

How To Avoid The Pitfalls Of Self-Sabotage

By: Robert F. Otto

During a recent training, a marvelous hypnosis practitioner approached me with concern over success in his practice. He quietly confided that despite his efforts, the level of success he yearned for somehow eluded him. During our conversation I came to realize that although he was an educated individual and gifted practitioner of hypnotism, he was in need of a mental tweak. I believed a minor readjustment of his 'mental mapping' skills was in order and began by defining his priorities and desires.

Have you ever wondered why some people excel at anything they set their mind to do and yet others appear to struggle with issues that mean a great deal to them? I can only contemplate that if someone cannot reap the rewards in life they feel capable and deserving of having, then perhaps they're under siege of *self-sabotage*. Sometimes, all that's necessary is to step back, get out of the way and let the subconscious take over.

Although I was raised in a loving environment, as the second child in a family of five siblings, I had a meager upbringing. We lived from hand to mouth on a single mother's unskilled wages. I shined shoes to earn a few pennies so that I could purchase used bits and pieces of bicycle parts. I learned early on that if I were to own a bicycle, this was the only means available to me. I did whatever I needed to do to resurrect those parts. And, not knowing any better, I succeeded!

By trial and error I quickly developed the skills that would shape the course of my life (*however primitive they were at the time*). I discovered that by critiquing every aspect of my intended goal, it would soon become a very clear imprint in my mind. As confidence in my abilities increased, I took the process one step further by adding color, names, dimension, size and value. In my mind's eye, I would create animation where applicable and re-run the end result over and over again until there was no distinction between virtual reality and my own imagination. I embraced the idea wholeheartedly until I felt comfortable with every aspect of my goal. It was quickly apparent to me that as I continued on with this process, my goals became easier to accomplish because they had become such a familiar part of me! Therefore, when the new idea/concept took its rightful place in my life, there was no reason (consciously or subconsciously) to question or feel uncomfortable with the new manifestation. I willingly adjusted to the change because it was *familiar!*

As hypnosis practitioners it's incumbent upon us to be the example. To 'walk the walk' as well as 'talk the talk'. It goes much deeper than simply portraying a professional outward appearance. If we feel inadequate or unsatisfied within ourselves, we then transmit this information as negative energy at an unconscious level. And so, it's imperative to always remember that we are

a living, breathing, walking, talking indicator of everything that's going on inside! When it comes to personal growth, it's not our responsibility to discern the actions of the conscious mind. Turn it over to the subconscious and allow it to do its job! Then get out of the way to avoid self-sabotage.

Eat it, drink it, sleep it, breathe it, and OWN it. Make it yours within the depth of your soul and the forefront of your mind *simultaneously*. I think we all need reminding from time to time that success is ours for the asking if we would allow our subconscious to do what it does so well.

My definition of desire is simply a dormant goal waiting to be unleashed. When you make a habit of defining and prioritizing your desires and then allow the subconscious to do the work, you will be delightfully pleased with the end result.