

Inner Awakening Program

With Inner Child Matrix
Practitioner Certification

Day 6: How to work with Relationships



Resolving Relationship Conflict

1. Bring a relationship into your awareness where there is conflict and give it a number on a scale of 1 to 10, where 10 is high conflict
2. Then uncover experiences related to the conflict and use the past healing process to clear them
3. You can also notice where you feel the relationship conflict in your body and uncover past experiences related to the conflict
4. After the past healing process test how you feel about the conflict

Resolving The Irresolvable

Getting resolution and forgiveness with events that happened in the past

Forgiveness for self and perpetrator, overcoming guilt, anger, shame, grief and so on

From past events and that person is no longer in your life:

- Parents, family and friends no longer alive
- Ex partners and friends you're no longer in touch with
- Figures from the past who affected your life such as teachers, bullies, authority figures

Working Surrogately

- Bring the people that need help into the Inner Matrix or Field or imagination
- Ask permission to tap on the past versions of the people and tap on them as if you would tap on the Past You
- You might need to ask them for their own mentors and guides

Resourcing The Past You

- Changing memories – relevant to belief or decision formed
- Resource if needed and directly related to what they need or to create a new opposite belief
- Take them to a new place only if
 - The trauma is too significant and you have tried everything else
 - They cannot get what they need from re-creating original memory
- Better for them to resource themselves
- Bring someone (for example, mentor) in to resource them if they cannot do it themselves

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