

Inner Awakening Program

With Inner Child Matrix
Practitioner Certification

Day 5: How to work with Health & Wellness



Health & Wellness

1. Stress
2. Anxiety
3. Depression
4. Body Pain
5. Emotional Pain
6. Weight
7. Hormones
8. Illness
9. Beliefs

Stress

1. What are you stressed about?
2. What has to happen to experience stress?
3. What triggers you to feel stress?
4. Where do you experience stress in the body?
5. What are the sensations as a result of stress?
6. Where in the body do you hold stress?
7. What do you want instead?
8. What will you experience when you are no longer stressed?

Physical Pain

1. Where in the body is their physical pain?
2. Describe the sensations in the body
3. When does the pain start? When does the pain stop?
4. Who triggers the pain? What triggers the pain?
5. What has to happen in order to feel pain?
6. What does the pain remind you of?
7. What do you want instead?
8. What will you experience when you are no longer in pain?

Depression

1. What makes you feel depressed?
2. What triggers you feeling depressed?
3. When does it get better?
4. When does it get worse?
5. Who or what is responsible for depression?
6. What do you want?

Phobias

- Phobias occur because our subconscious remembers a stressful or traumatic moment in our life
- The fear response is triggered again by the subconscious when the subject of the phobia subsequently shows up in our life
- Phobias are just the subconscious trying to protect us

Allergies

- An allergic reaction can be equated to a phobic response
- With a phobic response the mind/ body identifies a specific situation or thing as dangerous
- An allergy is similar to a phobia, in that the mind /body identifies a particular substance as dangerous and activates the body's self defence mechanism
- The activation of this self defence system results in the experiencing of certain changes within the body and specific symptoms
- **CAUTION: ANAPHYLAXIS**

Allergies

- Allergies can be complex and can stem from an overly acidic body condition, and also a reduction in the flora of the gut, which can be compromised by a poor diet and antibiotics
- There are certain foods which are not easily tolerated by the body and issues with them can increase with age and other factors
- Allergies can be connected to beliefs such as the world's a dangerous place

Orange Allergy

- Millie was eating oranges when she found out that her father had passed away
- Afterward, whenever she ate an orange she had a severe allergic reaction
- The body was remembering the shock of her father's death and associating it with the oranges
- When the past trauma was cleared and the new vibration set the allergy cleared

Food Allergies

- When Sasha had ME she had more than 20 food allergies
- She was so allergic to dust that the bedding had to be changed every other day
- If she smelled perfume or smoke, she would have a massive allergic reaction
- Her skin reacted to absolutely everything
- During EFT training she stayed in a self catering apartment and brought her own food in
- As she started to clear her past traumas the allergies started to clear

Working With Allergies & Phobias

1. Before beginning with the inner child matrix past process first develop a strategy so as not to trigger the past phobic or allergic response. An example of a strategy is where you ask your client what did the past you need to protect themselves from the allergic response or to feel safe when triggered by the phobia.
2. Once a strategy is established asked the client to recall past experiences of when they might have been exposed to the allergic substance or the phobic situation
3. Use the inner child matrix past healing process to clear

Working With Allergies & Phobias

4. Then explore if there are other past experiences directly or indirectly related and use the inner child past healing process to clear them
5. With the phobia you can test by imagination and in reality (if realistic). Whereas with an allergy it's best not to test only in imagination and not in reality. The test in reality will occur naturally when the person is ready.
6. Complete the process by changing the vibration and the heart meditation

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