of our reality. The researcher continues to build his theory as such: **During times of trauma or critical incidents the person will make subconscious conclusions and decisions, resulting in the formation of a life script or Hypnotic Blueprint and, in later life, that blueprint will become manifest through the re-enactment of these patterns in life, and the creation of situations to maintain and reinforce this subconscious life script. Also, during defining moments, opposing ego states are formed like "I am bad", which always competes and sabotages the opposite ego-state of "I am good."**

In Chapter 3, the Creation and Manifestation of Reality-theory is augmented by the addition of the Imago Developmental stages. Although there are about seven stages, only four are used for the study, due to two factors, namely space limitations and the fact that the therapist encountered none of the later stages in his substantial private practice caseload. The stages described in this chapter

are **Attachment, Exploration, Identity** and **Competence**. It is also illuminated how the developmental stage arrestation will reverberate throughout the patient's life on many levels in a fruitless attempt to satisfy the unmet needs from childhood.

Chapter 4 outlines the research design and methods applied in this study. The methods utilised to collect data, the demarcation and the procedures and techniques followed during this study are explained in this chapter, including the two research methodologies interacting with one another to form a dynamic co-operation, namely the theory or model-building method and the life-history method.

The case studies selected to illustrate the Creation and Manifestation of Reality-theory within the semi-permanent Imago Developmental stages of Attachment, Exploration, Identity and Competence are presented in Chapter 5. The prevailing impact of these stages is illuminated in different spheres of the patients' lives, including their past lives, relationships with their work, bosses, and spouses - fundamentally in all aspects of their lives.

In this chapter, the results of the research are considered. After all this, the question can justifiably be posed: "What has been achieved?" The findings, conclusions and recommendations of this study will be outlined in Chapter 6. In this study the implications for psychology are considered, the contributions of the Creation and Manifestation-theory are contemplated, and the shortcomings of this study are reflected upon.

## **6.2 CONCLUSIONS FROM THE LITERATURE STUDY**

### **6.2.1 CREATION AND MANIFESTATION OF REALITY**

In the literature, a number of models attempt to explain the construction or creation of reality, including constructionism and social constructionism. Neither of these theories availed themselves fully to the concept the researcher attempted to gain an understanding of. Explorations in literature brought him to quantum physics and the Holographic theory, which came closest to his requirements to explain the concept that we create our reality through the re-enactment of the Hypnotic Blueprint. The original trauma, or Initial Sensitising event, as perceived by the patient, is called the Defining moment or Pivotal moment. At this time the person formulates subconscious conclusions and decisions which form the Hypnotic Blueprint, or Trance Phenomena, or abiding

belief systems. What happened to us will thus be recreated in our psyche and we will re-attract the people and the circumstances to make that reality come true.

Numerous models in the literature attempted to explain how reality is created by the individual, including Heart-centred Hypnotherapy, Ego-state therapy, Ericksonian Hypnosis and Imago Relationship therapy, which all appeared either inadequate or incomplete, with not a single theory holding the ultimate answer, according to the researcher. He thus attempted to combine certain elements of the different therapeutic approaches to formulate the Creation and Manifestation of Reality-theory. This theory not only explains the formation of reality and subsequent attraction of people and circumstances that would create the ideal environment in which to replay the original unmet childhood needs, but also provides a therapeutic approach towards healing the dysfunctional reality through de-hypnotising it and replacing it with a new, conscious and functional life blueprint. This blueprint would no longer be hypnotic, as it has been made conscious through the process of de-hypnotising.

From Ego-state therapy, the Creation and Manifestation-theory obtained the concept of internal personality parts or segments, referred to as ego-states. These ego states have come into existence to provide adjustment to a situation, and for survival of the individual. Ego-states can be described as a cluster or structured system of adaptations within the psyche. These clusters are split by the degree of dissociation or repression of the material, ranging from mild dissociation or self-hypnotic repression to severe dissociation resulting in impermeable and rigid boundaries. The ego-state is created during times of perceived crisis and, as such, encapsulates emotions such as pain, anger and fear. Fourie (2003:185) points out that these ego-states function as separate entities within the larger personality, and will often stand in direct opposition to other ego-states. The opposition between ego-states thus results in energy being caught in an impasse, or cold war. Once de-hypnotised, the original subconscious conclusions and decisions which formed the basis of existence of the ego-state, in other words, the ego-state's function, or reason for being is eradicated. For instance, the ego-state perceived its function as that of self-destruction, because of feeling *it is bad* resulting from early sexual abuse. It will be opposed by parts that want to nurture and support the person. Once the original abuse and subsequent hypnotic blueprint is de-hypnotised and dissolved, the ego-state's reason for being is eliminated, thus liberating the energies that was in an earlier impasse. The goal of ego-state work is the disarming of destructive forces within the individual, and then to facilitate healthy ego-integration within the personality,

resulting in improved internal communication between ego-states, and more permeable boundaries between them, as well as better co-operation (Fourie, 2003:185).

Medical Hypno-analysis added the contribution of the origin and development of the presenting symptom through the so-called triple allergenic theory. It provided the structure of the Initial Sensitising event, the Symptom-producing event and the Symptom-intensifying event. The researcher used this in his theory as the Life-defining moment, and he added the Hypnotic Blueprint reinforcing moment, and uses the symptom-producing and -reinforcing events. He added the components of gating and repression, suggested by Janov (2000:247-249; 1993:30-33). All said, the researcher is unsure if there really is an absolute location of the defining moment, as the same symbolic event, let's say abandonment, is found in past life, the womb, the choice of life lesson, birth and early childhood. Is there really an absolute beginning point or is the need for an origin just the idiosyncrasy of humans to feel a sense of control over their environment and the happenings in their lives? Although the origin of the problem or ego-state might only be symbolic, it serves the purpose of an easy explanation to patients of the theory. This reality might actually not be accurate.

Heart-Centred Hypnotherapy, together with Imago relationship theory, were major contributors to the Creation and Manifestation of Reality-theory. Heart-Centred Hypnotherapy provided the first experience to the researcher, both cognitively and experientially, of the value of determining the subconscious conclusions and decisions in the therapeutic process. Zimberoff provided a major body of research used in the study. Wolinsky, an Ericksonian therapist, designed a process called Quantum Psychology, referring to the influence of the Trance Phenomena, or Hypnotic Blueprint, serving as an invaluable contribution to this research study.

Thesenga's (1994) book, *The undefended self*, provides a highly-usable literature study on the concepts the researcher wanted to explain, among others discussing the compulsion to recreate childhood hurts, touching on the transpersonal selves, looking at the mask and what she refers to as the image, which the researcher calls the hypnotic blueprint, as does Janov (1993 and 2000), referring to the valuable research he did with Primary Scream Therapy.

## **6.2.2 IMAGO DEVELOPMENTAL STAGES**

The first four Imago Developmental Stages, namely Attachment, Exploration, Identity and Concern, were added to the Creation and Manifestation of Reality-theory. These stages provided the

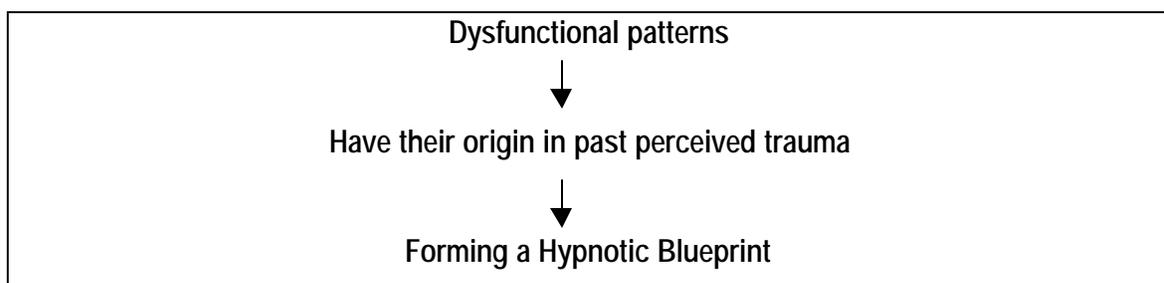
researcher with a body of work that strengthened the theory considerably, and added the semi-permanent structure of the personality in which the developmental needs that were unmet during childhood will be repeated in life. The thesis thus provides evidence that the Creation and Manifestation of Reality-theory provides an accurate description or explanation of why people repeat dysfunctional patterns, namely that they create their own dysfunctional realities which they replay.

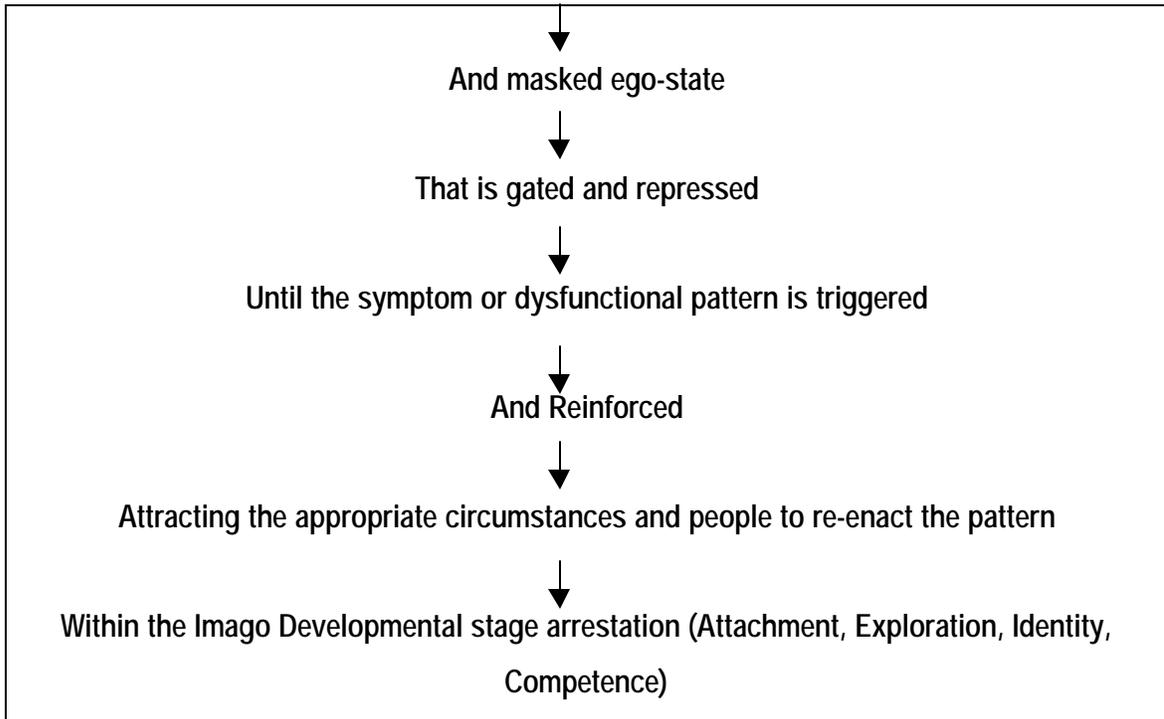
It is important to point out this study was not conducted to prove the efficacy of the theory as a therapeutic intervention. What the study sets out to achieve is to provide an explanation of why people get stuck in unhealthy lives and relationships, and unhappy dysfunctional patterns, and attempting to explain it. The therapeutic success or efficiency of the theory, which happens to be excellent, is not covered as part of the scope of the study due to space limitations.

### 6.3 FINDINGS EMANATING FROM THE STUDY

The aim of this study was to use the life-history methodology and the theory or model-building study in dynamic interplay with one another to arrive at the Creation and Manifestation of Reality-theory. The researcher first became aware of how dysfunctional patterns re-enacted themselves symbolically or directly in his own life, thus in a way an autobiographical life study. When he achieved dynamic healing in his own life, he decided to use this approach with his patients, with startling results. The work with his patients clarified the concepts in his theory and the feedback from the work helped strengthen the theory-building process, and the stronger the theory became, the more accurately it started to explain the life path of patients according to their Hypnotic Blueprint. Numerous case studies were used to explain different aspects of the Creation and Manifestation of Reality-theory, in the literature study on the Creation of Reality and the blocked Imago developmental urges. The findings are that:

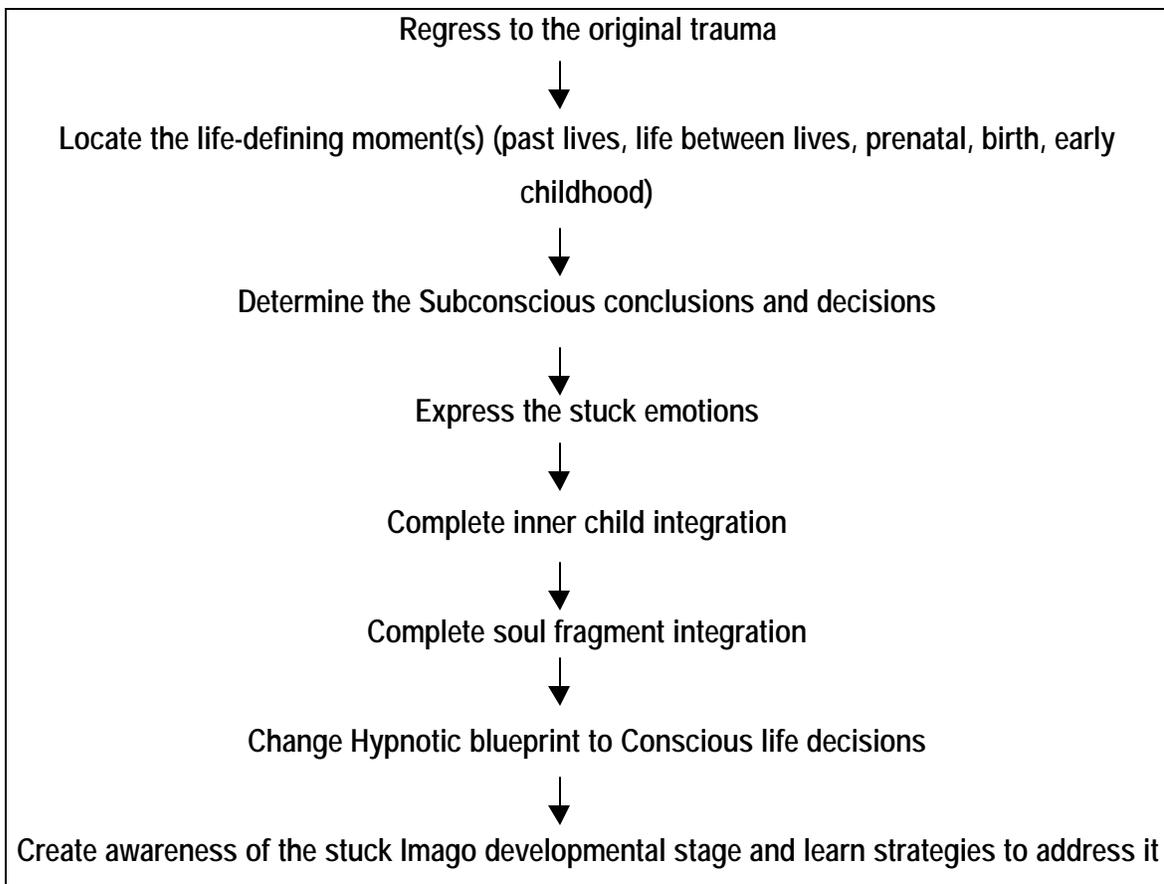
**FIGURE 6.1: GRAPHICAL REPRESENTATION OF THE FINDINGS EMANATING FROM THE STUDY**





The Process of De-hypnotising will attempt to:

FIGURE 6.2: GRAPHICAL REPRESENTATION OF THE PROCESS OF DE-HYPNOTISING



## 6.4 CONTRIBUTIONS MADE BY THE STUDY

In psychology, training needs to be provided to assist psychologists to access the subconscious, and specifically the subconscious conclusions and decisions forming the Hypnotic life script, as it holds the key to dramatic and permanent transformation of the individual. The Creation and Manifestation of Reality-theory provides the clinician with a powerful modality of understanding human dysfunction and is an easy reference guide/map to explain to the patient that the problem is occurring in his life is happening because he created that pattern in the first place. The theory is thus a very empowering approach, and removes the victim status from the person. Unfortunately, on the flip side of the coin, the person in this theory has to take complete responsibility for the results they create in their lives, and they cannot blame external factors and people for their misfortunes. They cause it all. We hold final responsibility for what happens in our lives, and the solution to misfortune, according to the Gnostics, is to know oneself, and to get to know the God-power, the creator, within oneself. This is an extremely powerful paradigm shift in psychology that needs to be considered in depth.

The other contribution made by this study is the concept that although we are creators of our reality, that when we create our original reality, at that traumatic and highly emotive moment, we are often in a place where we lack the necessary consciousness, awareness or ego-strength to make a functional decision. We also create opposing ego-states which need to be made conscious for them to stop influencing us. The concept of the ego-state is that if a patient says, during a time of trauma, *"I am strong"*, he creates a disequilibrium because he will deny and repress his *"weak or less-than-strong"* self in the process. He is thus unbalanced, and the weak self will attract situations in which it could be experienced. Until it is made conscious, and can be brought into balance, the disequilibrium will continue and re-enact itself in his life. Having the one aspect of self implies denying the other, its opposite.

The Creation and Manifestation of Reality-theory proposes the use of de-hypnotising rather than hypnosis, as it suggests that patients consulting with psychologists are already in a trance state that maintains their symptomatology. The current trance state could then be utilised, and in most cases, the need for a hypnotic induction is subsequently eliminated.

### 6.4.1 LIMITATIONS OF THE STUDY

During an evaluation of the study, definite limitations were identified, specifically the following:

- Firstly, though four case studies have been selected from a much larger sample of case studies to explain the impact of the unmet needs in the Imago stuck developmental stages, as well as other short case vignettes used during the study to illustrate the concept being elucidated, the test sample is limited due to the fact that an in-depth analysis of the four case studies of Imago unmet needs cases (Attachment, Exploration, Identity and Concern) and the resulting scale of the study. Numerous other case studies could, however, be used that will confirm the findings, but due to space limitation it was not possible.
- In the second instance, although reference is made to the process of healing, specifically De-hypnotising, the aim of the study is not to provide an evaluation of the effectiveness and success of the intervention, but rather the accuracy of the Creation and Manifestation of Reality-theory in explaining human dysfunction. In all four the major studies successful transformation has been achieved, but it is not the goal of the study.
- Thirdly, the fact that no cases were available for the other Imago Developmental stages, particularly the Concern, Intimacy and Responsibility stages (stages 5, 6 and 7) were consequently not included in this thesis, can certainly be regarded as a limitation of this study. The other problem is that the scope of the study has to be contained; otherwise the thesis will be too large, cumbersome and unmanageable.
- In the fourth instance, the researcher has dual roles, namely that of therapist or clinical psychologist, and researcher. Biklen (1992:42-52) states that qualitative researchers have grappled with charges that it is too easy for the prejudices and attitudes of the researcher to bias the data. A particular concern in about subjectivity arises where the data must be processed by the researcher's mind before it is put on paper. A valid question is: *"Does the observer record only what he or she wants to see rather than what is actually there?"* What qualitative researchers attempt to do, in defence of this claim, is to objectively study the subjective states of their subject in this case, their reality. The researcher will also bias the quality of the information through his reality. The qualitative researcher should guard against his own biases by recording detailed field notes that include reflections on his own subjectivity, as discussed in Chapter 5. All researchers are affected by observers' bias because it represents their reality from which they cannot escape. The qualitative researcher attempted to acknowledge and consider his individual biases as a method of dealing with them.
- Lastly, the researcher's primary goal is to add knowledge, not to pass judgment of an individual's subconscious blueprint and subsequent maladjustment, even if it is potentially

reprehensible as paedophilia or murder. The researcher concurs with Biklen's (1992:42-52) statement: *"The worth of a study is the degree to which it generates theory, description, or understanding"*. For the study to place blame on someone for a particular state of affairs, or to label a particular school as "good" or "bad", or to present a prejudicial analysis, can brand a study as superficial. By engaging in his own Creation and Manifestation of Reality-therapy and becoming more conscious, the therapist will be less predisposed to word bias and judgement.

## 6.5 RECOMMENDATIONS FOR FURTHER STUDY

The following recommendations and proposals are made for further research into the findings obtained in this study:

- That further studies be conducted with the Creation and Manifestation of Reality-theory, including the Imago developmental stages left out during this study, specifically Stage 5 (Concern), Stage 6 (Intimacy), and Stage 7 (Responsibility), as this will strengthen the depth of this work.
- Limited research is available on the seventh developmental stage, Responsibility. It is suggested that Responsibility be studied and a body of work created to substantiate its existence and validity. Case studies to highlight this stage will be beneficial in elucidating Responsibility.
- It is recommended that the therapeutic techniques used in the Creation and Manifestation of Reality-theory be elaborated upon, because in this study the focus was on establishing an explanation for human behaviour patterns and the dysfunctions they create, attract and re-enact. Another study could be done on the different techniques that could fit into the Creation and Manifestation of Reality-model.
- An evaluative study attempting to provide an in-depth study of the results and benefits of the Creation and Manifestation of Reality therapeutic model, mainly de-hypnotising, should be developed further.
- Psychologists and other therapists should be trained in the powerful therapeutic modality of the Creation and Manifestation of Reality-theory.
- God should enjoy a central place in the psyche of psychology, as should transpersonal psychology. As the patient and therapist realise that he is the creator of his own reality, one discovers and reiterates one's God-like or creative self.

- The benefit to the therapist in healing his/her own Deep Trance phenomena and core life issues, and the resulting increased success rate with their patients, would make a powerful research study. It thus is proposed that a healthy psychologist will create a healthier patient.
- It is proposed that a study should be launched to establish whether there is a direct correlation between the developmentally-stuck state and DSM IV TR diagnosis, as the researcher suspects, for instance:
  - Attachment Stage – Borderline Personality Disorder
  - Identity Stage – Dissociated Personality Disorder
- In further research the following questions could be addressed: Do we upgrade from Attachment to Exploration to Identity and so forth through different life times or incarnations? Thus, could the Developmental levels be used as an indication or system of measurement of our level of spiritual Ascension?

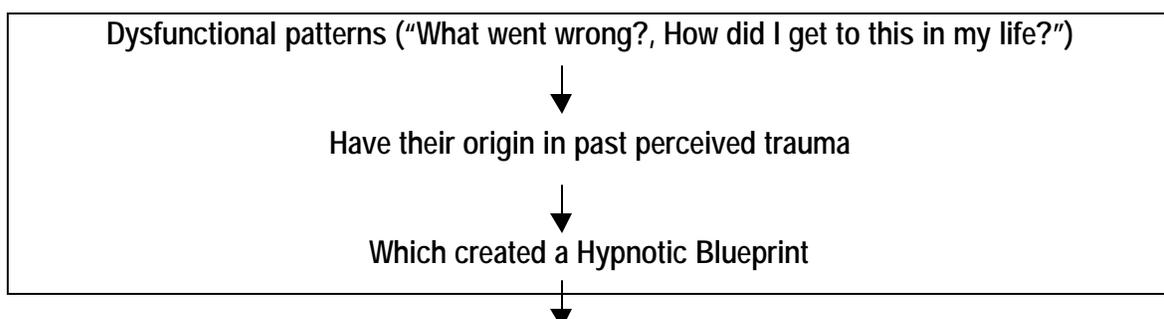
## 6.6 IMPLICATIONS OF THE STUDY

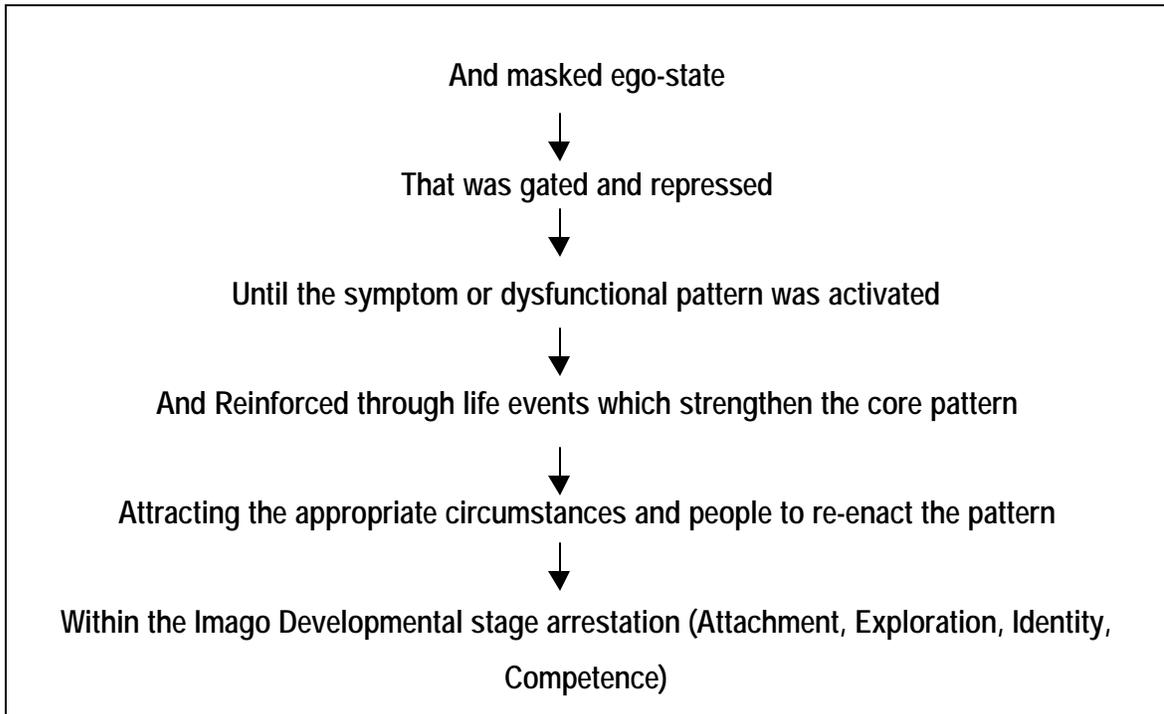
This study proposed that everything that happens to us as human beings is part of a bigger plan into which we had input and collaborated as co-creators with the universal force or God. The point that this study wants to confirm is that we are thus creators of our reality, rather than passive receivers and victims of our reality. This provides for a paradigm shift of great magnitude, as it simultaneously provides hope that we can then change our dysfunctional reality, but also the concept that we cannot blame anything or anyone for what happened to us, as it was just a perfect unfolding of our lives and a direct external mirror of our internal reality. Thus, to change our external world and its dysfunctional patterns, we have to transform our internal reality by revisiting the traumatic moments, and changing our subconscious decisions and conclusions.

The findings are that:



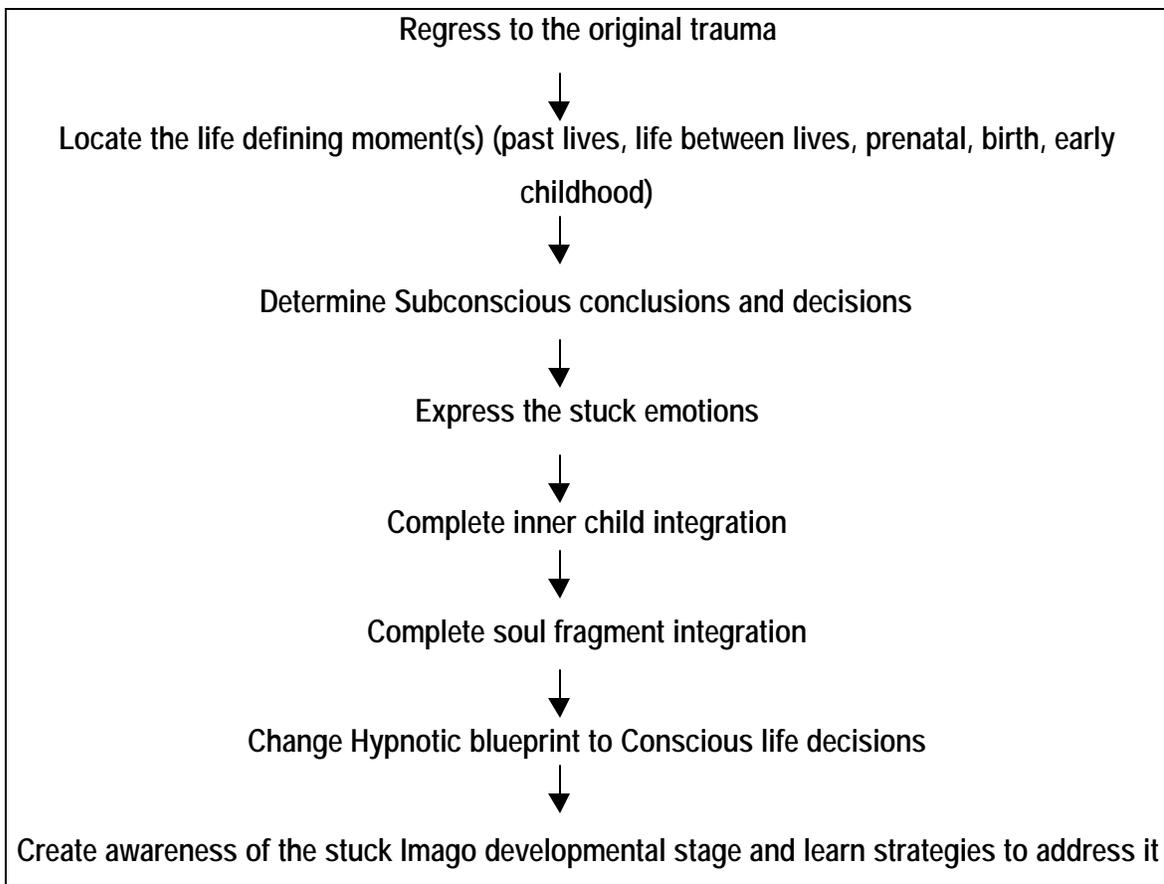
**FIGURE 6.3: GRAPHICAL REPRESENTATION OF THE IMPLICATIONS OF THE STUDY**





The Process of De-hypnotising will attempt to:

FIGURE 6.4: GRAPHICAL REPRESENTATION OF THE PROCESS OF DE-HYPNOTISING



The major implication of this study is thus to affirm that we are active creators of our reality and not passive receptors or victims of our environment. This is an empowering concept.

## 6.7 CONCLUSIONS OF THE STUDY

In the Creation and Manifestation of Reality-theory, the core conclusion is that we are not the victims of our life and its repeated dysfunctional patterns and relationships. We are in fact active participants in the planning of our lives and its subsequent unfolding. The bad news is that it is located at a subconscious level, hidden inside hugely emotionally-traumatic moments, so we fear journeying to that origin and discovering the subconscious conclusions and decisions, forming the Hypnotic Blueprint. By risking committing to the healing process, one becomes aware of the life script and can transform the original conclusions and decisions, forming a new conscious life script. Thesenga (1994:237) describes the tenacity toward the process of healing as follows: *"... it remains true that it is a rare person who will consciously undertake this journey, and fewer still will choose it as a way of life. It is neither easy nor painless to see our lower self clearly, without denial and without self-denigration. It is difficult to stop blaming others and to take full responsibility for our own unhappiness. To see ourselves with clarity and compassion takes a strong, resilient self-esteem which will become deeper and more grounded the more we do this work."*

As our limitations are self-created, typically during an emotionally painful and traumatic moment (Past lives, womb experiences, birth, early childhood), the process of reclaiming our lives must involve re-visiting those pivotal moments where Hypnotic Blueprints were established. Thesenga (1994:101) states: *"By feeling our childhood hurts, we strengthen our adult capacity for embracing the opposites within – the good and bad aspects of our parents, the good and bad aspects of our own inner child, the pain and the pleasures experienced by our open, undefended child-self."* By transforming our life script and replacing it with positive functional and life-affirming decisions, we learn to become self-loving and self-nurturing. As we learn to become more loving and gentle with ourselves and our opposites, we achieve equilibrium within ourselves, and a new way of being. We bring the God-force or life force into our lives, and from that moment on, our life flows more gracefully.

As a concluding thought, the researcher selected a poem by Marian Williamson, read by ex-President Nelson Mandela on the day of his presidential inauguration in 1994:

*Our deepest fear is not that we are inadequate.  
Our deepest fear is that we are powerful beyond measure.  
It is our Light, not our darkness, that most frightens us.  
We ask ourselves who am I to be brilliant, gorgeous, talented, fabulous?  
Actually, who are you NOT to be?  
You are a child of God.  
Your playing small does not serve the world.  
There is nothing enlightened about shrinking so that other people won't feel insecure  
around you.  
We are born to make manifest the Glory of God that is within us.  
It is not in some of us; it is in everyone.  
And as we let our Light shine, we unconsciously give other people permission to do the  
same.  
As we are liberated from our own fear, our presence automatically liberates others.*

- Nelson Mandela, 1994 Inaugural Speech (Written by Marian Williamson)