



## Fractal Psychology and Hypnosis

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## Fractals

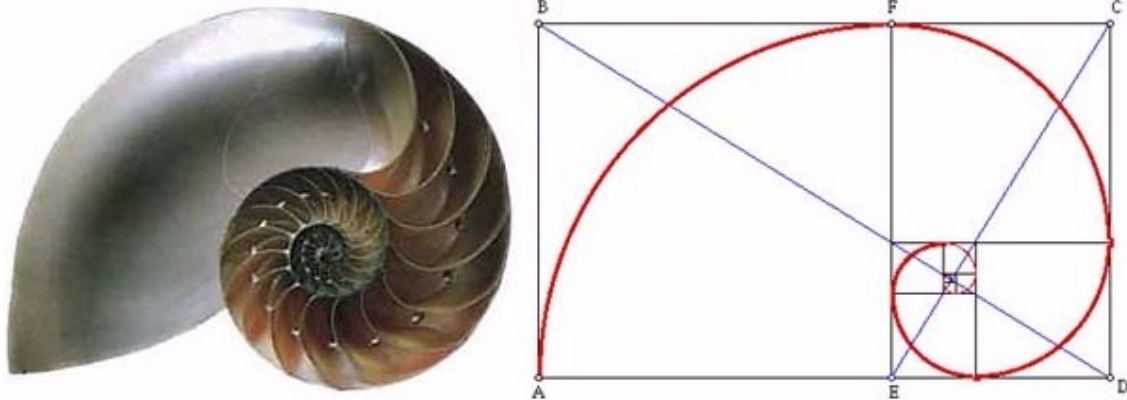
Ever since Descartes poked us in the eye with “I think therefore I am” people have been thinking straight, believing in one cause for every effect... but neither people nor the world are straight. They don’t act straight, they don’t think straight.

Growth is not linear. The world grows in spirals, but people don’t know how to see this. Everything is fractal for the simple reason that nature never reinvents herself but always builds on patterns.

“I think therefore I am” overlooks the deeper truth that our ego is a fantasy of our own creation, that reason itself is a fantasy. We can be completely illogical and still be reasonable.

Our story is the fantasy we believe in today built on the fantasy we believed in yesterday, and so it goes day by day, around and around, changing in similar ways with each turn. This fractal process

is called self-similarity. That is what we really are: an identity wrapped around itself like the shell of a nautilus.



## Psychology

“I think therefore I am” is an attempt to sell the deception that combining two unknowns, thinking and being, creates a foundation. It seems like a circular statement that gives definition to thought and meaning but it is not circular. It is a spiral, it is iterative: every time you think you build out from what you thought before.

This is how we build ourselves. Today's habits, like Russian dolls and nautilus shells, rest upon yesterday's habits, and those on the days before. If you want to change yourself, then you have to go way back... or else you have to drop it all.

Much of today's psychology believes in itself because it reflects on itself. It embodies the magic notion that what you name becomes real. First you see it, then you name it, then you believe it. It is a collection of egos thinking that they "are." Tightening their bootstraps, and making things reasonable.

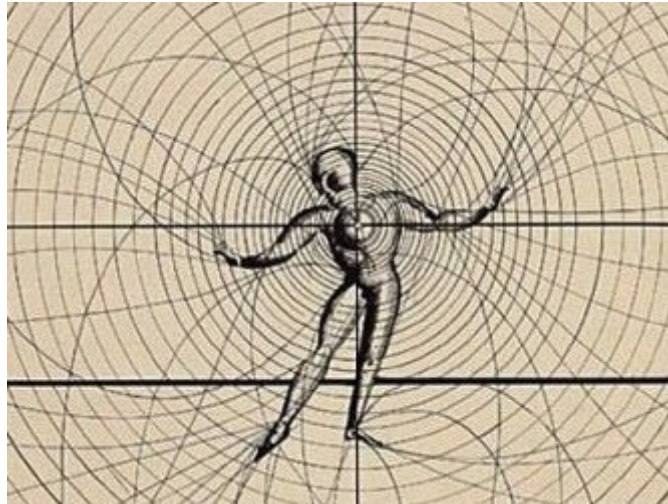
We see this in education, politics, and culture. “Seeing is believing,” “obeying the law,” and “doing your homework” are all aspects of believing that what has been said is true, and that the stronger argument -- not necessarily the better, or one you even understand -- is right.

The pervasive way these beliefs build on themselves make culture fractal. The process repeats itself regardless of the topic or the argument, and everyone keeps lining up for the same underlying emotional reasons. This is not a reflection of a deeper truth "outside," it is a reflection of our own beliefs. The truths we find are the truths we build, existing inside of the culture we create.

What if understanding your cancer, your depression, or your addiction took you outside of your culture, outside of who you thought you were? Could you go there? How would you get there?

Logically, reasonably?

People believe that their ego creates reality, that what they think they are. This is not what Descartes meant, but that is beside the point. The ego is equated with identity, and the stronger ego wins, both within us and among us. Ego as identity has many forms: personal, national, cultural, and even global. So what is the ego?



The ego is a filter to enable us to agree on a consensual reality. If we didn't agree on what was real, then there would be an explosion of opinions, there would be creation, dislocation, and radical change. There would also be chaos, destruction, and devastation. Reality is important, but so is chaos.

Psychology is a filter that enables us to collectively agree on a consensual reality. It carries the same benefits and drawbacks as the ego. Filters attenuate, they separate. They eliminate the noise, they clarify. They're great for extracting what you want, but they're bad for fostering change. They're bad at forming new ideas, as that is the opposite of what they're designed for. I find that psychology, like ego, is poor at understanding how people change.

Here is Narcissus staring at his own reflection. Can you see the spiral that defines his shape?



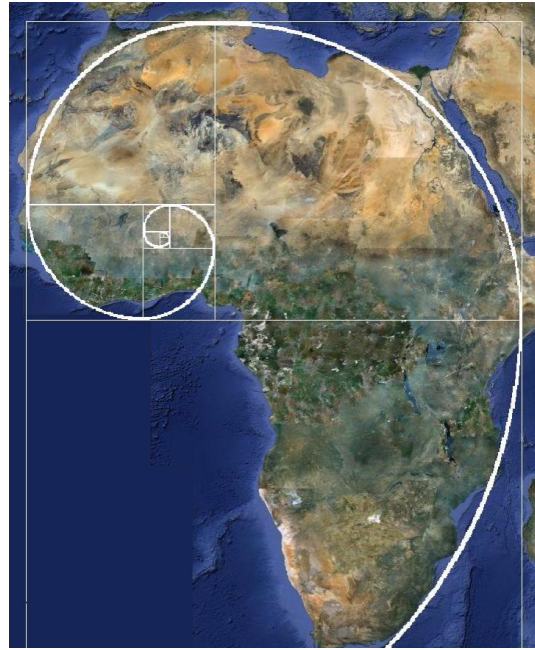
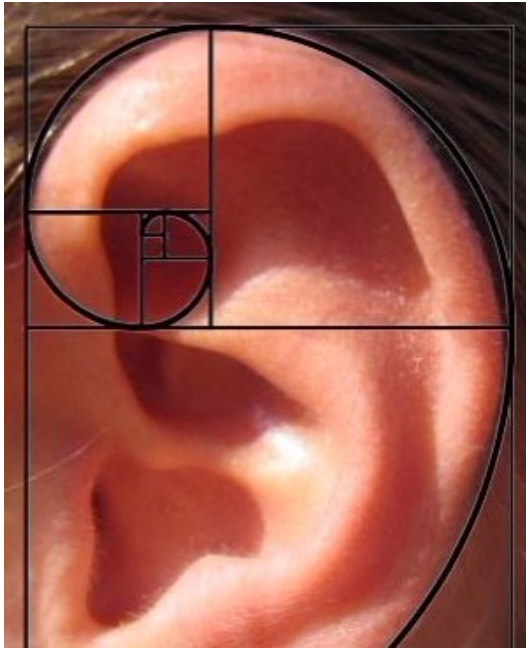
## Hypnosis

Hypnosis is transformational, more so than any fairy tale. If hypnosis is Cinderella, then psychotherapy is her step-sisters. Where psychotherapy squeezes its feet into the glass slipper of authority, hypnosis runs barefoot. Where psychotherapy claims to understand and rebuild, hypnosis disassembles so that you can discover yourself, getting beyond good and bad.

Hypnotism dives into the unconscious where therapists fear to tread, afraid of experiences that might cost them their authority. Hypnosis is at home on the strange path into your subconscious, a portal to your deeper realities, however you define them.

You are reflected in your subconscious: your genes, family, traumatic history, and your future. New structures wrap around old structures, new language emerges from old language, and hypnosis acts as witness and midwife. Safety is an issue, and there are goals, but you decide.





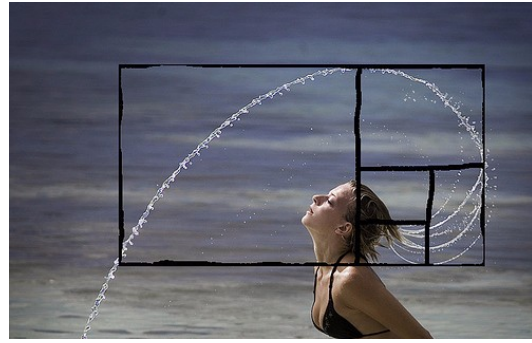
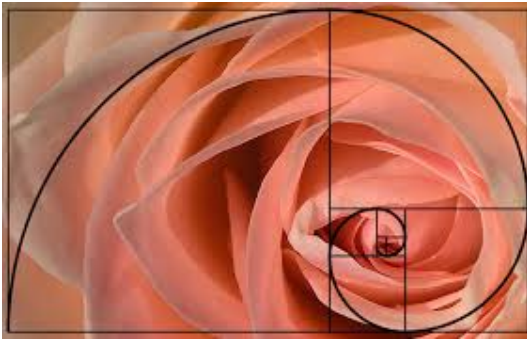
## Transformation

Got diabetes and want the symptoms to go away? See a doctor. Depressed and want things to return to normal? See a therapist. Restoration returns you to the situation in which you created your problem. Getting back on track is socially acceptable.

Scientific fields make predetermined changes: engineers build, scientists solve, doctors cure. The professional brings tools and plans, and creates according to design. Social planners, law enforcers, and politicians love scientific fields.

Creative fields make undetermined changes. Hypnotists do whatever the client tells them without tools, plans, or design. Hypnotism makes you the artist, and artists are always on the edge of social respectability, always reaching for the border with chaos.

Creative thinking is not cause and effect thinking, it is metamorphic thinking. It is not goal oriented, it is holistic. It does not make sense, it transcends sense. It does not seek to cure your cancer, diabetes, or depression, it ushers you into a realm in which you can see these labels as aspects of yourself. Form a relationship with these entities, ask them for guidance. Call them entities, spirits, god, or aliens, or whatever it takes. Talk to them!



The science of psychotherapy aims to vanquish your demons; the art of hypnosis aims to give your demons a place. Demons are angels with messages you can't understand. Transform yourself into something bigger than you think you are -- bigger in space, in time, in heart, in spirit -- then listen to the message again.

Want transformation? Do something different: travel, find a mentor, build a new world, seek your novelty.. see a hypnotist. That's what I do. You want it? Call me, we can do it over the phone: 845 - 594 -7578. Simple.

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"The horizon that we can see goes further still; it's an infinity that you cannot even approximate. It is beyond logic, and it's out there... We're all Columbus. We're all setting out. The risk of drowning is real, and the risk for success is real.."

- George Plotkin, MD. A specialist in the treatment of Parkinson's Disease.

Meet George on [YouTube](#), and my [interview with him](#).



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