

METAPHYSICS & HYPNOSIS

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The term metaphysics as used by philosophers is generally defined as the branch of philosophy that is concerned with investigating the reality that lies beyond the physical realm. The study of metaphysics is involved with asking the fundamental questions: "What is the nature of being?" "What is the nature of the universe" "What is the nature of knowledge" This information may help us to understand that any philosophy or religion that engages in the study of a reality beyond the physical senses has its own metaphysics. For example, in a traditional theological seminary one may study the metaphysics of Aristotle. At a college or university one may learn about the metaphysics of Alfred North Whitehead. In a course of religions in America one may become familiar with the metaphysics of the Mormon faith. In all three of these examples the study of metaphysics is involved. Yet, each one understands the nature of reality in a unique and different way. It becomes clear then that all metaphysical perspectives are not necessarily the same.

For instance, in Unity, they use the term "metaphysics" to describe the study of the fundamental concepts which comprise humanity's basic system of thought. As Leona Stefanko says, "We learn that through the process of metaphysical thinking we are able to recognize our inherent ability to identify with the invisible, eternal reality that underlies all of God's creation. This realization helps us understand that through the activity of our minds we are able to shape and form our world. It is important to point out, however, that the term metaphysics encompasses a broad spectrum of interests and can be used to describe a variety of mental psychic phenomena".

IN HYPNOTHERAPY: In dealing with mental awareness we are involved, by definition, with metaphysics. The type of hypnotherapy used will determine the depth to which the questions of reality are examined. In this article we will limit our discussion to hypnotherapy that encourages the person to go back to the initial sensitizing event in order to find resolution. This is generally known as Hypnoanalysis and includes age regression.

HYPNOANALYTIC PERSPECTIVE: In Hypnoanalysis it is assumed that the person is a being of body, mind and spirit. It is therefore incumbent upon the therapist to aid the person in the integration and balance of these three natures within the whole.

When the statement on the word association test is presented, "What I want most is", the answer generally given is "peace", "peace of mind" or "love". It is clear at that point that the problem to be resolved is on the spiritual level even though a physical or mental/emotional symptom induced treatment. Continuing with the test, another word that usually elicits confirmation of spiritual unrest is "God". God is looked upon as the person's source of life, however, the unrest lies in the religious traditions that have led to a belief that error is to be punished severely. The person is full of fear, doubt, anger, guilt and resentment. These are not only emotional saboteurs, they are impediments to spiritual growth and development. It is very difficult when one is filled with self incriminations to believe that God is all good and that God created the person in his/her image and likeness. The person feels confused and often hopeless. This is where the therapist, through gentle guidance, helps to lead the person back in time. Age regression is the technique used to find the origin of the problem. When this is

completed, a process of forgiveness of self and all others is introduced. When the process is completed, peace of mind is the result.

HEALING WITH LOVE: In seeking resolution, the person begins to realize that negative experiences happen and there is another way of looking at the past. Some say we reframe the events the way we would have liked them to be. Others use the idea that everyone does the best they can, given how they were raised. Still others talk about changing perception. It is interesting how all roads lead home when healing is the goal! The integration of child, adult and parent with body, mind and spirit, bring about a sense of love and peace of mind for the client.

This new perspective allows for errors to be acknowledged and a process for forgiveness to happen in place of storing guilt, anger and resentment. The physical body then can release harmful tension as it occurs rather than storing and waiting for illness to happen in order to discharge the energy. Life becomes a joyful challenge with opportunities to play, work, laugh, cry, create and to walk one's own path in the warmth of spiritual life.

CREATIVE FORCE: The metaphysical reality of each person is an individualized expression of the creative force within. Everyone shapes their own reality based on the activity of their mind. This is where the ability to respond, known as responsibility, takes a turn toward permanent creative healing: body, mind and spirit.

With the acknowledgment of a creative force within, a person takes on a new physical stance, one of confidence and power. That confidence seems to allow the power to flow through them; therefore, there is a constant giving and receiving of energy and love from the universal source. Negative blocks are dissolved and healing occurs.

Hypnotherapy and metaphysics go hand-in-hand in this adventure we call life.

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