

MODULE 4 INNER CHILD MATRIX PRACTITIONER TRAINING QUESTIONS &

ANSWERS

11th December 2022

MAIN TOPICS COVERED:

1. When can you do the heart coherence breathing exercise? And what do you do if a person is not able to breathe or meditate?

You can do the heart coherence breathing exercise anytime for yourself or your client by keeping the hand on the heart and holding the 9-Gamut. It should come from a place of feeling that this is what your client needs right now, not from a place of controlling your client.

K-27 tapping is good for people who cannot breathe or meditate. It is done by tapping just below the right-side of your collar bone. If someone is anxious and not able to breathe, tell them, "That's okay. Let's just do some tapping on this part of the body." It calms the autonomous nervous system.

This works really well for working professionals who are not comfortable with going back to the past but do understand the benefits of bringing the body and heart into sync.

2. What are some forms of trauma?

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Trauma can take so many forms: loss of a job, death of a loved one, accident, being jilted by a lover. Trauma can arise from any physical, sexual, verbal, or psychological abuse too.

3. What is gaslighting?

Gaslighting is a form of psychological abuse. Many victims of sexual and domestic violence have suffered psychological abuse as well that undermines their confidence and makes them question their own sanity. It can happen to anyone.

People who experience gaslighting may feel confused, anxious, or as though they cannot trust themselves.

The term “gaslighting” comes from the name of a 1938 play and 1944 film, *Gaslight*, in which a husband manipulates his wife into thinking she has a mental illness.

According to the National Domestic Violence Hotline, gaslighting can happen in a variety of ways. Some examples include:

- A. **Countering:** This is when someone questions a person’s memory. They may say things such as, “Are you sure about that? You have a bad memory,” or “I think you are forgetting what really happened.”

- B. **Withholding:** This involves someone pretending they do not understand the conversation, or refusing to listen, to make a person doubt themselves. For example, they might say, “Now you are just confusing me,” or “I do not know what you are talking about.”

- C. **Trivializing:** This occurs when a person belittles or disregards how someone else feels. They may accuse them of being “too sensitive” or overreacting in response to valid and reasonable concerns.

- D. **Denial:** Denial involves a person refusing to take responsibility for their actions. They may do this by pretending to forget what happened, saying they did not do it, or blaming their behaviour on someone else.

- E. **Diverting:** With this technique, a person changes the focus of a discussion by questioning the other person’s credibility. For example, they might say, “That is just nonsense you read on the internet. It is not real.”

- F. **Stereotyping:** An article in the American Sociological Review says that a person may intentionally use negative stereotypes about someone’s gender, race, ethnicity, sexuality, nationality, or age to gaslight them. For example, they may say that no one will believe a woman if she reports abuse.

4. How do you work with victims of sexual and domestic abuse?

When working with victims of domestic and sexual abuse, you have to be careful not to judge them. You have to step into their world and beliefs, and meet them where they are at. Sometimes, it happens that you want to tell them to get out of there, but try not to do that, especially with adults who can make their own decisions. Instead, ask them, *“What do you want to do?”* You have to let them decide whether they want to leave the situation.

These are thinking adults who can decide what they want. Many a times, perfectly sensible people remain in such situations for various reasons, but you have to put yourself in their shoes and come at it from a place of compassion so that they don't feel judged.

Eventually, they have to crossover, so be present for their emotions as you might be the only lifeline they have. With children, it's a lot easier to remove them from these situations because they are not in a position to take those decisions, but with adults, you have to leave it to them and play a more supportive role.

5. What is the most important thing when working with trauma?

The most important thing when working with trauma is safety for yourself. You cannot work with someone with trauma if you don't feel safe. With trauma, only go where you feel safe to go. If someone is the perpetrator and they come to you for help, but if you feel you can't help them because your belief system does not allow you to do so, then refer them to someone else. But come from a place of compassion for yourself, your client and the perpetrator.

6. What is the difference between the Big T Trauma and the Little T Trauma?

A Big T Trauma is a major traumatic incident, for example a car accident, versus a Little T trauma which is a smaller incident, for example, a disagreement with a friend.

Falling on a banana skin can either be a Big T or Little T trauma depending on if you fall and damage your body, or if you just slip and are okay. Other examples of Big T Trauma include:

- a. Accidents
- b. Sexual Abuse
- c. Physical Violence
- d. Parents Fighting
- e. Bullying or friends fighting
- f. Twin – Survivors' Guilt because they were connected in the womb

Big T Trauma is generally related to a life-threatening event or situation. This could be a natural disaster, a violent crime, a school shooting, or a serious car accident. In addition, acute psychological traumas, such as the death of a parent, are part of the big T trauma definition. Chronic (ongoing) trauma, such as repeated abuse, can also qualify as big T trauma.

Little T trauma refers to events that typically don't involve violence or disaster, but do create significant distress. For young adults, examples of Little trauma might be a breakup, the death of a pet, losing a job, getting bullied, or being rejected by a friend group. While these incidents don't threaten a young adult's physical safety, they can produce the same trauma responses in adults and children as big T trauma does. In fact, there is now evidence that repeated exposure to Little T trauma can cause more emotional harm than exposure to one Big T traumatic event.

With Big T trauma with ICM, you do not change the incident because it happened, but instead you work on the emotions and beliefs.

With Little T trauma you might create the new image they wanted at the time of the incident.

There was a client in Pune who lived a very healthy life but still had blood pressure problems. When they went back to a memory where his dad took him trekking into the forest, at one point the sun disappeared and his father went out of view. For a moment, he was afraid that he was lost and was going

to be left there to die. When his father found him, he yelled at him for not sticking with him. The “I’m lost” got stuck in his consciousness. When asked what he wanted at that point in time, he said he wanted a hug from his father. That didn’t happen at the time. So, they worked to create that new image and his BP went back to normal.

7. What to do if your child falls down to take out the trauma?

If you are a parent and your kid falls after tripping over a stone, they might not even notice that they got hurt. The trick is to voice it out so that it does not get stored in the consciousness.

If they get picked up by you as a parent they might start bawling as they are releasing the trauma in the moment, which adults do not do once they grow up. Getting them to say, “Bad stone. You tripped me up!” is a good exercise to get them to release the trauma as they get to say how they felt.

8. What memories should you change?

Don’t deny Big T events such as death, rape, tsunami, 9/11, abortion, earthquake, car crash, war, physical and sexual abuse. Resolve trauma by changing negative beliefs and decisions and then create good picture. You do not change the event, just the beliefs and emotions. If requested, bring dead people into the Matrix to communicate with client after the resolution but don’t deny deaths.

Change Little T events to direct opposite of belief formed, ability to perform function or face phobias. Some people need to converse with someone who passed over for closure. Only work with the belief system of the person. Serve the person as best you can. If someone wants to receive resources counter to your belief system, invite a mentor.

I once worked with a child who was bullied and asked for a gun to get back with bullies. This went against my belief system and I struggled with the idea of a child asking for a gun, I got stuck. So, I invited a mentor who said, “Yes, give him the gun.” So, I went ahead and gave the child a gun because for him to resolve all his pent anger meant shooting the person, and it made him feel better. In reality, it does not mean, he would actually do it but that it was just what he would have wanted at the time. You have to bear in mind that it is the client’s process, so just hold the space and go with the flow.

9. What happens when traumatic incidents occur?

A fraction before trauma is when the consciousness freezes. That’s when things slow down, or things stop or feel unsure, and survival kicks in, in the form of fight, flight or freeze response. The body holds trauma in a defence pain that’s different from other forms of pain. Sometimes, the client is not sure whether the event actually occurred or not, but you have to work with wherever they are coming from. This could happen when they block a memory or did not get validation by their parents at the time, or it could even be that the event never occurred. But if it comes up, you trust that it has

come up for a reason. If it's in their consciousness, you have to explore it in that moment and see where it goes.

If the Past You was right, they'll remember the smell, colour, shape, sound, texture and other components because a lot of sensual information gets stored and is held for protection, survival or avoidance of a similar event in the future. It's easier sometimes for people to stay in a state of protection even if it's a negative emotion because that is their survival mechanism. As you start working with past memories and peel away the trauma, their need for survival strips away. But you've got to be able to help your clients meet their human needs at a higher level. So, you have to work with the inner child, tap out the trauma, change the belief and create a new field.

Clients don't come to you for trauma. They come to you for unresolved trauma.

10. What is the tapping sequence for freeze response tapping?

The steps for freeze response tapping are as follows:

- *"Even though you froze, I still love you."*
- *"Even though you froze, you can discharge the freeze response now."*
- *"Even though you numbed out, you can release that numbing feeling now."*

- *“Even though you were shocked, you can discharge the freeze response now.”*

11. What are the different ways of working with trauma?

In the case of extreme trauma, you may need to conduct the session in another place and take the client to a safe space. For example, I once had to take a child to the clouds because that’s where they wanted to go. So, ask the client what they want.

Sometimes, a client may not want to revisit a memory, in which case you need a strategy to make the client feel safe. Discuss what the inner child might need to feel safe before revisiting the memory. It could be angels, physical protection, freezing the action to create a safe space where the client does not feel traumatized. When it comes to abuse, you may need to start at the end of the memory as it feels safer than the start of the memory. It’s all about making the client feel safe.

In the case of little trauma, you have to create an image of what the past child wanted, but not changing the past just like you did for the child who got lost in the forest.

12. What are some of the problems that happen between the Past You and clients?

The Past You and clients may not be able to work together in certain situations:

- A. If resistance shows up
- B. If there is lack of trust
- C. The not wanting to communicate
- D. Past abuse, hurt and negative experiences

If the Past You does not like people, one needs to understand and respect that. You may pause and revert to classical EFT tapping.

13. Where can the Inner Child go now to unlock this?

The Inner Child can 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

It is not a process that comes from the mind, it comes from the heart. First, create a space where the Inner Child feels safe. Don't go too long with the client because they might not be able to take it. Do the field path, especially if you are working with trauma.

14. What are the key points in the Inner Child Matrix process to release trauma?

The key points in the Inner Child Matrix process to release trauma are:

- Tapping only for the trauma.
- There is no need to tap when working with resources.
- Tap on the wrist, karate chop, and 9-Gamut.

Three ways to de-traumatize the Past You.

- Tapping for EFT.
- Move the Past You through the trauma.
- Create a Community for the Client and the Past You.

15. How do you do the past healing process and work on trauma?

You have to go through the steps of the past healing process as follows:

- A. Bring a past experience into the awareness (check for safety and if a strategy is needed).
- B. Notice how old you were when you experienced this.

- C. As you uncover the memory go ahead and close your eyes and imagine the Present You stepping into the previous memory (If needed, freeze everyone else or move the Past You to a safer place).
- D. Greet the Past You by saying, “Hi my name is XXX, I have come from the future. Is it okay if we work together?”
- E. Once you get the yes signal, ask them how they feel about the old situation. (If needed, use the rapport building techniques are needed)
- F. As you take their hand, start “you” tapping on what they express, “Even though you felt sad, I love you / it’s safe now / I am here now.”
- G. Keep tapping with their words till there is no more charge.
- H. You can also tap silently.
- I. If there is any shock, numbing out or frozen feeling you can tap this out, “Even though you were shocked, you can discharge the freeze response now.”
- J. Explore if there were any beliefs formed back then and tap on those and embed a new empowering belief. You can ask:
- What beliefs did you form at the time?
 - What decisions did you take that may have limited you?
 - Was there a thought you formed back then that has limited you?

Belief change during memory:

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Tap on the belief, for example, “Even though you thought it was your fault, I still love you.”

- Ask them how they feel.
 - Ask them what do they want to do with the belief? At times they can create their own ritual or cleansing process – if not you can suggest to wash the belief clean or to cut the cord to the belief.
 - Check if the belief is still true and what’s the new belief.
 - Install the new belief.
- K. Once the past charge is no longer there, ask them what positive qualities or resources they needed at the time that might have helped them handle the old situation in a more empowering way.
- L. Ask them how they would like to receive those resources and let them go ahead and complete that.
- M. If unknown, then simply ask them to breathe in the resources.
- N. Then check how they feel about the past memory.
- O. If they share a positive emotion then ask them for a colour, texture, size and shape, fragrance and taste for that emotion.
- P. Ask them to breathe into the emotion and place the colour, texture, size and shape, fragrance and taste in every cell in the body, including the neuronal pathways.

- Q. Then ask them how they feel and ask them to place their hand on their heart and radiate that emotion out of their heart into the room that they live in, into the house that they live in, into all the houses of the world, the stars, galaxies and cosmos and then back into their heart.
- R. Ask them to open their eyes when the healing feels completely complete.
- S. Test how they feel about that past experience.

ADDITIONAL QUESTIONS:

- 1. When working with ICM part, if the client feels earlier there are more versions related to the memory or emotion, can she call all the past versions to that session?**

Yes, if the client wants to call more versions related to the memory of emotion, they can call multiple earlier versions to the session.

- 2. How do you manage not being triggered?**

You are human and you may get triggered. When you are working with a client, bear in mind that your role is not to collapse your identity into what is going on for them. Your role is to make space for them. Make a note to come back to it later. This is where your supervisor comes in. Dr Rangana once worked with a cancer patient who had last-stage cancer and said that she

wanted to die which brought up stuff for Dr Rangana. She could not talk to her husband because he didn't want her to talk to him about it. So, she confided in me. What she could not say to her husband, she said to Dr Rangana to feel heard and make peace with herself. In doing so, she felt light, and happy. Later, she invited children into her home and felt happy. When working with deep trauma, you do not have to conquer that memory all at once. You can tackle it one by one gradually because words and beliefs are created that impact destiny. Now, you have a chance to change that destiny.

3. What if the Present You has a belief that the Past You does not have?

If the Present You has a belief that the Past You does not share, invite a mentor if the Past You feels safe but the Present You does not. Work with the Present You first and check with the Past You what they want. There will be another inner child for that. Sometimes, there's more than one inner child.

4. Whenever I imagine a memory, I see a movie, not a picture. And I feel like the old version of me wants me to take care of her and pick her up. What do I do?

If the Past You wants you to pick her up, do that because that's what she is telling you. Make her feel safe. You don't need to feel the emotion. The belief no longer matters about the memory because she is getting what she needs to feel safe. She may in the future decide to feel safe on her own. But right now,

she needs you. Therapeutic changes can take time because we are not working on small memories but significant memories, which take time to heal.

PREVIOUS SEMINAR:

1. What happens if you are not clear on the process that was taught?

Let me know how old the person is who is not clear on the process. Is it the Present You or the Past You?

Ask her what will happen if she does not get it right? That would be a shame to her. Then make a connection with her and do an EFT Tapping exercise. "I still love you." This is not a process that comes from the mind, it comes from the heart.

That is why we do not explain the steps in a Breakout room. If you are in the moment, and the consciousness is there, with the story, the demonstration, and the recap you will always remember the process.

A client is unsure is because of the following reasons:

- The client is not present in the moment
- An old program that has got triggered, or
- Fear has risen that has caused doubt and confusion.

So, move the person into the memory "That's okay. I realize that was confusing. That is not an issue." "What's the memory now, let's get started."

- 2. While doing the Inner Child Matrix process how will you know if you have done a good job as my receiver was burping a lot? Is that considered normal?**

Any physical reaction that the receiver has during the process, including headaches, coughing, vomiting, retching, farting, shivering, or burping, is all normal and totally allowed. It is the body's way of expelling something / letting something out.

- 3. When you do the trauma healing, do you have to do the meditation twice? Once you begin with the T-1 and when you ask later about the trauma?**

Yes, you do the meditation twice during the trauma healing.

EXERCISE

The client feels unloved due to their childhood trauma.

Ask her: "Is there something that makes her safe as a child?" "She liked to dance and she has a monkey doll."

"Let her hold onto the doll so that she feels safe. What does the doll have to say to her?" "Nothing." "Can Dr Rangana speak to her in a truthful way? (Client takes permission, permission granted) "I love you and I really mean that." "I am deeply fond of you. Can I say it to her?"

“I love you. I care for you. You are so lovable. You are one of the most thoughtful people I know. You take so much time to respond to people’s questions. I love you.

“I love you. I accept you. I adore you. I care for you.”