

CHAPTER 30

RESISTENCE TO EXTERNAL CONTROL INDUCTION

PART I: The “HELEN KELLER”

Overview:

Control is critical to the ego as it says “I rather have control than sanity.” This aspect of the egoic mind is approached in both part I & II to help return balance, sanity and freedom to accept oneself, others and life as it is. Consider watching and discussing a documentary or movie on her life first if not familiar with who she is.

Resistance to External Control Part I : The “Helen Keller” Induction

Begin with trance induction: When the right level – continue
“As you relax there considering what’s next, I wonder if you have ever thought much about how people like to control, how things happen and when? - And considered, really considered - how much some people even feel the need to control the way someone looks, smells, talks or walks. I wonder what your ideas about this you’re aware of, and I can only wonder what unconscious awareness emerges back into consciousness and whether you’ve obsessed about people, wanting to have things, the way they want them to be? Some people have communicated to me how they were aware, how when they woke up, they wanted to be in control, of weather and wanted to control each outcome in their day always worried things might go wrong - others have mentioned how they get when with they are with other people, how they wanted to control the way they were treated