
Normal? Socialization, Domestication and Consensus Hypnosis

(May 05) From the very moment we are born, throughout our childhood, moving through our teen and young adult years, up until this very moment, we being socialized... The process of **socialization** is defined as the learning process that occurs shortly after birth. (see http://anthro.palomar.edu/social/soc_1.htm for further information) Certainly, we it is important for us to live in the world... BUT: How much of what we learn helps us to live effectively? How much of what is taught to us limits our unique humanness in the guise of fitting in the social structure?

In “The Guide for the Four Absolutes”, Don Miguel Ruiz refers to our **domestication**; stating: “We are so attached to our images, to our beliefs...<and>...even if those beliefs create a life of drama and emotional pain, we resist the change.” What have we really learned in our childhood, from our parents, in our schools? How does it serve us? How does it limit us? How does it help to create drama, limiting beliefs, stifle us? How does it lead to our fulfillment, our ability to live from our true humanness? To reach our true human potential?

Charles Tart, PhD and author of “Altered States of Consciousness” refers to our these same processes as “**Consensus Hypnosis**”. To quote an article by Charles: “*Consensus trance induction Ñ the process of learning the “normal waking” state of mind -- is involuntary, and occurs under conditions that give it far more power than ordinary hypnotists are ever allowed. When infants are first subjected to the processes that induce consensus trance, they are all vulnerable and dependent upon their consensus hypnotists, for their parents are the ones who initiate them into the rules of their culture, according to the instructions that had been impressed upon them by their own parents, teachers, and peers.*” (see http://www.cantrip.org/charles_tart.html for the full article). This is similar to the point of view of the book “Blink” that I have left in this issue from last issue. How much of what we do is “free will”? How much is a result of the consensual hypnotic inductions that we have come to believe?

Don Miguel Riuz speaks to the great importance for us to break out of such barriers in order to reach what is truly human in all of us! The process of unlearning he refers to this as becoming a “Mastery of Transformation”; engaging in the process of unlearning what we have already learned. I refer to it as becoming truly human—learning what is truly important to us, getting in touch with our deepest values, learning to see the kind of future and goals that mean the most to us... programming ourselves with pleasant supportive voices instead of the limiting critical voices of the past (also known as gremlins ☺).