

INNER CHILD MATRIX

PRACTITIONER TRAINING - MODULE 4

SUMMARY

1. The role of the heart and the freeze response
2. Effect of past trauma
3. Freeze response tapping
4. Integrating the belief change
5. Belief change during memory
6. The past healing process
7. Shaking Meditation

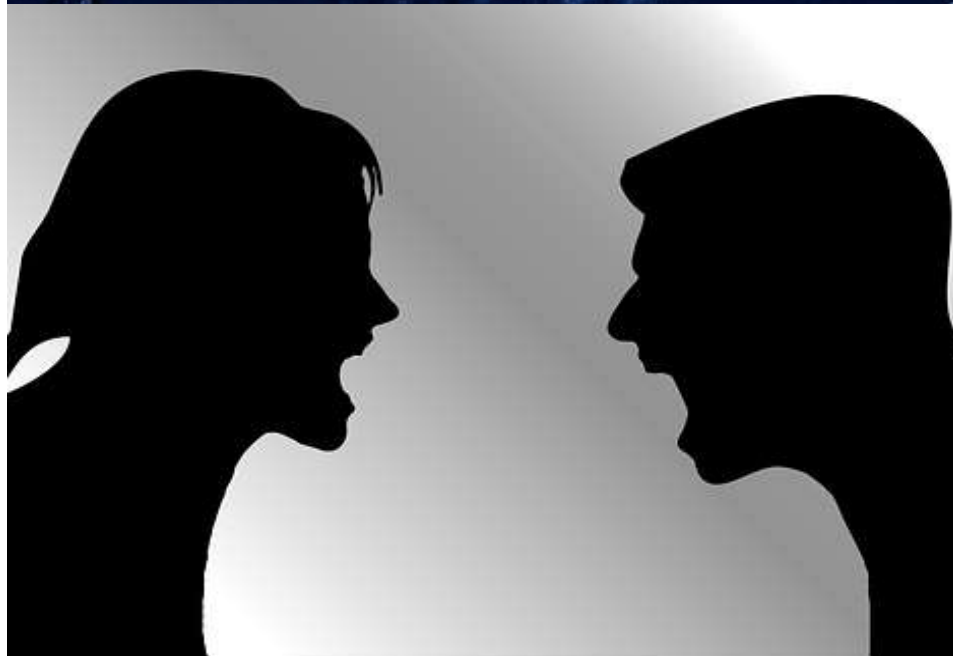
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HEALING BIG T & LITTLE T TRAUMA

CONTENTS

1. Big T trauma vs little T trauma
2. Memories to change to not
3. Trauma
4. Client and past you problem
5. Little trauma
6. Extreme trauma
7. Strategy

BIG T TRAUMA VS LITTLE T TRAUMA



MEMORIES TO CHANGE OR NOT

- Don't deny big T events - death, rape, tsunami, 9/11, abortion, earthquake, car crash, war, physical and sexual abuse.
- Resolve trauma – change negative beliefs and decisions and then create good picture.
- If requested, bring dead people into the Matrix to communicate with client after the resolution but don't deny deaths.
- Change small T events to **direct opposite** of belief formed / ability to perform function / face phobia etc.

TRAUMA

- Fraction before trauma consciousness freezes.
- Fight-Flight-Freeze (FFF) kicks in to help survival.
- Body protected biochemically from emotional and physical overwhelm.
- Numbed out – never happened – never stops.
- Past You held in the Matrix containing all sensual information.

TRAUMA

- Held for protection, survival and avoidance of similar event.
- As long as trauma is held by the Past You similar events will trigger similar response.
- Requires lots of energy to hold information, especially with people with lots of trauma who get re-triggered often.
- As we age the fields break down and memories surface.
- We need to communicate with the Past You.
- When we release the energy and move safely through the memory, the body's systems can let go and feel safe.

KEY POINTS TO REMEMBER

- Tapping only for the trauma.
- No need to tap when working with resources.
- Tap on wrist, karate chop and 9 gamut.

3 ways to de-traumatise the Past You:

- Tapping – EFT.
- Move the Past You through trauma.
- Community - for Client & Past You.

CLIENT AND PAST YOU PROBLEMS

- Past You and clients may not be able to work together.
 - Resistance
 - Lack of trust
 - Not wanting to communicate
 - Past abuse, hurt and negative experiences

CLIENT AND PAST YOU PROBLEMS

- Build bridges between the client and the Past You.
 - Encourage teamwork
 - Place no blame
 - Ask what does the Past You need? What does the Past You want?
 - You might need a mentor to conduct the tapping or work with each separately first
 - At times there might be a whole set of Past You memories for the Inner Child and the Present You

LITTLE TRAUMA

- Create an image of what the past child wanted, but not changing the past.
- For example, hugging the past child.

EXTREME TRAUMA

- Might need to conduct the session in another place.
- Some form of protection might be needed before hand.
- With abuse might need to start at the end.

NEED A STRATEGY

- Discuss what the inner child might need to feel safe even before going into the memory:
 - Angels
 - Safety
 - Freeze the scene
 - Physical protection
- The plan is to create a safe space where the client does not feel traumatised.

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