

MODULE 7 INNER CHILD MATRIX PRACTITIONER TRAINING QUESTIONS &

ANSWERS

17th December 2022

MAIN TOPICS COVERED:

1. Why is shifting beliefs important?

Shifting beliefs is important because once you shift a belief, it improves health, attitude to life, behaviour, interaction with others, parenting, your work, wealth, how you perceive your world, and just about any thought or belief you've ever had.

2. How are beliefs formed?

Beliefs can form in different ways,

- A. It can be a conclusion based on trauma. If someone has had a traumatic experience, just like you have the examples of when you go into the past memory, you connect with the past you, and they may have an unconscious belief.
- B. Now, the second way beliefs are formed is known as post-hypnotic suggestion. Now, these post-hypnotic suggestions are particularly common as a child. Say a teacher says, "You are so stupid" or if a parent says, "You just can't get it right." So, this is a parent or a guardian, a brother or a sister using command language. A child before the age of

six absorbs this and they'll know it to be true or real. For some people, their beliefs are a result of post-hypnotic suggestions.

As you grow older, your self-esteem builds and you don't take these things to heart like you would were you a child. There could be something they say that triggers you too or it may not trigger you, and you'll realise that it may be something you need to explore or something you don't need to explore. The difference being that you don't spiral out of control. So, working on beliefs really helps shift any post-hypnotic suggestions.

- C. The next is unconscious modelling. So, observing parents' behaviour and imitating them. For example, a child that swears could have picked it up from his/her parents.
- D. Next is repetition, for example, what you keep saying to yourself. For example, "I am so sorry," "I can't do this," or "I am not good enough."

These are the four ways in which belief can be formed.

3. What are some possible beliefs that are formed in early childhood?

Some examples of beliefs formed in early childhood are as follows:

- A. World is dangerous.
- B. I don't matter.
- C. I'm not safe.

- D. Nobody sees me.
- E. I can't trust women/men.
- F. It's my fault.
- G. Nobody can be happy.
- H. Married people aren't happy.
- I. Men/Women get abused.

4. How can you change the belief process?

You can change the belief process as follows:

- A. Estimate Validity of Cognition (VOC) out of 100%.
- B. Use the recall techniques to access events.
- C. Use the Past Healing Process.
- D. Install the vibration of the new belief (creating new fields)