

MODULE 5 INNER CHILD MATRIX PRACTITIONER TRAINING QUESTIONS &

ANSWERS

15th December 2022

MAIN TOPICS COVERED:

1. Why do you notice subtle changes after the Inner Child Matrix process?

Inner Child Matrix has many components such as cognitive, unconscious, deep level, breathing, and hypnosis because lasting change happens at an unconscious level. Many of you will find that after going through the Inner Child Matrix process, subtle changes happen, while some may even notice bigger changes.

Bigger changes can have a greater impact on the physicality. Some of you may have physical things going on, for example, less body pain, more body pain, less bleeding, more bleeding among other things. Some of you may notice that your body does not want to eat certain food groups, and that's very common. You may not want to snack or snack less.

Old habits like overthinking, being on the phone or other distracting habits start to change even though you are not directly working on them. You'll start

to feel lighter. This is because change happens at an unconscious level. This is one of the reasons goal-setting does not work when you approach it with a conscious decision-making process because it is not working at a lasting change level.

2. What is trauma release shaking and what is its significance?

Trauma can get held in the body and it is one of those areas for which medical science recommends two methods of therapy: one is a cognitive-based therapy where you go deep into the root cause to clear the trauma; and the other is somatic where you are engaging the body and the body movements.

Breathing is part of a somatic therapy, for example, using the body. When someone has trauma, they can have disconnection or excessive connections to their emotions, which means they are fragile or they feel unstable.

And one of the things that happens with trauma is it can get held in different parts of the body and feels solid. So, trauma release shaking is done to shake the trauma off through physical movement to be able to release the trauma and have a somatic experience of releasing trauma from your body.

3. What is the T-1 moment? What is the reason for working on the T-1 moment?

T-1 is the moment before trauma happens. It's that moment when everything slows down before the trauma, just like minutes before an accident occurs and consciousness freezes. A premonition or the sixth sense can also be a T-1. Moments before a trauma happens, some of you can get a sixth sense. For example, so many people did not board the flight during 9/11.

Brandon Bays, the founder of The Journey, was once walking down the street in Banaras late at night, and she got this kind of guidance to not take a turn, and she returned to her hotel. The next day, she learned of a murder in the exact same turn that she had been guided not to take. So, in that T-1 moment, you can get information or a warning signal.

Something else can also happen in the T-1 moment. There can be a belief that gets put into place. Let me cite an example of my own motorbike accident in my 30s. In my first job, I had a boss who was unmarried in her 30s and I thought to myself, "If I am still unmarried in my 30s, I might as well be dead." I was aware of the T-1 moment and I rolled the camera back to uncover the T-1 moment which led me to the aforementioned belief I had. So, I cleaned that belief, so it would not feature in my future life.

Sometimes, the T-1 moment can uncover a feeling or a thought that you may not heed, and which could land you in unpleasant situations that you may judge yourself for. You can learn to uncover such T-1 moments to what you

were feeling or thinking before the trauma happened and uncover a belief that may have formed there.

4. What are the words to uncover the T-1 moment?

These are the words to uncover the T-1 moment: “Roll the cameras back the moment before the trauma happened, and what were you thinking or feeling?” Put that into your body’s energy system.

5. How do you facilitate uncovering the T-1 moment?

You begin by telling you client, *“Just bring a past trauma into your awareness.” And when they do, just acknowledge them. “Okay, thank you. Thank you for bringing that.”* Then say to them, *“Roll the cameras back to the moment before the trauma happened. What were you thinking or feeling?”* Pause and let them answer. Just listen and thank them.

6. What do you do if the client feels nothing or blankness?

If the client feels nothing or blankness, you can ask them what they feel under that blankness or numbness. Use the words, “If you were to lift the lid of blankness, what might you be feeling?” So, this is something you can do when someone is freezing or numbing out to lift the lid of numbness. Now, bear in

mind that for some people, this could be confronting because there's an overload of emotions, and they experience pain. The reason they are numbing out is for safety and protection. It's absolutely fine to go blank. You can even tap on that. You can even say, *"How are you feeling knowing you are blank?"* And then ask them, *"If you were to lid of the blankness what are you feeling?"* Lower your tone. Ask them the question. Don't put words into their mouth. A lower tone will access the answer from their unconscious, not their surface thinking mind. Unless you or your client really wants to work on it.

7. What does strategy mean?

A strategy is to create safety when you have a memory and the inner child does not feel safe going into the memory. You ask them to uncover the past memory and say to them,

"What did you need at the time? What did you need to feel safe?" Do you need an angel? Do you need to freeze the scene? Do you need physical protection?"

The idea is to create a safe space where the client does not feel traumatized.

When you are working with client who have phobias or are severely traumatized, for instance, sexual abuse and they feel emotional, you will need a strategy to help them feel safe before going into the memory. You just have to bring them out of the memory even if it means inviting a mentor to draw

them out. Bring them out of the memory to sit with you and brainstorm what they needed to feel safe at the time. Then create a sense of that safety in the old memory and ask how they feel and whether they feel okay. All you are trying to do is make them feel safe, not conquer the memory because you cannot enter a high-trauma memory unless they feel safe. Do it factually, not from a place of emotion.

8. What to do when there is a problem between the past you and the present you?

There can be so many reasons for this, for example, lack of trust, hurt, resistance, abuse, or negative experiences. So, when such a scenario presents itself, just focus on setting up a communication. Don't close the process or outcome. Just ask the past you, "*What do you want?*" Ask the present you, "*What do you want?*" And set up a dialogue between the two to create a conversation and a bridge. You are not the negotiator between the two. And this can happen because there is trauma there.

Encourage teamwork. Don't place any blame. Ask both the past you and present you what each of them wants, and get a mentor if needed to tap or work with each of them separately. Sometimes, this could throw up a whole set of Past You memories for the past you and the present you.

9. What are the steps for healing a past trauma with T-1?

The steps to follow for healing a past trauma with T-1 are:

- A. Bring a past experience into the awareness (Check for safety of 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 safer place).
- D. Greet the Past You by saying, "Hi my name is XXX, I have come from the future. Is it OK 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 that are needed)
- F. As you take their hand, start "you" tapping on what they express, "Even though you felt sad, I love you / I am here for you / I'm here now."
- G. Keep tapping on their words till there is no more charge.
- H. You can also tap silently.
- I. If there's any shock, numbing out or frozen feeling, you can tap this out: "Even though you were shocked, you can discharge the freeze response now."

For some of you, there is going to be shock in the T-1 moment. The memory you bring up, you begin with T-1. That's where you begin today's process. Then explore this.

J. Explore if there were any beliefs formed back then, 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 then that may have limited you?

BELIEF CHANGE DURING MEMORY

- A. Then tap on the belief, for example, "Even though you thought it was your fault, I still love you."
- B. Ask them how they feel.
- C. Ask them what do they want to do with that belief. They can create their own ritual or cleansing process - if not, you can suggest to wash the belief clean or cut the cord to the belief.
- D. Check if the belief is still true and what's the new belief.
- E. Install the new belief.

Continue with the past healing process:

K. Ask if the Past You wants to explore another memory connected to what is being explored.

L. Once the past charge is no longer there, ask what positive qualities or resources they needed at the time that might have helped them handle the old situation in a more empowering way.

M. Ask them how they would like to receive those resources and let them go ahead and complete that.

N. If unknown, then simply ask them to breathe in the resources.

O. Then check how they feel about the past memory.

If they share a positive emotion then ask them for a color, 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 on my trauma, the memory that came up was not the moment before trauma but a week before trauma. Can that be a T-1 moment?**

Yes, absolutely. It can bear significance to the trauma.

- 2. Is it okay if nothing comes up when working to uncover the T-1 moment?**

Yes, that's fine. For some people, nothing comes up and that's okay. For some people, it could be one or two memories that have for their whole life, while for others could have multiple T-1 moments. What happens is, sometimes clients can go around in circles trying to unlock a problem in their health, career or relationships and nothing works because they may have a T-1 moment that needs working on. It is possible that moments before the trauma, consciousness freezes and that could determine how they cope with the trauma. They may or may not have a T-1 moment, and that's okay, but give them different options so that they don't feel there's something wrong with them. Sometimes, it can also be that they are already connected with the

emotion and don't need to uncover anything else. In that case, just reassure them that it's okay.

3. What if someone is not able to bring a traumatic incident into their awareness but had a few instances where they intuitively know something would go wrong? What if there's a lot of fear? Should I work on that?

Yes, that's perfectly fine. What you are describing is someone who might be governed by fear. It's there just beneath the skin. If they've uncovered that it's happening, just tap on that first. Where you end up may not be the sense of it, but where you end up in the end might be the root of it. Just tell them, "Invite all the Past You's that have ever felt this sense of fear." And then tap on them and say, "Where else would you like to go?" Connect to this fear. You can even ask the client, "How does this kind of fear show up in your life?"

4. Is it possible that a limiting belief from a past trauma makes us ignore or override that premonition or intuition?

Yes, that possible. But it's not a fixed rule. It can vary from person to person. This is especially relevant to people with health labels and also links to the question of whether one can feel an emotion during field meditation. One of the things I will be teaching later is how to create a vibration of health or fields

for health. So, for example, when that label isn't there, what's the person feeling, thinking, breathing or doing? And then embedding that into the neuronal pathways to condition the body for health and wellbeing.

5. Does it mean that every thought you get will be pulled by the subconscious mind?

This is such a deep question. Every thought arises from the mind. Sometimes, the mind can be inside, and sometimes it can be outside. But you can have thoughts in your conscious awareness too. There is a difference between conscious and unconscious.

Now, if I were to ask you your name or where you live, you would immediately reply because these answers are in your conscious awareness. But if I were to ask you where you were last year during Christmas, you'd have to jog your memory. Notice what happens to your eyes. This is known as a transderivational search to access the information from your unconscious and pull it out. You may not remember it right now, but you will remember it at some point.

This brings me back to what I meant by change happens at an unconscious level. Say, for example, I tell you to write a resolution for the New Year. You will immediately come up with a resolution. But if I were to ask you what you

need to do to meet that resolution, you'd need to think about it. And some trigger may arise where you have to make a choice whether to collapse your identity into that trigger or realize a trigger has happened, and that's okay, and do your personal peace. Or life may get in the way and you may decide it's too hard to keep the resolution because it has not been embedded within your unconscious that this is a permanent change you want in your life.

So, if someone is not conducting desirable behaviours, they have to explore what prevents them from doing so. And then, they have to make that change of what prevents them at that unconscious level, and the reason for making the change has to be greater than the benefit of not making the change. This is easier to do at the unconscious level than the conscious level. So, conscious level clients will tell you a lot of things, but until they get it into their unconscious and practice it over a period of time, new habits will not form.

6. What if there is a feeling of hope a moment before the trauma? Can you get a positive feeling before the trauma?

Yes, that is absolutely fine. You can have any feeling or thought in the T-1 moment. There can be hope, faith or all kinds of positive feelings there.

7. What if someone doesn't want to close their eyes when working on numbness or blankness?

It's okay to keep the eyes open when working on numbness or blankness. This is especially true of children who are not comfortable closing their eyes because they don't feel safe. It's the same with adults. Don't force them. Use the words to lift the lid of the numbness or blankness and give them the resources to feel safe.

8. What do you mean by lift the lid?

It could be a translational thing. Sometimes, I say lift the rug or carpet. It's like the floor is the deeper emotion, while the rug is the blanking out. So, I am asking them to lift that rug to uncover the deeper emotion. It's like bottling up your emotions because you don't want it to come out. What's underneath the lid of blankness can be scary and make people emotional. But it's also where the magic is.

9. Sometimes multiple past incidents come up and I get confused about which one to choose. How do I choose the memory?

That can happen. When multiple memories present themselves, you can decide which one requires your attention most. Just bring all the past you in front of you or all past instances and memories, and just ask, "Which one of you wants my attention first?" Now, go with the answer you get. The other

thing you can do is when you are in the memory and you are trying to figure out where to go next, you can ask the past you, “Where shall we go next?” You can also find out if any of these memories are connected, and ask the past you, “*Can we work on all these similar memories together?*” Have the Past Yous as one collective and quickly work through many memories at once.

10. When I go back into the memory, I also feel the same emotion in the present that I felt then. Is that okay?

Yes, it’s okay. With Inner Child Matrix, one of the things you are trying to do is distinguish the emotion of the past child and the emotion of the current. So if the emotion you feel is the same as the past, this is because your identity of the present you has collapsed into the identity of the Past You. If that happens, it’s okay. Just step back from the past you and notice the past you as separate from the present you. Then ask, “*Of the two, where do you want me to focus first?*” Sometimes, the present you may need tapping first before working on the past you.

11. I constantly feel blankness. Nothing comes to mind except a feeling of being tired. Is that okay?

Yes, that’s completely fine. Tiredness is also an emotion. It could be a surface emotion as opposed to a deeper one, but you can tap on it first before diving

deeper. You can ask, “If there’s something deeper than tiredness, what would it be?” Then if something else comes up, like, sleepiness, then you can check by asking, “Do you feel the need to sleep?” Or “Do you think the sleepiness is coming up because there is a deeper emotion there?” For some people, sleepiness can be the blankness. It is a defence mechanism to prevent themselves from feeling any emotion. For example, when people go into a thought coma and fall into deep sleep because they don’t want to feel the emotion. It’s not safe. There is no clear answer other than what makes them feel safe.

12. Could you explain a bit more about collapse of identity?

Yes, this is where the present day you suddenly feels emotionally as you uncover the past memory because you still feel the emotion. This can happen when there is a current situation going on in life linked to the past memory. It could either be because you are sensitive to the feeling of the past you or find it hard to differentiate the past you from the present you. But when the present you feels the emotion of the past you because a current situation is linked to that memory, then it is not collapsing of identity. This is the present feeling the present emotion. But if the present goes in and starts abreacting or crying, then you’ve put your identity into the past. Inner Child Matrix is not like EFT where a lot of abreacting should be happening. It’s a little bit gentler.

13. When I tell the past me that I love or support her, I feel like the past me is judging the present me. It's as if she feels I'm not strong enough to support her.

Just tap on the judgment and ask yourself what you want. Do you want to hang on to the judgment or do you want to work on what's going on?

14. I usually tend to get nervous and pressured every time I have to think of a past memory to work on, and then I go blank. I have to really think hard and then I am still nervous which memory to work on. What is the best way to deal with this?

Tap on your nervousness first. And what's the nervousness about, and take the pressure off. Just say to yourself, "I don't know the memory. I am just blank." It's okay. Chances are the blankness is there because it's not safe to uncover the memory. So, work on feeling safe first before uncovering the memory.

15. What if the client has never had prior therapy and does not share their findings with me even though they claim it's working for them?

It's okay. Your journey is a journey of trusting the transformation is happening and surrender to the process. You can go at a slower pace because the client is not at the same vibrational energy as you. Don't give up even if they throw up resistance and don't see the value in it. All they need is a little time to warm

up. As long as it's working for them, it's great. You are doing fine. It's not a lack on your part but that he needs to learn not to hold back.

16. I'm going through pre-menopausal symptoms. Can I work on them with ICM?

Yes, you can. When you are working with health and wellness, and especially menopause, there are many different things you can do. There's going to be symptoms of menopause that you can tap on that can be linked to past memories like puberty. Next, you can have a communication with your ovaries, womb and fallopian tubes because the body holds memory of emotions and trauma. So, you can connect with your body parts. When you are working with people, you can bring the body part into the matrix and start a conversation with that body part ask what's going on, what it wants or how it's feeling. There can be conflict and you need to tap on the conflict. The final part is you need to set the healing vibration in your body. So, if it is time for your ovaries to retire, then you can let the ovaries retire gracefully. Of course, there are mechanical ways to address this issue. I would suggest you get your blood test done to understand your profile. After the blood profile, you can get the treatment plan for ICM.

17. When I think about the memory, I feel cold in my arms. Is that okay?

Yes, it's completely okay. Sometimes, when the memory or emotion comes up, they have certain physical symptoms. It's because the body is holding it. It can be released through trauma release shaking.

18. I've been having a tough time and I find it hard to feel safe. When I work with my past you, I feel like I can't help her because even the present me doesn't feel safe. How can I work on the present me so I can get the benefit of these sessions?

First work on the present you and how the present you is feeling. The present you is also a past you because she is just a few minutes or days ago. But in this trauma you are faced with, ask yourself that when the trauma broke, and you discovered something. Just check if that was okay because some of the discomfort you feel right now is because of the trauma where there is fear of the experience. So, the trauma would have caused something like unsafety, insecurity and any other emotion you're feeling. Now, there's a lot of wisdom in the present you but just check what you were feeling when the trauma broke. What is she scared of?

19. During this past and present you dialogue, can you tap?

Yes, you can tap when facilitating a dialogue between the past and present you. You can also invite a mentor to determine what they need to feel safe. The important thing to note here is not go into the memory but to pull the memory out.