

Be Limitless Hypnosis Presents

Inner Child Healing and Conflict Resolution

Recommended Prior Classes:
Hypnosis 101 and NLP

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The Power of Inner Child Healing

In this class you will be learning how to heal your wounded inner child and the internal conflicts that came out of our childhood traumas. As the memories and movies of these incidents play in our subconscious mind, they are re-traumatizing us over and over. It is these traumas which often trigger abandonment, fear, insecurity or even anger. They say a picture is worth a thousand words. Yet we have movies playing in our subconscious with pictures, conversations and emotions. How many words would that be worth? Who knows? It's likely Millions. When we talk about past traumas, we are only scratching the surface of the content and impact of those memories. Talking about the incident may give us conscious awareness of why we're being triggered or feel a certain way, but it doesn't actually change how we feel or neutralize the situation. In these memories we were hurt, rejected or abandoned in some way. Even though our parent or the bully is no longer hurting us, we have taken on the role of speaking to ourselves the same way they did when it was actually happening. This ultimately leads to self rejection and self abandonment.

By going back through time and doing a rescue mission, so to speak, on our wounded inner child, we resolve this self abandonment and negative self talk and replace them with self love and self acceptance. People often say we need to have self love but fail to give us a way to actually accomplish that. This may even add a layer of guilt or failure to our self rejection because we feel that we "should" love ourselves but we don't know how. This technique is the How, the way to actually have an experience of self love which is extremely powerful and transformative.

After you learn how to reintegrate your inner child, we will take it a step further to resolve the internal conflict with the person who hurt you. This is so powerful because it gives you or your client the opportunity to take your power back by expressing what you were never allowed or able to express. We may not have known how to express our feelings or it may have been dangerous to say what we thought due to punishment or retribution in one form or another. To finally express what has been bottled up for years or even decades is extremely cathartic and allows you to take your power back.

Lastly, you will receive the sincere apology you've always longed for and transform the perpetrator of your hurt so that you can at last experience them as the loving, supportive guide you always longed for them to be. We completely and utterly transform the memory in every way: the verbal content, the visual content and the emotional content. This neutralizes all the negative emotions and messages that came out of that memory and replaces them with loving, life affirming emotions and self talk.

Parent, Child and Adult Ego states

In order to understand how the inner child is created and exists, we need to understand that we all have different parts of our psyche. These are often referred to as sub-personas. Our psyches become fractured through various experiences where we are taught that certain behaviors are not acceptable. We learn to repress these behaviors and we also repress any emotions that are unacceptable to our parents or authority figures. We cannot survive without love, acceptance and care. It is hardwired into us for our very survival as infants and children. Rejection comes with the threat of abandonment, whether physical or emotional, and can be fatal. Therefore, we repress unacceptable opinions, feelings and behaviors as a literal survival mechanism. Yes, the fear runs this deep.

It is this repression which causes the splintering or fracturing of our personality. We internalize these feelings of rejection or not being good enough, often feeling deeply insecure or unworthy. However, similarly to our experience in childhood, we mask or repress these feelings in order to avoid being rejected by our peers, whether that be an employer or a spouse. In childhood, we learned to monitor and regulate our own behavior based on the admonitions and expectations of our parents or caregivers. In adulthood, we continue to monitor and regulate our own behavior in the same way, often with very harsh, self deprecating self talk. We beat up on ourselves to avoid stepping out of line, so to speak, and avoid being rejected or abandoned by others.

Child Ego State

It is the child that is the ego state primarily concerned with the emotions and the awareness of them. It is therefore the child part that feels disowned when any emotion is repressed.

Parent Ego State

Like the real parent, the Parent ego state may be nurturing and loving or it may be critical and punitive.

**The data in the Parent is taken straight and without editing from the parents. It includes therefore all of the admonitions, rules and laws that the child hears from his parents and parent surrogates. It also includes all of the nonverbal signs both of approval and disapproval. These are recorded as truth and this is a permanent recording.

Repression: So that the Child becomes and remains acceptable to the true parents, the Parent ego state seeks to modify the Child's behavior by repressing non – acceptable aspects of it. Thus a critical and punitive parent will be reflected in a critical and punitive Parent ego state which maintains the Child's safety by repressing its unacceptable behavior resulting from unacceptable emotions.

Guilt: The parent ego state maintains its repressive influence over the Child by means of the constant reminder that some of its behavior and emotions are unacceptable to the real parents and that any expression of these might well result in the abandonment of the Child. It is this fear of abandonment which, often very intense, is expressed and felt as guilt. Whenever an individual experiences the feeling of guilt, there is an underlying fear of abandonment. Furthermore, whenever there is guilt, there is a repression of the child's normal emotional functioning.

Parent/Child conflict: Repression begins as a flight from inner experience –from feelings of pain, fear, frustration, helplessness and rage. In fleeing from these feelings, a portion of that being is denied or disowned. This self alienation must be eliminated before self esteem can be constructed. *If his very existence is not acceptable, then ALL of his feelings may be repressed. Any emotion, when repressed from normal expression, may seek an abnormal expression via the body in the form of a psychosomatic illness.

Resolution of the Parent/Child conflict removes the need for repression and a previously blocked emotion can once again be properly expressed. The answer is simplede-confusion of the Child by using the decontaminated Adult ego state as a therapeutic ally. The adult serves as a means whereby the child can begin to recognize life as it really is, instead of being restricted to evaluating it through the judgement of internal Parent's eyes or through the eyes of the internal Child's make believe world. The Adult is, in effect, a data processing computer which can and does reach decisions after computing information from all available sources including the Parent and the Child. It is on the presence of an intact and mature Adult that all successful psychotherapy depends. It is upon the Adult that the analytical hypnotherapist calls to examine the Parent/Child conflict and find new solutions to it.

Mental illness and emotional disorders are assumed to be due to the ongoing and outmoded conflict between the I want (the Child) part of the personality and the I ought (The Parent) part. This conflict can be resolved only by the application of the I will or I can. (Healthy Adult)

It is probable that, as a result of hypnotic suggestion, the Adult ego state points out to the Parent ego state that the repression of the Child and his emotions, which was initially important for the individual's survival, is no longer necessary. In adult life, survival is no longer dependent upon approval of the parents. Central to the whole concept of therapy is the belief that in the presence of an intact Adult, there are adequate resources for the resolution of the Parent/Child conflict.

Transactional Analysis

Understanding the Internal Critical Voice and Victim Mentality

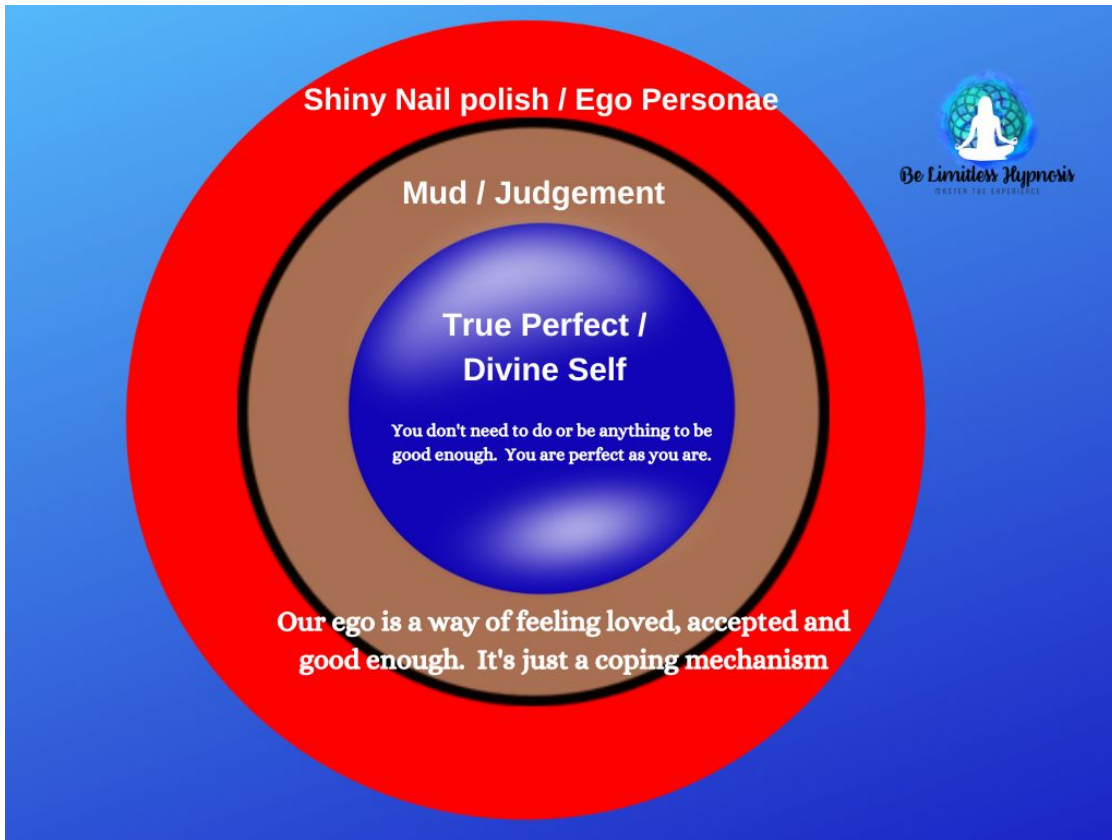
In the charts below, you can see the progression of the fracturing of our personalities. In the first picture, you can see in the middle the word Perfect. This is showing that when we are born we don't know that we're anything but perfect. People feed you, sing to you and take care of all of your needs.

But over time, we begin to get the message that there's something wrong with us. We hear "what's wrong with you?" "Stop crying" "Are you stupid?" We begin to believe that there is truly something wrong with us and we become deeply insecure. This is that middle layer of mud in the picture.

Then one day, we do something that gains us attention or approval or recognition. Maybe it's "you're smart" or "You're good at sports" or "Aren't you a pretty, little thing?" Approval in any form for any reason feels good, especially when you're feeling so insecure. Unconsciously, in that moment, we make a decision to double down on the thing we got approval for and become the smartest, prettiest or best athlete. This becomes our ego persona, our way of getting our love, approval and acceptance needs met - needs which are absolutely necessary for our survival. We get busy perfecting this version of ourselves and we begin to identify with it and believe it's who we truly are. This is the outer layer of nail polish in the picture.

However, over time, as with nail polish, our polished exterior begins to chip and crack and we are constantly having to fix and repair it to hide our imperfections. After years of this, we become exhausted and feel like we can't keep it up any more. This is often the midlife crisis or any point in one's life where their coping mechanism are no longer sufficient to hide their internal pain and self abandonment. This is often when clients show up to see you.

In the second picture, it shows us how the inner critic is formed. At the bottom, you see the wounded inner child. They are wounded by the judge or perpetrator who overtly or covertly makes the child feel unacceptable or not good enough. As the child grows, he or she takes on the behaviors and harsh criticism of the judge and begins to judge themselves, as well as others, in the same way. Inside of every judge is a victim. The rescuer is the part of us that always longed for someone to step in and protect us from the perpetrator and this unfulfilled longing is projected outward onto our environment in a subconscious attempt to be that rescuer for ourselves by rescuing others. Of course, it never works because healing is always an inside job. In grown up relationships, people often switch roles between the victim, the judge and the rescuer going round and round creating chaos and heart break. As you can see, it is the healthy adult which can break free of these unhealthy patterns.



Judge/ Perpetrator

Stop that! You're bad
You should (n't)
You must (n't)
Why did you do that?
(Implies you're crazy)
You're stupid (not good enough)
What will the neighbors say?
(Others are more important)

Rescuer

Projecting the need to heal your own wounded inner child outwardly

Co-dependent
Working in rehab while still using
Save others

Wounded Inner Child Victim

The Development of the Inner Critic

BABY - ONE WITHIN AND WITHOUT, Balance and Harmony

When first born - Loved, needs met, get everything they want

WE BECOME THE VICTIM - Fracturing Begins

Begin to be judged by parents / judge / perpetrator

Stop that! (I'm bad/ wrong)

You must ('nt)

You should ('nt)

WHY did you do that? (I'm crazy, stupid)

What will the neighbor's say (others are more important)

by teachers: You're stupid (I'm not good enough)

Begin to feel unsafe, not loved, stupid, shame, guilt, bad

WE BECOME THE JUDGE / PERPETRATOR

Start judging others (** Inside every judge is a victim)

Become like your Parents:

Stop that! (You're bad/ wrong)

You must ('nt)

You should ('nt)

WHY did you do that? (You're crazy, stupid)

What will the neighbor's say (others are more important)

Teachers: You're stupid (not good enough)

VARIETY OF PERPETRATOR - MANIPULATOR

Avoid responsibility they hide behind others or 'the rules'

"Wait til your father gets home."

"It's policy and there's nothing I can do."

ANOTHER VARIETY OF PERPETRATOR - PASSIVE / AGGRESSIVE

This describes most people! They are at once their own judge And the victim

"I'm no good BUT I can't help it"

Talk behind people's back

Makes excuses instead of finding solutions

They are the victim "I can't believe he treats me this way"

and the judge - criticize them behind their back.

HEALTHY EGO STATE

Takes responsibility for feelings

Realizes they have REAL choices

They understand they CHOOSE their reaction rather than staying caught up in unhealthy patterns.

They recognize and see through the dysfunctional patterns:

i.e. "When you act like a victim, I feel like a judge."

"When you judge me, I feel like a victim and it makes me angry"

(like I used to feel when my dad treated me that way)

And it brings out the judge in me.

The healthy adult challenges the judge.

"Who says that's true?"

They realize if someone says something it's **only an opinion**

They can CHOOSE their response -

"Thank you for your opinion, would you like to hear mine?"

Gets rid of words like can't, have to, try, bad

Asks new questions

"What's stopping me?"

"How do I get what I want?"

NOT WHY QUESTIONS -Why makes people defensive

They take responsibility

(response - ability, the ability to respond in a different way)

Makes positive suggestions to themselves for change

The healthy adult trusts themselves.

Child Reintegration

Pretalk: (Explain to client)

In this process, you will have a conversation with your wounded inner child so that he / she finally feels heard and understood and knows that their feelings matter. It allows the child to feel safe in expressing his or her self and to be reminded of everything that is good and right about them. When we are unable to process our emotions, because it's unsafe or unacceptable to do so, we repress them and hold onto them to be dealt with later. Once the child has expressed and processed their emotions, they can truly let feelings go rather than repressing them.

However, we want to let the child decide if and when they're ready to let these feelings go. The child was controlled and coerced for years. It's important to give them autonomy and give them back their power. At one point in the process, you will guide your client to ask their inner child if it's okay to let these feelings go. Usually, the child says yes but occasionally they say no and that's okay!

Metaphor For Internal Parent:

There's something I need to explain to you. Most of us are familiar with the inner child but most of us have never heard of the inner parent. Imagine there's a boy whose cat got hit and killed by a car. (No cats were harmed in the creation of this story. lol). Now the boy is terrified to cross the street because he doesn't want to get killed by a car. Now if he's always too scared, he won't get hit by a car but then he can never go anywhere. So until he learns how to cross the street safely with a pedestrian cross walk or to look both ways, the fear does serve a purpose. It's a default protective mechanism. Does that make sense? It might suck to be trapped in his house, but it's better than being killed.

Authentic Self Love as an Experience:

So often, we learn to give our power away and put others first in exchange for love and acceptance. In small and big ways, we betray ourselves and it is our own undoing. In the last step of this process, you will guide your client to create an alliance with their younger child and promise to always put them first. This creates an experience of authentic, self love.

Child Reintegration Process

Simple Hypnosis Induction (Read Very Slowly and Relaxingly!!)

**If you took my Hypnosis 101 class, use any induction of your choice*

Place your hands on your lap, palms up

Take a deep breath and close your eyes down.

Bring your focus and awareness to your right palm (Pause)

Now move your focus and awareness to your right elbow (Pause)

And into your right shoulder (Pause)

Across to your left shoulder (Pause)
Down into your left elbow (Pause)
And down into your left palm
(Do this twice)
As you continue to focus on your breathing,
Relaxing deeper with each and every breath,
Begin to notice how every breath takes you deeper and deeper

Identifying / Locating Wounded Child

Now allow your younger self to come into your awareness
Imagine, visualize or think about little _____ (client's name)
When you are able to see OR perceive him (or her) in some way, say the word okay.

Look at the child (or use client's name)
Notice how he/ she is feeling terrible, isn't he/ she? (Use appropriate pronouns)
I don't want you to leave them there. In your mind's eye, I want you to imagine bringing him up into this room here with you now. I want you to get down on eye level with him. I want you to take his hands in yours and look him in the eye. I want you to allow him to express to you, in a way that only you can understand, all the pain (emotions) he has been feeling all this time. Perhaps he has words or perhaps he just stares deep into your eyes or communicates directly from his heart to yours. However she can, let her share all this pain with you and when she knows that finally she's been heard, finally she's been understood. Let me know when she feels heard and understood. Just nod or say okay.

Now that was a long time ago so I want you to ask him a question. Ask him "Is it okay to let go of this pain, yes or no?" Now he doesn't know HOW to let go of the pain. The question is, is it OKAY to let go of the pain? Either answer is okay. (I know what to do if he says NO). Just let me know if he says Yes or No and tell me out loud.

Wait for response

If No - Go To # 9

7) **If YES** then say "But she doesn't know how to let it go. I need you to show her how and convince her that she CAN. I want you to hug her and make her feel so safe. Tell her that "It's not your fault. It was never your fault" Tell her whatever it is she needs to know to put all of this in perspective and let her know that things are going to work out okay. If you had a daughter (son) like this, could you love her? Yes, of course. So give her all of your love and make sure she knows how much you love her and that you'll always be there for her. And when you've loved her and hugged her and told her everything she needs to hear to let go of this pain once and for all, when you can see her smiling, let me know when she's smiling. Just nod or say okay

8) Wonderful. Now I want you to do something a little bit strange. I want you to imagine shrinking her down to the size of the palm of your hand and put her right inside your chest next to your heart where she knows she'll never be alone. You'll always be

there to protect her, to guide her and to be on her side. I want you to make a solemn promise that you'll always put her first. Put his feelings first, her needs first. And **she knows she can trust you because you share your heart with hers.**

9) **IF NO**, we need to talk to the inner parent. I usually explain this before I start but if not that's okay too. (If you didn't explain before, simply take a 'detour' and explain it now).

I'd like you to see standing next to the child, a little parent (client's name). He is the same age as the child and he looks the same but he has a different job. His job has been to protect the child but he's only had the understanding of a child. First, I want you to thank this parent part of you for protecting the child the best way he's known how all this time. But let them know that you are the adult and you're going to take over the job of protecting the child but in a more balanced, healthy way. See the little parent part of you pass that torch of responsibility to you, the adult, and see the look of relief come across his face. Let him know it's safe to go and rest at last. It's finally safe to go and rest at last and see him walking off to go and rest.

Go back to #7

Empty Chair / Gestalt Therapy (modified)

The purpose of empty chair or gestalt therapy is to finally express, in a safe environment, what has been repressed, often for years. It allows your client to take their power back, to own their voice and, most importantly, to finally have their feelings acknowledged. In addition, they will receive the apology they have always longed for which is truly healing and allows them to reintegrate disowned or fractured parts of themselves. It's truly beautiful and life changing.

In traditional empty chair, there is often a back and forth between characters as they "hash it out" and finally reach a resolution. I have smoothed the edges of this process to make it gentler, sweeter and more elegant. I created a small step where the perpetrator "wakes up" to their behavior and has empathy for the client. Only after your client can see the look of awareness and remorse do they switch to the other person's point of view and apologize. (No hashing back and forth).

Empty Chair Procedure

Traditionally, the client had to express everything out loud. I let my clients do it silently in their mind which most prefer. They don't have to be self conscious about what the hypnoterapist might think if they're angry or swearing. It's just one more way to make it easier and smoother.

Simple Hypnosis Induction (Read Very Slowly and Relaxingly!!)

**If you took my Hypnosis 101 class, use any induction of your choice*

Place your hands on your lap, palms up

Take a deep breath and close your eyes down.

Bring your focus and awareness to your right palm (Pause)

Now move your focus and awareness to your right elbow (Pause)

And into your right shoulder (Pause)

Across to your left shoulder (Pause)

Down into your left elbow (Pause)

And down into your left palm

(Do this twice)

As you continue to focus on your breathing,

Relaxing deeper with each and every breath,

Begin to notice how every breath takes you deeper and deeper

Set the Scene

Imagine you are sitting in a chair. (or they can imagine the age and place when incident occurred) Imagine the person who wronged you or that you still have negative feelings towards in a chair sitting in front of you. (referred to as Central Figure). They cannot move or speak. They are locked and frozen in time like a freeze frame.

Now Tell the other person everything you've ever wanted to say, needed to say but most importantly, everything you needed them to acknowledge.

You may feel angry and want to yell or you may feel vulnerable and want to cry.

Whatever is authentic, say it all right now. DO NOT HOLD BACK

Note: *Sometimes the client wants to 'protect' the parent or feels afraid to even imagine this in their mind. I explain this is not about 'throwing the parent under the bus' or dishonoring their parents, it's about letting the child finally own his voice.*

When you've said absolutely everything, let me know.

Now we know that in the past, this person would not have responded in an empathetic way towards you. But we are creating a new memory, a memory that is life affirming and that will allow you to feel better. So I want you to use your imagination to see that this person really took in the truth of what you said. It was like a slap across the face and they feel remorse and regret. When you can see that look of awareness and remorse come across their eyes, let me know. (Make sure the client sees the shift before proceeding)

Now in a moment I'm going to say 'switch' and when I do, I want you to switch places with the person, feeling regret and remorse and apologize to your (daughter, son etc.)

1,2,3, Switch Be in their body now and apologize, a genuine, heartfelt apology. Let me know when you're done

Now in a moment I'm going to 'switch' again and when I do I want you to be in your current adult body and tell them all the ways this has affected you your whole life, affected your relationships, your self esteem, your ability to trust etc. (Of course, the client is really telling themselves for their own self awareness).

1.2.3. Switch. Tell them all the ways this has affected you your whole life. Let me know when you're done

Now I want you to tell them - But that ends right here, right now! As a child, I thought there was something wrong with me but that wasn't true. You just had issues you never dealt with. Now tell them all the ways your life is going to be better now that you are free of this, now that you know what you deserve and you're ready to show up for you. Let me know when you're done

Wonderful, Open your eyes.

Gestalt for Toxic Perpetrator / Sociopath

If the client needs to confront a perpetrator that is too toxic or harmful to do a normal empty chair / gestalt conversation with then use the following:

Place your younger self (the child) in a safe place. Perhaps wrap a blanket around her and give her a cup of tea or hot chocolate. Let her know you will be back in a moment.

As the adult, go and confront the perpetrator. They are frozen and cannot move or speak. Tell them everything you've ever needed to say. Let them have it. (Think of this as righteous indignation. If you saw someone treat another child this way, you would intervene protect them and intervene with righteous indignation.) Include statements like "How dare you do this to an innocent child! You WILL NEVER DO THIS TO ANYONE EVER AGAIN! I'M HERE TO MAKE SURE OF IT."

Now see the perpetrator shrinking down and becoming smaller while you become taller and more powerful. Notice the look of fear in their eyes. When you can see the look of fear, say okay.

Now have them hauled off and taken away where they can never do this to anyone else ever again. You can see them hauled away to prison, placed in a cage or sent to a deserted island. (Client gets to choose where to send them.) Tell me when you've sent them away and tell me where they went. (Have them tell you out loud so you know they did it.)

Now go and get the child (younger self). Look her in the eyes and tell her "It's over. You're safe now. It's over. You're safe now. They will never do this to any one ever again."

Gestalt for Grief - New Relationship with Loved One

Imagine a moment in time not long before the loved one passed. They are still coherent. Sit quietly with them. This could be at their bedside or an imagined place like a park bench or the kitchen table. Take his / her hand in yours. Take this opportunity to tell them whatever you may have wanted to say but didn't. How much you loved him / her. What he/ she meant to you. Take all the time you need to fully express anything and everything that was left unspoken. Let me know when you're done.

Now in a moment, I'm going to say switch. I want you to imagine that you are going to switch places with the loved one, you are going to be in their body and you are going to tell (client's name) everything he/ she needs to hear before you go. One, two, three switch. Tell him / her how much you love Him/ Her, how proud you are of him/ her. Let me know when you're done.

Now I want you to switch back into your body and move forward in time to the moment where the loved one transitions. (It doesn't matter if they were really there, they can imagine that they were)

See them lifting up and going to be with loved ones, in a better place, Heaven (whatever resonates with the client) I want you to tell me one or two of the things you loved most about _____. Was it their kindness, their humor? What did you love about him/ her? As you see his/ her spirit lifting up and out of his/ her body, I want you to imagine a beautiful spark of their essence floats back down and into your heart. As you move through life and share these best qualities with everyone in your life - friends, family, even the grocery store clerk, you feel that spark growing brighter, making your connection stronger. It's almost as if you can see him/ her smiling down on you, thanking you for keeping their legacy alive. This is the way you will keep your connection with him/ her moving forward. Not through grief but by sharing their best traits with everyone you meet. When that feels complete for the present moment, let me know.

Gestalt for Damaging Words

Nocebo reversal (Negative hypnotic suggestion reversal)

This is used to undo the damaging effects of someone's words. For example, if an authority figure told you that you were stupid, those words may have become embedded in your subconscious and become a hypnotic suggestion which is still wreaking havoc in your life. A Nocebo is essentially a negative placebo. Instead of your subconscious creating a positive outcome because it believes a sugar pill will cure you, it creates a negative outcome because it believes the negative statements or suggestions it received are true. This could also be the words of a doctor who told you that you were going to develop particular symptoms because of a certain diagnosis or a significant other who told you something hurtful.

Say. "I want you to see _____ (authority figure) in front of you. I want you to hear them saying those words to you. Where did those words land in your body?"

Wait for client response

Say. "Now I want you to imagine that _____ (authority figure) is going to be shown how ridiculous those words were today. I want you to see _____ (authority figure) dressed up in ridiculous clothes - perhaps like a clown suit."

"He / she is going to have to eat those words today. So I want you to reach in and grab those words and pull them out of your _____ (where words landed). Have you ever seen those scarves that clowns pull out of their pocket, never ending scarves that keep coming and coming? Well, I want you to imagine that those words are like that, you're going to pull all those words out of your body and _____ (authority figure) is going to have to eat them all. Start pulling now."

As they pull, I start humming circus music and making exaggerated gulping sounds like swallowing.

Say. "When you've pulled all of those words out and they've eaten them all, let me know by nodding your head or saying okay."

Wait for client response

Say. "I want you to see that sheepish look on his / her face. I want you to see how embarrassed and ashamed they feel for ever saying those things to you. Now I want you to see them walking away getting smaller and smaller, shrinking and leaving, taking all of those messages with him / her.

Say. "How does your _____ (part of body) feel now?"

Exduction

Take Healing To The Next Level - Positive Emotions How We Change The Emotional Content of the Memory

After your client has had the opportunity to verbally express themselves to the person that hurt them, we are going to dramatically change the memory in a very positive, beautiful way. The way we change the emotional content of the memory is by taking positive emotions back into the memory and “giving” them to everyone involved. If you took my NLP 101 class, this creates the effect of collapsing of anchors. We literally give the love and support and empathy to the person who hurt you which completely transforms them in every way including facial expression, body language and how they treat you. It is truly magical and neutralizes the emotional triggers which your client is currently experiencing. Creating a kinesthetic anchor is how we generate and anchor the positive emotions prior to giving them away.

Creating a Kinesthetic Anchor

Anchors are associations made by our subconscious mind outside of our conscious awareness. For example, a certain flavor ice cream may remind you of your grandma and just tasting it or thinking about it may make you feel happy. Or a hospital may remind you of a loved one who died and just driving past a hospital may cause you to feel sad. Anchors are happening everywhere all the time. Most of the time we are unaware of them and we often don't know why we feel nervous or uptight or down for no reason. And the truth is, when it comes to anchors, there isn't a logical reason. It's just an anchor, just an association that gets triggered and often doesn't have anything to do with what's going on in your life currently.

The unconscious mind is so powerful and so fast and specific, it can set up very nuanced and specific anchors which are only triggered under specific conditions. It knows what that perfume smell means instantaneously and can take you back to that wonderful feeling of being in love in a mere second. The wonderful thing about anchors is that we can create them with and for our clients and use them to trigger positive feelings on command! They truly are magic.

If a client has a fear of flying, we can guide them to create an anchor for calm, safety and in control and have them fire or trigger that anchor at a time when they are getting on a plane. This will “map across” or bring the feeling of calm into the situation where they used to feel nervous. Better yet, we can guide them to visualize getting on a plane while firing the anchor and recondition their mind to feel calm in those situations.

To establish an anchor, you first have to have the client generate a positive feeling. This can easily be done by having them remember a time when they felt love or felt happy etc. Once they have identified a positive memory, associate them into it by having them picture themselves being there, seeing what they saw, hearing what they heard and feeling the good feeling. Once they are feeling the good feeling, you can

create kinesthetic anchor which can easily be triggered or fired in the future and bring them back to this good feeling automatically. A kinesthetic anchor is a feeling anchor. It is established through touch. A simple way to do this is to have the client squeeze their finger and thumb together or squeeze their hand into a fist.

Using Anchors For Inner Child Healing And Transformation Revision

Every memory is made up of the things we saw, the conversations we had and the way we felt. Ultimately, the feeling is what is driving our behaviors. All parts of our subconscious want to help us feel good and avoid feeling bad. Even if we have a behavior that is causing us problems or pain, a subconscious part may be afraid to change because of the negative consequences we experienced in childhood. For example, avoiding difficult but necessary conversations may be ruining your marriage, but your five year old wounded inner child may still be terrified of being spanked for talking back or expressing your opinion. It's the fear that's keeping you from saying something even when it's important. By going into the memory and neutralizing the fear and replacing it with love and acceptance and being heard and safety, the current day fear of confrontation is completely neutralized as well.

To give your client the most comprehensive and beautiful experience, we transform each person in the memory so that they no longer see daddy looking angry and yelling or mom looking worried and crying. We "give" mom and dad the positive emotional resources they needed to feel whole and peaceful and happy inside which naturally transforms how they look and act. The entire memory looks different, sounds different and feels different. The trauma is neutralized and simply GONE. Forgiveness is almost a moot point because there is now nothing to forgive.

How to Anchor Positive Emotions

Anchor each positive emotion separately with a special memory for each emotion.

Say: "Think of a time, any time, anywhere, with anyone where you felt X. When you've thought of or chosen a memory, let me know by saying okay."

Wait for client to nod or say okay.

Say: "Be in that memory now, see what you saw, hear what you heard and notice where you feel that feeling of X in your body. Let that feeling get bigger and bigger and spread and grow. Now that your left hand and squeeze it into a fist. The more you squeeze, the more you feel it and the more you feel it the more you squeeze. Now relax your fist."

Repeat for other emotions you wish to anchor and "stack" the anchors.

Giving Positive Emotional Resources

As you will see in the Total Transformation Revision, we “give” the positive emotional resources by imagining stepping into each person in the memory and filling them up on the inside with love, happiness etc. They CAN’T NOT be transformed by this. Happy, well adjusted people who feel good about themselves don’t hurt little kids. By filling them up on the inside (remember all healing is an inside job) they are truly transformed. They look and feel different and so they act differently. The client then steps inside of their younger self and fills them up with the same love and happiness etc. This changes their very neurology and their neurological associations with the memory. They cannot experience it the old way ever again. It is toast.

The Total Transformation Revision

The TTR simply combines all the steps you’ve just learned. First you identify a memory where your inner child was hurt. Do the inner child integration. Next you confront the perpetrator or judge who hurt you. Do the empty chair procedure. Then identify what emotional resources the perpetrator needed to feel, be and act differently. Anchor the emotions and “give” them to the perpetrator. See them transformed and then give the same resources to your inner child to transform how they look and feel. Lastly, simply see and make up a new, happy memory like riding bikes, playing board games or talking at the dinner table. This new movie complete with authentic conversations, positive emotions and happy scenes is now recorded over and replaced the old, negative one. Your client will never be able to fully access the negative emotions or patterns the same way ever again. This is a deep, beautiful, authentic healing.

Total Transformation Revision Procedure

Hypnotic Relaxation Script - Optional

You may want to relax your client prior to doing these processes so that they feel more comfortable and natural connecting to their younger self. I often go right into an inner child reintegration or empty chair conversation without doing this but doing a short, informal hypnotic relaxation technique may be the way you want to go. If you haven’t taken my Hypnosis 101 class, this is an abbreviated script to get your client into an optimal state for doing the process.

Simple Hypnosis Induction (Read Very Slowly and Relaxingly!!)

**If you took my Hypnosis 101 class, use any induction of your choice*

Place your hands on your lap, palms up

Take a deep breath and close your eyes down.

Bring your focus and awareness to your right palm (Pause)

Now move your focus and awareness to your right elbow (Pause)

And into your right shoulder (Pause)

Across to your left shoulder (Pause)

Down into your left elbow (Pause)

And down into your left palm

(Do this twice)

As you continue to focus on your breathing,
Relaxing deeper with each and every breath,
Begin to notice how every breath takes you deeper and deeper

Cloud Deepener (Take them deeper into hypnosis)

Imagine you are standing on top of a hill or a mesa

A big white fluffy cloud floats over. It's a magical cloud - it can hold your body weight.

Step onto the cloud and make yourself really comfortable.

As I count backwards from 5 down to 1, you will go deeper and deeper into hypnosis.

5 - going down, down, deeper down

4 - floating down

3 - swirling down

2 - drifting down

1 - all the way down

Total Transformation Revision (Changing your timeline)

1) Interview with client. Identify negative memory you wish to transform OR negative feeling that we will use to find the root cause. If you are unable to identify a memory, you may opt for the affect bridge - Option B of #4.

NOTE: Determine if this is a toxic perpetrator or someone they want to heal their relationship with. If it's a toxic perpetrator - use the toxic perpetrator option (written at bottom of script when you get to #10)

2) Pre - Talk

Say: "At some point you will be 'healing' or 'giving resources' to the person that hurt you. This has nothing to do with the real person in the real world. But we DO want to heal the one that lives in your subconscious mind because they are continuing to disempower and make you feel bad."

Say: "I'm sure you've heard the expression, Hurt people hurt people. People who are happy and well adjusted don't hurt little kids, do they. So I want you to think about that person who hurt you and notice that in many ways they are emotionally bankrupt. And I want you to identify what it is that they needed, that if they had that, they would have been a completely different kind of person (or

parent) and treated you differently. Did they need love? Did they need acceptance? Empathy? Guidance? Look at them and tell me what it is that they needed.” **Write these resources down - you will anchor these after the client is in hypnosis.**

3) Hypnosis / Relaxation Technique

4) - Using list of resources, stack anchor of all positive emotions.

Say: “Think of a time, any time with any one, anywhere that you felt X (first positive emotion). Be in that memory, see what you saw, hear what you heard and feel that feeling of X. Let that feeling get bigger and squeeze it into your left fist.”

Repeat for each positive emotion.

5). Transformation Starts Here

Say. Allow your unconscious mind to back into that memory when you were _____ (years old). “Now I want you to look at _____ “ (i.e. Little Sally / David OR your younger self) “She / He’s feeling awful, isn’t he/ she? I don’t want you to leave him/ her there. In your mind’s eye I want you to bring him/ her right here into this room with you now. I want you to let him/ her tell you all of those terrible feelings in a way that only you can understand. Back then he/ she didn’t have anyone to listen, or perhaps he/ she wasn’t allowed to express him/herself. Let him/ her share everything she’s feeling whether she has words for it or not. Perhaps she shares it mind to mind or heart to heart or simply by staring into your eyes. When she’s shared all of her pain with you and she knows that finally she’s been heard and finally someone understands, let me know when she feels understood by saying okay or nodding your head.”

Wait for client to nod or say okay

6) Say: “Great! Now that happened a long time ago so I want you to ask him/ her “Do you still need to hold on to that pain or IS IT OKAY TO LET IT GO? He/ she doesn’t have to know HOW to do it. Just ask them if it’s OKAY to let it go? Yes or No?

If YES.....proceed to # 7

If NO Do the Following

Say: “Imagine there’s a boy who’s cat got hit by a car. Now he’s terrified to cross the street because he doesn’t want to be hit by a car. Now if he’s always too afraid then he won’t be hit by a car - but then he can never go anywhere. If he learns how to safely cross the road by using a pedestrian crosswalk then he can trade in the fear for the learning or understanding. But until that happens then the fear serves as a protective mechanism. Does that make sense?”

Say: *“So I want you to see standing next to your ____ (i.e. 5 year old self) a little parent (Sally or David). He/ she is the same age as the child but this is the part of you that has been protecting the child by holding onto this ____ (i.e. fear or other bad emotion). First, I want you to think this part of you for protecting the child all these years the best say he / she has known how. But I want you to tell them ‘I’m the adult, I can take over the job of protecting ____ (Sally or David) from here on out. See him / her pass that torch of responsibility to you. And see that look of relief come across him / her face. Let him / her know that he / she can go and rest at last.”*

See the inner parent walking away.

7) (After child says yes)

Say: “He / she has agreed to let this pain go but that doesn’t mean he / she knows how. I need you to show him / her how.” (ADAPT FOR AGE/ SEX APPROPRIATENESS). I want you to put your arms around him / her and hold them close to you. Hold him / her like you’ll never let her go.” ((ADAPT FOR AGE/ SEX APPROPRIATENESS i.e. PICK UP IF SMALL, **NOT** IF SAME HEIGHT). “I want you to make him/ her feel so loved and so safe. I want you to bend down and whisper in his/ her ear and tell him / her everything good about him / her. Tell him / her everything right about him / her. And tell him / her anything else he/ she needs to hear to let this pain go once and for all. When you’ve loved him / her and hugged him / her and told him/ her everything he/ she needs to know - when you can see him / her smiling, let me know when he/ she’s smiling.”

Wait for client to nod or say okay.

8) Say: “Great! Now I want you to do something a little bit strange. I want you to shrink her down to the size of the palm of your hand and put her inside your chest next to your heart where she knows she’ll never be alone. You’ll always be there to protect her and to guide her and you’re always on her side. I want you to make a promise to that little girl/ boy. I want you to promise that you will always put them first. As his / her protector, he/she is your number one responsibility. Can you make that promise to him / her?”

Wait for client to nod or say okay.

9) Say: “Now I want the two of you to go back together in time to that memory. This time she knows she’s not alone. You, the adult, are there with her to protect her and be on her side. And tell me who in this scene is it important to talk to?” (This may or may not have been identified earlier. They will probably have more details now if they didn’t before)

10) Say: “Be in your (5, 8 etc.) year old body. Look at (bad guy/ mom/ dad etc.) I want you to tell them everything you are feeling. Everything you were thinking

or wanted to say back then but it wasn't safe or you weren't able to say to them. DO NOT hold back. This is not the time to be politically correct or protective of their feelings. This is the time to be raw, authentic and express everything you're feeling and thinking. You can scream or swear. Do not hold back. This is your chance! When you've said absolutely everything, let me know when you're done."

Wait for client to nod or say okay.

11) Say: "Now we're going to create a miracle inside of your mind. I want you to imagine that this person really took in the truth of what you said. It was like a bolt of lightning and it woke him up. When you can see that look of awareness and remorse, let me know. You may have to use your will and imagination together. When you can see them looking remorseful, let me know.

Wait for client to nod or say okay.

12) Say: "In a moment I'm going to say the word switch. When I do I want you to switch places (with bad guy) He has for the first time really taken in what you had to say. You are going to be in his body and apologize to _____ (younger self) a genuine heartfelt apologize. 1,2,3 Switch - Be him/ her now and apologize. When you're done let me know."

Wait for client to nod or say okay.

13) Say: "Now in a moment I'm going to say switch again and this time I want you to be in your current age adult body and you are going to tell him/ her all the ways this has affected you your whole life. 1,2,3 Switch now and tell them all the ways this has affected you. When you're done let me know."

Wait for client to nod or say okay.

14) Say: "Now tell him/ her - "That stops right here, right now because I've figured some things out. Now tell him everything you've learned and all the ways your life is going to be better now that you're free of this and you know what you truly deserve. When you're done let me know."

Wait for client to nod or say okay.

15) Say: "Now squeeze your hand into that fist once again and I'm going to ask you to do something a little bit strange. I want you to walk over to _____ (bad guy - mom/ dad etc.) and Step Right INTO his / her body and FILL him / her up on the inside with all of this _____ (list of resources - i.e. love, empathy etc.) etc. giving them all of the things that they've so desperately needed their whole life,

filling them up from the inside. I want you to tell me what changes about their facial expression? What changes about their body language?

Wait for client to tell you what they see differently

Say: “Now I want you to step into your younger self and fill her/ him up with all of these same resources completely transforming them. Tell me what changes about his/ her facial expression and body language?”

Wait for client to tell you what they see differently

Say: “Now I want you to use your imagination to create a new memory, a life affirming memory full of love, acceptance etc. etc. and tell me what you see.” (you may want to offer suggestions like you go for a bike ride, cuddle on the couch watching a movie etc.)

Wait for client to tell you what they ‘make up’.

16) **Optional.** If you have other memories selected, go to that memory and repeat the process. If the second memory is with the same person (same bad guy i.e. mom or dad) then you may skip the conversation portion and simply give them the positive resources (squeeze hand into the fist and step into their body) and tell you what changes in THIS memory. However, if the memory involves a different person or a very different issue / energy, you should probably repeat all the steps.

17) **Rewriting Past** - Now keep squeezing your hand as you allow your subconscious mind to bring you forward through time infusing each and every memory subsequent to that memory with love, acceptance etc. etc. changing your relationship with yourself, with other people and with the world. Come forward to the present only as quickly as you can integrate these changes, creating new synapses, changing the wiring of your neurology, making changes all the way down to the cellular level.

Total Transformation Revision Outline

- 1) Identify positive emotions / resources the client's younger self and other key players in the memory needed to feel better. (As you did in walking the timeline) If you were unable to find the root cause through conversation, use the affect bridge.
- 2) Reintegration of Inner Child (internal parent work if needed)
- 3) Conversation with Perpetrator (Empty chair procedure)
- 4) Fire anchor (squeeze fist) and step into the perpetrator and give positive emotions.
- 5) Step into younger self and give same resources 7) Step into younger self and give same resources
- 6) Use your imagination through the power of your will to make up a new, life affirming memory. Tell me what you see.
- 7) Repeat for other traumas/ memories as necessary. (Identified before session starts)
- 8) Option: While firing anchor have client imagine bringing the positive resources into all memories subsequent to this memory allowing your unconscious mind to reevaluate all of these memories, create new meanings, new relationships, new feelings and even a new identity trusting and knowing that your unconscious mind processes millions of bits of information person and knows exactly what to do.
- 11) Future pace

Free Bonus!

Emotional Freedom Technique AKA Tapping Made Easy

Tapping is an extremely simple yet superbly effective tool for releasing negative emotions and feeling better in just minutes. It is performed by tapping on various meridian points similar to acupuncture points in Chinese medicine. I'm not sure if anyone knows exactly how tapping works. It has been studied and it appears to deactivate signals in the amygdala. What we do know is that it does work and it works very well.

When we have a negative thought or experience, our brain creates a negative emotion which corresponds with that thought. We may get upset with our boss or feel worried about a doctor's appointment. When we are experiencing a negative emotion, the energy of the emotion travels the energy system of the body and we may feel the emotion in our chest or stomach etc. Our brain then perceives anxiety or fear or anger in our body and begins a search to find the cause of the disturbance. It may then pull in other thoughts which match the emotion and the cycle kind of snowballs. We do know that tapping on energy meridian points dissipates the energy of the emotion. I believe it breaks the feedback loop as well.

The process is very simple. Have the client close their eyes and think about a negative or upsetting situation. Ask them what emotion they are feeling. Ask them where they feel it in their body. Ask them to rate the severity on a scale of 1 to 10 with 10 being the highest. Ask them if they have any specific thoughts coming up related to the situation.

Next, begin tapping. Below is a chart which shows you the various spots to tap on. You can add the top of the head. Some others use additional points. I can tell you from experience that it works whether you add the additional points or not and it works just as well.

As you are guiding your client to follow you as you tap, you will be saying out loud what you want their mind to process and let go of. This can be as simple as tapping while saying "letting go of the fear". However, it can be very useful to talk about any specific thoughts they have shared with you. This helps to deactivate or rewire the thought itself and not only the negative emotion it is generating. You can't mess up tapping. It just works so don't be afraid of saying the wrong thing. You may want to give your client permission to disregard anything you say that doesn't land for them. Addressing their specific thoughts or memories creates a much more targeted approach and gives them not only faster but deeper, more comprehensive relief.

What I have found to be much more effective especially in terms of lasting results to intersperse other techniques in with the tapping. If you think back to the beginning of

this course, I spoke about subconscious strategies. Subconscious strategies refer to “how” your subconscious mind creates a reaction, habit or belief. It is referencing many memories to figure out how you should react in a certain situation. For example, someone’s unconscious mind may remember a time when they got spanked for laughing in church, and a time when they were made fun of, and a time when their high school girl friend cheated on them. All of these memories may swirl around together and lead to social anxiety. It’s not always one root cause, it’s often a series of experiences with the ultimate conclusion being “I’m not safe in social situations or I’m not good enough.”

So we tap and we also ask the client for clues as to how their subconscious mind is creating this problem in the first place. By addressing those memories or clues, we begin to quickly unravel their strategy or formula for HOW to create the problem. If we successfully screw up their formula for how to feel bad, their subconscious mind literally forgets how to do it and can never recreate it the same way again. Bam! One very useful tool in changing memories with their correlating pictures and movies is to use sub-modalities. Sub-modalities as you recall are the distinctions within modalities such as visual, auditory and kinesthetic. Near or far, color vs. black and white, loud vs. silent all have a different energy and emotions associated with them. For example, if I held up a big, hairy spider right in front of your face, you would probably feel scared. If I put that same spider at the end of a football field, you probably wouldn’t feel much at all. So as you can see, changing the pictures and sounds has a huge impact on how you feel. By changing pictures, sounds and feelings, we can permanently change the subconscious strategy or formula which completely changes our reaction now and in the future.

Some Options to intersperse with tapping:

Note* Do a round of tapping first and in between each other process.

Change the picture / Visual sub-modalities - have client imagine moving the image further away, place image on a movie screen, turn the picture to black and white, make it fuzzy and dim, float high above (change perspective)

Change the Sounds / Auditory sub-modalities:

Have client identify where the sound is “located” i.e. behind them, to the left, right or in front. Turn the volume down on the troubling sound. Have them think of a peaceful sound. Have them identify where that sound is located. Turn the volume up on the peaceful sound. Have them imagine moving the negative sound, now very quiet, to the location of the peaceful sound which is now louder. The peaceful sound washes out the negative sound so they can now only hear the peaceful sound. This has the same effect as collapsing of anchors which you learned earlier.

For a sad or painful memory:

If the client's younger self is feeling scared or sad, have the client comfort their inner child and make them feel safe. Additionally, you may have them anchor one or two positive emotions and "give" these to the younger self while hugging them.

I created the following verbiage which allows the subconscious mind to identify and rewire the client's subconscious strategy even if they don't have any specific memories or thoughts that they are consciously aware of. Add this in anywhere during the tapping process. It really is a catch all and marvelously effective.

"I invite and allow my subconscious mind to disconnect, dissociate and disentangle all the pictures, movies, thoughts, emotions, conversations, things I made it mean, ideas and anything else from this anxiety now. I cut apart all the connections driving this formula and begin to forget now how to even feel or create anxiety ever again."

Tapping / Emotional Freedom Tapping Spots

***Add in top of the head**

