

# Waking Up from a Lifetime of Hypnosis



Finding Freedom from  
Confusion and Compulsion

by **Roland Trujillo**



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This book is dedicated to my wife Sophia who has been there all these years and to my son Jeremiah whose technical help and work has been instrumental in publishing my books, maintaining the website, and producing the radio program.



# CONTENTS

Introduction .....	11
How to Solve Your Problems .....	13
What You Need to Know about Hypnosis.....	34
Expectation, Upset and Anxiety .....	59
Dreams and Schemes.....	103
Take Control of Your Life.....	123
The Meaning of the Moment.....	151
Is Denial Keeping You from a Life of Fulfillment? .....	157
Doubt, Destiny, Hope and Faith .....	175
Injustice, Rebellion, and Creativity.....	191
Are You Suggestible? .....	205
Love is Reciprocal .....	227
Are You Leaking Energy? .....	239
The Hypnosis of False Goodness.....	245
The Power of Faith.....	256
Why We Suffer .....	279
True Creativity .....	287
Users and the Used .....	315
From Intimidation to Freedom.....	339
Understanding Pressure.....	343

<b>Response is Obedience .....</b>	<b>357</b>
<b>Another Look at What Stress Really Is .....</b>	<b>363</b>
<b>The Science of Controlling Stress .....</b>	<b>379</b>
<b>With Patience We Wait for Our Need to Be Answered.....</b>	<b>385</b>







# Introduction

*People's beliefs and convictions are in almost every case gotten at second-hand, and without examination, from authorities who have not themselves examined the questions at issue but have taken them at second-hand from other non-examiners, whose opinions about them were not worth a brass farthing.*

*Mark Twain*

Why do smart people do dumb things? In fact, why do you do things that you know are not wise? Why do you drink, smoke, eat too much, spend too much, eat the wrong food, or say the wrong things? Could it be that you are under a spell and don't even know it?

Before you laugh and say that such an idea is absurd, ask yourself why you have done some of the dumb things that messed up your relationships, your health, your finances, or your life.

How about all your compulsions and obsessions? Do you really want to bite your

nails, get upset at traffic, or spend too much money?

Could it be that you are not in control of your own life?

Do you ever feel out of control? If so, what are you reacting to and why can't you just stop yourself?

We read in the Bible about something called original sin, and we are told that the human race is laboring under a curse of sin from which we need to be set free by the Messiah.

Could it be that something as simple and seemingly innocuous as hypnosis is part of the curse of sin? Perhaps the curse of sin is the spell of sin, and our misdirected life is what we do under the spell. So just who are the hypnotists in your life who know how to push your buttons, get inside your head, upset you, and motivate you?

This book hopes to answer some of these questions and also give the reader clues to waking up from any trance they may now be in.

What could be more natural than to be fully awake and living with wisdom? If you could find this fully awake and aware state, you could resolve your issues and err no more. You could regain control of your life and move forward to find your purpose for existence.

- 1 -

# How to Solve Your Problems

If you want frustration and resentment to leave your life, then simply learn the art of not setting goals. If you have no goal, then there will be no more striving, frustration, futility, or resentment.

Goals are almost invariably not your own, but were given you by someone else. That is why you feel pressure when you think of a goal, and also why goals give you a vague discomfort and a sense of futility. The goal is not your goal.

Someone in your past was a motivator (hypnotist) and in a moment of excitement or resentment, you took in the suggestion. After that you are compelled to give yourself to the goal and sacrifice your life to it. When you feel so frustrated and unhappy about it that you can

no longer stand it, you might try to rebel—like quit your job, quit school, or label yourself a failure. You might do the opposite of what you were pressured and motivated to do, like eating too much again instead of dieting, or drinking and smoking again instead of abstaining. But you are not happy with these either.

Your struggle against the goal (someone else gave you) only makes it stronger, and even if you throw in the towel and stop trying, the goal and the voice of the tempter is still there in your mind haunting and tormenting you.

Think about it. If you were doing what is natural and intuitively realized, why would there be any frustration of futility associated with it? What could be more natural than just living wisely and doing the next right or wise thing?

It is actually possible to live a happy and stress free productive life, one realized from within and one which brings a sense of improvement without struggle and frustration.

Your problem is that you have become hypnotized, and it happened when you were upset or resentful. You did not know what was happening to you, and that is why I am writing this book, so that I can expose the everyday mechanisms of hypnosis under which you are currently laboring and suffering.

People were cruel and teased you, and then you took in their suggestion. If they told you that you were stupid, and you bought the

suggestion, then you spent the rest of your life unconsciously making their prophesy come true by acting stupid which is the suggestion you accepted.

Chances are, you might have become angry at their suggestion (which is how it got in), but then struggled against it—making it stronger.

Other hypnotists were wheeled into place who took over, since you were already in a hypnotic trance, and they suggested ways of proving that you were not stupid.

They challenged you to study, and said that if you got degrees then you would not be stupid. Perhaps you still thought you were stupid, but other hypnotists suggested that if you were a great dancer, entertainer, athlete, or popular, it would take away the curse.

So you did everything the coach, teacher, or the peer group said would make you smart, rich, or popular.

But none of these ideas were your own, though you may have gleefully gone along for the benefit. All the unhappy, addicted, and suicidal Hollywood stars who are miserable and out of control, proving that following other's goals for you, even if such goals bring a measure of worldly success, will not bring happiness.

I used the example of someone being called "stupid," and then taking in the suggestion and acting stupid, or struggling against it, but there are as many suggestions as there are wicked, loveless and misguided people to make them.

You will have to meditate to come up from your hypnotized state and become aware, and then you will be able to slowly begin to see all the suggestions that have resulted in your frustrating, unhappy, compulsive, compensated, unfulfilling lifestyle—one that will kill you unless you wake up from it.

Since you are walking in your own shoes you will have to see just what the unseen influences have been on you, how goals you thought were your own are not, and just who the hypnotist was who first set you on your course of error.

All I can do here is point out the phenomenon to make you aware of it, describe it, and offer some clues to help you see the origins of your own issues, so you can start to break free.

Beware of the grace robbers who inject themselves into a natural thing and ruin it if you are not aware and careful. When a child is seen to have ability in some area—such as playing a musical instrument, or in some sport—parents and other loveless authorities see it as their bounden duty to begin to egg the child on to work, study and compete to become great and famous. At first the child naturally enjoys the tasks, but through struggling and striving at the behest of the authority which has become the motivator, the child will soon be striving to achieve and win, instead of functioning with joy out a natural and timely interest.

Some kids begin to buckle under the pressure and falter. Others keep trying and succeeding



but are unhappy. Others try and fail, and then blame themselves or commit suicide. Everyone wonders what went wrong, and no one suspects the doting pressure monger parent and the loveless teachers and coaches she turned the child over to.

Some kids will eventually throw down their musical instrument and never play again. They hate it, but they really hate the pressure from the authority and have transferred the hate to the instrument or to themselves.

This is sad because the child really did have talent and a natural interest in the activity. Had the child been provided opportunities but instead of being pressured and challenged, was shielded from loveless pressure, the child might have become a successful artist or athlete, but also happy and joyful instead of miserable and compensated.

Other kids had ability in some area, but it was not really in accord with what should have been their natural enfoldment. Their true calling was suffocated while they were forced to achieve in a certain line that was not really natural for them.

This does not mean that it is wrong for people to take a job or learn a trade out of necessity or expediency to earn a living, provide for their family or survive. But you can see that there is here a common sense motivation, so it does them no harm and often turns out to be both healthy and leads to a natural success. You see, it is done with a practical or altruistic motive, or

perhaps no motive at all, other than to do the next right thing. This is a far cry from studying in order to please mother, teacher, and other pressure mongers who come along.

Of course the guilty and wicked pressure mongers will twist my words and accuse me of saying that kids should allowed to be undisciplined and allowed to run wild without direction. They say that unless a child is motivated, the child will not succeed.

Those who themselves have been pressured know nothing else but pressure. They have lost the ability to function without pressure. All they know is being pressured and pressuring others.

But the truth is that the welfare roles, the skid row areas, the rehab clinics and the insane asylums are filled with people who are there because of the pressure. It was the inhuman pressure to succeed that drove them to failure.

People like Albert Einstein and Apple Computer founder Steve Jobs, succeeded in spite of the pressure. Albert Einstein rebelled against the authoritarian practices he was subjected to, and his learning took place on his own. Thank God he did not become a marijuana smoking dropout from the system, or a loveless unhappy pressure source himself. He would have lost his creativity, his innocence and his joy.

Most people do not know how to rebel creatively. Instead they rebel by turning to drugs, gangs, or graffiti.

The secret to success is to learn to function from inner motivation despite external pressure.

And for parents, the secret to loving parenting is to provide direction and example, without impatience and without seeking to motivate or "build character." Were you to succeed through seduction or cruelty to make the child into a compliant zombie or clone of yourself, you would have only "succeeded" in actually destroying real character—which is a natural unfoldment from within.

When learning is natural, intuitive, and in line with a person's talents and interests, it is a discovery process that is timely and joyous. Moreover, that is the way that God wants us to learn: it's more of a discovery process, like discovering what you already know in your heart.

But through manipulations and pressure, the misguided parent or teacher would have substituted herself for God and intuition, and the child will become forever dependent on pressure from her and people like her in order to function. So watch out for doing unto your children what was done unto you.

Realize that you have not been living your own life. This is one of the most awesome realizations, but one that you must eventually make if you are to take back control of your life and be free.

After you have been pressured away from your center, you became externally oriented.

Then all you knew was conformity and rebellion. Neither extreme is good. When faced with a decision, and there was no immediate pressure source around you to direct your behavior, you hunted and pecked in your animal brain, looking for an idea that was pressure educated into you. When you do not find any, you become anxious, not knowing what to do.

Perhaps that is one of the reasons why we are all so authority oriented—we want someone to decide for us, absolving us of responsibility and the need to endlessly plan, scheme and struggle. When decisions are made for us, we simply follow.

The problem is that the kind of authorities who presently rule this world are the types who will set ambitious goals for you and then motivate, pressure, or manipulate you into struggling toward the goals they set for you.

Even when we abdicate our will to another in order to avoid the guilt and frustration of deciding for ourselves, soon we are doing their will, which leads to the same guilt and frustration, as we struggle and strive toward some goal they have set for us.

What I want you to see is that your problems stem from setting goals, those you set yourself or those others set for you.

Even the smallest goal can cause conflict. All you have to do is make it a goal to get to the front of some line first, and you become dehumanized. You rush for the line, forgetting

manners or even safety. And if another gets there before you, you resent them. Gone is love of your neighbor. Instead a mean spirit enters, and suddenly the only thing that is important is attainment of your goal. You damn and curse anyone or anything that gets in your way.

Some people develop tremendous guilt for such goals. Perhaps as a child they were instructed (while hypnotically obeying their parents or teacher) to struggle, strive, and work to get the best grades or win the spelling contest.

Fixated on the prize, under the direction of the motivator authority, they did exactly what they were told to do. In the process they became a monster—ambitious, perhaps even enough to cheat or try to sabotage their competitor.

To the entire world, an athlete who cheats or uses performance enhancing drugs looks like the villain. But the real villains are the hypnotist manipulators—the motivators who have been egging the athlete on to win at all costs with threats, bribes, or promises. He or she has been loved and lauded for goal setting.

It now becomes an internalized drive, not the athlete's own, but one given to him. Likewise, later in the athlete's career when there is a threat of loss when performance lags, the athlete, in a trance, will do anything to reach the goal.

The perceptive child, though hypnotized by authorities and seeking to please them, may soon feel alienated from fellow students because he or she doesn't feel comfortable being

ambitious, cruel or a cut throat competitor. Some such perceptive and sensitive children will even unconsciously become sick or somehow mess up so as not to have to engage in the ambitious activity that they are being pressured into.

The ambitious student, athlete, or performer may suddenly find himself or herself in the process of doing something cruel or wrong in order to reach the goal. At this point, he or she tends to wake up, and go to one of two extremes.

One: the pain of seeing his or her own compulsive strivings may drive the person into an even deeper trance to escape from the pain of awareness. Rededicating himself to the goal, he pursues it doggedly, often even with self loathing or self pity. He excuses the ambition and rationalizes it. He seeks approval from his motivator and consoles himself in the company of other ambitious strivers like himself.

Because the motivator does take an interest in the ambitious one, he seems to be the only source of love. And so, the victim falls even more under the spell to avoid the guilt and anxiety that comes with awareness, and to receive the approval and love of the motivator.

The other extreme of, of course, is to give up and drop out. Unable to stand what they are becoming, they drop out or turn to alcohol, marijuana or drugs. They would rather fail than be ambitious. They often hate society, corporations, schools, parents or whoever had pressured them to succeed.

Some people might awaken to see just how heartless and inhuman they have become in the pursuit of the goal. In guilt, they might set a goal of making it up to those they hurt. This new goal now becomes the pressure to function. And under pressure of the new goal, and making it too important, they might actually force themselves on others, pressuring them to accept their apology or pressuring them to accept some payment to make up.

In a similar way, they might set a goal of helping others like themselves. They become a teacher, coach, or other authority with a goal of helping anyone like themselves.

So instead of being a harsh teacher or coach, they become a "nice," easy going, people pleasing teacher or coach. Instead of being a disciplinarian, they become an enabler, a liberator, friend, or nice guy or nice gal.

Unfortunately, the goal of being nice, or to put it another way, the goal of not being like their parent, coach or teacher also makes them goal oriented and fixated.

They might become an advocate for victims or the homeless, but their help does not really help because it is founded in resentment and hatred.

Such a person will actually become threatened and resentful if others don't accept their "niceness" or if others don't see them in a good light. Think of it! The goal seeking nice guy will hate you if you don't like him.

But others can see something fanatical about their good deeds. Others can sense the pressure in the person who aims to please. And so, the rejection the motivators bring on themselves through trying too hard to please or be nice causes anxiety and resentment.

In order to reach the goal of being the world's nicest teacher or whatever, he will do everything he can in order to seduce you and win you over. And if nothing works, he will hate and reject you.

The seductive motivator is now on the inside just like the ones he hated. The only difference is that he or she is now seducing others instead of threatening them.

However, once his or her power is consolidated, you will then experience the liberator, motivator, or nice guy's betrayal and tyranny. Many liberators, such as Fidel Castro, ended up being worse dictators than those they replaced. Within the shell and facade of such liberation and liberalism is tyranny and oppression.

The liberator is just as ambitious as the social climber or capitalist they hate, but now they are ambitious to destroy society, punish those they hate, and force their brand of "good" on everyone. The French revolution, Pol Pot, and the Red Guard in China are examples of this sort of thing.

The truth of the matter is that when the person goes into a hypnotic state, they come



under the influence of another. Twenty years later, the hypnotized person continues to carry out the directives of the motivator. And eventually through a slow process of attrition, it is not merely the programming but also the actual spirit of the motivator which acts through the victim.

Evil, you see, is a spirit which never dies. It is undead, like a virus. It infects each new generation with itself. And the ambitious ones come under its spell and it operates through them. Sadly, the victims of the ambitious once also become infected through their hatred. The victim of the bully turns around and bullies those weaker than herself until she takes on the full mantle of the bully.

I recently heard a well known evangelist recount that in his country of origin the suicide rate goes up dramatically on college campuses around exam time. These students are driven by a goal of achievement that was given to them by others, now implanted in them and enforced by psychopathic teachers.

The sad thing is that they could be far more successful and happy if they had been permitted to unfold naturally and flow intuitively. They could have been industrious instead of ambitious, and thus happy instead of conflicted over any success they might achieve. Many college students party and drink in order to escape the guilt for not living their own lives.

If, at this time, you are impatient with your children and are seeking to pressure, bribe, threaten, or motivate them, it is undoubtedly the spirit which was operating through your parents (or driven teachers or coaches) which is now living through you, seeking to destroy your children and to use them as a new vehicle for its plans.

Can you now see the wisdom of the words: "Seek first the Kingdom of God and His right way, and all other things will be added unto you?"

Christ exhorts us to make our Creator and His right way most important--first, last, and always. If you seek to do what you know is right in your heart—making it at all times and in all places and in every moment more important than anything else, then you can know no frustration.

You won't have to decide anymore or face dilemmas. You will have made THE choice—to submit to your Creator's will instead of seeking your own will.

You see, when you seek your own will, seducers and manipulators notice what your desire is, and they rise to the occasion of offering to answer your needs.

When you seek your Creator's will, then you come under His authority. And when you are under His authority, you are no longer under the worldly motivator's authority.

It's a strange thing about time—time should be a benevolent source of a substance we need to

accomplish anything. In the material creation, things come to fruition in time. The end intended then comes to pass through cause leading to effect. One precedes the other in sequence. And the awareness of the sequence, one after another, gives the reference points by which we measure time.

If you intended something, and you knew that it would come to pass for sure, and if you knew that it was God's will, then you would have no anxiety, worry, and be under no pressure, because you would be certain of a happy fulfillment in God's good time.

Even more fun would be if you were certain that the Creator's will would be done, and you knew that you were doing His will for each moment, but you did not know what the outcome would be or when it would be, you could simply live care-free from moment to moment doing what is right and then waiting with joy for the surprise happy outcome.

When the good came to pass, it would be a joyous surprise (like a birthday present), yet all along you knew that something good would happen, you just didn't know what it would be.

It all depends on intent. You might counter, "I have had the right intent, but things didn't work out." First of all, you must not make a goal of "doing good." If you do, this goal, leads to putting your will into it, with the usual frustration, time pressure, and resentment. Your will then becomes a pressure to others. The goal

(and accompanying preplanning and attempt to cause some effect or make some impression) ruins your timing and robs you of spontaneity.

Jesus often warned the people about doing things to make an impression on others. He also often warned us not to be hypocrites. Do you see the connection? Having a goal of being good or doing good results in doing things for effect and its effect on others.

Your intent must be: to be ready to do what you know is right in your heart for each moment. In other words, as I go through life and approach a situation, I do not know what the good is. I watch and wait. I check with my intuition. Mostly nothing is required for me to do, other than calm observation. Sometimes a word, deed or gesture may be needed. I just act or speak spontaneously, flowing from intuition, and the action is right.

If you over analyze, ambitiously plan in advance, or use some pre digested formula—you will mess it up. The innocence, the sweetness, and the power will be absent. Instead an ego would be laboring for effect.

Life is subtle and involves timing. There are not enough books in the world to detail the perfect action for any delicate moment with your loved ones, for example. You need guidance—just in time guidance—the kind that comes from within, in the moment, when you get your ego out of the way, not knowing what to, but wishing with all your heart to do the right thing.

With this attitude, you will suddenly know what to do.

If doing what is right, but not really knowing in advance what the “right” is in any particular situation, is your sincere intent, then you may simply go about your life, living humbly, quietly, not given to prediction, not seeking selfish advantage, and not seeking to make any impression on others. In most moments of your life, nothing is required of you. In this respect, doing right often means not doing wrong. Going the right way means not going the wrong way. Doing the Creator's will means not doing other's will.

Remember, whenever you move under pressure, you are obeying another's will. That's why if you respond to the pressure of another's praise or the pressure of their criticism, then you are moving hypnotically.

When something becomes too important—more important than seeking to quietly realize what is right for that moment—then you have a goal directed consciousness, which will lead to your striving to attain.

Remember Christ's words concerning doing good: He said "let not your right hand know what your left hand is doing."

Can you see what innocence is? It is moving spontaneously without thought of the outcome. Children are naturally innocent. That's why their honest speech and lack of self consciousness are so sweet.

There are also adults who are naturally innocent—often true scientists and inventors who love discovering truth move innocently, such as people like Thomas Edison (who often forgot his umbrella) or Einstein blithely riding his bicycle.

What makes us self conscious is the ego appeal of the gaze directed at us by others who question our motives and seek to confuse us.

They also judge you, and having reacted resentfully to judgment, you now act to be seen favorable by them.

Wrong, impatient, or ambitious people hate innocence, and so they try to draw attention to yourself with praise, criticism, or blame.

They know that once they can make you self conscious—embarrassed, ashamed, angry, and resentful—you will then seek to move to alleviate the feeling.

They also know that if they can make you doubt yourself, you will become confused and unsure, and they can continue to dominate you.

Natural innocence is nice, but you need to go beyond it to find spiritual innocence. The angels are spiritually innocent. And because they are, they immediately acknowledge truth. And because they have no will of their own, other than to do God's will, they only bear goodwill toward their neighbor. They do good unawares, being not self conscious of themselves as an operator. In fact, they even know that when they do good, it is not of themselves.

Can you see how this fundamental realization saves them from pride (which also makes us self conscious in a most unfortunate way, alienating us from the good)?

In order to find innocence, you must give up your goals and striving. Relax and wait patiently for the wind of the spirit to move you.

In innocence, your consciousness will eventually become aware of your own corruption. Careful—don't resent seeing it. You will become aware of how your body has been trained and conditioned to respond to outside appeals with obedience. The lusts, angers, anxieties, nervousness, hungers, needs and desires are all acquired: based on the suggestions and manipulations of others, and your reacting to them.

You will also eventually become aware of the spiritual corruption within. You will become aware that a will has been operating through you which is not your will. You will become aware that its motives and its thoughts are impure. You will become aware that evil exists within, and that it came from those who tempted and motivated you.

You will become aware that it has had its way with you and through you when you made something too important or when you were resentful. You always thought that its thoughts and its will were your own, and you were guilty and ashamed of them. Now you will see that the corrupt identity misled you and wanted you to

think the sordid thoughts were your own, so that you would be too ashamed to come to the light and repent. That way it could continue to operate through you, using you as a vessel for its will.

Do not be alarmed by this discovery. There is a tendency to think that you are discovering something new. Realize that evil was always there—posing as you and masquerading as your conscience. You thought that its thoughts were your thoughts. And you thought that its lusts were your lusts. You were unaware of its presence. Now you are simply becoming aware of its presence—because your soul is less tainted with sin and has become objective.

Do not be alarmed. You are aware of the presence of evil because the Light is making you aware.

Do nothing other than watch. Do not attempt to struggle with it yourself. In time, God will move and make the evil leave you. In the meanwhile, He will hold your soul apart from it so that you can observe it without being stained.

Understand this: the same spirit which you can now sense is impure and has impure motives but which has compelled you to do all the wrong things and even to be cruel to your loved ones is the same spirit which was operating in those who hurt or confused you. It is the spirit that was operating through your mother who berated you or turned you against your father. It was in the father who was not



there for you, the person who hurt you, or the long list of motivators who pressured you.

Perhaps you hated your mother, for example. Perhaps she was cruel, confusing or dominating. But now that you see that what compelled you (or what might be yet compelling you to hate or do things backwards) was operating through her, compelling her too. Now, seeing that she could not stop herself because of the thing in her, you will be able to forgive her. Maybe you were not dealing with your real mother. Something had destroyed her, took her over, and compelled her to do the things she did.

Therefore, forgive your poor old mom and dad. Remember Christ's words when he was being crucified: "Forgive them Father, for they know not what they do."

# Waking Up from a Lifetime of Hypnosis

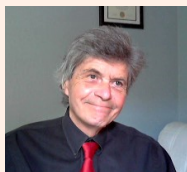
Why do smart people do dumb things? Why do people eat too much, spend too much, or say things they later regret? Could it be that they are under a spell and don't even know it?

Before you laugh and say that such an idea is absurd, ask yourself why you have done some of the dumb things you have.

We read in the Bible about something called original sin, and we are told that the human race is laboring under a curse of sin from which we need to be set free by the Messiah. Could it be that hypnosis is the curse of sin, a spell from which we need to awaken? This book hopes to answer these questions and also give the reader clues to regaining control of their life.

## Finding Freedom from Confusion and Compulsion

**Roland Trujillo**, author, lecturer, and pastoral counselor has been helping



people with life and relationship issues for over 25 years. He helps people cope with stress, let go of baggage from the past and move forward with more confidence. He has found that many people are struggling with negative suggestions and behaviors that they picked up from others. Roland believes that insights with the help of a complementary meditation may help them set aside negative influences and take back control of their lives.