

CHAPTER 31

RESISTENCE TO EXTERNAL CONTROL INDUCTION PART II : The “STEVEN HAWKINS” INDUCTION

Overview:

Watching and discussing a short documentary on Stephen Hawkins would be helpful.

RESISTENCE TO EXTERNAL CONTROL PART II;The “Steven Hawkins” Induction

Use trance forming method to bring into light to moderate trance level.

And I think you might agree, how most infants, learn early on, that their parents control their fate, and pleasing them, can at times provide great reward and satisfaction, from the parents-causing the infant to learn to demand from others that they be pleased or catered to, as the infant feels entitled, to get from another, what it wants - and perhaps this is what we all must unlearn - to stop demanding others meet our needs, our expectations - for it certainly can be exhausting - trying to control, the choices and actions of another, in fear you'll be deprived, unfulfilled, or hungry, for what you really “cry” for the satisfying of needs based on infantile thinking, infantile believes, which create infantile expectations that certainly don't work to bring you what the you, you are today needs, to live in peace and adult happiness and as you wonder about that perhaps you'll understand sooner than you realize, adult happiness comes naturally as we learn to grow up and stop placing demands on others to fill our needs, or make us happy - our misery was the price of forgetting and whether we call it times of - misery, depression, feeling alone, isolated, withdrawn, fed up, angry or apathetic there are so many ways to experience infantile beliefs, demanding others to fill our needs, make us happy or cause us to feel good about our self.