

## **Mirror Protection Against Negative Words, Thoughts, Insults**

**Tony De Marco, LL.B., B.C.H.**

Clients visit our offices with specific issues and we practitioners address those issues with our own personal techniques to attain the desired results. We have learned techniques that we like, and created techniques from time to time to suit our own individual styles and personalities. Besides the immediate needs of the client we have an excellent opportunity to 'arm' our clients with a weapon, a tool, to combat day-to-day negativity that is a part of life. It is my feeling that we can help a client with the issue at hand, but if we do not teach them methods for them to use in the future for unexpected happenings then there is a possibility that unwanted behaviors, feelings, emotions, illnesses, etc may return.

All our lives we shall have situations wherein we are confronted by people, family, friends, strangers and the like, who are negative and throw negativity our way. And it is unimportant whether it is intentional or unintentional because it still has the potential of doing us harm. Sometimes they are just plain negative themselves, and you can almost feel the negativity getting to you. Often it is so strong that it feels like the oxygen is leaving the room and that it is difficult to breathe. Other times people here and there want to intentionally harm you or make you feel crummy for their own personal shortcomings which also has the potential to lower your self-esteem. They insult you personally, insult your intelligence, or demean you whether it is verbally, through their actions, attitudes, or gestures, which insults have the potential to harm you physically and psychologically. We are only human and sometimes it is difficult to process this negativity, these insults, and these actions, so we must devise ways in which we can alleviate, negate and avoid their effects. There is a very special way to arm yourself for such attacks, immediately and continuously. It involves the help of your subconscious mind which sends you a positive feeling of calmness which is 'triggered' by a special word that you say to yourself...the word is MIRROR. The concept has been used with success in our field.

"Just clear your mind and calm your body. As you become very calm, I would like you to also imagine yourself being very calm. Just imagine yourself calm and everything around you being calm, whether at home, work or play. Everything is calm. At this point of calmness, I want you to imagine a long five-sided mirror, similar to the kind that are in clothing stores where you can take a look at your total self. There are four large sides and one small top portion to this mirror. Each of the four large sides covers you completely, to the front, to the rear, to the left and to the right of you. The smaller mirror is on the topside of you over your head, and seals in all 4 sides making them tight and secure. Just imagine this special mirror that you have created. It is luminous and transparent and unable to be seen by anyone but you, and this mirror has special attributes. Any negativity, and insults, any negative vibrations, any stress of any kind hits

the mirror and is reflected right back to its source, or to a place where it harms no one. It is your choice what happens to these stressors. Imagine that, going right back to its source, if you so desire. You have this power. Feel how calm and at ease you are, knowing that you have this secret mirror.

Let's test it right now. Imagine yourself in a given situation that would usually upset and bother you. As if you were a screenwriter, create the scene, and then direct the characters in the scene. Write the words and the actions, and then have the other characters sending them to you. Watch closely as you imagine yourself being completely protected by the mirror which surrounds you, and the words, thoughts, insults or other stressors being reflected off of the mirror and bouncing back to its source. Now see how the other people are in reality hurting themselves. You are unhurt. You are calm. Look at yourself and smile as you are immune to their barbs, immune to their negativity. You are positive now. Your nature is positive. If you choose, just send positive thoughts to the person sending negativity your way, knowing that you are stronger now because of your attitude. The important aspect to remember is that you have this reflecting mirror that protects you continuously from any negativity.

Now, I want you to deeply feel the calmness and positive attitude that you felt earlier, feel it through your mind, your entire body, just imagine that you are as calm as when you imagined the calmness earlier....calmmm, calmmm, calm, completely calm. Now say the word MIRROR to yourself and capture that feeling of calmness, peace and serenity. As soon as you say or just think of the word MIRROR, the word MIRROR immediately brings the feeling of calmness to you. All distress leaves you as all of the barbs, all of the negativity is reflected off the mirror. You are immune to ridicule, to false logic, to insults, to frustrations, to all negativity, and this feels good. MIRROR, MIRROR, MIRROR....the magic word....MIRROR....all distress leaves you and is replaced by calmness, peace, serenity and a positive feeling of strength. MIRROR.

Great, now imagine that disturbing scene of your screenplay and feel the negative emotions that you would have normally felt. Now say or imagine the word MIRROR and feel the calmness as all negativity is reflected away from your mirror and disappears. You become very calm, very peaceful, very serene....very positive knowing that you are the better for dealing with these type situations with the proper perspective. You are all the better for it. You are the better for it. You have the protection of your MIRROR."

**CAVEAT:** In strict compliance with the Ethics & Standards of our profession, always advise your clients who demonstrate symptoms of medical issues or psychological disorders to avail themselves of the best allopathic medical and psychological professional services that they can obtain. Request a written referral when warranted. Hypnotism is complementary to these traditional disciplines

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