

# Removing Subconscious Sabotage to Happiness

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**S**ubconscious sabotage to happiness or wellbeing is actually what Energy Psychologists used to call a Global Psychological Reversal. This means a psychological reversal that cuts across and influences multiple issues (e.g., I want to be miserable; I want to be poor; I want to be sick; etc.)

This global sabotage needs to be addressed first, before the therapist can look at any other sabotage of a specific issue. This is mere common sense; you

cannot achieve any goal if you have a global reversal, as, God forbid, you'll achieve this goal, and it would make you happy.

When we come to look for subconscious sabotage to happiness we find three main reasons related to three negative emotions that are usually suppressed.

1. "I don't deserve to be happy." This is related to issues of guilt or shame. The closely related "I'm not good enough" is usually related to harsh punishment or criticism by caretakers at a very early age. It can also be related to one or more specific traumas.
2. "Others don't deserve ..." This is related to anger, resentment, and vindictiveness, using the ego defense mechanism of passive-aggressiveness. A sub-issue of this emotion is "God does not deserve ..." where God is regarded as a father figure.
3. "It is unsafe for me to be happy." Under this heading, there are many sub-headings showing different types of subconscious issues, imprints, or mistaken beliefs:
  - If I am happy and I lose it, the fall would be too painful.
  - If I am happy, something bad will happen to someone close to me.
  - I am miserable, but this is familiar. Happiness is the big unknown and therefore is frightening.
  - I will not know who I am, as I derive my identity from being miserable.
  - If I am happy, I'll have to perform better. People would expect more from me, and I'll have to step out of my comfort zone.
  - I'll lose some of my dependency needs or other perks that I get because of my misery.
  - How could I possibly be happy when such terrible things happened? (Personal: e.g., my daughter died of leukemia; or Collective: e.g., millions are being tortured and killed.)

With the help of muscle testing, we can find out where the sabotage is, then we use the Forgiveness Affirmation combined with sensory stimulation to remove the sabotage. We know we are successful when

the muscle that was weak before turns strong on all the detection statements, as well as with the declaration, "I have 100 percent subconscious support for me to be happy."

In case the general Forgiveness Affirmation is not enough to remove the sabotage, we proceed with the Personalized Forgiveness Affirmation, which works like a laser beam, as it is directed exactly at the personal problem. To make it personal, we interview the person while checking with muscle testing to find out if we are on the right track.

Because the sabotage is subconscious, the person may not be aware of what is going on. So, playing with muscle testing, we can proceed with a series of questions that can be answered with a "yes" or "no" answer.

"The feeling of undeserving has to do with past trauma,"

– muscle strong (yes).

"The trauma happened between the ages of 0 to 5"

– weak muscle (no).

"Age 5 to 9"

– weak muscle (no).

"Age 10 to 15"

– strong muscle (yes).

"Age 10"

– strong muscle (yes).

Then we interview our patient about what trauma he had at age 10, and we find out that at age 10, he was racing on his bicycle with his younger sister, and she fell off the bike and was seriously injured. Once we know that, we can tailor the Forgiveness Affirmation in a personal way. It may go like this:

*Even though I feel I do not deserve to be happy because I feel I caused my sister's accident at age 10, I deeply and completely love and accept myself. I forgive myself for that. I was only a child. It was more my parents' neglect in failing to supervise us. I did not do it deliberately. I have punished myself enough throughout the years for something that was not really my fault, and I forgive myself for that.*

After the affirmation, we can confirm that the muscle that was weak before with the statement, "I deserve to be happy," turns strong.

So, since there are so many types of sabotage that can be related to so many causes, it is important that we use muscle testing to find the reason. Then we use the Forgiveness Affirmation, or Personalized Forgiveness Affirmation, combined with sensory stimulation, to remove the sabotage.

We can find out if we are done when the muscle is strong, but the ultimate proof is in the pudding, how is it translated to the happiness in daily life.