

MODULE 17 INNER CHILD MATRIX QUESTIONS & ANSWERS 1ST

JUNE 2024

MAIN TOPICS COVERED:

1. What impacts overall health and wellness, and what strategies can be employed to address these interconnected factors?

The overall health and wellness are influenced by various interconnected factors spanning physical, mental, emotional, social, and environmental dimensions. Here are some key factors and strategies to address them:

- A. **Stress:** Stress is the body's response to challenges or demands, whether real or perceived. Managing stress is crucial for overall well-being as chronic stress can lead to various health problems.
- B. **Anxiety:** Anxiety is a feeling of worry, nervousness, or unease about something with an uncertain outcome. It's a normal human emotion, but excessive or persistent anxiety can interfere with daily life.
- C. **Depression:** Depression is a mood disorder characterised by persistent feelings of sadness, hopelessness, and loss of interest in activities. It can significantly impact one's ability to function and enjoy life.
- D. **Body pain:** Body pain can arise from various sources, including injury, inflammation, or underlying health conditions. Managing

body pain often involves a combination of lifestyle changes, physical therapy, and sometimes medication.

- E. **Emotional pain:** Emotional pain refers to psychological distress or discomfort stemming from experiences such as loss, trauma, or interpersonal conflicts. It's important to address emotional pain through therapy, self-care practices, and support from loved ones.
- F. **Weight:** Maintaining a healthy weight is essential for overall health and wellness. This involves a balanced diet, regular exercise, adequate sleep, and managing stress.
- G. **Hormones:** Hormones are chemical messengers that regulate various bodily functions, including metabolism, growth, mood, and reproduction. Hormonal imbalances can lead to a range of health issues, so it's essential to address them through lifestyle changes, medication, or hormone therapy if necessary.
- H. **Illness:** Illness refers to a state of poor health resulting from disease or injury. Preventing illness involves practicing good hygiene, staying active, eating a nutritious diet, getting regular check-ups, and managing stress.
- I. **Beliefs:** Beliefs can significantly influence health and wellness. Positive beliefs and attitudes can promote resilience, while negative beliefs may contribute to stress and poor health outcomes. Cognitive-behavioural therapy and mindfulness practices can help challenge and reframe negative beliefs.

Each of these aspects of health and wellness is interconnected, and addressing one can often positively impact others. It's essential to take a holistic approach to health, considering physical, emotional, and psychological factors.

2. How do adverse childhood experiences (ACEs) significantly influence overall lifelong health and opportunity?

Adverse childhood experiences (ACEs) can have a tremendous impact on future violence, victimisation and perpetration, and lifelong health and opportunity. They are traumatic events that occur during childhood and have a significant impact on a person's physical, emotional, and social well-being throughout their life. The ACEs framework identifies three main categories of experiences:

A. Abuse:

- **Physical abuse:** Involves the intentional use of force that results in physical harm, injury, or pain to a child by a parent or caregiver.
- **Emotional abuse:** Refers to acts or omissions by caregivers that cause harm to a child's emotional well-being, such as constant criticism, rejection, or humiliation.
- **Sexual abuse:** Involves any sexual activity between an adult and a child, including sexual touching, penetration, or exploitation.

B. Neglect:

- Physical neglect: Occurs when caregivers fail to provide a child's basic physical needs, such as food, shelter, clothing, or medical care.
- Emotional neglect: Refers to the failure of caregivers to meet a child's emotional needs, such as love, support, and nurturing, leading to feelings of abandonment or worthlessness.

C. Household dysfunction:

- Mental illness: When a parent or caregiver suffers from a mental health disorder, it can impact their ability to provide a stable and supportive environment for the child.
- Mother treated violently: Witnessing domestic violence between parents or caregivers can be traumatic for children and have long-term effects on their mental and emotional well-being.
- Incarcerated relative: Having a family member, particularly a parent, incarcerated can disrupt family dynamics and lead to feelings of shame, instability, and loss for the child.
- Substance abuse: Living in a household where substance abuse occurs can expose children to neglect, violence, instability, and increased risk of substance abuse themselves.

- Divorce: The dissolution of parents' marriage can be a source of significant stress and instability for children, leading to emotional distress and feelings of abandonment or guilt.

3. How does an ACE (Adverse Childhood Experiences) score correlate with various aspects of psychological and physical well-being?

Individuals are assigned an ACE score based on the number of ACE categories they have experienced. Each type of ACE is counted as one point, so a person's ACE score can range from 0 to 4+. Research has shown that higher ACE scores are associated with an increased risk of various health problems and negative outcomes later in life.

A. Having an ACE (Adverse Childhood Experiences) score of 0 suggests:

- Low likelihood of facing adverse health conditions in adulthood.
- Low chance of taking up smoking, attempting suicide, experiencing depression, and participating in substance abuse.

B. Having an ACE (Adverse Childhood Experiences) score of 1-3 suggests:

- Using illicit drugs increases from 11.3-21.5%. The associations with alcoholism, depression, and suicidal tendencies also go up correspondingly.

- Social, emotional, and cognitive impairment is familiar with such individuals, as is the possibility of disrupted neurodevelopment.

C. Having an ACE (Adverse Childhood Experiences) score of 4+ suggests:

- The possibility of disease, disability, and social problems also substantially increases, and early death is also a likelihood.
- Becoming an alcoholic increases fourfold, while the possibility of suffering from chronic depression triples.
- Chance of heart disease and stroke double, while the likelihood of severe financial issues and problems while working will triple.

4. What are some of the specific health conditions commonly associated with adverse childhood experiences (ACEs)?

Adverse Childhood Experiences (ACEs) have been linked to a wide range of physical, mental, and behavioural health conditions. Some of the specific health conditions commonly associated with ACEs include:

- A. Autoimmune disease:** Among patients with lupus, 63 percent reported having one or more ACE, and nearly 20 percent had four or more ACEs.
- B. Cardiovascular disease:** There is a strong association between exposure to ACEs and cardiometabolic outcomes, including heart disease, hypertension, and obesity.

- C. **Chronic obstructive pulmonary disease (COPD):** The risk for COPD increased as the number of ACEs increased, suggesting that ACEs were an independent risk factor.
- D. **Diabetes:** ACEs exposure increases the risk of type 2 diabetes by 32 percent compared to patients with no ACEs.
- E. **Cancer:** ACEs strongly predict behaviours that increase the risk of adult cancer.
- F. **Depression:** Having at least one ACE is associated with almost three times the odds of depressive symptoms among individuals reporting poor perceived social support.
- G. **Substance use:** According to a 2018 study, adults who experienced household abuse were 30 percent more likely to binge drink alcohol than the general population.

By addressing childhood adversity and promoting resilience, it's possible to mitigate some of the long-term health effects associated with ACEs and improve overall well-being across the lifespan.

5. How do suppressed emotions affect one's health?

Suppressed emotions increase the risk of cancer by 70% and heart disease by 47%.

6. How can the process of DNA integration promote health and balance?

DNA integration, in a metaphysical and holistic context, refers to a process of visualising and energetically modifying one's genetic material to promote health and balance. The described steps for DNA

integration involve a guided meditation or visualisation aimed at mentally and energetically interacting with one's DNA at the time of conception. Here's a breakdown of the process and its components:

- A. **Imagining the room and conception:** Close your eyes and imagine yourself in a room. Take a moment to bring your awareness back to the time of conception when the egg and sperm came together.
- B. **Deleting unhealthy DNA in the egg:** Visualise your awareness going inside the egg before it fuses with the sperm. With the assistance of a mentor or guide, delete any unhealthy DNA present in the mother's egg.
- C. **Deleting unhealthy DNA in the sperm:** Now, imagine yourself going inside the sperm cell and into its DNA. Again, with the guidance of your mentor, delete any unhealthy DNA that exists in the sperm.
- D. **Fusion of egg and sperm:** Picture the egg and sperm coming together and fusing. As they fuse, the tail of the sperm washes away. Observe the cells in the sperm and egg merging, becoming one.
- E. **Cleaning the DNA strands:** Envision the combined DNA strands as a helix with two intertwined strands. Invite a mentor to assist in cleaning all the DNA strands at the highest level. See the mentor cleansing the DNA strands, purifying them, and ensuring

their perfect health for your current lifetime. Imagine this process as a healing shower that reaches every part of the DNA.

- F. **DNA division and multiplication:** Visualise the cleansed DNA dividing and becoming two strands. The DNA continues to divide and multiply, maintaining its integrity and carrying infinite health and vitality.
- G. **Birth and growth:** Picture the cells dividing rapidly until they form a complete, perfect baby. Visualise the baby's tiny fingers, eyes, lips, teeth, face, hair, belly button, and internal organs. See the baby growing in a womb filled with love, vitality, and support from the mother and father.
- H. **Receiving health and balance:** Imagine the baby growing up in an incredible environment, where its DNA remains healthy and vital. See the baby thriving mentally, emotionally, and physically, experiencing balance and vitality.
- I. **Radiating health and balance:** Allow the baby's infinite health and balance to radiate out into the room you're in, your house, all houses in the world, the stars, galaxies, and the cosmos. Finally, let this energy return to your heart, knowing that all parts of you are fully integrated.
- J. **Closing and integration:** When all parts of you are fully integrated, you can open your eyes. Remember to take care of yourself by resting, sleeping, and giving yourself me-time. Drink

plenty of water and consider taking a salt bath for further relaxation.

DNA integration offers a path to more precise, effective, and individualised care, ultimately leading to better health outcomes and improved quality of life.

7. What are the essential questions to ask when working with a health issue?

When working with a health issue, it is crucial to gather comprehensive information to ensure accurate diagnosis, effective treatment, and proper management. Here are essential questions to consider:

- A. What is the health issue that you want to resolve?
- B. When you are free from it, how will it make you feel?
- C. What is the opposite of this feeling? When have you felt this feeling before?
- D. Knowing that there is this health issue, how does it make you feel? Where in the body do you feel it?
- E. When have you felt like that before? When else?
- F. (If relevant) When does it become worse? When does it become better? When did it begin? How did it make you feel?
- G. Of the 3, which one do you want to work with now?

By addressing these questions, both clients and facilitators can work together more effectively to manage various issues, improve outcomes, and ensure comprehensive care.

8. What is the life's purpose & rebirthing steps?

Life's purpose can be understood as the reason for your existence, the central motivating aims of your life—the reasons you get up in the morning. Understanding and fulfilling your life's purpose involves several key steps:

- A. Choose a life issue.
- B. Give your life issue or goal a Validity of Cognition (VOC) level.
- C. Use the memory recall techniques to find related memories.
- D. Tap on the Past You to take out the trauma. Tap briefly and uncover any unconscious beliefs and reverse them. No need to provide resources.
- E. Explore if the issue is still there in the womb and at the time of conception:
 - Step into the womb. Is the issue still there?
 - Go back to the time of conception – is it still there?
 - Is the issue or negativity still there?
 - Tap away the trauma
- F. Go back even further to when you were just pure energy, one with everything – what were you feeling?
 - Who are you?
 - What is your reason for being in this lifetime?
- G. Come back through time to any experiences before conception. Share the resources of who you are and the reason for being in this lifetime at the time of conception and notice how it is

transforming. Notice any beliefs being changed or the new image being created.

- H. Come back to the time of conception. Share the resources of who you are and the reason for being in this lifetime at the time of conception and notice how it is transforming. Notice any beliefs being changed or new images being created.
- I. Come back to being in the womb. Share the resources of who you are and the reason for being in this lifetime in the womb and notice how it is transforming. Notice any beliefs being changed or new images being created.
- J. Go through the re-birthing:
- Top of head, face, neck, chest, hands, fingers, belly, bum, hips, thighs, legs, feet, toes.
 - Placed on the mum's belly (if not biological parent invite a guardian or divine mother).
 - Radiating the knowledge of who they are and the reason to be born.
 - Placed on the mum's breast and umbilical cord cut in its own time.
 - Mom and Dad connecting with the baby noticing the gift of the baby.
 - Radiating the knowledge of who they are and the reason for being born.

- K. Take the knowledge of who they are and the reason they were born and sprinkle it all over the subsequent memories all the way to the present. Notice how it is transforming.
- L. Now step into the future a day from now. Breathe how they're breathing, feel how they're feeling, while staying connection to the knowledge of who you are and the reason you were born. Notice how do you feel now about that life issue?
- M. Step into the future a week from now. Breathe how they're breathing, feel how they're feeling, while staying connection to the knowledge of who you are and the reason you were born. Notice how do you feel now about that life issue?
- N. Step into the future a month from now. Notice how even the future is transforming with the knowledge of who you are and the reason you were born. Notice and feel all the transformation. Notice how do you feel now about that life issue?
- O. Step into the future a year from now. Breathe how they're breathing, feel how they're feeling, while staying connection to the knowledge of who you are and the reason you were born. Notice how do you feel now about that life issue?
- P. Bring the knowledge of who you are and the reason you were born to the present. Complete the field meditation: field programming and heart meditation.
- Q. You will find you will you will
only be able to open your eyes as soon as all parts of you are fully

integrated, ready to carry on the healing process, perfectly automatically on your own, without have to do a thing, just like the part of you that makes your eyes shine and your hair grow.

- R. Optional: Complete the field programming and heart meditation in the present and the future.
- S. Congratulate and reassure your client. Thank and acknowledge them.

Both understanding life's purpose and engaging in rebirthing are deeply personal processes. They require patience, self-compassion, and a willingness to explore your inner child.

9. What are the next steps?

Here are the next steps:

- A. **Update:** Your personal development log.
- B. **Hydrate:** More water than normal to keep yourself hydrated.
- C. **Rest:** Sleep, rest and relax deeply to allow the process to integrate.
- D. **Detox:** Take a salt bath to draw out toxins from the skin.
- E. **Condition:** Give space to the new behaviours to be embedded by conducting the field meditation as often as you want.
- F. **Chant:** The truth of who you are as often as you remember.

ADDITIONAL QUESTIONS:

1. Is birth trauma considered an Adverse Childhood Experience (ACE)?

So, according to the ACE's study various adverse experiences that someone may encounter during their childhood can be ACEs (Adverse Childhood Experiences) like experiences that occurred after birth. This is because people typically don't have conscious memories of events that happened before birth or during infancy.

The ACEs study has revealed that adverse childhood experiences like birth trauma can have significant and lasting effects on physical health, mental health, and overall well-being into adulthood. Understanding ACEs is essential for developing effective interventions to address their impact on individuals' health and well-being.

2. In a program consisting of six sessions, how many days are dedicated to one-on-one sessions?

In a program consisting of six sessions, the frequency of one-on-one sessions varies depending on the type of exercises being conducted. For nervous system regulation exercises, the frequency could range from every two days to every three days, with potentially higher frequency if needed. During Emotional Freedom Techniques (EFT) sessions, the frequency might be weekly, adjusted based on the depth of the work being done. Inner Child Matrix sessions may occur once a week or once every two weeks, allowing time for integration between sessions.

Generally, the stability of the individual determines the session frequency; more stability may warrant more sessions, while deeper work may require more time between sessions for integration. Additionally, between sessions, check-ins or meetings can be conducted.

3. Could there be a scenario that one may not notice any issue in the cell however the issue is there?

You can bring in a mentor or imagine using a metaphorical "time machine" to investigate. However, if you find that the issue is present but not immediately apparent, consider bringing in a mentor to guide you. You can engage in a dialogue to explore the possibility of the issue being visible or not, or even if it emerged later in life due to mutations or other factors.

For instance, if you have myasthenia gravis, you might ask your mentor to guide you back to the time of conception. You can metaphorically place yourself in a time machine and travel to the root of the DNA change causing the condition. Press the button, let the time machine take off, and notice how old you are.

Step out of the time machine, enter the body, and focus on the cell and DNA. You're no longer dealing with just sperm and egg; now it's about the human body and its development. This exploration can help you understand if the issue existed at the cellular level, even if it wasn't initially observable.