

## **MODULE 8 INNER CHILD MATRIX PRACTITIONER TRAINING QUESTIONS &**

### **ANSWERS**

**18<sup>th</sup> December 2022**

#### **MAIN TOPICS COVERED:**

- 1. With Inner Child Matrix, what are some health conditions that are easy to work with and why?**

With Inner Child Matrix, it's easy to work with PCOs, PCOD, thyroid and anxiety because you begin by doing a little diagnosis, what brings it on, what are the symptoms, what do they have and what do they want explored. And once you've done that, you use Energy to Past You to uncover the energy in the body as a result of that label and go back through time to experiences that threw up similar emotions. For example, people with thyroid bring up communication challenges, expression challenges or not valuing themselves. With anxiety, people will bring up fear. Once you've cleared the trauma and given yourself the resources that you needed in the past memory, you then uncover the emotion that they're feeling and do the field meditation, that is, field programming and heart meditation. Put the colour, size, shape and texture into the body but you put it into the specific body part to start programming those parts of the body to the new field of health and wellness. Then, the final part is the heart meditation, and you would do that for 21 days to put in place the state of health and wellness. For example, when working

on a client with PCOD, during the rebirthing process, she uncovered a memory of being in her mother's womb where she was not accepted as a girl child. So, after working on that memory and creating the new field, months later, she was free of PCOD.

## **2. Why is it important to create a compelling future for people with mental health issues?**

When working with people with the label of mental health, you need to create a compelling future to give them a reason to live or a reason to move away from that label and towards a more purposeful life that compels them to move away from the mental health label. When I work with people who are addicted to cocaine or heroin or other class A drugs, I don't work with users during their withdrawals, but after they are through with their detox and their withdrawal is complete.

There are two reasons why someone with addictions is a user as an adult. It typically links back to neglect or not being allowed to be authentic. For example, if a child has been conditioned to think that throwing tantrums is bad and has not been allowed to express themselves in their childhood, then there is a good chance of them being a drug user as an adult.

So, if they have been neglected and not allowed to express themselves authentically, you work with them to uncover a past memory, clear the trauma as a result of that memory and get them to express authentically what

they want to say. The reason you have the conversations is to connect with the Past You, bring that person, tap along, and get off their chest the authenticity that was locked away. You want to encourage authentic communication to open the cells and release the chemical of all that stored pain. Once the body releases that pain, they can focus more on wellness.

For someone to stay away from their addiction, one is the field program, and the second is community to help them stay in the new field of wellness. If they have a purpose and the support system to help them in their journey, the shift to wellness happens.

### **3. What is one of the biggest causes of illness?**

According to Nadine Burke Harris, a Canadian-American paediatrician, childhood trauma is a common factor in childhood that can profoundly impact adult-onset disease. Childhood trauma dramatically increases the risk for 7 out of 10 of the leading causes of death in the US. Severe trauma affects brain development, the immune system, the hormonal system, and even the way your DNA is read and transcribed. Those who are exposed to childhood trauma in high doses have triple the lifetime risk of heart disease and lung cancer, and a 20-year difference in life expectancy. These threats are so severe and pervasive that they get under your skin and change your physiology. Things like physical or sexual abuse, neglect or growing up with a parent with mental health issues or substance dependence.

#### **4. What is the importance of working with trauma?**

Studies show that both childhood trauma and in later stages of life is directly linked to disease and illness and can lead to heart issues, lung issues, addiction, among other things. Inner Child Matrix is a means to help you and others who might present with a health challenge by working to uncover and clear trauma to eliminate the old trauma response on a day-to-day basis because that's what's causing the illness. Trauma never stops and puts your body on high alert such that it can no longer perform in a healthy state, which in turn leads to disease and illness. And this is why it's important to dig into the history of a client and work on clearing trauma rather than focusing on health outcomes, because it's important to clear childhood trauma as they hold on to the emotional energy in the present when they think about the label, which is connected to what has happened in the past.

#### **5. What are the questions to ask when someone has stress?**

These are some questions you can ask someone with stress:

- A. What are you stressed about?
- B. What has to happen to experience stress?
- C. What triggers you to feel stress?
- D. Where do you experience stress in the body?
- E. What are the sensations as a result of stress?
- F. Where in the body do you hold stress?

G. What do you want instead?

H. What will you experience when you are no longer stressed?

## **6. What are the questions to ask when someone has physical pain?**

These are some questions to ask when someone has physical pain:

- A. Where in the body is your physical pain?
- B. Describe the sensations in the body.
- C. When does the pain start? When does the pain stop?
- D. Who triggers the pain? What triggers the pain?
- E. What has to happen in order to feel pain?
- F. What does the pain remind you of?
- G. If that part of the body could speak, what would it say?
- H. What does that part of the body want from you?
- I. What do you want instead?
- J. What will you experience when you are no longer in pain?

## **7. What are the questions to ask when someone is depressed?**

These are some questions to ask when someone is depressed:

- A. What makes you feel depressed?
- B. What triggers you feeling depressed?
- C. When does it get better?
- D. When does it get worse?

E. Who or what is responsible for depression?

F. 6. What do you want?

### **8. What is a field?**

Everything has a field. Any organ or any emotion, all have 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 scalarwaves in the body field.

You can take disturbed information and change it. Diseases and mental health labels are disturbed fields, forexample, depression, OCD.

### **9. What are the steps to install a healing vibration?**

These are the steps to install a healing vibration:

A. Ask the question, *“What is the health issue that you want to resolve?”*

B. Then ask, *“When you are free from it, how will it make you feel?”*

C. Ask, *“What is the colour, texture, size, shape, fragrance, sound and taste of this feeling?”*

D. Now, 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.

- E. Then ask them to place the hand on the heart and ask, *"How do you feel?"*
- F. Radiate this feeling into the room, house, city, countries and out to the stars, galaxies and cosmos.
- G. Ask again, *"How do you feel?"*

### **ADDITIONAL QUESTIONS:**

#### **1. How do you work with chronic illnesses such as diabetes and hypertension?**

For diabetes, there can be a couple of different things but they probably go through a chain cycle. The first thing diabetic patients feel is shock. Their mind is bombarded with questions such as,

*"Do I have to take injections all my life?"* or *"Am I going to die?"* So, the first thing is shock. So, sometimes you are tapping on the shock first.

Then the next phase is anger, *"Why me?"* Or *"What did I do wrong?"* So, you'll work on that in the first two sessions.

After that, in the third session, you will explore further and with diabetes, it could lead to not valuing the self. Putting others ahead of self and lifestyle issues. And this is for Type 2, not Type 1 diabetes which requires medical intervention because it is life threatening. Type 2 diabetes can be reversed. One of my partners who is an endocrinologist, first asks patients with

diabetes to get some sleep to bring the cortisol level down. So, if they are not able to sleep, you will have to tap on that. After that, she works on their diet to help them overcome any dietary habits that may exacerbate their diabetes. So, some of your tapping work is there. And then, she introduces exercise and resistance training before working on the emotional and mental type work. So, the treatment plan could be after the shock, anger, and then explore memories when the client felt unvalued, tap on them, and finally create new fields for what life is like without diabetes. With diabetes, you are not promising anything, but working towards bringing their stress levels down and aiding good health to reverse the diabetes. So, EFT is playing the role of bringing their stress level down and helping them stick with their lifestyle change if their health has to improve. There are three components to better health: emotional and mental well-being; the biochemistry of the body (nutrients that we take in); and movement (exercise). If they are immobile, are they getting massages? Bear in mind that whatever movement they are doing should not elevate their cortisol because the body will act up and undo all the good work.

## **2. Will the treatment plan diabetes also work for cancer and hypertension?**

With cancer, you are exploring the emotional component. You can break it down to phases which means diagnosis. After diagnosis, they go through a really stressful period of which treatment route will work best? So, the EFT



work will be to help them decide which treatment plan to pick and to get them to connect with their own intuition and decision-making, because they are so emotionally distraught that it may cloud their judgment. The next phase is working on the emotions they are experiencing as a result of their treatment. In the case of chemotherapy, you really can't do the deeper emotional work, so the best thing to do would be to work on the symptoms going on with the treatment they are receiving. But in the case of natural treatment route, you can do the deeper emotional work because their immune system is stronger. Take, for example, surgery where you help them deal with the emotions that the surgery itself might throw up, and help them navigate the stresses of pre and post-operative care to aid their immune system. Someone in this phase can barely take five to ten minutes for EFT. After they've come out of chemotherapy, they may need to deal with disfigurement or other such stuff that comes with it, and finally the fear of relapse. With cancer patients, you will need three to six months, so maybe do weekly sessions with them where you don't always do very deep work but help them deal with their emotions, and then go deep, do the rebirthing, and then manage surface emotions.

### **3. How do you put an emotion into an organ or body part that you want to remove?**

If the particular body part or organ has been removed, you could put the emotion in the blood stream or cells. There is also something known as the

phantom organ. Even if the body part has been removed, the body has the memory of the organ. This is especially true of amputees. They are so used to the body part that they can still feel it even when it is not there. For example, people with hysterectomy still feel grief over losing their uterus, even if they don't feel the uterus itself. So, sometimes you're working on that. If a kidney has been removed, you can put the emotion in the other kidney. So, you can sort of vary it.

**4. How do you explore the health label in situations where there's no clear answer for the questions asked? For example, you talked of adjusting depression to the health label you want to explore.**

You can tell the client you don't know when it will get better and explore the symptoms instead, for example, hair fall, foggy or pain. You can ask at what age they had the issue, what was happening in their life at the time, and what's going on with them presently? For example,

- *"How old were you when the thyroid started?"*
- *"What was going on in your life at that age?"*
- *"What is going on in your life right now?"*
- *"Knowing the same things are going on in your life right now, which of the things going on do you feel might be responsible for the label coming up again?"*
- *"If you were to communicate your needs what is the worst that would happen?"*

- *“And if you were not to communicate your needs, what’s the worst that could happen?”*
- *“When does communicating your needs get worse?”*
- *“When does communicating your needs get better?”*
- *“Knowing you can’t control whether people care or not, what do you need to explore to free yourself from the thyroid label?”*

So, bring into your awareness all the experiences in life when you felt not cared for. And bring into awareness all the experiences in life when you didn’t care for yourself.

That’s your personal peace. These two sets of memories. Then, the new field you need is care. So, the new vibration you need for yourself is the vibration of care because when you feel cared for, your communication gets better which is linked to the thyroid. You are varying it with a behavioural or emotional response that might be connected to the label of thyroid

#### **5. How do I resolve restless leg syndrome? It happens when I’m about to go to sleep.**

With restless leg syndrome, ask yourself,

- *“When did it begin?”*
- *“What was happening around that time?”*

- *“What did you fear during the last months of your pregnancy?” “What were you really worried about?”*
- *“Why did it make you feel so anxious?”*

So, you go down the belief route because the belief is driving the restless leg syndrome. Not being sure of yourself. Will you be able to do it or not? You are scared or anxious and it's coming out as restless leg syndrome but not feeling sure of yourself is driving that surface. The deeper root here is not feeling sure of yourself. You can do the tapping on the surface emotions first before you dive in deeper. The deeper emotion here is you are not sure of yourself, that will be connected to the six human needs: I don't feel important enough; I don't feel secure enough; I feel trapped and want to break free; connection and love; and finally, growth and contribution.

## **6. How do you work with BP and weight in stomach and thighs?**

You can begin by asking the question,

- *“When does the BP get worse?”*
- *“When does the BP get better?”*
- *“When did it begin?”.*

Apply the same process for weight. Dig deeper into what the real pain is. Identify the emotion, go back further into time and identify when else did you feel that way or what/who made you feel that way. If nothing comes up, that's okay. Begin with the memory of looking at self in the mirror.

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Sometimes, when working with people with weight, they avoid looking into the mirror because they are so scared to face the truth of how they are feeling, what are they going to do then? There's another approach you can take, that is, what was going on in your life when the weight started. Again, when has the weight gone better or worse? Some of the themes that come up with people trying to lose weight are shame, abandonment, nobody loves me, or it's too hard.

So, if someone is not sure, I ask them if they can relate to a theme or more pointed questions like, *"Have you ever felt shame or abandonment in your life?"* Begin the inquiry, and write whatever you'd like to explore. You can do a mind map and explore themes. And then, as you look at that, you can ask yourself where you want to begin and go down that route. ICM is a lot easier than classical EFT because in ICM, you are the practitioner and are already dissociating. But in EFT you are the giver and the receiver.

### **7. Can a baby at this early age develop a belief?**

Yes, a baby can develop a belief in the womb or at the time of conception. How the mother was feeling when the baby was in the womb can be passed on to the baby and result in a belief too. Good beliefs such as "Mummy or daddy loves me" can also develop.

### **8. What is the difference between unworthy and worthless?**

Unworthy or worthless are similar.

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**9. I have a lot of pain in my body. Every cell in my body is hurting and point in my arm feels like ice burning. How can do you work on this painso that you can function normally? And what do you do if you can't remember anything, and that makes you feel sad?**

So, you can tap on your emotion of sadness first because there's attachment to it. You are attached to wanting to remember. So, ask yourself,

- *"Who are you when you are wanting to remember?"*
- *"Who are you when you are not wanting to remember?"*
- *"Who is the You that needs to remember?"*
- *"What if she never remembers, who would she be?"*

Because once you get to the root of your sadness, you can release the pressure to remember. You can do the mind map for yourself and brain storm all the aspects you need to address with the emotion you are feeling. Try not to work with too many things all at once before you review the next thing. Work with one thing at a time. As far as the pain is concerned, you have to give up the need to soothe the pain. The pain is wanting your attention, so connect with the body part and ask it what it wants to communicate with you. You can even bring the pain in the matrix and ask how is feeling and what it wants from you. You can then tap on the pain or the body part.

**10. For the past few years, I had a constant pain in my chest. Whenever I had something else going on, it would go away. It only happens when**

**I think about it. How do you understand the pattern and how to work on it?**

So, you need to know. So, ask yourself,

- *“If you never knew, what would you have to face emotionally?”*
- *“If you never figure it out, what will you have to face emotionally?”*

Your body is trying to communicate with you and to be with it and inquire with it. So, just be with your body and ask it what it needs. If you could lift the lid of resistance and you could no longer use resistance as an avoidance mechanism, what would you really have to face emotionally? Keep going and ask yourself questions until you get to the root of your attachment and inquire the emotion you would feel without the attachment to become free from it.

**11. After my son was born, my daughter developed some kind of skin allergy. How can I help her?**

You will learn about how to work on allergies and phobias a little

**12. What is the reason you cannot do deeper emotional work if the client has done full chemotherapy?**

The main reason is they get tired. If the symptoms are not so severe and they are able to handle it emotionally, it's okay. But if they have gone the chemo route, then their emotional awareness is in the treatment. If they can share

the emotion they want to feel when they have help is to do field meditation for them. Just record it for them and use their words to make the audio. And ask them to listen to it during the chemo and just begin with wherever they feel comfortable.

**13. There are probably interconnections between the stress, depression, physical pain and all other issues. Should we question all of them separately or can we just proceed with the questions in a generalized way?**

That depends on the client because you are trying to find a balance between not overwhelming them with too many questions versus asking enough to find a path to begin. So, ask them what they want.

**14. Can where you hold stress and where you feel stress be different?**

Yes, they can be similar. And sometimes people answer them slightly differently.

**15. Is it okay to work with more than one emotion and healing vibration?**

Yes, it is okay to do more than one. The reason you work on one at a time is because your energy system is focused on that and you give it the time it requires. Let one transformation take place and then work on others because it takes a lot of energy. You can work on the emotion connected to the issue



first and then check your healing vibration. Sometimes, people need the healing vibration first because it relaxes them a little bit. So, you can do either.

### **16. How can you do the installing healing vibration separately?**

You can begin with the health issue you want to explore and then install the healing vibration. You can integrate the two after you've done some work with your client.

### **17. Can you use ICM in EFT case studies if one prefers the process over EFT?**

For the EFT, the two-session, six clients, use the classical EFT because you are being tested on that. If you want to mix and match the practice sessions, it's okay. But you have to be good with EFT. Sometimes, you may feel that Inner Child Matrix is perfect for your client but you still have to develop a comfort level with EFT techniques.

### **18. How do you work with the fear of an illness recurring even if you are free from it now?**

So, begin with the health issue you want to resolve, the fear of it recurring and when you are free from it, how will it make you feel? That is, when you are free of the fear of the label recurring. Because the fear of the label coming

back will have a particular scalar pattern, and you want to disrupt that and put in the field of what you want.

**19. What do you do if your back pain hasn't decreased even after working on it?**

Back pain could be potentially some tension in your body and not necessarily a health issue. It could be physical as well that may have some emotions going on. So, you could go into your back right now, ask it what it's feeling emotionally and find out what it wants to communicate to you. So, your personal peace is to tap on the emotion it communicates to you. Begin with the real-life issue and then close with the field meditation. But just bear in mind that the back pain is more your body trying to communicate to you something emotional that is going on.

**20. Is the field meditation only for health issues?**

No, you can use it for anything. But I taught it to you in isolation of the therapeutic work for now because you've already done the deep work and your body is more receptive to the field meditation. But with people who've not done the deep inner work, you will do that first and then the healing vibration. Doing the deep inner work helps you absorb the positive quicker, but a mindset shift has to occur for you to be more receptive to the healing vibration. The process is quicker when you are not stuck in the old mindset.

