

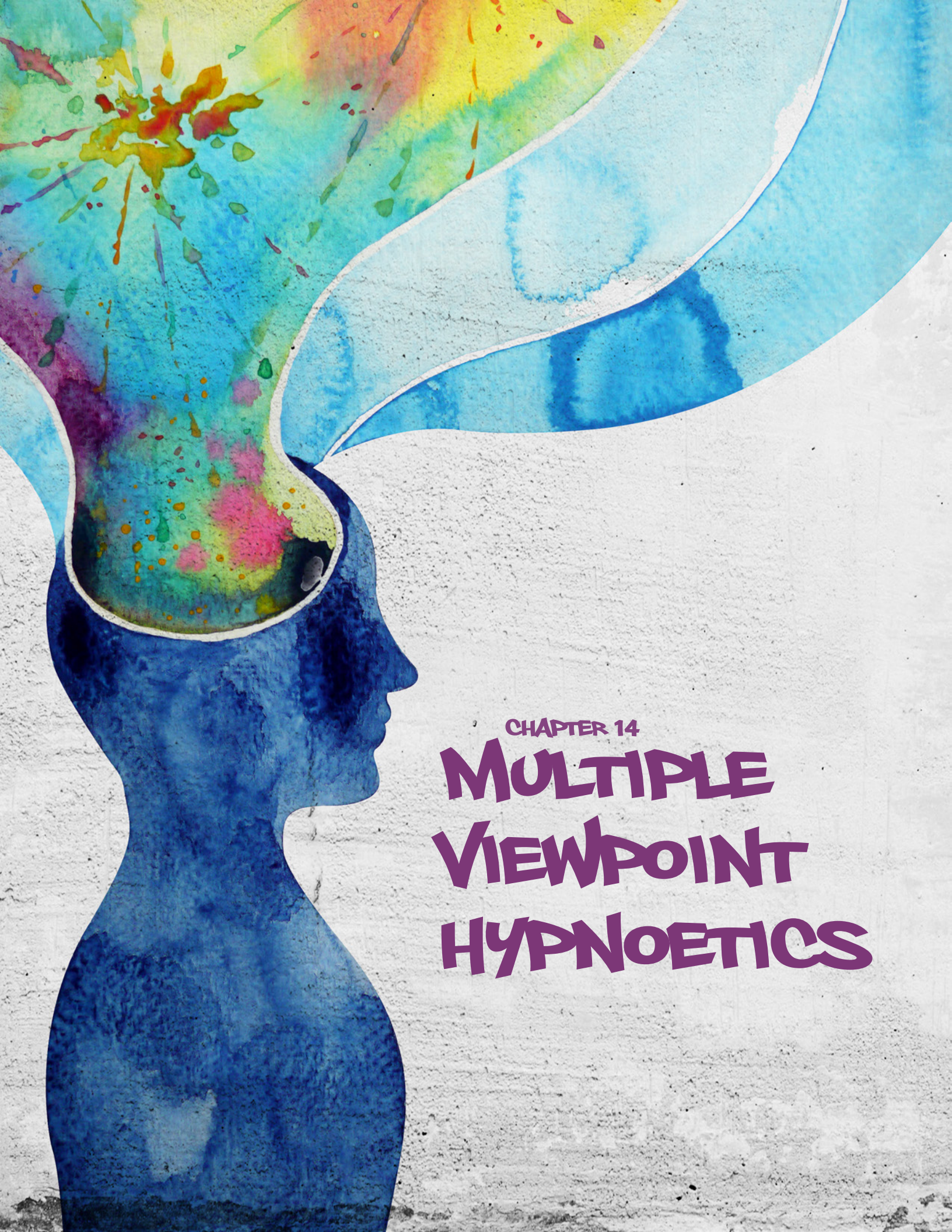
Learn secrets of the mind and forever solve the problems of negative emotions, bad behaviors, disempowering thoughts and dysfunctional relationships.

# PUNK PSYCHOLOGY

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CHAPTER 14

# MULTIPLE VIEWPOINT HYPNOETICS

You can extend the impact and power of Hypnoetics™ by a great deal if you will consider re-running key episodes from the viewpoint of other participants in the action. The trouble with a great deal of counseling, psychotherapy and PTSD handling is that they place the person firmly in a position of a victim. It's things "done to" him or her. Bad stuff; "You poor thing..."

Punk Psychology™ has a far higher level of view. We participate in our world in a way which offers few or no excuses.

The reality is we all participate in complex group dynamics or constellations (as covered in the *12 Channels Of Being*). By simply being there, we must accept some of the action as our own. Even babies, who you might think are innocent, are far more participative than they are given credit for. Once you accept the fact that we are born again and again, you will see that the child's journey through this life starts before he or she is even born. Being here on Earth at all is therefore a choice.

But for adults, the contribution to disruptive events is much clearer. The wife who drives her husband nuts, so he beats her; the husband who has affairs and drives his wife to distraction; teachers who provoke bad behavior in kids, and then punishes them; the boss who literally incites mutiny among his staff; the priest who molests little boys; and the crook who gets shot by his colleagues... these are all individuals who, in their way, are creating or participating in events going on around them.

The point is, they have their emotional charge too. It does not remain isolated however; not private and hidden. We can all sense each others' emotions. They impact us (think of a time when your lover or friend was down and remember how you felt as a result). It is then hardly surprising that the case in Hypnoetics™ can usefully process the charge of other individuals involved in the story.

You can almost predict it.

You can run a child's miserable life, because father was a bully and constantly beat the youngster. But then, if you turn it around, you can run the same story from the father's point of view. There is a lot of change to be had. Buckets of charge will come off on the GSR meter. But also the injured party (supposedly) will begin to see things about the father's life that mitigates the pain of his violence and cruelty.

Maybe father is just dramatizing what he had to endure as a child. This is the usual story, of course. Nobody is born evil. He or she is molded by experience and, since everyone is fairly inept at managing their case, parents are a most

potent source of damaging actions and unwanted thoughts that a child picks up. Don't forget peers though; they have more effect than you would think.

Then we have wicked mothers who were, it turns out, thrashed and abused by Catholic nuns in the school where she was educated. Or the lover who was jilted wretchedly and who can now, no longer love in earnest. The flirt who was so crushed at school and in upbringing that he or she cannot feel loved and therefore cannot seriously love.

Once you see things from the other person's perspective, you start to have a great deal more compassion for their destructive dramas and emotional outbursts. In fact sometimes we find ourselves wondering how we would cope with the same circumstances.

## A SENSE OF PROPORTION

In Supernoetics™ and baby-steps Hypnoetics™ we do not get heavy with responsibility; like Pohl Pot or Saddam Hussein were somehow your fault! Yes, we are all a part of the greater reality that we call our universe. We participate.

But to take on too much is to exaggerate responsibility and turn caring into pure burden and blame. We don't want that.

It's not helpful because we cannot influence events on the bigger scale—at least not *yet*.

There is a spiritual concept that we are responsible for everything. But even if true, this principle is so often misunderstood. It cannot be true from one single viewpoint, for example. If the Jews want to accept they were somehow responsible for the holocaust (what did the Jews do to cause this?), this cannot override the fact that Hitler has the main responsibility for the holocaust.

Yes, we have a degree of responsibility in all things but a sense of proportion is important. Otherwise we could start to accept that we are responsible for bad things done to us and nobody else is. The latter would be absurd.

So if the world ends due to a meteorite impact, we do not expect you to hold up your hands and say "Sorry folks!"

# CONJOINT FAMILY THERAPY

In Supernoetics™ and Hypnoetics™ we greatly admire the pioneering work of Virginia Satir (1916-1988) and her Conjoint Family Therapy. Her model was that an individual's problems were inevitably bound up with the functioning of the group to which the person belonged; typically, the family (but not exclusively so).

It's a version of General Systems Theory, proposed by biologist Ludwig von Bertalanffy in 1928. Basically, Bertalanffy challenged the accepted idea that you could study something more closely by breaking it into parts and looking at the components. General Systems Theory says this is to miss the main point, which is that the whole is not just the sum of the parts; it's an entity in itself.

Satir's entire work was done under the umbrella of "Becoming More Fully Human". From the possibility of a nurturing primary triad of father, mother, and child she conceived a process of *Human Validation*. Her push towards world peace can be summed up in her own words: "The family is a microcosm. By knowing how to heal the family, I know how to heal the world."

Today there is also Concurrent Therapy. With this approach the point is that the group is a separate entity, not just a composition of individuals. So therapy might be directed towards one of a pair, then the other of a pair and then finally *the pair as a duo*, a unity. The relationship itself is also a "case".

From these pioneer models we readily grasp that the simplistic "done to", or victim model, of most counseling and psychotherapy, is trivial and naïve to the point of being mostly worthless.

## HOW DO WE USE THIS?

The skilled Hypnoetics™ pilot, when encountering:

- A complex episode in which there are several players
- The events were turbulent and multifaceted
- And with heavy charge running (as shown by the GSR meter activity, if you are using one)...

will consider running the episode from the point of view of each of the other main participants.

If the child was being abused, run it from the abuser's point of view; if someone is seriously injured, run it from the point of view of the perpetrator; if there is oppression, borderlines in the picture, or [narcissists], run it from the wicked person's point of view. Perhaps he or she will not seem so wicked?

We have even successfully run Hypnoetics™ technique from the point of view of the airplane (feeling guilty) in a major crash. It's been done from God's point of view; or a fly on the wall! I suppose you could do it from the bed's point of view in a sordid extra-marital affair.

Truly, you can be as creative as you want, once you understand just what it means to "be" someone or something. French philosopher and vitalist Henri Bergson called it "sympathetic intelligence". We don't use that as a formal term in Supernoetics™ but we fully embrace the concept and have pushed it far beyond anything that Bergson could have imagined!

The procedure is simple. There are no formalities or standard patten. Just announce: "We'll run this again, from the viewpoint of [other participant]." Make sure you orient to client to the correct point of view and he or she has grasped what that means.

Then, off you go:

"Move to the beginning of that episode..." etc.

He or she must speak as the person: "And then I hit her..." or whatever. NOT, "And then he hit me..." which would show the case was not occupying the correct viewpoint.

## **OTHER ASPECTS OF RUNNING**

The client may feel they have little awareness of what the other person could be thinking or feeling. Actually, they would be wrong. Such a client has just been conditioned to believe it's impossible to know. But if it makes him or her more comfortable, explain "We are just pretending". In any case, there are no right or wrong answers. This isn't a test to see if the client can guess correctly! It's just attempting to feel and think like the other person probably did.

Repeater can be useful: have the client say out loud any words used by the perpetrator or others involved. That helps to adopt his or her viewpoint.

Sensate awareness also works effectively. Whether it seems remarkable or not, our client can feel all the feelings of the other parties involved, their thoughts, emotions, bodily sensations and mental energies. Once you experience the phenomenon of interconnected consciousness, none of this is weird. It's obvious!

Any good pilot will tell you they feel with the client they are running, see his or her pictures, get the pain often before the client comments on it. This is all the same phenomenon at work.

It seems magic—and it is, within the idea of “magic”—but it's a scientific fact established by us in Supernoetics™.

This idea is now backed up by investigative brain scans. There is a phenomenon called “mirror neurons”. When someone experiences pain, another person watching him or her will show activity in their brain scan that matches the scan of the person feeling the pain.

In fact this is scientific validation for universal consciousness, telepathy and telekinesis. However scientists miss that, poor things! But think about the implications...

## OUR INTUITION

Children are very good at intuiting adult thoughts and feelings. To them it's natural. Their mirror neurons are probably lighting up like a Christmas tree all the time!

But it's drummed out of them. By the time they grow up, it has become a mechanical, impersonal world where scientists can seriously believe they are right when they dismiss telepathy, intuition and the like.

Probably the child's intuitive perception is the reason why so many children shoulder blame for what they see happening in the adult world around them. They can *feel* mother and father's frustration and anger at each other and so assume it's their frustration and anger too.

When there is an abuse case, the child can feel the lust and so blame themselves, because they find that feeling inside themselves, not “out there”. The youngster may actually feel “dirty” and involved.

All this would be expected if our inter-personal constellation phenomenon is a real one. The child is in every sense a “part” of the whole and it is so very easy for them, in their naïve formative state, to take much of the blame. Indeed, unhappy and obnoxious adults are inclined, at times, to actually say to the child, “It’s all your fault”, meaning, if you hadn’t been born your father and I would still be happy together.

Often true; but a thought that is utterly odious when put into words and spoken to a child.

## EMPOWERMENT

Running as case as victim can eventually become disempowering. We don’t go for very long in Hypnoetics™ before we need to change to positive and creative processing: learning to imagine and create things the way we want them, rather than the way the past just came at us. A later section in this book explains how to “re-write” a person’s history; tell it anew, in a way which becomes thrilling and empowering, instead of demeaning and hurtful.

That’s also the realm of revelation processing and advanced Supernoetics™. Hopefully you will move forward with us and aspire to this further training and research.

Meantime, we have to clear up some clutter, so we can get at our real mind, not just the reductionist, subconscious portion that keeps us ticking over. Multiple viewpoint running often represents a halfway stage to freedom. The person is victim and then is promoted to co-perpetrator. That’s a significant improvement.

It is better to work the case as cause and responsibility. Even if we are not fully responsible for a crazy spouse, we are still totally responsible for our reactions to his or her antics.

However, with this new enlightened view, there is a third “presence” which is the conjoint partnership—the constellation. We are part of that too. We helped create it. We at least allowed it but—that’s not strong enough—we helped create it the way it is because, at some level, that’s what we wanted. Remember,

everything has a context and you need to get down to that context before it starts to make sense.

Let's join Virginia Satir in the proud feeling that we know how to heal the world, starting with piloting, one individual at a time, then whole constellations.

## PUNK POINTS:

- The emotional “charge” and distress that we feel in unpleasant past encounters isn’t all down to our own selfish hurts. Other people got caught up in this too and even the ones we elect as the one-and-only troublemakers have their own view of things. Almost nobody wants to be deliberately hurtful and destructive. We get into these binds through bad emotions, negativity and above all irrationality. We must shoulder our share in what has happened to us.
- We can actually process another party’s point of view. We seem to know what he or she was really thinking and feeling. By running off their point of view, as well as our own, we gain insight and compassion. Forgiveness comes easy, once you realize the other person’s motivation.
- This idea is now backed up by investigative brain scans. There is a phenomenon called “mirror neurons”. When someone experiences pain, another person watching him or her will show activity in their brain scan that matches the scan of the person feeling the pain.
- The technique is very simple: have the client take up the other person’s point of view and speak as if they were him or her. See and feel things how the other person would have experienced them.
- Virginia Satir was one of the first psychologists to point out that we are not single-entity persons. We are part of a group dynamic and all parts of that group interact. There is no “us and them” reality!