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It is now affecting me in so many ways. I'm taking time off work and I'm worried about my job. I'm avoiding people and I just want to stay home. The only place I feel truly safe is wrapped up in bed...

– Janet, a professional, aged 35

A Rapidly Worsening Modern Epidemic

For years now, I've been listening to stories like Janet's. In recent times they have increased in number, and more often these days they come from younger people, even children.

This article needs to be written for those kids and for

their kids yet to be born, as this rapidly increasing epidemic spreads. The generations that follow us will have to deal with far greater global issues than we've had to. We must prepare them well and leave them a strong legacy in the hope that they can heal humanity in ways that our generation hasn't been able to do. This means



that we have to find new and creative solutions to this epidemic of anxiety and set the generation that follows us...*free*.

For the past 12 years, I've been a clinical hypnotherapist in Melbourne, Australia, working on the frontline with people's emotional disorders. I've studied anxiety and depression through the eyes of hundreds of clients, crafting individual solutions to what they encounter daily, and I've come to some conclusions.

1. Our mental health system doesn't have a panacea for all those affected. While various organisations are helpful in offering education and support groups, they are often unable to find the source of the issue—or, if they do, they have difficulty in remedying it. Anxiety needs to be "managed", my clients are often told. I firmly believe that anxiety needs to be and *can* be healed—or, more accurately, *released*.

2. Many people are dependent on medications, which offer some form of temporary relief. However, I'm constantly told by my clients that while they have lost the debilitating dips in their emotional states, this has come at the sacrifice of the joyful peaks. "I'm feeling less anxious, but I've lost the zest for life that I still had occasionally," said Robert, a 61-year-old retiree.

3. Cognitive behavioural therapy (CBT), while a somewhat proven scientific method, remains limited in its battle against anxiety. Its understandable reliance on process, while robust, often doesn't get to the heart of the matter or bring the promised relief, according to my clients. The source of the issue usually remains more deeply hidden. "I've been having counselling for six months, but I'm still anxious," said Wendy, a 44-year-old mother of three.

You may be suffering from anxiety with myriad individual responses such as hypervigilance, disrupted sleep patterns, obsessive compulsive disorder, social phobia, procrastination, panic attacks or a deep and profound stress. I offer you something other than the suggestion that you are "suffering from a mental illness", with the stigma that this creates for you and those who

are close to you.

I completely acknowledge that you are suffering from a debilitating condition and that your whole life is built around it. You have likely tried some forms of counselling, medication and support services, but nothing has given you the deeper answers that you seek. May I suggest to you that your "fight or flight" response is highly activated as a way for your subconscious mind to keep you safe. A warning system has been put in place through subconscious programming that infiltrates your conscious thought processes and your physiology and permeates your behaviours. While this warning system is powerful and effective, it has likely been put in place because of energy that has emerged in your life from your past in ways you may not recognise or even know about. It is likely that the warning system is now obsolete, though this logic is beyond the timelessness of the subconscious.

Healing the Subconscious Mind

The language of the conscious mind is *time*; the language of the subconscious mind is *energy*. It is the energy stored in the subconscious that is driving the system. Its source needs to be identified and released. Once this is done, the warning system structure can be collapsed and the conscious mind can relearn without the highly charged energy that characterises anxiety.

Let me summarise in a more simple way. A part of you is trying to keep you safe, but it has gone off-beam and you can't reason with it as you can't get to it. It is hidden behind the veil of the subconscious.

The traditional medical system has trouble dealing with this aspect as it doesn't readily recognise the incredible power of the subconscious through the traditional CBT approaches. Thus the government-supported infrastructure for mental health does not include dedicated subconscious work. Over the years, I've found in my clients that anxiety is often "unreasonable", i.e., it can't be reasoned with, analysed, talked out or made to

see logic, all being aspects embraced through CBT.

Hypnotherapy as an alternative health modality can be a hidden jewel in the battle against anxiety as it offers a powerful approach. In the same way that a master surgeon enters the body to expertly move past arteries and capillaries to find and remove a tiny tumour that debilitates an entire physiology, a well-trained intuitive hypnotherapist can enter the subconscious to move beyond linear time to find the source of emotional



Carl Jung, MD

debilitation and release the hold it has on a client.

Fascination with the subconscious is nothing new, having been the focus of indigenous shamans for thousands of years. In more recent times, it held the attention of Sigmund Freud, MD, (1856–1939) with his dream interpretation work and Carl Jung, MD, (1875–1961) with his theory of the collective unconscious. In fact, in a strange twist of fate,

humanity's original healing modalities that were based on herbs, energy systems, body work and shamanic approaches are now seen as alternative or non-traditional medicine, even though they are many thousands of years old. On the other hand, allopathic or modern western medicine is seen as traditional medicine, even though by comparison it is still in its infancy.

There is an argument for scientific justification of medical approaches that are based on repetition and systemic reproduction under controlled environments, though I'd simply offer that every client I've seen over the years has their own unique story and circumstances and requires an individual approach to healing. While this may fail scientific scrutiny, people still get better—quickly.

Subconscious healing is not a process; it is an experience of discovery and insight that releases deep and profound issues, often beyond the line of sight of a client's conscious awareness. Clients can heal in a moment of blinding insight when they discover "consciously" that a particular trauma anchored energetically in the subconscious is the source of their highly activated fight or flight state.

What's the Source of the Energy?

The following are some conceptual ideas about the original source of clients' anxieties that over the years I've found form common trends. I also share stories I've

heard that may offer insight to readers who are suffering from anxiety. I share them in the hope that your search for healing may embrace new territories that you haven't yet covered.

We all know that past trauma can bring anxiety, though I've found there to be various types of trauma.

1. There can be an elongated period of time under stress, such as a difficult childhood, an abusive relationship or a period of workplace bullying. This can result in generalised anxiety.

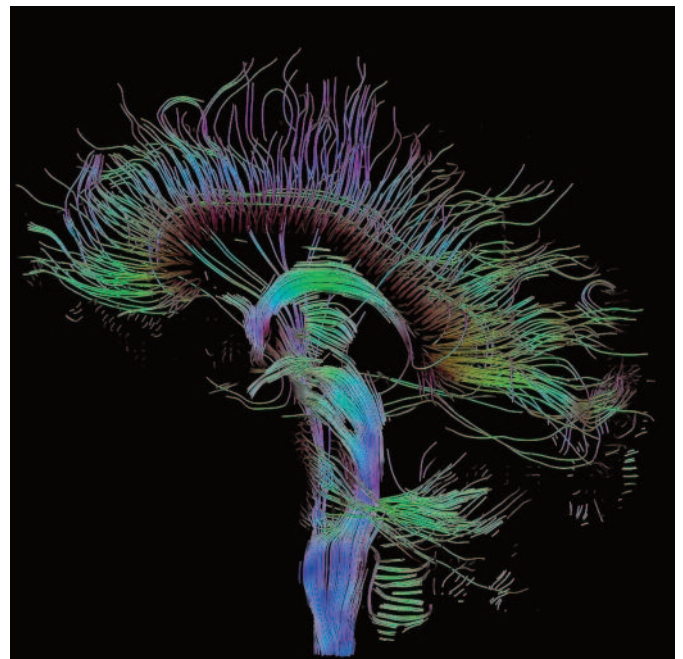
2. Clients can also suffer from a single trauma or a repeated series of trauma, leaving them in a state of hypervigilance, ready to be triggered when something somehow echoes the original source of the energy.

3. The hardest trauma to discover is when a small incident suddenly brings an overwhelming activation of previous incidents that have been dormant in the subconscious before this last incident becomes the straw that breaks the camel's back. In its final analysis, this is strong proof of the timelessness of the subconscious.

The most complex cases can involve an amalgamation of all three types of trauma.

These basic sources of trauma and subsequent anxiety are well known to mental health professionals at all levels. I simply offer that where some aspects of CBT do work well, there are a couple of simple things that for the main part go unacknowledged.

1. Anxiety is a *safety system*, not a mental illness. Anxiety is a *response* to trauma, and that energy of the trauma is held subconsciously, not consciously. Logically, we can then understand why anxiety doesn't always shift with talk therapies. CBT is done in the conscious state, i.e., with beta brain-wave patterns, while the



Visualisation of neural pathways in the brain, taken using diffusion tensor imaging.



subconscious operates in the alpha or even theta range. This is why CBT can't always get to the trauma. To summarise, the trauma is subconscious so the anxiety is subconscious, too. It's the specifically crafted solution by the client's deeper self: it has to come from the same place, characterised by the same brain-wave patterns.

2. There is a way in which the energy of trauma is held when it lodges in the subconscious. Not only is anxiety held subconsciously, but it is held *energetically entangled between an event, a feeling and a belief* in a triangular format. This self-sustaining energy framework starts to form solutions and programs that counteract the trauma energy. We are, after all, a remarkable survival species. Sometimes we just soldier on and do the best we can in life, carrying our experiences with us. Trauma isn't fully released unless we address the original energy in which it was stored, which means that we have to search the energetic history of the client to locate the traumatic event(s) and then address the feeling and the belief.

Tim, now aged 29, was traumatised repeatedly by an angry father when he was small. His past was triggered when his new boss joined the firm, a man characterised by a short fuse and a booming voice, which he used often. Tim had a number of panic attacks at work before he sought help, as they had started to drift into his private life. In fact, one had emerged during the break-up with his girlfriend. In a deep trance state, Tim travelled back in time to again become the little boy facing his father as

he held feelings of sheer terror and a belief that he was desperately unsafe. Little Tim was met by his 29-year-old self, who held him and made him safe, changing his beliefs around personal safety. We released the feelings and beliefs across all similar events, collapsing in minutes a safety system that had been carefully put in place over almost three decades. We matched the trauma held in alpha brain-wave patterns with subconscious healing in the same brain-wave state. Tim hasn't had another panic attack since, and he now lives a life without debilitating anxiety.

Trauma is held in the alpha wavelength, so the healing interventions need to be offered in the same wavelength...

We know that similar wavelengths of opposite magnitude cancel each other out. It's common practice with technology such as noise-cancelling earphones.¹ Again, the logic of healing is evident. Trauma is held in the alpha wavelength, so the healing interventions need to be offered in the same wavelength to match it.

Our All-Important Childhood Years

It is well known that our childhood shapes us for the rest of our lives. The so-called "formative years" is the period of time when we form our values and beliefs and start to build our self-view. It is seen as something like the first seven to 12 years of life, depending on your psychological model. During this period of time we are conditioned by our environment, by our role models whom we copy both consciously and unconsciously and by our experiences, though brain-wave patterns play an important role here once again. The subconscious mind is open throughout this period. Babies spend their time predominantly in the delta (sleep) range of brain-wave patterns. Between two to six years of age, children are more often in the theta range and then in the alpha range from six years. After 12 years of age, we are mostly in the conscious or beta state and the "subconsciously open" years are completed. This is why young children can learn so well, though it is also a way in which trauma can be effectively stored.

Dr Bruce Lipton articulates this phenomenon in his book *The Biology of Belief* (2005) where he states:

"...the fundamental behaviors, beliefs, and attitudes we observe in our parents become 'hardwired' as synaptic pathways in our subconscious minds. Once programmed into the subconscious mind, they control our biology for the rest of our lives...or at least until we make the effort to reprogram them."²

Bruce Lipton, even as a traditionally trained medical doctor, understands this critical aspect of how we

respond to our environments and this has been fundamental to his own remarkable work.

The Womb, where Consciousness is First Active

While our conscious memory may go back to our early childhood, our subconscious starts observing, recording and storing energy before we are even born. We are already assembling information and absorbing energy from whatever our mothers are experiencing. Again, this makes perfectly logical sense as we are completely connected by shared physiology, whether it be biologically, chemically or energetically and some would say psychically as well.

So many times over the years, I've found that anxiety originated in the womb and then gradually grew, event by event, through the formative years.

Cheryl, aged 38, was in a deep state of trance and travelled back in time to before she was born. When I asked how her mother was feeling, Cheryl replied that her mother was really anxious and worried about this, her first baby. When I asked how this affected her as the unborn child, Cheryl began to cry. She had been trying to help her mother and took on her anxiety as a way to share the burden. She had been carrying it ever since. We released the energy and the associated beliefs and feelings, and Cheryl was set free from her anxiety.

Dr Marcy Axness, a professor of prenatal development and an expert in parenting, offers this:

"If a mother is consistently filled with anxiety or stress during her pregnancy, the 'message' communicated to her baby (via stress hormones) is that they are in an unsafe environment—regardless of whether or not this is actually true. The baby's brain will actually adapt to prepare for the unsafe environment it perceives it is going to be born into!"³

This opens a whole new avenue of exploration in the battle against the anxiety epidemic. There are individual circumstances where it is literally true that he/she was "born anxious", though not everyone responds in this way. Again, it is down to the individual and how they respond uniquely to the energy they receive.

Intergenerational Trauma: Energetic Lineage

The phenomenon of intergenerational trauma is starting to receive more attention. It is just possible that the trauma we hold in our being transcends generations as a type of energetic legacy of safety. The new field of *psychohistory* is concerned with group identity, the transmission of trauma across generations, processes of collective mourning and creativity.⁴

Dr Molly Castelloe, author of The Me in We blog at PsychologyToday.com, tells us:

"What is overwhelming and unnamable is passed on to those we are closest to. Our loved ones carry what we cannot. And we do the same.

"This is the subject of *Lost in Transmission: Studies of*

Trauma Across Generations, edited by M. Gerard Fromm (2012). This collection of essays on traumatic transmission builds on the idea that 'what human beings cannot contain of their experience—what has been traumatically overwhelming, unbearable, unthinkable—falls out of social discourse, but very often on to and into the next generation as an affective sensitivity or a chaotic urgency'...

"...The child speaks what their parent could not. He or she recognizes how their own experience has been authored, how one has been authorized, if unconsciously, to carry their parents' injury into the future. In rising above the remnants of one's ancestors' trauma, one helps to heal future generations."⁵

Over the years, I've seen my own examples of this remarkable phenomenon.

Dimitri, a 35-year-old business analyst, was off work for some time suffering from workplace stress. Counselling and medication weren't helping. As we probed the source of his condition, he told me a story about his grandfather. In World War II, his grandfather had been a tiny baby, living in a small village in Eastern Europe. Soldiers came through and took the entire population of the village to the large waiting room at the railway station. They were all then machine-gunned to death, except for the baby who became his grandfather. His mother had shielded her baby from the hail of bullets with her own body. Many hours later, passers-by on the nearby road heard a baby crying and discovered this tragic scene. Dimitri's grandfather was taken in by those kind people. Dimitri sobbed deeply as he told this story,



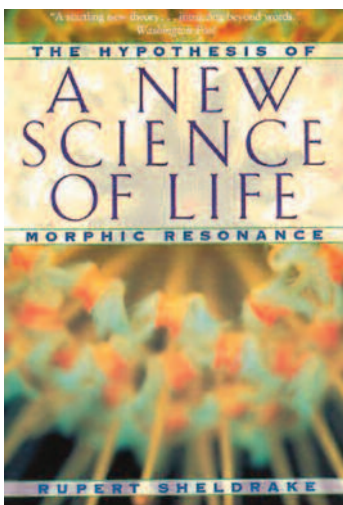


releasing the profound pain of two generations before him, the trauma of this family tragedy deeply ingrained in his being. It was a critical turning point in his healing.

I've come to call this phenomenon the *energenetic lineage*. Our parents come together to form us in more than just a mix of sperm, egg and shared DNA. While that may underpin physical procreation, our *energenetic lineage* is a combination of *quantum entanglement* and *morphic resonance*.

Dr Rupert Sheldrake first offered his hypothesis on morphic resonance in *A New Science of Life* (1981) and summarises it on his website:

"Morphic resonance is a process whereby self-organising systems inherit a memory from previous similar systems... The hypothesis of morphic resonance also leads to a radically new interpretation of memory storage in the brain and of biological inheritance. Memory need not be stored in material traces inside brains, which are more like TV receivers than video recorders, tuning into influences from the past. And biological inheritance need not all be coded in the genes, or in epigenetic modifications of the genes; much of it depends on morphic resonance from previous members of the species. Thus each individual inherits a collective memory from past members of the species, and also contributes to the collective memory, affecting other members of the species in the future."⁶



We also know from the laws of quantum physics that quantum entanglement means "that which has been connected stays connected".

Quantum particles form

relationships that transcend time and space in a phenomenon that Einstein once referred to as "spooky action at a distance".

If we hold trauma from those who come before us, then surely we carry the *energenetic* solution, the safety system trialled over generations in the entangled energy field of our family lineage where the morphic resonance would be even stronger, bolstered by quantum entanglement. In short, anxiety can be inherited as the unconscious solution to intergenerational trauma.

Louise was in her 60s and eager to explore some lifelong blocks that stopped her from making decisions and caused a "stuckness" in her life. She found that any decision, at any level, resulted in anxiety. As we moved back along her *energenetic lineage*, we discovered some powerful beliefs in her paternal line. Four generations of men had taken safe decisions as a way to protect their families and keep themselves safe. As we moved through a gestalt-type process of sharing feelings and concerns, they came to realise that their beliefs were in fact holding back their descendants. When we released their anxiety and replaced it with courage, they then stood behind Louise to show loving support. When we turned to the maternal line, we found several generations of women who were keeping themselves invisible as a way to stay small and be safe. This, too, was released, sending waves of healing back through the generations and setting Louise free from her blocks.

Quantum Echoes across Time and Space

The belief system of a therapist is critical to a client's healing. If we place our own barriers and beliefs on a session, we often won't find the deeper layers that may be lying close by in a multidimensional and metaphysical landscape. Simply put, we are multidimensional in our real state of being, as anyone who has had a near-death experience, witnessed a paranormal phenomenon or had an out-of-body experience will readily confirm.

In chasing down the source of anxiety, I've witnessed

clients talk about energy coming from alternate selves in other realities—a firm fit with many aspects of quantum physics and my own research into quantum consciousness in recent years.

I've heard clients share what appear to be past-life imprints in line with the theory of reincarnation—a theory expertly investigated by Ian Stevenson, MD, of the University of Virginia.⁷ Since his passing in 2007, his research has been continued by others.

Sometimes we discover a pattern of trauma across multiple lives which can be released in a deeper state of trance according to the Life Between Lives® methodology, brought to the world by Dr Michael Newton and his 7,000 client cases.⁸

I acknowledge that these layers are outside most people's thinking. However, we've reached a point in the battle against anxiety where we need to consider more creative solutions.

Ultimately, an energetic disorder such as anxiety may have multiple layers that echo who we truly are. We simply must have the courage to follow where we need to go in order to find the source, and in so doing we may uncover much more about ourselves and even about where we fit into the landscape of an ever-unfolding universe.

A Message for People with Anxiety

One of the challenges for people suffering from anxiety is how to start to feel safe in a world that we are continually told is not safe. Mainstream media stories are permeated with the threat of terrorism, potentially widespread epidemics such as Ebola (and there were several before that) and a view of the modern world torn apart by war and crime. News broadcasts, television programs, movies and even computer-based games echo these themes.

I often ask clients who present with anxiety how they build purpose and inspiration into their lives to balance these other energies. When you feel unsafe, you are



even more vulnerable to the fear-mongers, though we don't have to listen to them. We have a choice.

There's a part of you that is trying to keep you safe. This part of you may have been there for a long time or a short time; it may be simple or complex, though it has the pure intention to be of service to you.

Look deeper and further for the source of what you are experiencing, and those answers lie within. You don't have to live with the debilitating energy of this for the rest of your life.

When you find your personal and unique solution, tell your story and help others. That will transform your difficult journey into a source of inspiration for others, and you will have found purpose. ∞

About the Author:

Peter Smith is the founder of the Institute for Quantum Consciousness and is based in Melbourne, Australia. He created the modality of Hypnoenergetics® to bring new approaches and models to the therapeutic application of hypnotherapy. Peter has been President of The Newton Institute For Life Between Lives® Hypnotherapy since 2009. He has been interviewed on a variety of television and radio programs and has contributed to a number of documentaries. Peter is the author of *Quantum Consciousness: Expanding Your Personal Universe*, reviewed in NEXUS vol. 22, no. 6, October–November 2015. His article titled "The Hidden Realities of Our Consciousness" was published in NEXUS vol. 23, no. 3, April–May 2016. He was a speaker at the 2015 and 2016 NEXUS Conferences.

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Endnotes

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