



INNER CHILD MATRIX

Module 8 – Practitioner Training
Day 8 Foundational Training

SUMMARY

1. Effect of shifting beliefs
2. How are beliefs formed?
3. Possible beliefs
4. The change belief process
5. Next steps

NEXT STEPS

1. **Rest:** Nourish deeply, sleep early, and hydrate.
2. **Condition:** Complete the Field Meditation as often as you want / remember.

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PROGRAMMING HEALTH & WELLNESS

CONTENTS

1. Health & wellness
2. Stress
3. Physical pain
4. Depression
5. Installing the healing vibration
6. Next steps

HEALTH & WELLNESS

- Stress
- Anxiety
- Depression
- Body pain
- Emotional pain
- Weight
- Hormones
- Illness
- 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 your 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. If that part of the body could speak, what would it say?
8. What does that part of the body want from you?
9. What do you want instead?
10. 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?



**QUESTIONS
PRACTICE**

WHAT IS A FIELD?

- External fields are common: flock of birds, shoal of fish, community group.
- The heart as a control system, is sending out information in the body field.
- Co-ordination of the whole body is accomplished by scalar waves in the body field.
- You can take disturbed information and change it.
- Diseases and mental health labels are disturbed fields, for example depression, OCD.



INSTALLING THE HEALING VIBRATION

1. What is the health issue that you want to resolve?
2. When you are free from it, how will it make you feel?
3. What is the colour, texture, size, shape, fragrance, sound and taste of this feeling?
4. Install the vibration into the body part and then the whole body from the brain to the neuronal pathways to all the organs and cells.
5. Then place the hand on the heart and ask, 'How do you feel?'
6. Radiate this feeling into the room, house, city, countries and out to the stars, galaxies and cosmos.
7. Ask again, 'How do you feel?'



**FIELD
VIBRATION
PRACTICE**





NEXT STEP

1. **Hydrate:** More water than normal to keep yourself hydrated.
2. **Rest:** Sleep, rest and relax deep to allow the process to integrate.
3. **Detox:** Take a salt bath to draw out toxins from the skin.
4. **Condition:** Give space to the new behaviours to be embedded by conducting the field meditation as often as you want.
5. **Refresh:** Watch the videos and browse the worksheets, <https://portal.vitalitylivingcollege.info/trainingprograms/inner-child-matrix>.
6. **Enquire:** Ask yourself the health questions for any label you want to explore.
7. **Happiness:** Have a Happy Christmas and New Year

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