

Hypnosis and Psychic Awakening

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"I was blind but now I see."

- [John 9:25](#)

A statement of Joy, this phrase from the Bible suggests that for each of us there may come a time when our senses and understanding suddenly awaken. We find ourselves discerning the world more clearly, be it physical, mental, emotional or spiritual. For many, the idea of clearer vision (literally or metaphorically) is a desirable goal. Most of us would love to be more psychic or visionary than we are now – to grow our ability to sense thoughts, see the future or the past, and know things beyond our abilities to discern. But there is another saying as well, "be careful what you wish for."

What if you got more than you bargained for? What if you became psychic overnight, and when you awoke in the morning you realized you could see/hear/feel peoples' thoughts and feelings – both good and evil. What if you could suddenly see too much, hear too much, and be unable to turn off the gift? This scenario is one I refer to as Unexpected Psychic Awakening, and it has been one of the most interesting challenges in my hypnotherapy experience. How can the suddenly awakened experiencer come to terms with his/her unexpected and perhaps unwanted gift?

In *The Cosmic Bridge*, I describe one such hypnotherapy client, whom I refer to as Amy. Amy had felt overwhelmed at the time we first began our work. A few years earlier, she had experienced a powerful, dream-like experience which seemed very much to be a close encounter with extraordinary (UFO-related?) entities. Subsequent to this experience, she discovered that she had become very psychic. There was no escape from this new sense. It seemed to perpetually bombard her awareness. It was as if she had been blind from birth, only to suddenly gain her vision later in life. Her life experience up to that point had not prepared her for this gift, and now the (extra)sensory input had become too much. Her newly found psychic and paranormal talents were unpredictable and uncontrollable, a frightening influence in her life.

Amy is the first of several clients over the years to tell me about such an awakening. For many, I have observed a pattern; awakening often occurs as the experiencer is undergoing a major life change. This could be anything including UFO abduction, a near-death or out-of-body experience. It might also be a serious illness, such as cancer or heart disease. For some, it may be simply a time of deep spiritual questing, meditation, prayer, etc. But in each case, a life experience occurs, and then the change happens – ready or not.

When unexpected awakening occurs, what are the options? What can the experiencer do to come to terms with his/her new talents? Can hypnotherapy help the newly awakened to integrate the experience into life? As with any emotional or spiritual challenge, there may be a number of ways in which hypnotherapy can help the experiencer come to terms with such a gift.

Since each person is unique, there is probably no one solution for everybody. It is often necessary to explore and resolve emotional issues, perhaps associated with the gift. We may also need to understand the source of the gift, and learn of any possible intent behind it. This may involve hypnotic regression, parts work, forgiveness of self and others, etc. The ultimate goal is to resolve the emotional issues behind the gift, allowing the experiencer to use the gift as it is.

As part of most hypnotherapy sessions, I include quite a few hypnotic suggestions for healing, problem-resolution, etc. In the case of unexpected awakening there are a number of simple hypnotic suggestion strategies to help many clients. Here, let's discuss two of the simplest and most direct of these strategies:

1. Turning the gift off, either by reducing it or by containing it
2. Embracing the gift, developing it and allowing it to enhance the experiencer, channeling the gift into a useful form

Each can help the client both to accept and to control their talent at a specific time. They are not mutually exclusive but tend to compliment each other. Let's examine each one in turn, looking at possible ways to accomplish the objective.

1. Turning the gift off

How could we use hypnotherapy to reduce or contain the gift of unexpected psychic abilities? There are many possibilities, but to me the simplest answer is to treat psychic inputs as if they were a form of pain or other undesirable sensory input.

Strategy 1) While in hypnosis, imagine that you are sitting at a control panel. On this control panel are a number of dials, which control aspects of your psychic abilities. Perhaps one controls your understanding, another controls the intensity of your abilities, another controls fear or discomfort, etc.

Once in deep trance, imagine turning down the knobs and observing the effect. More practice at this helps us improve your ability, until at some point, perhaps you find you can control your abilities with increasing ease.

Strategy 2) While in hypnosis, imagine that your new abilities are represented by a crystal ball, a video screen, a telephone or some other instrument of vision/communication. Next, imagine that you can place this communications medium into a container such as a box, a closet, etc., where you cannot observe it, and it cannot affect you. As you do, you may begin to notice how the abilities are muffled, reduced, etc. Yet you also know that you can access them, simply by opening the container.

Both of these strategies can provide a temporary reduction of your gift, giving you the ability to manage it while not destroying it. In each case, you can choose whether to access it or not, depending upon your needs at the time. Further fine-tuning of this strategy might involve hypnotic suggestions to the unconscious mind to turn automatically reduce the gift when it is not needed/desired, yet to bring the gift to the fore when it is most useful.

2. Embracing the gift

The second possibility is to accept the gift, channeling it into something you can use in your life. This is where Amy's experience was the most powerful. Initially, as we began hypnotherapy, the goal was somehow to fight for control of these manifestations. We quickly realized that the more we tried to "master" them, the more resistance we got. Clearly, control and containment was not the answer. So we decided, "Why not just go with it" - accept and embrace them? I suggested to her a couple of books on psychic development – most prominently the book, "You are Psychic" by Peter Sanders. This book contains a number of excellent techniques and experiences to help its readers develop their psychic skills.

In a follow-up conversation a few months later, Amy informed me that she had begun organizing a psychic development group, based upon Sanders' book. By embracing her psychic gifts, she appears to have been able to integrate them into her life in a meaningful way. In Amy's case, she was able to embrace the changes, developing her psychic abilities in a way that could help her in life. Can this work for others as well?

While each person is different, we can imagine that for each person the question arises, to fight or embrace change. While always respecting the goals and wishes of the client, I have generally favored the latter, most often helping the client to embrace their abilities. I have often noted that the more one fights an influence, the stronger that influence becomes, resulting in a teeter-totter balance of opposing influences. This is often referred to as the law of polarity – what you oppose, you give energy to. Thus, rather than create such a negative balance, I suggest embracing the influence, reducing the polarity.

How can one do this using hypnosis? Again, there are many ways. However one of the simplest again involves hypnotic metaphors such as being in a control room of the mind. Imagine again turning up or down the gift, just as you did in the suppressing strategy. However, this time you might turn it up, closely examine its message and learn whatever it is telling you. In compliment with the previous strategy, you might learn to turn up the gift as you need it and turn it down when you don't. In both cases, you are accepting the gift, coming to terms with it in and using it in your life.

I often ask clients whether they might be willing to try reading a book on psychic development, to further attune their skills – more deeply embracing their talent, rather than opposing it. As in Amy's case above, she found that as she did so, the sudden and unexpected Awakening became less a source of pain and more of a gift in her life. Developing one's talent while also able to subconsciously modulate it, provides an excellent tool, incorporating the gift into life.

Like Amy, and other clients who have sought out hypnotherapy to help them come to terms with sudden awakening, each of us receives gifts at some point in our lives – sometimes unexpectedly. When they are at odds with our life plans, they can create difficulty for us. However, like Amy and several subsequent clients, we can learn to incorporate them into life, to use them in a positive way. We can turn the unexpected psychic ability into the gift of a true life Awakening.