



## The Hidden Sword

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We are always looking for new paths to lead us to better results in our clinical practices of PLT/RT. Especially when we are faced with scenarios that seem to challenge the traditional procedures and techniques which normally have a satisfactory result. Clients increasingly look for our professional help in wanting to overcome difficult problems and complex psychopathologies.

Some cases have called to my attention, especially those in which after having applied the usual techniques and used the self developed resources as well as those developed by our PLT teachers, the client continues suffering or continues maintaining the same behavioral pattern which he/she wishes to change through therapy.

Very often, we therapists understand the experience the client had during the session, we are able to establish a correlation between the present life problem and that experience, we observe that the client had a catharsis which made total sense in terms of the traumatic charge and the present symptom, but, in spite of this, the client continues to have the same problem. Client's resistance? Wrong choice or bad use of regression technique by the therapist? Mechanisms of preserving the secondary gain he/she has with that behavior?

I started to consider what could be supporting the behavior or the maintenance of the problem in these cases. What would be the aspects in this client's psyche's dynamics which still favored the permanence of the problem after having had some type of insight and catharsis. Therefore, since the year 2000 I have been researching and studying these psychological aspects which arise in the development of regression work. One of the main conclusions from these observations and practical experiences was verifying the influence that the client's Character Traits has over the development

of his present day difficulties. More than this. From the close contact I had with Hans TenDam in the Training Program we developed together in Brazil, I started using the resources of energy work also in the understanding and in the client's experience during the session.

It started being clear to me that, very often, the maintenance of the problem the client presents and brings to therapy is based on the repetition of a certain type of energy flow along various of his/her past lives which today result in suffering.

I started exploring the relation that the client, in a past life, established between his/her needs and the things or situations which took care of those needs. How the client had created a weight, a meaning and a value regarding those things or situations as paths for his/her fulfillment at that moment of existence. Due to his/her self image, world view, and awareness of self needs to be "happy", that person had developed an energy exchange with those objects, relationships, situations. Even after dying, the individual is often not able to update his/her goals in life, or his/her way of attaining happiness, continuing to repeat the same energy exchange, that is, unconsciously continuing to try to tend to the same needs, the same things as before and using the same strategies. The result is the maintenance of a way of life which is impregnated with the same energy and the same way of exchange he/she experienced in the past lives.

As in the case of a woman who came for therapy to treat an impulse of rage and aggression episodes, resistant to 8 years of conventional therapy. Now matter how well she understood the motives and situations which triggered the irritation and aggression crisis, she wasn't able to change this behavior. In three sessions our client relives violent and aggressive characters that lived all their lives around conquest wars and disputes over personal interests through physical force.

In one of these experiences we see an extremely strong and violent Viking warrior. Being one of the leaders of his community, our warrior goes through a life of battles. His involvement with war starts when he is 14 years old, as he starts learning how to handle that group's favorite weapons: the sword, the hammer and the ax. Our warrior shows a special ability in managing the sword, which he chooses as his main warfare weapon.

During his youth, he learns to develop anger and aggression, as motivation and a way of intimidation for fighting and achieving victory over the common enemies. His skill in using the sword develops into a refined technique, hitting the enemy between the neck and shoulders, and he becomes known as almost unbeatable in the mode of sword confrontation.

With no mercy, he uses his sword against men, women and children. He is convinced that his performance is crowned with success. Until one day, coming home from a journey of conquests and pillages, he finds his home destroyed and his family gone. He decides to avenge himself against everything and everyone, due to his immense pain. He makes this decision in a moment of extreme emotional confusion: anger and contentment which hide the unconscious pain for the loss of his family and for feeling diminished, humiliated for having been deprived of these people within his own house.

When he decides to take vengeance, he has his favorite weapon in his hands: the sword. He knows it is his best tool to accomplish his vengeance project.

From then on, our warrior has an even more aggressive attitude, more violent and lonelier. His life's meaning then becomes vengeance against life itself and his only ally: his sword.

Our warrior lives for a few more years and finally falls when he faces a larger resistance force in one of the villages his group invades. He is struck by an arrow which penetrates his throat and weakens him,

turning him into an easy target for the enemy spears, and dies.

Our client notices and recognizes where her anger and aggression impulses come from. She also realizes that somehow, she is still moved by the desire of vengeance from the life of the warrior who felt humiliated in his honor and who, unconsciously, was tormented by the pain of his loss.

At this point, the therapeutic process concentrated in giving support to the character's pain and breaking the vengeance pattern, still acting in the client's life but completely inadequate to her present reality.

In a second session, our client explains how she still reacts with the same anger and aggression, even after having gone through expressive catharsis and understanding in the previous session.

I then used an adapted version of Hans TenDam's personification technique, asking the Viking warrior to come forth and tell us how he was doing today, now. The client noticed the entrance of the warrior, with the same anger and haughtiness of the past. He holds his favorite weapon: the Sword. This time the warrior doesn't say he wants vengeance against everything and everyone. He says he needs to brandish his sword as a way of placing the things around him in order and therefore he uses his most lethal weapon.

I ask the client how this warrior influences her life today, in which moments does he "take control" of her life, in terms of reactions, impulses, feelings, decisions. She identifies how he "acts" when she is challenged in her professional environment, where there is a strong competition amongst colleagues. She sees herself doing whatever it takes to attain her goals, most often just to show who is the most intelligent and powerful, rather than for the attainment of things in per se.

At that moment, I ask her to see herself acting professionally in

those moments of great aggression and strength. She is surprised to see herself brandishing the same old sword. Energetically she is still brandishing her instrument of force and power. She still brings a Hidden Sword in her hand. When questioned about this, about what benefits that brings to her today, she talks with satisfaction about the disputes and accomplishments before her colleagues. When asked about what problems thereof arise for her in the work environment, she speaks of the accruing loneliness she feels due to her extreme attitude of combating and competing. Invited to do something with that "hidden sword" she is surprised once again of not being able to let go of it. She realizes it is fused to her hand in such a manner that now hand and sword are a unit.

I then ask her to go back to the warrior life in order to identify the moment in which the sword and hand fused. She realizes the moment in which the warrior feels humiliated in his power when he sees his house invaded in his absence. The enemy's audaciousness hurts his pride, which is now deadly hurt. At this moment, which we already know from the previous session, I ask her to behold the warrior's energy - the energy of will, his desire to accomplish, and what happens to this energy. She notices a strong shiny red substance that grows within the warrior's chest. In the moment which he feels the most humiliated and angry about it, she sees the energy going towards the sword. He feels as if now his hand and sword are one and the same.

I ask her to notice what is happening and she reports that her energy for accomplishment gets confused with the strength and power the sword provides for her.

I ask the client to notice how that sword is acting in her present life. Still very surprised she reports that it is as if the sword were still stuck to her hand. She identifies how she still uses the sword fused to her hand in her professional life. I then ask her what happens when she arrives home and has to interact with her husband and her three young daughters. She starts crying and says that the hidden

sword ends up hurting the ones she loves, when she is aggressive, impatient and irritable. Even in her professional relationships, she ends up not being able to develop sincere long lasting friendships – and she longs for that. She cries a lot in the session.

I then ask her to imagine something she could do in order to let go of the sword. I start an energy work in which the client imagines her own resources to let go of her hand's hidden sword. When she succeeds, she reports feeling great relief, a lightness she hadn't felt in a long time.

However, she suddenly gets anxious and expresses her fear of not being able to have the sword anymore, on occasions in which she needs strength and determination. I ask her if she needs to get rid of the sword or only put it away someplace where she is able to use it every time she consciously decides she needs to use it. She realizes the problem doesn't necessarily lie in using the sword, but in having it as the only way to deal with situations that arise in her life today.

The effect of this energy work was decisive in definitively eliminating the disproportional aggressive impulses the client brought as her complaint.

Cases such as this one have recurred in my clinical practice throughout the years.

It seems as though, as in this client's case, we place our energy of accomplishment in things, objects, positions, etc which seem fundamental to our survival, to our happiness. The investment of energy in possession or achievement of our goals seems to move our resources in such a way that we freeze the understanding that such thing represents the meaning of our existence. Very often, the death of the physical body does not eliminate this type of frozenness of goals or objects which seem to still be necessary to our happiness. We call this process 'identification'. That is, we are so identified with that type of accomplishment or goal in our lives that we are unable



to see other alternatives for happiness or safety other than that one. If in that existence it may have made a lot of sense, in other lives it seems to dominate and enslave us, and cause our reactions to be completely inadequate and painful.

I consider the human being as a being in a permanent process of growth and development of his spiritual consciousness. Through his reincarnation experiences he develops greater resources and amplifies his consciousness. However, due to this, at each stage he has a determined view of himself, a certain world view and a particular understanding and sense of his relationship with the world. I call this ensemble of factors the Character of the person.

I have been working with this concept in order to identify what types of needs the individual tries to fulfill in that moment of his past existence, what types of objects, positions, situations seemed to be important for his main goal in life: survival, happiness or safety, for example. Electing these goals in life we establish a series of strategies to attain them. Very often, we become so identified with those strategies and needs that we condition the projection of our will or fulfillment energy, in the same manner and with the same intensity as we did in the past.

What I started observing is that very often in our present lives, we repeat these behaviors moved by the same goals of the past, automatically and unconsciously. However, this repetition is more than just a conditioned pattern. It reflects an energy flux maintained in the direction of the same goals and targets of the past, only they are totally out of date.

I then started realizing that clear regressions, which led the patient through vigorous catharsis and powerful insights, were more efficiently resolved with the inclusion of energy work which seeks to rebalance or promote more consciousness to the client, in his present life, of the most adequate direction his energy for accomplishment should take. I have been naming this as the energy of Will fulfillment.

I have often observed cases like this one which I called The Hidden Sword. I have named the phenomenon as Identification. Aside from these cases, I started observing other cases with different characteristics but which seemed to confirm the energy exchange principle or the use of Will in the search for fulfillment, for happiness or just for the attempt to survive.

As an example, I can mention, without having to go deeply into it, the cases of Loss of Meaning in Life where the person projects and crystallizes his/her fulfillment energy onto a certain object, relationship or goal and, when this person loses this object, for example, a relationship that is broken, the energy of Meaning in Life is lost with that object and the person feels lost, with no motivation or meaning for his/her life. The most important here is to help the person, through energy work, to "recover" Life's meaning. Most of the time, this loss of the energy which used to give meaning to life is still echoing or being missed in the present life. Other mechanisms as the Stagnation of this type of energy or Compensation cases, in which the person shifts the energy of fulfillment to another type of object, has helped me to develop a certain type of energy work that collaborates in the process of Unidentification from the contents of the past which the person needs to realize in order to be free of these mental, emotional and energy prisons.

The process of unidentification seems to be more effective when we help our client to become aware of the types of strategies he has been using in order to attain the same old goals. Very often it is because he is still looking for the pleasure experience obtained with the old experience. At other times, he repeats because he fears going back and reliving the pain of abandonment or of violence he had suffered, for example.

Today, I consider that the most important psychotherapeutical goal of Past Life Therapy is the subject's Transformation of Consciousness. This happens not only through the catharsis of the



traumatic contents, nor through the insights promoted by the understanding of the relations between past contents to the problems of the subject's present life. Starting with these first steps, the Transformation of Consciousness happens when the subject starts to become aware that the purposes which oriented his life, most of the time unconsciously, no longer represent goals which will make him happy. On the contrary, today they are promoting problems and suffering.