

Hupuphb

Hphgh gmpght. Mandel Ego State Integration Protocol

We are a committee of sub-personalities!

- Some of them know about each other
- Some of them are friends
- Some are malevolent
- Some are essentially inactive, or uninvolved with the others

There are 5 types of Ego States

1. *Normal* - Healthy and communicative
2. *Vaded* - Frightened or traumatized and carrying negative emotional charge
3. *Conflicted* - Out of rapport with other ego state(s)
4. *Retro* - Running an archaic pattern from childhood or preventing a vaded state coming to the **executive** (by gambling, OCD, drugs, etc.)
5. *Dissonant* - The wrong state in the **executive** (It doesn't want to be there) This can lead to personal weakness, sports failure, writer's block, etc.

There are also *Introjects*, which are internal representations of other people and even objects, in individual ego states. Unlike ego states, introjects can be banished.

There is also an overarching *Deepest Wisdom* or *Higher Self* state that all the ego states will listen to. It has the subject's very best interests at heart, and speaks in a very distinctive voice.

Points to keep in mind:

- Ego states are normal, in that they make up the human personality. In DID (Dissociative Identity Disorder) or MPD (Multiple Personality Disorder) the states may have very poor communication with each other, causing blackouts. Even in a healthy person, some ego states will have poor communication with each other.
- The human personality is digital, rather than analog. An ego state is the "I" in the personality. If you are asked to point to yourself, you are pointing to whichever ego state is **executive** at that moment.
- The average person uses 5 to 15 ego states in a typical day. There may be hundreds of them; with some that haven't been **executive** in years.
- Some ego states get along well, and others might actually hate each other.

- Ego states cannot be destroyed, but they will often take on a new role when asked to. They enjoy feeling significant and being given useful tasks.
- Ego states must be treated with respect and compassion. The therapist or hypnotist must be a good and fair negotiator, never insulting or seen to be taking sides.
- Be aware that when you are speaking with one ego state, others are listening!
- Remember, ego states are digital! Only one ego state can be **executive**, at any given moment.
- Calibration can indicate to you when another ego state has become executive. Often the voice, mannerisms, assertiveness, etc., will subtly or dramatically change.
- Some ego states are cold, logical, and analytical. They will *not* be good states to feel emotions. Others will be childlike and fragile and need to be protected and nurtured. We all have a mix of ego states. The key is to ensure you have the best ego state in the **executive** for the task at hand.

The Protocol:

Induce hypnosis and deepen trance. Establish contact with *Deepest Wisdom*/Higher Self and get its name. Instruct *Deepest Wisdom* state to set up a healing committee of resourceful ego states that **want to work together** below the threshold of conscious awareness, to bring greater harmony, integration, inclusion and cooperation between all the client's ego states. This committee will contain ego states that are patient, resourceful, compassionate, diplomatic, assertive and intelligent. Get a response, either verbal or ideomotor response (finger or pendulum) when the committee is created.

Ask the healing committee to work together to locate and include disincluded states, and bring calm to angry states, letting them release their anger. Have them build bridges that benefit everyone and strengthen the entire community, by causing massive integration below the surface. Have the committee permit the ego states to use their abilities in ecological ways that will empower them and make the community happy. Have the healing committee activate and assign tasks to other healthy ego states as needed, to work on the committee for the good of all. Ensure the committee works with the most integrated and connected states first. As they become resourceful, useful, and connected, they can join the committee and work toward finding and helping vaded and conflicted ego states, and bringing them into the fold. Periodically check ecology and encourage as needed.

Note: It is not unusual to feel out of sorts and vaguely disturbed or scattered for short periods during the first few days. This is due to the immense amount of negotiation and integration that's occurring below the surface of conscious awareness.

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