

## AWARENESS – SKILLS – TOOLS

*Does my life become a paradise after I have healed all my wounded fragments?*

No it does not. What does happen, as I heal more and more of my wounded parts, is that I am finally free to choose how to respond to each situation as it arrives in the moment. I am no longer bashed about by automatic, reactive behavioral patterns created when I was a small child. I can still trigger other people's two year olds and will have to deal with the situation as best as I can. Now at least one of us will be in the moment, aware of what is going on, and hopefully able to respond appropriately as a mature, caring adult.

The reason a triggered sub-personality has so much power in the moment is two-fold. The reaction time of an unconscious sub-personality is much quicker than the core personality of the conscious mind. The sub-personality was created as a survival mechanism and, as thus, has access to that level of reaction speed—i.e. being able to unconsciously pull your hand away from a hot object before it gets burned. The emotional explosion is also very real and visceral. Despite the fact that a person's reality is being distorted, the physical sensations of the emotional burst seduce the core personality into over-identifying with the fragment—i.e. I believe I am the fragment with its limited belief and reactionary behavior and the other person is my original abuser or the situation is the same as the time I was abandoned, etc. After the emotional energy has run its course the core personality recovers its composure and either apologizes for the outburst or rationalizes the reaction as necessary. Either way this confusion of identity leaves a lingering doubt in the mind of the individual and has a tendency to accumulate through the inevitable repetition of this scenario.

### *STEP ONE – gaining awareness*

One of the most important, if not the most important awareness I can have about my soul life is; **ALL STRONG EMOTIONAL REACTIONS ARE ABOUT ME, NOT THE OTHER PERSON!** They may or may not be doing exactly what I think they are doing; yet **my emotions** are still about me. They **are doorways to the wounded parts of my soul**. I have the choice to respond with compassion if I have nothing to trigger. I am not swept up into the other person's drama. With this awareness, I receive a gift when someone triggers a strong emotion in me. I can honor this gift by taking responsibility for my life and healing myself.

Before I can use the tools capable of healing the fragmented parts, processing the emotional charge and changing the dysfunctional behaviors, I must become aware of this phenomenon in my daily life. It is one thing to talk about these things and quite another to be conscious of them as they happen.

### **Recognizing ways sub-personalities can be triggered:**

#### *1. A strong emotional reaction to an encounter with another person, place or thing.*

Often people in roles of authority or intimacy can say or do something that will trigger a sub-personality. If you find yourself reacting overly emotional to something someone says or does—i.e. you begin to feel out of control—take a moment and stop before you express it. What does this emotional charge remind you of? Where do you feel the emotion in your body? Does it remind you of some situation from your past? Sometimes a particular

place or type of setting can trigger an emotional reaction. Become sensitive to the way your body responds to your surroundings.

2. *A strong emotional reaction to a movie, television show or commercial.*

Most, if not all, audio/visual media want to trigger our emotions. Once triggered, we are caught up in the drama of the movie, television show or commercial. The advertising world spends a lot of money on psychologists to help them do exactly that. We can turn this into a gift and opportunity to heal ourselves. Watching a movie is a safe place to uncover and release store-up emotions. Once again, what does this emotional charge remind you of? Where do you feel the emotion in your body? Does it remind you of some experience from your past? What memory pictures come up?

3. *A person you are interacting with has a strong emotional reaction to something you say or do.*

I am sure everyone has experienced triggering another person without intending to. Unfortunately, the other person's emotional outburst would usually trigger me. With the awareness of immature sub-personalities and a considerable amount of personal healing, I can recognize when I have triggered someone else and choose to not enter the drama. A compassionate response has been very helpful in diffusing the situation and bringing clarity and even healing to the other person. I have been able to learn a lot about the way old traumatic memory pictures lie buried in the unconscious, like land mines waiting to be triggered by unsuspecting others, because I am able to observe without reacting. This does take practice.

4. *A chronic area of stress, tension or pain in your body.*

Everyone has a particular area in their body where they store stress in the form of muscle tension. Muscles are under our voluntary control. This means if they are tight I am tightening them. So why is it I don't know I am doing it? Once again the answer can be traced back to an earlier experience and its corresponding memory picture including the unprocessed emotion. Say I had a big brother or an alcoholic father who took his frustrations out physically on me when I was young. My first reaction would be to strike back with anger because my personal boundaries were not being respected. If I were to do this I might be "killed", or at least seriously injured. For my own protection, other muscles in my shoulder and arm must restrain the muscles that want to punch him. After a sustained period of time this conscious conflict in my body slips below my conscious mind and becomes the place I store tension. If you have an area like this in your body, try tightening the muscles more. Bring the tightening back under voluntary control. Repeat the phrase, "I must resist, I MUST RESIST!" while you consciously tighten the area. You may be surprised at what memory comes up. (I got this exercise from the book "No boundaries" by Ken Wilber—it is a great read.)

5. *Behavioral patterns that no longer seem effective or appropriate.*

When I was growing up I learned to hide physically and/or withdraw mentally to escape the emotional explosions of my alcoholic parents. I would go deep inside myself so I wouldn't feel the fear and become physically invisible to the best of my ability. This worked reasonably well in such a dysfunctional atmosphere. Later, as an adult, this behavior caused the break up of most of my intimate relationships, led to intense suffering from fear when I became a performing musician and generally messed with my ability to

interact in the world at large. Using the tools I will share with you later in the book, I mentored and healed the sub-personality involved and now am married, enjoy performing live and can even approach strangers and feel comfortable and lighthearted. Begin to notice your behavior. Do you do something out of habit even though you know it no longer works? The goal is freedom of choice in the moment.

6. *When the actions of the body are not congruent with what is being said.*

One of the signs I was taught to look for when working with a hypnotherapy client was emotional reactions in the body—clenched fists, nervous feet or hands, tight jaw or lips, etc.—while the client was telling me, “nothing is wrong, everything is fine.” The mind may be able to lie/deny but the body will always tell the truth. The core personality has repressed the sub-personality and can actually believe that everything is fine. But the sub-personality will get its message across one way or another. The problem with repressing immature parts of oneself is that they tend to express their feelings sideways. A so-called “humorous” remark cuts like a knife. The feelings will come out. The question is how. So be on the look out for others body language and begin to notice your own. It speaks volumes.

**The four bodies** – *gaining awareness of the four bodies and how they interact*

THE PHYSICAL BODY – is interpenetrated by the other three bodies. Its existence is easiest to acknowledge because it can be weighed, measured and, most importantly, seen. The physical body is an incredible communication device. It is constantly sending us information about what is going on inside and on how well all four bodies are maintaining a healthy balance. The information is felt in a multitude of different sensations and comes from every nook and cranny. If the information is important to my survival and I am choosing to ignore what’s coming up, the body increases the sensation until I can no longer ignore it. This level of acute information is called PAIN. When acute information is in response to a physical injury most people will listen and take the steps to alleviate their suffering by seeking medical treatment. When the information communicated by the physical body is in response to suffering within the soul—i.e. the interaction of the etheric, astral and I/Ego bodies—most people choose to ignore it. Mostly this is because a large part of this suffering within the soul begins in childhood in response to real or perceived traumas. The conscious mind or filtering/screening mechanism realizes that the mental and emotional information is too big to process and would be detrimental to the whole organism if an attempt were made. When asked, many people acknowledge that even as an adult, when these memory pictures finally come to the surface, they feel overwhelmed. Imagine a child of three, four – seven, eight – twelve, thirteen being able to handle them. This control mechanism has saved my life many times by repressing traumatic memories. I must now take responsibility for them in my adult years before they disrupt the healthy functioning of the physical body. I have learned to appreciate the communications of my physical body.

Spending time in silence listening is an excellent way to gain awareness of the different ways your physical body communicates. Find a quiet place, get comfortable, take a few breaths and let your consciousness scan the body. Locate and describe any sensations you notice. Be specific in their location in the body and in the subtle differences between them. Name any emotions that come up—mad, sad, glad, fear, or shame—no matter how vague. While focusing on the area notice what thoughts, if any, are associated with it. Later I will share with you a way to communicate directly with the sensation.

**THE ETHERIC BODY** – connects to the physical body in a series of points. This grid can be felt when an area of the body has “fallen asleep”. Pressure on a particular area of the physical body forces the etheric body out of its usual complete alignment with the physical body. The tingling that is felt as the area begins to wake up is the reconnecting of the etheric body to the physical body at all these points. These points may well be similar to, if not exactly, the system of points mapped out in the healing art of acupuncture.

I am experiencing the density and reality of the etheric body every time I go inside to create, reflect on or recall a mental image or memory picture. Just as a movie projector needs a surface to reflect its projected images, so the astral body needs a surface on which to project its pictures. One way to experience this is to stare at an object for a minute. Then close your eyes and continue to hold the image in your mind’s eye. What you are looking at is the etheric body reflecting a picture the astral body has made of the object. Wait about five minutes and recall the memory of the image. What returns is the part of the image that began to imprint itself on the etheric body. If you cannot recall anything, the image was not able to begin imprinting itself on your memory—i.e. etheric body. Here is an exercise I invite you to practice if you would like to see your etheric body.

- Sit or stand in a dimly lit room facing a blank wall.
- Hold your hands out in front of you at arms length, palms facing towards you, fingertips almost touching.
- Bring your eyes into a soft focus as you look at your hands with the blank wall behind them.
- Slowly begin to move your hands apart from each other and then back together again—from about an eighth inch to an inch and a half.
- You may begin to notice a slight halo or light colored field around the fingertips.
- Strings of this field will move between the fingertips like cotton candy as you pull them apart.

**THE ASTRAL BODY** – is the body that contains all our desires, instincts, passions, wishes and emotions. Another name for it is the emotional body. Every time we have a craving for the taste of some food when we are not really hungry, a wish to be somewhere or do something, a desire for a new toy or thrill, or an instinctual feeling of any kind we are experiencing the astral body. Whenever we feel a dislike for something or someone the astral body is active. Like the vague dreaminess of emotions, the astral body has a dreamlike consciousness and wants to constantly create pictures. This desire to create pictures drives a human being deeper and deeper into sensory experiences—bigger, stronger, more intense encounters with the physical world. The astral body is extremely dependent on the physical body to fulfill the continuous stream of wants and desires.

Emotions are wishes or desires that don’t completely come to the surface of consciousness. The memory pictures associated with the desire cannot be recalled by the conscious mind. They remain in the unconscious and only a dim experience of the desire surfaces. We interpret this as emotion. An example: I see a commercial of a little boy being loved by his parents. A little later I begin to feel sad. My desire to be loved by my parents bubbles half way to the surface but the memory pictures of my difficult childhood stay repressed. I feel sad about the loss yet am unable to connect it with its source. I am destined to sit in the

vague sadness until it has run its course. The sadness, or any emotion for that matter, is a doorway to immature sub-personalities and their healing. Unfortunately they are also opportunities to project onto other people my pain and frustration. Here is an exercise to allow you to feel the activity of the astral body:

- The next time you want a piece of candy, a cappuccino, a cigarette, a drink of alcohol or anything you feel strongly attracted to, wait before you act upon it.
- Amplify the desire; allow the feeling to build for as long as you can stand it.
- Now experience the sensation in your soul. It may feel like you are burning inside, on fire or like an electrical charge pulsing through your body.
- That is your astral body craving something it desires.
- Usually these cravings are learned replacements for a much deeper soul need that has gone unmet.

THE I/EGO BODY – is the human ability to be self-aware, to have self-identity. It is this ability that is our greatest virtue and our biggest downfall. The I/Ego is a double-edged sword. On the one hand it can identify with great ideals like democracy, freedom, equal rights for all, etc. On the other the I/Ego can be very self-serving, small minded, bigoted, vain, etc. My paradigm (belief system) is formed out of the beliefs my I/Ego has identified with. If this paradigm is too small it can cause me to be afraid and suspicious of others. When my self-identity is too small I can become isolated or egotistical to compensate.

Every time the soul creates a memory picture to represent an encounter with the sense world a part of that picture consists of a reflection of the I/Ego at that particular time in the souls life. When these images represent traumatic events the core personality must repress the memory to survive. The unprocessed emotion lies dormant waiting to be triggered as I stated before. Once the memory picture/sub-personality is triggered the I/Ego loses its equilibrium or center and becomes completely identified with the fragmented self-image. Because the memory picture rarely becomes conscious the core personality can begin to act as selfish as the two or three year old who suffered the original trauma. An example of this is when I make the statement, “I am mad.” Is that who I really am or do I simply feel mad? Am I so identified with an angry fragment that I lose perspective of who I am? Language has an amazing ability to show me what is going on in my soul. The next time you experience this over-identifying with an emotion take one step away from this limited identity and see if your perspective of the situation changes.

***STEP TWO** – developing the skills necessary to use the tools*

**Active listening** – is probably the greatest skill a person can have in their quest for healing. It plays a significant part in almost all healing therapies. The art of active listening has changed my life in many ways. All of my professional, intimate, and friendship based relationships have benefited immensely. I use it daily when I am seeking to understand what is going on in my inner world. Developing the skill of active listening is absolutely necessary if a person wants to use healing tools effectively. So what is ACTIVE LISTENING?

**L** – LISTEN

**O** – OBSERVE

**V** – VERIFY

**E** – EMPATHIZE

**LISTEN** – Quiet your own inner dialogue. Restrain from telling your story. Focus your complete attention on the other person or, in the case of yourself, on your inner voice or sub-personality. Listen to the emotion being expressed in their words through the tone of voice and choice of vocabulary. Listen for key words and metaphoric images that may be clues to what underlies the obvious.

**OBSERVE** – Pay close attention to body language. Is it congruent with what is being spoken? Hold together the train of thought for the other person and watch for statements separated by minutes to see if they help in going deeper into the issue. Take notice of varying comfort levels with different areas of the conversation. They may hold clues as to where the person or inner voice is heading. Notice their resistance if any and what words or phrases seem to ignite it.

**VERIFY** – You may ask a question to clarify the meaning of a certain word or phrase. Often certain key words mean something unique to the other person or inner voice and are unclear to the active listener. Feeding back what the person has said without interrupting helps let them know you have heard what they have said. This will allow them to move to a deeper level of the issue. The person can let go of where they are once it has been witnessed. It also is a chance for the person to make connections they may have not notice in the immediacy of talking. Do not mimic the other person; simply give concise feedback of what you have heard. The other person or inner voice now has a chance to correct you if what you heard is not what they meant.

**EMPATHIZE** – Seek to understand the other person. To truly have empathy for another person or a sub-personality with a dysfunctional behavior can be a challenge in active listening. What has helped me is to recognize that when I am speaking with any immature sub-personality I am talking to a little child. If I see a child in pain my heart immediately opens and wants to help. That is exactly what we have an opportunity to do while active listening. So listen with both your mind and your heart.

### **What Active Listening is NOT:**

- **ASKING WHY?** – This statement usually takes a person out of their feelings and puts them in their head. The doorway to sub-personalities is through the emotions so the last thing I want to do is take them out of them. Use, “What was happening just before the (traumatic event).”
- **GIVING ADVICE** – I want to mentor and support another person or sub-personality, not tell them what to do. This is their journey of discovery. I am being arrogant if I think I have the answer to their dilemma. Healing and empowerment come from knowing I can find the answers within myself and not have to depend on another.
- **SHARING** – Sharing my story interrupts the other person’s descent into their issue. It can confuse them and usually reflects my desire to take the spotlight away from the other person. Even if all I am doing is identifying with their struggle, my sharing is about me not them.
- **NEGATING** – How dare I make light of or belittle someone else’s or even an inner part of mine’s emotions. It will stop the other person in their tracks. I have made the conversation unsafe.

- **JUDGING** – To sit in judgment of another is also arrogant and suffocating to the other person journey of self-discovery. If it will add clarity, use a phrase like, “How did that work for you? Or what was that like for you?”
- **RESCUE** – Do not attempt to rescue the other person by trying to talk them out of feeling a certain way. When the other person reveals that they hate the way they look do not tell them that you think they look great. The other person is exploring their feelings to get to the core of the issue. It is important to feel the emotions behind the statement. This allows them to go deeper.
- **PROJECTING** – Do not put words in their mouth. Do not guess what they might be feeling. This will only confuse them and is more a statement about you than them.
- **DIAGNOSING** – It is not my job to figure out what is the cause of their feelings—i.e. they say, “I feel so helpless.” Then you say, “I bet you were abused as a child.”
- **FIXING** – Do not offer to intercede for them in a conflict with another person—“I will talk to your boss for you.”
- **CONSOLING/TOUCHING** – Touching a person in the midst of an emotional release will take them out of their feelings. It may be okay after they have finished their work. Always ask for permission.

**Resistance** – *understanding the human desire to resist change/growth*

All major change (growth) in consciousness occurs through crisis. My suffering is equal to the level of resistance I have to the change (crisis). The resistance I feel is equal to my previous experience with change (crisis) and my ability to facilitate a healthier outcome—i.e. having or not having the tools to heal.

Resistance and growth are longtime partners. All one has to do is observe plants. Where do you put a seed? You place it under ground in the darkness and cover it with dirt so it can germinate. With the right amount of nurturing—water, nutrients, etc.—it begins to grow. The earth is just the right amount of resistance to make the seedling strong enough to survive the change when it breaks through the ground into the sunlight and the elements. The plant must struggle in darkness through the resistance to make it to the light and so must we.

The big question is do we have to suffer during this process of change (growth)? In a healthy family environment I can learn that change is natural and, while at times uncomfortable, is a necessary and beautiful part of life. I learn tools to facilitate these changes and in time become an empowered adult human being with the nurturing help of conscious parents and teachers. And I, in turn, help the next generation. Sounds great doesn't it.

Well that is not what happened to me. In the world in which I grew up, the adults around me were confused, frustrated, in pain or in the process of numbing it and for the large part in complete denial of their suffering. They were easily and often triggered into emotional explosions that would scare the hell out of me. I rarely knew what I had done to deserve the hurt I received. This left me feeling shell-shocked and in fear of the slightest change in the status quo. At least I was familiar with the way it was. When change did occur it usually made things worse—i.e. the chaotic emotional explosions by my parents, the venting of rage by a confused older sibling or the tirade of an over-worked, under-paid teacher. Even physical change hurt. I remember lying in agony unable to sleep because my legs hurt from growing pains. In short I learned to distrust and even hate change.

To survive in such a chaotic world I learned to fragment off wounded parts of me and then to deny their existence. Owing to the fact that I knew nothing else—the last thing a fish becomes aware of is water because it is all around them—I grew up thinking this was all totally normal. And the ability to deny and repress, which was so artfully modeled by everyone around me, worked, at least until I stepped into the world on my own as a young adult.

The change that was inevitable if I was to continue to grow caused such traumatic upheaval in my life and only served to fuel my second largest and most dominating sub-personality at the time, the VICTIM. This part resisted change and blew any growth crisis into an elaborate drama, full of pain and untold suffering. Then the mask of my controller—the part of my mind that had learned to repress and deny—would come down and I would become numb from the neck down.

The beauty of life is that it will raise the stakes, when a message to grow is ignored, until one begins to change. The only alternative path to change is stagnation and death. Nothing in the physical world can remain the same. There is only growth or suffering and death. Obviously every one of us is going to die. AND, my spirit is very capable of flourishing nurtured by continued growth right up to the time I leave this world through the mystery we call death. What I have learned to embrace is the concept that change is not only necessary but it is good, even glorious. By not resisting the crisis of change, I can experience the pain of leaving my comfort zone without creating more pain through unnecessary suffering. On the other side of the crisis, I have always experienced a newfound confidence, a richer, deeper love and a healthier more joyous outlook on life.

I could not have done this without the help of many wise and dedicated people who have tread this path before me and have come back to teach and empower me. With the awareness, skills and tools I have garnered I look forward to being triggered so I can mentor and heal the wounded, lost islands of my soul. I become more whole and free to meet life in the moment with each new healing crisis of change. During my hypnotherapy training my instructor, David Quigley, shared with me a phrase that has helped me to have compassion and patience with the resistance I find in myself and in others:

**THE GREATER THE RESISTANCE,**

**THE GREATER THE WOUND!**

### ***STEP THREE – THE TOOLS***

In review, a traumatic memory picture has four key elements relating to the three non-visible bodies.

1. A frozen fragment of the personality ----- I/Ego Body
2. A limited belief about the world ----- I/Ego Body
3. An unprocessed emotional charge ----- Astral Body
4. An unconscious, habitual behavior ----- Etheric Body

The fragment carries the repressed memory and forms the limited belief. The unprocessed emotional charge surrounds and permeates the memory like an atmosphere. Since the etheric body consists of creative, formative forces it is also the body that carries our unconscious habits. The defense strategy that the fragment creates from the original trauma turns into an unconscious, habitual behavior over time and is kept active by the forces of the etheric body. The forces of the etheric body are constantly renewing the physical body. The continuous stress placed on the etheric body by the above process will eventually leave its mark on the physical body in the form of pain, illness and a general weakening of the vitality in the specific area.

The tools I wish to share with you target these four aspects of the traumatic memory picture and can be used separately or in conjunction with each other. We will also look at the clues that help in the decision as to which tool to use and why. To introduce the tools, we will first look at the ways to approach healing.

I will use the act of observing a tree in nature to bring to light a simple fact. If I only look at the tree from one perspective can I truly say I see the whole tree? It will take at least four points of reference—front, back, left and right—to capture a reasonably accurate picture of the tree. To be complete I would need to add above, below (the roots) and within. With these seven directions, if I may call them that, we have observed the complete tree in its physical manifestation. For the purposes of this discussion let's look at the soul in relationship to the tools in this way.

As a human being I have two ways to deal with anything I encounter. I can be in the moment completely involved in the experience, feeling all the sensations in my physical body or I can take a step back to observe what is going on, to gain a better perspective. The former gives me first hand experience on a particular situation. The later allows me to check memories from the past to help explain what I am experiencing and the desires that may or may not lead me toward a particular response to the experience. The ideal would be to cycle between the two as fast as I can. That would lead to the quickest and most amount of wisdom being gained. Unfortunately most of us are not able to do this very effectively. Once again this can be because of triggered sub-personalities or simply a personality trait.

Most of us have seen the extreme poles of this duality modeled in some form or another. The person who sits back never completely engaging in any experience. They see a lot but have virtually no first hand experienced. They live in their heads and judge everyone else. And then there is the young boy or girl who lives so in the moment they never question any suggestion by their friends. They will engage in an activity so completely that, while those that actually fostered the original idea have quit because they see the teacher coming, this one will get caught.

**THE HUMAN SOUL**  
The Senses, the Four Directions and the Tools  
**Core Belief**

I/Ego

Judging  
*Perspective*

**Child Rescue**

**PAST to FUTURE** →

Etheric body

Mental Images

**NOW**

Desire – love & hate

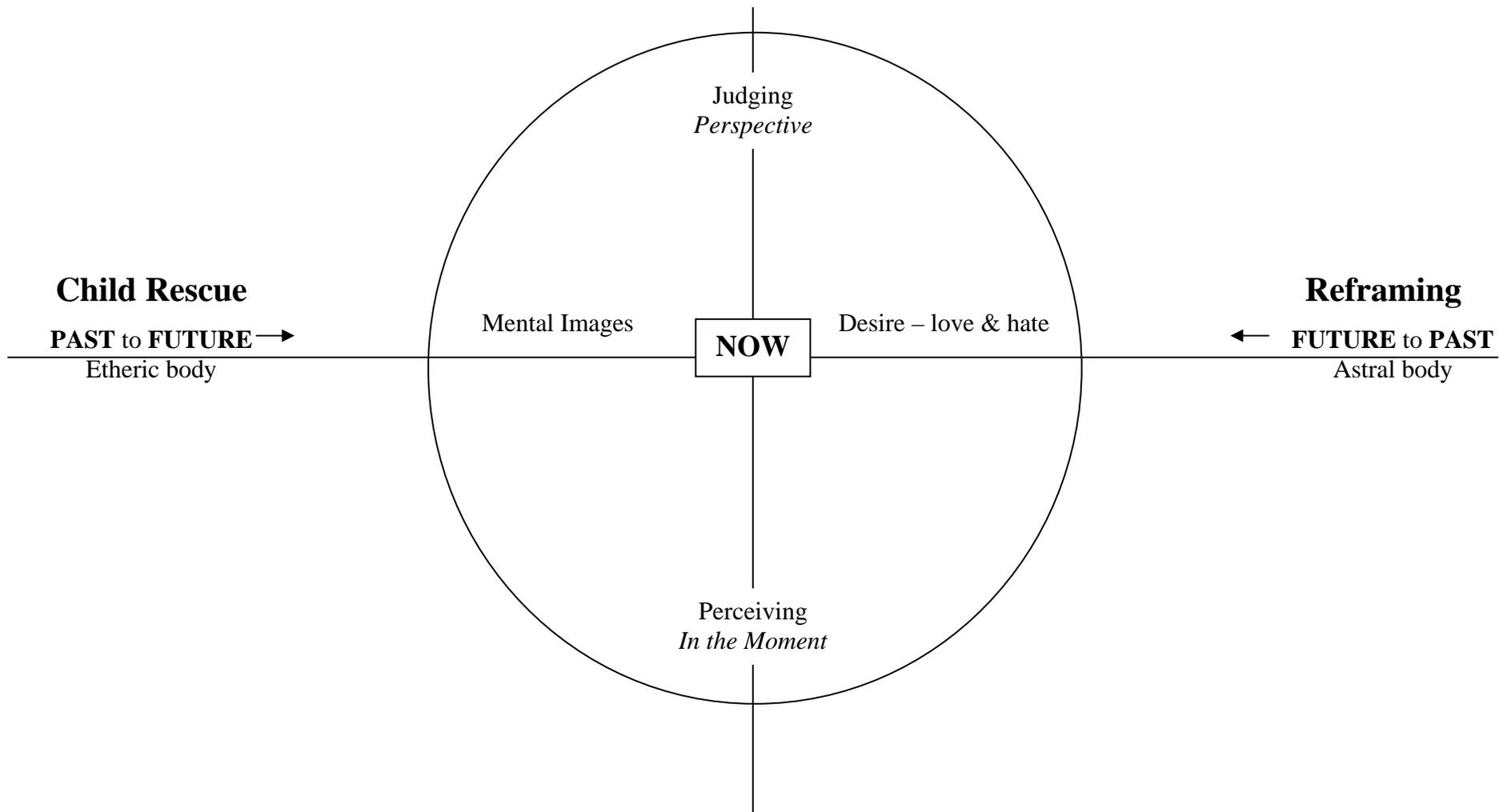
**Reframing**

← **FUTURE to PAST**

Astral body

Perceiving  
*In the Moment*

**Physical Senses**  
Physical body



## The Tools:

The three main tools we will discuss approach the traumatic memory picture from different perspectives.

- **INNER CHILD RESCUE** – is a regression process back in time to the original memory using the strong, triggered emotional charge as the doorway, to rescue the immature fragment (sub-personality).
- **REFRAMING** – is a process that deals with mentoring the sub-personality into discovering its core want (desire) and choosing an alternative behavior that works better.
- **UNCOVERING CORE BELIEF** – is a simple process of questioning a limited belief, tracing it to its source and deciding to change it to a more effective belief.

Each tool can be effective on its own. If used in conjunction with each other, the healing is magnified. All of these tools come from other sources documented in the bibliography at the end of the book. I invite you to do further reading about them. This is a synthesis of parts from a multitude of healing modalities.

### INNER CHILD RESCUE (ICR)

A strong emotional charge is almost always a signal to use ICR. I have experienced, in myself and in others that I have worked with and talked to, a struggle and mutual distrust between the head and the heart. The head thinking the heart is too messy and leaves the core personality vulnerable to pain. The heart feels the brain is too cut and dried creating a cold desert out of life. I suggest that I need both of them working in balance to have a healthy life.

In support of the head, I need to remind myself that the head help to keep me sane and alive by repressing the feelings from the heart when I was younger. And to my benefit it got better and better at it as all energy patterns (habits) tend to do when continually reinforced. The struggle stems from my anger at the head for continuing this behavior into my grownup life. It interferes with intimacy.

In support of the heart I must remind myself that within a healthy environment **vulnerability is strength**. Yet, as a child living in a dysfunctional and traumatic environment, these overwhelming feelings can be life threatening. The perfect balance would be for a healthy mind to create a strong container for the heart's emotional expressions. Yet, more often than not the container grows so strong it squelches the expressions or they become explosions that build and build until they blow the container away. ICR allows the head to help the heart. ICR consists of four basic steps:

1. **FOLLOW THE EMOTION BACK TO A MEMORY.** Have your adult self enter the memory. Tell the child you are from its future and are here to help.
2. **HAVE YOUR ADULT HANDLE THE SITUATION.** Say whatever needs to be said to whoever is in the memory. Do what is necessary to make the child safe.
3. **TAKE THE CHILD OUT OF THE MEMORY.** Tell the child that (s)he will never have to go through this again.
4. **BRING THE CHILD BACK INTO YOUR HEART.** Create a special place in your imagination for him or her to play.

### **Step One – FOLLOW THE EMOTION BACK TO A MEMORY.**

Through taking responsibility for my emotions, the I/Ego can refrain from over-identifying with the sub-personality when it is triggered. I am able to use the emotions as a doorway leading me back to the original memory. The I/Ego must create a container safe enough to allow the emotions to be present. The emotion is my direct contact with the wounded child. If I lose contact with the emotion and move into my head the child will remain trapped in the memory picture.

I use my imagination and have my adult self enter the memory. Since I am suffering from the memory and not the original event—which was over years ago—I can heal myself by rewriting the memory.

You may wonder if the right memory came up. Do not worry for as long as you use the emotion—which is an altered state of consciousness—as a doorway, only the memory attached to it will come up. Basically, you cannot do it wrong.

### **Step Two – HAVE YOUR ADULT HANDLE THE SITUATION.**

During the original trauma your immature self was not able to cope with the situation. The unexpressed anger, grief or shame along with the accompanying fear have kept this part of you trapped in the same memory going around in a sort of closed loop since its occurrence. Having your adult self say what was not said and do what was not done to make the child safe rewrites the memory picture. Bringing your adult perspective and power to bear upon the situation helps the child understand and feel safe.

If you wish, this is also the time to give back to the abuser any thing that the child might have taken on—i.e. shame, limited beliefs, unworthiness, anger, etc. The other side of this process is to reclaim anything the child had to give up to carry the negative baggage—i.e. joy, playfulness, spontaneity, self worth, creativity, a voice, etc.

### **Step Three – TAKE THE CHILD OUT OF THE MEMORY.**

From my personal experience and from my research I have come to believe there are archetypal energies that flow through all of us. One of the most profound is the golden inner child. It is from this source that I am able to experience the wonder of life and true intimacy with others. *“Unless one becomes like a child you cannot enter the kingdom of heaven.”*

Each time I take a wounded child out of a past memory and integrate it back into the present moment I become more whole. This also means that I have more access to the pure archetypal energy of my golden inner child, more wonder, joy and intimacy. The flip side of this, which is what most of humanity suffers from, is the shadow side of the golden inner child. This is the monster known as the egotistical, “terrible two”, wounded little child which plays the victim until it is rescued. The sad and mostly forgotten truth is, that as long as the fragment is stuck in the traumatic memory picture, it is a real victim. This is covered up by the fact that the original memory has been repressed. The wounded child continues to recreate the original drama over and over again hoping for a new outcome, while the rest of the core personality suffers the confusion and paralysis that comes from victim energy. By taking the child out of the memory and telling (s)he that they will never have to go through this again creates the safety that was not present in the original trauma.

#### **Step Four – BRING THE CHILD BACK INTO YOUR HEART.**

By taking the child out of the memory we stop the destructive loop from recreating itself. Using the imagination to create a special place in the heart for the child to feel safe, play and enjoy all the things it didn't have in the past allows the fragment to integrate back into the core personality—i.e. become more whole and healed.

**REMEMBER!** Science has found that the mind has difficulty distinguishing between an imagined picture and an image from a real experience. Since I am really suffering from the memory picture of the traumatic experience, I can heal myself by using my imagination to change the picture—i.e. express the emotion, release the fear, protect the child and heal myself. I must remain in contact with the sub-personality through the altered state of consciousness, the emotional charge.

**Conclusion** – The effect on the four bodies is almost immediate. The release of the emotion frees the astral body from its continuous rubbing against or wearing down of the etheric body caused from the perpetual mental activity involved in a traumatic memory picture imprinted on the etheric body. The fragment of the I/Ego returns making the I/Ego stronger and more centered. This helps keep it from over-identifying with a new sub-personality when it comes up by strengthening the container for emotional explosions. The energy of the etheric body is once again able to concentrate on building healthy tissue in the physical body. The physical body is able to release muscle tension in the area related to the stored memory picture and its related defense strategy. And I, as a functioning human being, am less likely to be triggered and more able to freely choose how I want to respond in the moment—i.e. self-empowerment.

#### **Examples of ICR:**

Inner child rescue can be one of the quickest and easiest healing tools to use. Once again I must reiterate that this will only be true if I am able to create a container for the triggered emotional charge and not immediately start to repress it. A fairly safe place to begin using ICR is while watching movies.

Example 1 – Pick a movie you know always makes you cry. Preferably one that deals with an issue you know you already have. One that triggered me almost every time I use to watch it was “Ordinary People”, starring Timothy Hutton, Mary Tyler Moore, Donald Sutherland and Judd Hirsch and directed by Robert Redford.. This movie paralleled my family in an amazing number of ways. The mother was cold and detached towards the younger son, liking the older son better. The older brother dies during a boating incident with his younger brother and the family tries to repress all the feelings and make him into a saint. The younger brother who survives begins to act out all the emotions that his parents refuse to process. He goes to see a therapist and starts uncovering his buried memories about the tragic event. He wakes up to what is happening and starts to question the status quo at home. The mother, who would rather bury both sons than feel the loss of her favorite, secretly blames the youngest for being the only survivor.

The one and only real variance is the fact that his father who loved both sons wakes up and chooses to honor the truth. He leaves the wife because she refuses to change and claims his

relationship with his youngest son. This part would always make me cry. After learning these tools, when that part of the movie came, I could feel myself being triggered. I put the movie on pause and allowed the tears to increase, I amplified the feeling. When it was as intense as I could stand it I followed the emotion back through time to my first recollection of feeling this way.

I was about seven or eight standing at the foot of my parent's bed. I was confessing to my father that I had stolen some money from my mother's purse. My father had just gotten home from work, was drunk and lying in the bed. I was scared of being punished, yet I wanted desperately for him to see me, to claim me as his son, even if it meant being spanked. I even bent over ready to receive my just desserts. He did nothing and just sent me back to my mother. This is the moment when I realized I was alone and that he would never claim me as his son.

The scenario of him being too drunk to engage in my life was very common as I was growing up. But it is this one memory picture that symbolized all the pain and grief I held about his abandonment of me. I had no explanation for his refusal to father me and could only imagine it must be that I was unworthy or at the very least invisible.

I entered the scene with my adult self and told little Randy I was from his future and was here to help. I told my father that this little boy deserved better than this. He needed a father who would claim him and see him for the wonderful little boy he is. I told little Randy that his father was an alcoholic and because of that he was unable to claim his relationship with him. I told him he was completely worthy of love and of having a father who sees him. I helped him give back to our father the shame he was carrying. We then reclaimed his worthiness and joy. I also said that I would father him now. He no longer had to be alone in the world. And finally I reassured him he would never have to go through this again. I hugged him, brought him back into my heart and with my imagination created a special place for him to play. We also came up with a way he could get my attention if he needed something or was feeling alone and scared. After that I took the movie off of pause and went back to watching, the emotional charge gone, replaced with a feeling of peace and love.

Example 2 – I love to surf. The predawn ritual is peaceful and my time to be by myself. When the surf is good I want to get in the water as soon as possible. Recently my wife took up surfing and Sunday has become our family day at the beach. Her son is eight years old and has taken a shine to skim boarding. The first few times we went I could feel myself getting angry with both of them. There were always the little delays and the, "I don't want to go, do I have to?" complaints from my stepson. One day by the time we got to the beach I was furious. I didn't say anything but my wife was feeling it.

Finally when I got out in the water I remembered my emotions are about me. While sitting outside in the surf line I did an Inner Child Rescue. I amplified the anger and followed it back to my first recollection of feeling this way. Then the memories came to me. Whenever our family went anywhere it was a giant production full of drama and, with the amount of dysfunction and alcoholism, plenty of unnecessary traumas. We took forever and quite often missed the event we were going to altogether. So there I was about ten or eleven years old sitting on the couch totally pissed off watching everyone yelling and fighting. I could feel how little Randy felt like he was going to explode. This was exactly the feeling I had on our way to the beach.

I used my imagination and brought my adult self into the memory, telling little Randy I was from his future. I told my brother, sister and my parents to shut up and quit fighting. Once I

had their attention I supported little Randy to express his anger at them all for being so stupid and not loving each other. I helped him give back to my parents all the chaos that was exploding inside him. I told him I have a new family of my own now and that he was welcome to come with us and would never have to go through this again. We reclaimed his joy of adventure and I brought him back into my heart. We caught the next wave together riding it all the way to the shore. I walked up to my wife and told her what I found and apologized for being so irritable. I felt so much love for her and my stepson. The feeling was unbelievably different than the last two hours had been. I was finally going to be able to enjoy a real family outing.

Example 3 – I saved this example for last because it is the most intimate and shows how quickly Inner Child Rescue can work. One night early on in our relationship my wife-to-be and I were in the act of making love. She said something in the moment that triggered this unbelievable surge of rage. By this time I was becoming fairly adept at recognizing triggers and immediately contained the feeling. I pull myself back just enough to trace the emotion to a memory of being molested by my mother. I pulled little Randy out of the scene and brought him into my heart. The rage went away and I returned to the moment. This entire process took less than a minute and she was completely unaware that anything had happened at all.

Often when recovering fragmented parts of the personality the emotions these parts have been experiencing for years come to the surface after the fact—much like the time it takes a bubble to float to the surface of water to release the air. Early on in my use of ICR I would experience a delay of sometimes up to a week. As I did more and became more whole and open to the feelings they would arrive within a day or two. I would feel crazy for a moment or two as the unexplainable rush of emotion surged until I remembered the earlier ICR. Then I knew where the feelings were coming from and relaxed. I would literally burst out in a scream or an intense flow of tears spontaneously. Then as quickly as they arrived they would be gone, this time forever.

## REFRAMING

Reframing is a way for the heart to help the head. You can work with a sub-personality directly or begin with a physical sensation in the body and let that lead you to a sub-personality. Reframing is great when you want to change an unwanted behavior or chronic symptom in the body. It can be applied in situations that are less emotionally charged with great results. Reframing consists of five basic questions that have changed my life every time I have asked them of myself. They are:

- 1. WHAT DO YOU WANT?**
- 2. WHAT DO YOU DO TO GET WHAT YOU WANT?**
- 3. HOW IS THAT WORKING NOW?**
- 4. ARE YOU WILLING TO CHANGE?**
- 5. WHAT CHANGE DO YOU CHOOSE?**

For the fun of it, I invite you to answer these questions for yourself right now.

What was it like? Did you find it easy or difficult? Did you resist any or all of the questions? Most of the time people fail to employ this tool simply because they are afraid of change. And answering these five questions will promote change quickly.

Reframing targets the core desire and behavioral elements of the immature sub-personality created from the fragmentation process involved in the original traumatic memory picture. The heart creates a loving space, mentoring the part to its core want, which is always positive. Then, by asking the question, “What have you been doing to get what you want?” the sub-personality (the I/Ego fragment) realizes a **contradiction between what it wants and what it has been doing to get what it wants**.

During the original dysfunctional trauma the I/Ego searched desperately to find anything that would help the situation. A dysfunctional, defensive behavior for a dysfunction situation is usually just what is necessary to bring some relief from the fear of it happening again. Remember we are talking about a small child’s answer to a dilemma that is completely beyond their ability to understand either the cause or the motive behind the perpetrator’s actions. What is so incredibly amazing is how powerful and long lasting this defensive behavior can be. I have found myself using a strategy all the way into my forties that I created when I was three. I am sure if I had not found these tools I would still be using them.

## **The Components of Reframing:**

### **Step 1 – ACCESS THE PART**

The only difference between reframing a physical sensation and a sub-personality is how the part is accessed.

- Reframing a sensation uses one’s bodily sensations combined with the picture creating ability of the imagination to make contact with a sub-personality. It can be used for self-healing very effectively.
  - a) **Locating the sensation or feeling in the body:** Close your eyes. Scan your body to see if there is any part that is trying to get your attention right now.
  - b) **Sensation / Feeling:** I invite you to let your focus move to that particular part of your body ... become aware of the feeling ... notice the physical sensation.
  - c) **Shape, Size and Color:** Now imagine if that feeling were an object. What shape would it be? What size is it? What is its color?
  - d) **Give it a voice:** Allow the object to speak, give it a voice. What words is it saying? Say it again ... loud this time.

At this point we have made contact with the part through its connection with the physical body.

- Reframing a Sub-personality works best when processing or being processed by another person. It uses a technique called voice dialog. The premise is that if I move my body to another place in space I can move out of my everyday energy and take on or become the energy of a particular sub-personality. Then the facilitator can work directly with the part, which greatly accelerates the healing process. Try this for your self. If you know you get angry at some thing (like road rage) or if you have a part of you who likes to perform or entertain or you’ve experienced your playful inner child part before, move your body and take on the energy of that part. Become that sub-personality. Notice the difference in the way you talk, your body language, the different feelings you have.
  - a) **Inviting the part to come out:** Have the one who is facilitating ask, “I’m wondering if there is a part of you that \_\_\_\_\_?” (Fill in the blank with a reference to

the issue or behavior you want to deal with or simply ask if there is a part that wants to come out and speak.)

- b) ***Becoming the part:*** Now the facilitator says, “I invite you to move your chair and your body to fully become that part.”

It is important that you really move your body into a new space and completely engage the energy of the part. This is not a head exercise. Follow your body. It knows these energies intimately.

## **Step Two – DEVELOP RAPPORT**

This is my chance to **welcome** a part of myself—or if I am working with another, a part of them—that has probably never felt welcomed before. How could it? From the moment it fragmented and was created it has been repressed. The part carries all of the painful emotions. During this section of the process I simply want to love and gain an understanding of the part and its role in the other person’s life or mine. This can be difficult if the behavior is “ugly”. Active listening is just the skill to employ here and will help set the foundation of trust and safety necessary for a successful completion of the process. If I do run into resistance, and I quite possibly will, I remember another incredible phrase I was taught by David Quigley.

### **PERMISSION TO RESIST IS PERMISSION TO PROCESS.**

Give the part permission to stay the same. Almost every time the sub-personality will choose to continue if it knows that it can stop at any time. Some examples of what you might say are:

- Welcome. Thank you for being here today. (Thank you for coming out to speak with me.)
- What would you like to be called?
- Please tell me about yourself?
- What do you think of \_\_\_\_\_? (Name of the core personality or simply me)
- What role do you play in \_\_\_\_\_’s life? (Name of person or simply my)
- If you had total control, what would \_\_\_\_\_’s life be like? (Name of person or simply my)

## **Step Three – MENTORING THE PART TO POSITIVE INTENT**

Positive intent is one of the most important elements of reframing. By this time in life the part has forgotten its positive core want, burying it under layers of limited fear-based wants. By carefully and lovingly mentoring the part down to its core want and allowing it to feel what it is like to have this want, the part is setup to see the contradiction in its habitual behavior. Change is much more likely once the part sees that the behavior was created for the fear-based want and will never work to get the positive core want.

Most everyone will arrive at one of five basic positive core wants:

\* **BEING**      \* **ONENESS**      \* **PEACE**      \* **LOVE**      \* **OK-NESS**

Asking a circular set of questions allows the sub-personality to spiral down through each layer of limited fear-based wants until it reaches its positive intent—i.e. core want. The questions are:

**WHAT DO YOU WANT?**

- Take a moment and feel what it would be like to have that completely. Breathe the feeling in.
- And when you have \_\_\_\_\_ fully and completely, what do you want through having \_\_\_\_\_ that is even more important?

Repeat these two statements until the person or your own sub-personality gets to their base core want—i.e. they answer, “There is nothing more important.” Remember to allow them to spend some time enjoying this core state.

**Step Four – IDENTIFYING THE BEHAVIOR**

Once the part is feeling what it would be like to have its most basic core want met, it is time to ask the question that sets up the contradiction.

**WHAT DO YOU DO TO GET WHAT YOU WANT?**

- Can you give me an example of how that worked in the past?

**Step Five – ACKNOWLEDGE THE PART**

The sub-personality and its dysfunctional behavior were created to serve an important survival need. The part has undoubtedly helped you or the other person you are working with continue to function reasonably well for many years. It has been loyal and steadfast in the performance of its one task. The part deserves to be honored for the service it has tirelessly performed.

- I can see where you have been a real asset to \_\_\_\_\_ (fill in name).
- I honor you for what you have done.

Remember to be sincere. The part and the behavior was the best the child could do to survive.

**Step Six – ESTABLISH THE EFFECTIVENESS OF THE BEHAVIOR**

The contradiction between what the part really wants and what it has been doing to get it is finally made clear by the next question.

**HOW IS THAT WORKING NOW?**

- Does it still get you what you want?

If the behavior is negative process the part until it acknowledges that it is not working. Remind the part of its newly found core want and help it see the contradiction.

**Step Seven – WILLINGNESS TO CHANGE**

Once the part has acknowledged the contradiction it is time to ask the next obvious question.

**ARE YOU WILLING TO CHANGE** to a new more effective behavior that will get you what you want?

If I have gone through all the previous steps the answer will be yes. The part may be scared but will usually be willing to change.

### **Step Eight – IDENTIFY NEW BEHAVIOR CHOICES**

The part has known only one behavior since it was created. The behavior is deeply ingrained in habit. It was born out of desperation and fear. Although the part is willing to change it may still be confused as to what it could do differently. The sub-personality is only a part of the whole person, which means there are other wiser, more mature parts that can be accessed for ideas.

- Do you or any other inner part have another behavior choice that would be more effective in getting you what you really want?
- Call forward a creative part, fun part or Higher Self if necessary to give suggestions as to what new behavior the part could do.

### **Step Nine – CONFIRM CHOICE**

Healing is about empowering ourselves to be who we want to be. It is about the freedom to choose what works best to get me what I want. That is why it is so important to let the part decide what it wants to do differently. This is definitely NOT the time to dictate what the part should do.

**WHAT CHANGE DO YOU CHOOSE?**

### **Step Ten – INVITE A CHANGE**

The energy of the sub-personality is represented as the image our subconscious imagination gave it when we started reframing the sensation. If you are reframing a sub-personality the name represents the energy of the part. Inviting the part to change to another image or name helps to ground the work in the soul.

- Would you like to change shape / name / color to better reflect your new choice of behavior?
- Does any other part of you have any objections to this new behavior?

### **Step Eleven – CLOSE THE PROCESS**

Thank the part for coming out to do the work. Make sure the person or your core personality, which ever you are working with, is completely present in the body and in the present moment before closing the process.

- Reframing a Sensation
  - a) Thank you for being here today.

- b) Please allow \_\_\_\_\_ (name of person) to return be fully present in the body.
- Reframing a Sub-personality
  - a) Thank you for being here today.
  - b) Please move your chair back to base position and allow \_\_\_\_\_ (name of person) to come back.

### Examples of Reframing:

Example One – REFRAMING A SENSATION in my own body.

- I scan my body for a sensation.
- I feel pain in my mid-back around the diaphragm area. The pain is a dull ache with the sensation of pressure.
- I allow my imagination to give it a size, shape and color. It is a dripping faucet with a bulging pipe leading to it. The color is dull metallic gray.
- The words it is saying are, “I can’t stop it any more.”
- I begin to active listen with the part:
  - **What can’t you stop?**
  - *The shame and guilt.*
  - **What is the shame and guilt about?**
  - *Wanting to be with other women.*
  - **What is causing us to want to be with other women?**
  - *There is too much responsibility. It is starting to feel like our parents marriage. We are becoming just like our father and we never wanted to ever be like him.*
  - **What do you do for me?**
  - *I stop all the feelings of anger, fear, desire and sexuality.*
  - **What would my life look like if you had complete control?**
  - *You would be a monk with a raging sexual shadow.*
  - **WHAT DO YOU WANT?**
  - *I want to be a good husband.*
  - **Take a moment and feel what it is like to be a good husband. Breathe it in ... once you are a good husband completely and fully what do you want from being a good husband that is even more important?**
  - *I want my feelings and energy to flow.*
  - **Take a moment and allow the feelings and energy to flow.**
  - *I can’t. I am afraid I will become just like my parents, completely out of control.*
  - **What would happen if you did?**
  - *I would hurt the ones I love and be bad.*
  - **Do you know of anyone whose feelings and energy flow that is a good person?**
  - *Yes.*

- **Take a moment and imagine what it would be like to be like them and have your feelings and energy flow in a good way. Breathe it in ... once your feelings and energy are flowing completely and fully what do you want from being in that flow that is even more important?**
- *I want oneness with God, with my wife and with the natural flow of the universe.*
- **I invite you to feel what it would be like to have oneness with God, your wife and the universe completely and fully. Breathe it in ... and what do you want from having this oneness completely and fully that I even more important?**
- *Nothing.*
- **WHAT HAVE YOU BEEN DOING TO GET WHAT YOU WANT?**
- *I have been trying to stop our sexual energy and all the feelings we have associated with sex. I have been towing the line and doing my duty as the provider for the family no matter how bad and overwhelming it feels. I have blocked off all the tears I feel about being inadequate as a husband.*
- **Thank you for doing such a thankless job. I know we would have never been able to get married if you hadn't been doing your job. I honor you for your service. HOW IS THAT WORKING NOW? Does it get you what you really want?**
- *No it doesn't. It is causing our body to get sick. Our digestive tract is continually upset and we are loosing sleep. And if I don't find someway else to be we will get an ulcer.*
- **ARE YOU WILLING TO CHANGE?**
- *Yes, but I don't know what to do. (There is a release of tears.)*

A child rescue seems appropriate, so I follow the tears back to their source and find little Randy being molested by my mother. I go in with my adult self and do what is necessary to make him safe. I give back to my mother all the depraved feelings little Randy has carried about his sexuality. I help him reclaim his innocence and wonder. I tell him he will never have to go through this again. Then I bring him back into my heart.

- **Do you or any other inner part have any ideas as to what you might do differently to get what you really want?**
- *I can relax and trust in God to provide the opportunities for me to support my family. I can realize that it is safe now to have all my feelings. I can now explore my sexuality in the safe environment of my marriage. I can flow with the experience of being human.*
- **ARE YOU WILLING TO CHOOSE THIS NEW BEHAVIOR?**
- *YES!*
- **Would you like to change size, shape and color to better reflect your new choice of behavior?**
- *Yes. I choose to be a river flowing freely, exploring the geography of life.*
- **Does any other inner part have any objections to your new choice of behavior?**
- *No.*
- **Thank you for coming out and being here today. Thank you for being willing to change.**

- I bring myself back to the present moment and fully alert in my body.

As you can see by this example it is sometimes appropriate to combine Inner Child Rescue with Reframing, especially if a strong emotion surfaces during the reframe. In this example the part began to cry and feel helpless. I felt an ICR would help the part come up with a new behavior more easily. The other variation from the protocol came when the part could not imagine itself flowing in a healthy way. That is when I asked the part if it new of someone else who could flow in a healthy manner. It could and that helped the process continue to move to the positive core want.

### Example Two – REFRAMING A SUB-PERSONALITY

This example takes place between a woman, who we will refer to as Jennifer, and me as **facilitator**. She came to me suffering from a rage inside that was directed at both herself and her intimate partners throughout her life. The part would burst out and create emotional distance between her and her partner. At other times it would just turn on her with inner dialogue and beat down her self-esteem. She was ready to face “The Ogre” as she called it.

- **Jennifer, I invite you to move your chair and your body and become the part of you that rages. Allow yourself to move fully into the energy of that part.**
- *[Jennifer stands up and moves the chair out of the way. She takes on a menacing grimace and overtly confrontational body posture. Her stare is quite intense and her normally gentle demeanor has shifted completely.]*
- **Welcome. Thank you for coming out today. How would you like to be referred to?**
- I’m the OGRE. *[Her voice is a growl and the stare intensifies.]*
- **Would you be willing to tell me a little about yourself?**
- Why? Why should I tell you anything?
- **You don’t have to talk to me if you don’t want to.** *[Permission to resist is permission to process.]* **I was hoping that if you came out and had the opportunity to share your side of the story Jennifer might begin to understand why you are so angry.**
- She doesn’t care about me. She has never cared about me. Jennifer just wants me to go away.
- **I hear that she has never cared about you and wants you to go away.** *[Active Listening]* **How do you feel about Jennifer?**
- I’m mad at her. She never listens to me. I try to tell her that people can’t be trusted. That they will just hurt her. But she pretends everything is all right and ignores me. Then she gets hurt and I have to try and pick up the pieces of little Jen. It makes me so mad.
- **I can feel how angry you are. It must be hard to not be listened to.**
- It is. *[Her physical demeanor softens a little as the rapport develops.]*
- **If you don’t mind me asking, what role do you play in Jennifer’s life?**
- I keep all the bad dreams so Jennifer doesn’t have to feel them.
- **What dreams are those?**

- When we were little we had a lot of bad dreams. Monsters would come and do bad things to us. I keep Jennifer from having to remember them by locking them away. [*Her face has visibly changed. There is a sadness mixed with the anger.* ]
- **So you are the one who has protected Jennifer all these years. You have protected her so that she could continue to grow up. Wow! I honor you for that. You have truly saved her life and her sanity by being the keeper of her bad dreams. That seems like a really scary job.**
- Yes it is. [*She begins to cry at the acknowledgement. This is probably the first time this part has ever been recognized for the job it is doing.*]
- **I can see you have played a powerful role in Jennifer's life. Does Jennifer ever acknowledge your loyalty?**
- No, she hates me. She just pushes me away. That's why I am so angry. I'm really tired of doing it all alone.
- **I can see in your eyes how tired you must be. Well Ogre, WHAT DO YOU WANT?**
- I want everyone to go away and leave me alone.
- **I invite you to feel what it would be like if everyone went away and you were left completely alone. Breathe it in ... and once your left alone completely and fully what do you want from having this that is even more important?**
- I want to feel safe.
- **Take a moment and feel what it would be like to be completely safe. Breathe the safety in to every part of your body ... once you are completely and fully safe, what do you want from having safety that is even more important?**
- I want to be appreciated.
- **I invite you to feel what it would be like to be appreciated. Allow the feeling to spread through your entire body with each breath ... and once you are appreciated completely and fully what do you want from having this that is even more important?**
- Peace and love. I want to feel peace and be loved.
- **Allow yourself to feel what it would be like to live in peace and be loved completely for who you are. Breath it in to every cell of your body ... is there anything more important than peace and love?**
- No.
- **So Ogre, WHAT HAVE YOU BEEN DOING TO GET WHAT YOU WANT?**
- I bite people's heads off if they get to close to Jennifer. I also beat up Jennifer if she begins to get too comfortable.
- **What do you mean by "too comfortable"?**
- When she begins to let her guard down and let people get close.
- **HOW IS THAT WORKING NOW? Does it get you what you really want?**
- No. It keeps people away but I never get loved. And Jennifer and I are almost always fighting.
- **WOULD YOU BE WILLING TO CHANGE WHAT YOU DO to get you what you really want?**

- I don't know. I'm afraid we might get hurt.
- **How old was Jennifer when you first had to hold the bad dreams?**
- She was five years old.
- **I'm sure she was very vulnerable and really needed what you do. Do you know Jennifer is not Five years old anymore? She is a grown woman.**
- Oh! [*The part is finally realizing that Jennifer has grown up and might be capable of protecting herself.*] You're right. Jennifer's a lot bigger and stronger now. Maybe she could take over and I could advise her. I'm pretty good at seeing who people really are and if they are good or not. I could also watch over little Jen. I've been so busy fighting everyone off I've not been able to be with her.
- **That sounds great. ARE YOU WILLING TO CHANGE to this new job to get you what you really want?**
- Yes. I could finally get some rest and maybe find the peace I want. If I let Jennifer take over and I advise her, together we could find someone to love us. But I also need Jennifer to acknowledge the bad dreams. I can't keep them locked up anymore.
- **That sounds reasonable. Why don't you ask her if she is willing to look at them and maybe the two of you can work through them now.**
- OK. [*The part asks Jennifer if she is willing to do that.*] ... She said yes, a little at a time.
- **Does that work for you?**
- Yes.
- **WHAT CHANGE DO YOU CHOOSE?**
- I will watch over little Jen and advise big Jennifer.
- **Would you like to change your name from Ogre to something that fits this new job?**
- I would like to be called "The Guardian".
- **Does any other part of Jennifer have any objections to your new choice of behavior?**
- [*The part takes a moment to go inside and check.*] No. Everyone thinks it's great. Especially little Jen.
- **Thank you for being here today. Please move your chair back to base now and let Jennifer come back.**

As you may have noticed the Ogre-turned-Guardian is a discreet personality with beliefs and opinions. The part was created out of necessity, serving Jennifer with such loyalty and was not about to be told what to do. This work is about healing and self-empowerment. These powerful parts of us deserve our respect and our love. This part wanted something very positive for itself and Jennifer. It had just lost sight of its core want and became stuck in the role of antagonist. By mentoring it to a new choice, that power is now placed in the service of wholeness and is now able to be integrated into Jennifer's adult life.

## REFRAMING BELIEFS

The Ego/I body of the human being is our ability to have self-identity. Our self-identity is a product of our belief system or paradigm. Most of the core beliefs that make up our belief systems are formed during childhood. If these beliefs are formed during dysfunctional times in our life they can be very limiting later on as our environment changes. The Ego/I can be completely identified with these dysfunctional beliefs and will quite often resist any change do to the fear of a loss of identity. The fact that these limited beliefs can lie buried in the unconscious adds to their negative creative power. The next process is a way to uncover, question and reevaluate destructive core beliefs. The process has two guidelines:

1. Does the belief still serve you today?
2. Is it effective in bringing you happiness?

Once we have uncovered the belief and answered these two questions it is simply a matter of choosing a more effective belief based in the mature wisdom of our present situation.

### **The Process for Reframing Beliefs:**

What causes you unhappiness in your life?

How have you been acting as a victim on this issue?

What belief do you carry around this issue?

Where did you learn this belief?

Give me an example of how you learned it.

Do you choose to take responsibility for this issue now?

Does this old belief still serve you today?

Is it effective in bringing you happiness?

What belief could you choose to replace this old victim belief?

Are you willing to work with this belief and choose happiness in your life?

Make a positive statement now about this issue.

If a strong emotional charge arises at any time it may be appropriate to do an Inner Child Rescue. This will only facilitate the process of changing the belief by freeing the part of the Ego/I that is overly identified with the belief.

### Example Three – Reframing a belief

- **What causes you unhappiness in your life?**
- Being alone, having no one to love.
- **How have you been acting as a victim on this issue?**
- I feel sorry for myself and don't put out the effort to meet new people.
- **What belief do you carry around this issue?**
- That I am not good enough, not loveable, not deserving.
- **Where did you learn this belief?**
- From my parents.
- **Give me an example of how you learned it.**
- My parents were unconscious and oblivious about me and never took the time to see who I really was. I was an object to them. Being the middle child of three, with my sister coming right after me, I became invisible to my parents.
- **Do you choose to take responsibility for this issue now?**
- Yes.
- **Does this old belief still serve you today?**
- No it doesn't. It keeps me invisible and breeds despair.
- **Is it effective in bringing you happiness?**
- No, not at all.
- **What belief could you choose to replace this old victim belief?**
- That I am a good person and deserve to receive love. It is great to be seen for who I am. I have gifts for the people that come into my life.
- **Are you willing to work with this belief and choose happiness in your life?**
- Yes, most definitely.
- **Make a positive statement now about this issue.**
- I AM HERE READY TO BE SEEN, EAGER TO SHARE MY GIFTS WITH OTHERS AND FREELY GIVE AND RECEIVE LOVE!

### One Last Look:

Human beings have a free part of the etheric body that is not involved in organic processes. It is this free and mobile part that accounts for the ability of human beings to obtain a rational intellect—to retain mental images within the mind for later use—and allows the soul to grow through education. It is precisely through an active education that this part of the etheric body becomes mobile and free enabling it to come to the aid of the total organism when it is under attack from illness or injury.

The workings that underpin the health-giving activity of this free part of the etheric body lie in the difference between remembering and forgetting. Yes, there is value in both. Forgetting is not just the nuisance that most people assume it is. Of course being able to remember things is a necessary skill. Yet, in its extreme—i.e. obsessing on a particular thought, object or person—remembering can interrupt sleep and one's life in general. If the mind continues to focus on one thing the person's health can become at risk. As long as the memory remains focused on one thing the life forces of that part of the etheric body are connected and sent to the object out in the real world. Upon forgetting the life forces are freed up to be used by the person in a health-giving way. As long as I think of a rose my etheric life force is sent to the rose. Upon forgetting they return to me to aid in my health.

The implications of this in connection to sub-personalities, who remain stuck in traumatic memories continually focusing on the event so as not to let it happen again, are dramatic. My life force remains plugged into the perpetrator and is constantly being drained off, unavailable for my body's use in combating illness and injury. Multiply this scenario by the number of fragments most people live with and you can see this would leave them with a very small percent of their free etheric life body available. Another side effect of this unhealthy connection is the continuous return flow of energy from the perpetrator. The energy leaving me returns contaminated with the energy from the very person I most want nothing to do with.

When I am able to process the unreleased emotion, rescue the immature fragment of my personality, change the belief associated with the event and mentor that part to a better behavior, I have freed up the etheric body to invigorate and enliven my physical body. And, since the etheric body is the body of repetition, I am no longer recreating the event over and over again in my life. To *FORGIVE AND FORGET* is truly a major self-healing tool.

## **Conclusion:**

Like all tools, these processes become easier to work with the more I use them. They can be used separately or together. By approaching a difficult issue in my life from all three angles I have been very successful in implementing healthy change.

The inner reality we create in our souls from each and every encounter with the physical world can be more real and longer lasting than the actual encounter itself. When that inner picture / memory dreamscape is from a negative traumatic encounter with the physical world, the power to cause suffering is immense and destructive. Realizing the truth of these painful, living memory pictures is the first step to healing them. Recognizing the fragmented, immature parts of our personality that live in them is the second step. Having the courage and persistence to face them in the present moment and the presence of mind to use these tools is the last healing step.

The wholeness I feel from continuously using these processes for the last nine years is awesome. The empowerment that is its counterpart has allowed me to finally feel able to face the outside world and my inner world with confidence, compassion, joy and love. Yes, I still feel pain. Yet I find I no longer have to suffer from it. If I am sad I cry. If I am angry I speak my truth. If I am in joy, I am grateful and relish in it. And if I am in fear, I once again look inside to see if another part of me is lost in an inner landscape of pain from an earlier unprocessed experience and use the appropriate tool(s) to heal myself.

## **FOOD FOR THOUGHT:**

More and more evidence is being accrued that our journey to evolve our capacity to love has and will take each and every one of us through many different physical incarnations or lives on the earth. This re-emerging truth combined with the dawning awareness of an active law of karma begs the question of how these are incorporated into the four bodies of a human being.

As I mentioned earlier the etheric body is the body of time. Imprinted on it are all our memory pictures from this life. Let's imagine for a moment we are living a life that contains much sorrow and pain. These memories are etched into our etheric body. When we die these pictures flash up in front of our consciousness. Then over about the next three or four days the etheric body dissolves back into the earth's general etheric substance. What we retain is an essence that forms what might be called the causal body or the seed that forms the new etheric body in our next incarnation on earth. This means that even before we begin having new experiences that form new memory pictures in our new life, we have the remnants of all our past lives working as generative, formative forces in this new life. They will draw energy, people and experiences that are in some way related to these past memories from past lives. If I am unconscious of this process, I can feel victimized by the world; never knowing that my own past from earlier lives is creating the very trauma I am experiencing now. This can also work in a positive direction, drawing loved ones and friends into my life at the appropriate time.

The etheric body is also the body of relationship and nationality. When we draw together our etheric body—which is formed from the earth's etheric substance or body—it is a kin to whatever race, nationality, geographical area and family orientation we find ourselves born into. It is also part of what we inherit from our parents, owing to its direct connection with the forming of the physical body. Often people born to parents who have moved away from their native soil before they were born find, on visiting that same native soil for the first time, a strange affinity and familiarity that is seemingly unexplainable. This etheric body connection may be the missing element.

The etheric body is also involved whenever we come into contact with new people and new environments. It must find a way to integrate with or plug into its new surroundings or we will feel mysteriously repelled from the situation. This may help to explain some of the stress associated with moving to a new area, city, state or country.

If the etheric body is the body of relationship, then the astral body is the body of individuality. It contains all our personal desires and tastes. It also carries our individual, creative gifts and talents such as; musical ability, artistic talents and special aptitudes like mathematics or creative writing, etc. Our Soul still needs the appropriate instrument (an adequate physical body) to realize these acquired gifts and talents. After the death of the physical body and the dissolution of the etheric body, the astral body goes through a similar but much more prolonged experience of working through all its ties to physical existence. This period takes approximately one-third the amount of time that we spent alive. If I lived for sixty years then this period will take about twenty years to complete.

During this process the astral body expands out into the solar system writing our virtues and faults into the cosmos. When we have worked through our ties to physical existence the astral body dissolves back into the cosmic astral substance, leaving an essence behind. When we contract on our journey to a new incarnation on earth this essence draws to it the necessary astral

forces out of the cosmos for our new astral body. These could be looked at as the unique gifts and tendencies we are born with.

The I/Ego is our ability to have a self-identity in equal measure to our ability to love. As our young ego differentiates itself from unconsciousness, its environment, its parents, peers and finally becomes an individual, the I/Ego has been traumatized, fragmented and learned to dislike and even hate these parts of its self. This process leads the I/Ego into the limiting box of self-imprisonment that causes it much suffering. It becomes identified with its roles as parent, employee, provider, victim, rescuer, etc. leaving only the fear of dissolution or ego death if the role ceases to exist. The mother whose children have grown up suffers from the inability to fulfill her role. The successful lawyer who loses an important case becomes depressed. The athlete who trains her whole life for one thing and fails becomes a failure. All this only happens if the I/Ego is identified with the limited identity of its role as a personality. In this weakened state the I/Ego tends to over-identify with the parade of sub-personalities as they are triggered by the myriad of different stimuli. This also causes much instability and suffering.

Through the use of these tools the I/Ego is strengthened, made more whole and capable of consciously expanding its identity beyond the personality to become a more compassionate and loving soul. It can begin the journey of recognizing all the other souls that have incarnated with it here on the physical plane. The I/Ego is also able to work on the other three bodies healing and transforming them over time.

The journey back to wholeness, this time with a differentiated individual self-consciousness, begins with one step. I invite you to take it now. In the words of my inner child, little randy:

The time has arrived to be whole.

The task at hand is love.

The power is on.

The light is shining.

The stars await us.

**Believe!**