

INNER CHILD MATRIX

Module 12 – Practitioner Training
Day 4 Practitioner Training

SUMMARY

1. Steps to free your past
2. Family Therapy
3. The steps to resolving a family conflict
4. Next steps

NEXT STEPS

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.

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WORKING WITH RELATIONSHIPS

CONTENTS

1. Resolving the irresolvable
2. Working surrogately
3. Resolving a relationship conflict
4. Personal peace
5. Next steps

RESOLVING THE IRRESOLVABLE

- Getting resolution and forgiveness with events that happened in the past.
- Forgiveness for self and perpetrator, overcoming guilt, anger, shame, grief and so on.
- From past events and that person is no longer in your life:
 - Parents, family and friends no longer alive.
 - Ex-partners and friends you are no longer in touch with.
 - Figures from the past who affected your life such as teachers, bullies, authority figures.

WORKING SURROGATELY

- Bring the people that need help into the Inner Matrix or Field or imagination.
- Ask permission to tap on the past versions of the people and tap on them as if you would tap on the Past You.
- You might need to ask them for their own mentors and guides.

RESOLVING A RELATIONSHIP CONFLICT

1. Bring a relationship into the awareness where there is conflict.
2. Give the conflict a number on a scale of 1 to 10, where 10 is high conflict.
3. Uncover experiences related to the conflict and use the past healing process to clear them.
4. Alternatively, explore where the relationship conflict is felt in your body and uncover past experiences related to the conflict.
5. Go from Past You to Past You and tap on family members as needed.
6. If needed, cut the cords of negative attachment and clear any toxic energy from the relationship from the cells of the body.
7. After completing the Inner Child Matrix process test the charge on the conflict now.



**RESOLVING
RELATIONSHIP
CONFLICT
PRACTICE**

PERSONAL PEACE

1. Identify a person you have a conflict with and bring them into the Matrix.
2. Connect with the Past You and let them voice the past pain, concerns and emotional stress.
3. Tap on the Past You to release the trauma.
4. Change beliefs, provide resources, cut cords, clean the energy from the cells or get advice from your mentor as needed.
5. If needed, tap on family members.
6. Close with the field meditation.

NEXT STEPS

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. **Personal Peace:** Identify 3 unresolved family conflicts and tap on self using the steps to resolve a relationship conflict.

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