

# CAUSE AND EFFECT

*Daniel F. Cleary*

There is a lot of talk about how we “create our reality.” Unfortunately, it is often said relative to a tragedy that has befallen an individual, effectively blaming them for whatever has occurred. Louise Hay has a book describing emotional links to physical disease and while I find that it often seems reasonable, it also seems to lay blame on the individual. What if... this were a mistaken idea?

I'll be the first to admit that the mistake could be mine, I make them all the time: it's how I learn. Yet what would it be like if our responsibility for the outcomes in life, lay at the level of our awareness? Repetition of patterns allows us to focus attention in new areas, until or unless the patterns themselves create a level of distraction that impedes growth. It is at this time that we can review the patterns and recognize the connections that have created the limiting factors or ... change the pattern. If we are invested in the pattern, this may require further consideration. If on the other hand, the pattern was a convenience that we adopted and can allow to change, we move on easily.

Are there 'messages' or 'hidden causes' behind some of the things that take place in our life? Perhaps. Could it be that we can and do, derive meaning and see connections in all of our experiences as we move forward and thrive in life? Does it have to be one or the other or can we simply celebrate each moment through our curiosity and presence in the moments of our life? Joseph Campbell was discussing meaning in life and that often in the search for meaning, we lose the essence of the experience... or words to that effect. Meaning is what we ascribe to experience, it is not the experience itself and is in fact, our imagination creating our 'reality.' Consider that you and a friend participate in an event, any event. When you each reflect upon that event you will have a different experience of the event and derive different meanings. When we each relate to the event in a similar manner, we consider ourselves to be in sync and usually think the other person is smart.

Now it seems that events which result in an experience which we consider painful are often considered as possible 'issues' and that by addressing these issues we become ... whatever ... more whole, a better person. I don't recall feeling good ever being referred to as an 'issue,' even though we anchor the emotional response to events, 'good or bad' in the same way. So in the case of a perceived 'bad' event, a person develops an 'issue' (these are stories we make up: issues, etc.) And they come to see a hypnotist to address the way that the 'issue' interferes with the rest of their life, the universe and all that. There are some hypnotists who insist that 'regression to cause' (RTC) is the only way to resolve the issue. Well, RTC can be an effective tool. Yet I wonder if it is the only or even the best approach and if it should be the first thing we reach for in our bag of tricks. Would it be possible to discover HOW the events of the past are affecting the present and assist the client to change the WAY that they do whatever they are doing? Is there necessarily an 'issue' from the past or could it simply be a reasonable caution about repeating a painful event pattern?

Imagine that because of the position of the moon, the stars and paying too much attention to

having fun, we fall off our bike and get a nasty cut which leaves a scar. Years later, when we bump that scar just so, it hurts. Does this mean we haven't 'dealt with our issues'? Does sensitivity to certain circumstances in life, which may be similar to circumstances from our past, mean that we haven't dealt with some core issue? Think of relationships and here I include our relationships with all of our experience and emotional connections, in addition to interpersonal relationships. However, in the great arena of personal relationships: we have all had them and I don't recall meeting anyone who hasn't experienced pain in addition to all the other emotions in a relationship. So it is possible that we all have issues of some sort ... perhaps... maybe... except of course, you the reader. If we were to be cautious about letting ourselves get into that position again (repeating the same pattern,) does that mean that we have 'unresolved issues' or have we learned from our experience in the same way that we may be more vigilant when driving on an icy road or in heavy traffic. We still drive but have come to recognize situations which expose us to unexpected or risky circumstance. Now, if we refuse to drive at all ... maybe there is something to consider more deeply.

Attaching 'Meaning' to past events is fine for us to do for ourselves until that construct interferes with our life. When we listen to the stories of our clients and even those of our own life and we hear limitations imposed by events of the past and our responses to them, we know that the person is no longer living the present, rather re-living the past. Using our skills to return to the present may be all that is necessary to create the changes desired. It will often stir connections from what might be considered the 'Initial Sensitizing Event' but allows the change to be free of guilt, resentment, etc.

Being PRESENT means living with 'WHAT IS' as effectively as you are currently able. Be present with your clients, suspend judgement or expectation and accept them as they are: Whole, complete individuals, who are doing their best in the moment and still looking to enhance their life.

Contact Dan at:

[dancleary@juno.com](mailto:dancleary@juno.com)

Or

Hypnosis for Health Learning Center & Hurricane Hypnosis

P.O. Box 14784, North Palm Beach, FL 33408, (561)313-1844

[www.danclearyhypnosis.com](http://www.danclearyhypnosis.com) [www.transformationallstars.com](http://www.transformationallstars.com)