

CHAPTER 16

HIDDEN MARRIAGE PROGRAMS

When a person's marriage is unhappy or ends in divorce, the assumption is that he or she must have married the wrong person. But perhaps the problem lies in a subconscious belief that happiness is impossible in any marriage. In this session I learn that my beliefs about marriage originated in an incident at age eight—which is also the source of the thought that triggered my poor eyesight program.

On the day of this session with Pamela, my eyesight was unusually blurry. I'd been writing a film treatment about a marriage. The more I wrote, the blurrier my eyes got.

We learned with NMR that my blurry eyesight was a signal from my eight-year-old that she wanted to talk. She was distressed because her parents were arguing about her father's Corvette.

"Ah! Dad had this little 1953 Corvette," I explained. "He loved that car. He was like a big kid with a new toy. He had this wooden bench made to fit over the console so all four of

us could ride in it. When it was just dad and my brother and me, Tom would sit on the bench and I'd sit in the passenger seat. But on Sundays, when mom came with us, I had to sit on that horrible little bench with my head sticking up over the windshield, and Tom had to sit in Mom's lap. Neither one of us liked that arrangement at all. So on Sundays, we'd say with a great degree of un-enthusiasm, 'Oh, mom, are *you* coming?' which of course she didn't like one bit. So finally she said, 'Cecil, it's me or that car!' I always thought it was a joke.

"So one day he came home with a four-passenger convertible so we would all fit. It was a cool car, but it wasn't his beloved Corvette. But I don't remember that as a fight. I only remember her saying, 'Cecil, it's me or that car.' She was much more conservative than he was. I think she held him back."

More NMR revealed that I was still carrying anger and fear from that event. I was also blocking some of what was said.

"But what's the problem, then, here today, Ann? Is it upsetting your thoughts about marriage? Is it making you fearful about relationships? Does it interfere with your trusting of relationships?"

We did more NMR, which disclosed that today's blurry eyesight resulted from my not wanting to see something. I also learned that I was afraid a marriage where both people are free to be themselves was impossible and this made me angry.

"So what's the part you're afraid can't happen? Where's the fear?" Pamela asked.

"Well, I always *thought* they were so happy. I never heard them fight. So I thought you never argued in marriage, that you agreed on everything. And then I find out, at least at the subconscious level, that isn't true. But I can't believe I really thought they'd get divorced over that car. I just remember mom saying, 'It's me or that car.' I always saw that as a joke. But I guess there are things I don't remember about that conversation."

NMR confirmed that in fact I hadn't seen it as a joke. I had believed her. I thought she was going to leave my father. I knew my dad was angry about her ultimatum, and his anger frightened me. I felt bad for my father and was angry at my mother. This anger and fear was affecting my feelings about marriage. Moreover, after that incident I started to believe my parents didn't love each other and wanted to be free of each other—and *I didn't want to see that*.

"This is heavy duty for an eight-year-old to think about," Pamela explained. "It would be hard for her to hear, 'There's a possibility they've grown apart. There's a possibility they're not compatible. There's a possibility they've entangled themselves so much in their own personal stuff that they've deadened what they felt between them.' This is the reality of human nature—that we aren't static, that we grow and change.

"We might start talking to the eight-year-old about what keeps marriages together and what causes marriages to die. And we might say to her, 'Can you imagine what might be an important key between any two people in keeping a marriage honest to what it is and to keeping a marriage flourishing, or to ending the marriage if both parties would be happier?' The strongest key to keeping them together—something your parents lacked, at least to a degree, Ann—is *communication*. Not only communication with each other but communication with oneself.

"You're getting your first big dose of how important it is to look inward, to recognize very basic things that an amazing amount of people don't know, like: 'Who am I? What do I want? What is meaningful and important to me, and how am I getting in the way of that?' Not 'How are others getting in the way?' but 'How am *I* getting in the way?' 'Am I not being honest with myself? Am I making choices based on what I think other people think should be my choices?'"

"Your mom and dad have done a *lot* of that. How old were they when they got married?"

"Thirty. They were forty when they adopted me."

"So they were forty-eight now. That's interesting, that they had a longer time to get to know themselves. And at that age there's already a panic, starting with, 'I haven't done what I wanted to do. Is life just going to continue to be the same, the same, the same?' All that is happening. And so one of the things we want to say to the eight-year-old is, 'If you're going to look within yourself, you have to be willing to face what's there.' And in your parents' day and age there weren't a whole lot of options for them. It was the 1950s and they were *very* tied by what was expected by society. So it was very hard to step out of the mold. What's your mom going to do at age forty-five if she hasn't worked?"

"Oh no. She ran four corporations. Dad knew he was going to die young because he had rheumatic fever as a child, so he set her up to have income after he died. And she loved business. She was a very astute businesswoman. But he knew he was going to die around his mid-fifties, which he did, although it was from cancer.

"He used to come home from work and he'd be dog-tired, and he'd sit in this recliner and he was always wiggling his big toe. I remember she was always darning his socks in the toe. He was always wiggling that big toe. Always. I guess it was nerves. So there was a lot of nervous energy there. It was probably total frustration. Let me ask about my father wiggling his toe."

NMR revealed dad did wiggle his toe as a release of nervous energy. The cancer that killed him was from frustration and anger.

"So," Pamela explained, 'here is an opening to say to the eight-year-old that this is another reality that she needs to look at. Let's say she was here being counseled and needs to

be opened up to: You're beginning to recognize that you are an individual, your mother is an individual, your father is an individual. And there are bonds created with individuals but you can't solve your parents' problems. You can't make your mother happy. You can't make your father happy. And what happens between them is of course going to affect you, but you can't let it throw you.

"You're now going to have to look at your parents also as teachers. And they are *teaching* you, showing you choices. You can look at your parents and begin to see them for the fallible human beings they are who have made choices, and decide for yourself if the choices they have made are choices that feel good to you. Your mother is showing you choices, your father is showing you choices, and one of the things they are showing you is the consequences of lack of communication and the consequences of suppressing emotions and the consequences of having the fear of showing a partner who you are and discussing with a partner what you want.

"So what would you say to the eight-year-old to help her dissipate her anger at mother?" Pamela asked. "She's angry at mother for not letting father be who he is and play and have fun."

I responded: "I'd say, 'Your mother was raised in a very conservative household and there was a lot of fear there. She never saw anybody let go and be themselves and have the freedom to express who they really were. That just wasn't something *known* to her. That scared her. Then she marries this adventurous type. At first it's very appealing to her and she thinks she's going to be able to go with the flow, but she just can't do it. So she gets miserable and he gets miserable. They're both unhappy. But she really did think she'd be able to go with it at first.'"

"So," Pamela said, "by telling the eight-year-old this, you help her see how easily her parents slipped into those roles

and probably were angry at themselves, frustrated and angry at themselves.”

“But not really knowing they were angry with themselves, thinking that they were angry with the other,” I added.

“So we’re telling the eight-year-old about projection,” Pamela explained, “that when you can’t really face choices, failures, unhappiness that *you’ve* made, you project it onto others—this frustration and this anger—and you get angry at *them* in the very area that you’re still trying to resolve. So now let’s test some programs about marriage with the subconscious.”

NMR revealed that I considered living with someone a marriage, and that I thought you’re not allowed to be who you want to be in marriage and that marriage is a dependent relationship.

“That’s pretty much the nuts and bolts, Ann: not being allowed to express yourself and being dependent. What we’re looking at is the framework you’ve built as your matrix of marriage so we can dismantle it.”

We tested further for programs and found two. One was that marriage made both men and women unhappy. The other was that whereas I liked being a female and respected females, I did not admire or respect female energy. I saw female energy as domineering, controlling, and judgmental. I did not see male energy this way.

“You sided with your dad a lot. I think you kind of dissed yourself thinking, ‘I’m not going to be at all like my mother,’ which may have dissed some female stuff. Things don’t have to make sense at the subconscious level. And here you have two opposing ideas. You respect females but you don’t admire them. Let’s do a little bit of reprocessing.”

Pamela started the now-familiar induction procedure. “Then as you close your eyes, you begin that process that works for you: counting down, the numbers five and down to

four, that’s it, focusing in on your body at three. Because we are working with the subconscious programs, you do want to go at two, into those levels within. So you’re thinking of the body at one, as you go to the screen of your mind.

“That blackboard is how you inform your subconscious. And as we look at the blackboard now, there’s something about female energy there. It says female energy is domineering, female energy is controlling, female energy is judgmental. And I’ll bet if you look at it closely it says *all* female energy, because no one bothered to inform the subconscious otherwise.

“Erase the ‘all’ and put ‘some’ in front of it. Because that is true. In fact, erase ‘energy’ because *some* females are domineering—they use their female energy in a domineering, controlling, judgmental way. All right. But now you pick up that chalk and you write: ‘My mother was a female. My mother had female energy. I am a female. I have female energy.’ And then write in big, bold letters: ‘All female energies are not the same. Female energy is different in different females. I am not my mother. I use my female energy differently than my mother did. Many, many, *many* females use their energy differently than my mother did.’

“And that goes right to that programmer to direct those changes in the emotional programming, the fundamental programming. And you also write on that board: ‘Female energy is strong. Females can communicate. I choose to be that kind of female.’

“Now erase: ‘Don’t show your emotions.’ Erase: ‘It’s better not to show your emotions so everyone will think everything is all right.’ Then write: ‘My emotions signal to me what I need to know about what I am feeling and thinking. When my emotions signal me, I know what to do about it. I address what’s important for me to address so I keep myself balanced, powerful, and on my path of purpose, my path of destiny.’

“Good. And now, Ann, you go to the other side of the board and there it is written: ‘Marriage is a prison.’ ‘Marriage doesn’t allow one to be oneself.’ ‘Marriage is a dependent relationship.’ ‘Marriage makes men and women unhappy.’

“This is true of some marriages. But it is not true of marriage itself, which can be many things. So erase: ‘Marriage is a prison.’ We don’t want this to be true for you. Erase the others as well. They do not need to be true for you. And by erasing them, you are letting your subconscious know that you have made different opinions, different thoughts about marriage.

“So you write on that board: ‘Marriage is a reflection of the people that are in it. Marriage is a good opportunity to communicate clearly, honestly, with consideration and respect for the opinions and the thoughts and the feelings of both partners. Communication is important for me. Communication is important in a marriage.’

“You might also write: ‘Marriage can free a person to be who that person is. Marriage *can* allow one to be oneself. Marriage can be a union between two independent people who care for one another and create a bond together. Marriage *can* help men and women to be happier with themselves and with their lives. Marriage is many things to many people.’

“I suggest at some point, Ann, that you might lean back, put yourself into that hypnotic state, and begin stating aloud or silently the positive beliefs that you want to make certain your subconscious has accepted as your belief system about marriage and other things that matter to you. Make certain you’ve imprinted that for yourself and that your subconscious has received it and that your subconscious programming supports what you have come to think, believe, and know at your conscious level of understanding and awareness.

“Now, taking another deep breath, we thank the eight-year-old for her contribution, for communicating. When you

were writing about marriage, she began communicating. She began saying, ‘Hey, I have some thoughts, I have some feelings about this that have been bugging me for a long time. Can I talk to you about them?’ And you did talk about them together. Congratulations to both of you.

“As you reflect on and recognize the choices that have been made, you make a conscious decision to make the conscious choices that matter to you, that embrace your higher good, that embrace your greater satisfaction. You are indeed in the process of empowering yourself, of removing those limitations that you have placed on yourself so that you can, in this realm, find, enjoy, and master this realm and become that light of joy, joy, joy that is your essence.

“Now breathing in that physical energy, and as you bring in that physical energy, reflect to yourself before we are done that you are pushing out *all* the energies of your mother and of your father and *all* the energies of all entities that your Higher Self and you know do not belong with you—the negative energies, the belief systems that are not what you have chosen. You are embracing that energy of Ann. You are embracing that energy of *your* light, that energy of *your* spirit. You are surrounding yourself and making yourself very, very comfortable with, comfortable in, balanced in the energies of your spiritual soul, of your being. And this includes your emotions. This includes your physical energies, for you are embodied in physical form. How wonderful to know that indeed we have the power to motivate ourselves, to heal ourselves, to inspire ourselves, to find the knowledge we are seeking within self.”

What a shock this regression was! I had always thought my parents were so happy. They never argued. They were always holding hands in their photos. Not wanting to see their unhappiness was what triggered the old program about

eyesight from the first century. My parents were counter-examples—through their unhappiness they taught me good lessons: find the strength in who you truly are so you feel free to express it, and don't blame others if you haven't. I'll have to keep you posted on whether or not this session helped me with marriage. But I can tell you it has helped me with relationships in general.