

SENIOR MENTORS & PRACTITIONERS TRAINING QUESTIONS & ANSWERS 31ST JANUARY 2026

QUESTIONS ANSWERED:

- 1. In Inner Child Matrix (ICM), after identifying the generation and placing black magic in the box and crossing it with a red pen, what is the next step?**

Once you've identified the generation and written it (or the person/energy) on a blank piece of paper with a red pen — crossing it through — the next step is to physically freeze the energy.

- A. Freeze the energy in its tracks: Write the name or issue across the paper so it takes up the space. Fold the paper if needed, place it inside a plastic (preferably zip-lock) bag, seal it properly, and put it in the freezer. This is done so the energy does not continue to invade or affect your system.
- B. Leave it in the freezer for a minimum of 21 days: The intention here is simple: you are arresting the energy so it cannot reach into you anymore.
- C. Light a candle daily: While it's in the freezer, light a small candle (a tea light is enough) every day for 21 days. These supports clearing and protection while your own energy system recalibrates. At the same time, notice how you feel emotionally

toward the person or situation — often things start settling very quickly once the freezing is done.

- D. Clean your own energy: Freezing stops the incoming energy. Alongside this, gently focus on clearing your own system — because sometimes these energies take residence inside. The process supports both:
- stopping the external influence
 - cleaning your internal space

If needed later, additional ICM processes (like cord cutting or matrix work) can be used.

- E. When it feels complete: Once you truly feel it's past, take the paper out and burn it. Dispose of the plastic separately (don't burn the plastic). This completes the release.

After crossing the generation or energy in red, the next step is to physically freeze it: place the written paper in a sealed plastic bag in the freezer for at least 21 days while lighting a candle daily. This arrests the energy, protects your system, and allows space for inner clearing. When the situation feels resolved, burn the paper to complete the process.

2. Why might I suddenly notice internal judgment toward a client during a session, especially when that's not something I usually experience?

Noticing judgment toward a client — especially when this isn't your usual experience — is often a signal, not a mistake. It usually points to something deeper unfolding in the therapeutic space. It may be mirroring something inside you. When judgment appears, a helpful first question is: who is the part of me that is judging — and what exactly is it judging? Often, there's also judgment toward yourself for having the judgment in the first place. This can reveal an internal pressure around outcomes, responsibility, or "doing enough."

Sometimes the client's presenting issue connects to something in your own life — even subtly. It may be about follow-through, listening to inner guidance, or wanting results while resisting certain steps. The client can become a mirror. The client may be expressing pain, not resistance. What can look like resistance is often a client saying, I'm in pain, I've tried everything, and nothing is working.

They may not actually be asking for solutions in that moment — they may simply be sharing where they're at. For a client to admit this, both to themselves and to you, means they feel safe enough to speak their truth. That alone is a big win. Judgment can arise when expectations meet reality. If a client wants results but doesn't want to explore what's coming up, this can trigger frustration internally. A part of you might think, this is part of the work. That tension — between wanting change and avoiding certain steps — can activate judgment. But it's often

highlighting the client's deeper struggle: navigating pain while feeling stuck. This is an invitation to slow down and get curious. Rather than pushing for progress, it helps to gently explore:

- What's working and what isn't?
- What do they actually want right now?
- How long has this been happening?
- What are the small things that have helped?
- How are the little shifts connected to the bigger picture?

Sometimes it's about acknowledging how hard this is — the shame, the body issues, the health challenges — and allowing space for that before moving forward. Sudden judgment toward a client usually points to mirroring, unmet expectations, or unspoken pain in the room. It's not a failure — it's information. By noticing it with compassion, checking what it reflects in you, and staying curious about the client's deeper experience, the session can move from frustration into understanding. Often, the most powerful healing comes simply from helping the client feel seen, safe, and heard.

3. Why might a client refuse to explore certain areas — and how can I support them?

When a client doesn't want to go somewhere in a session, there is almost always a reason behind it. That area is often non-negotiable for them because it triggers something deeply uncomfortable. Rather than pushing, it helps to gently explore what sits underneath. Explore body

relationship and self-perception. You can ask simple, compassionate questions such as:

- How do you feel about your condition?
- How do you feel about yourself as a woman?
- What do you feel when you look in the mirror?
- Which parts of your body can you meet?
- Which parts can you not meet?

Very often there is internal body shaming, self-blame, and self-hatred present. A lot of shame can be living in the system. Respect their boundaries. If a client can honestly say, I don't want to go there, it also shows they know their limits. That deserves respect. You can reassure them that they don't need to go there right now — and that's okay. Healing doesn't have to be forced. It's usually a journey made up of many small steps, sometimes big ones — and it's important to check if that pace feels okay for them.

Create safety, not pressure. Many clients already push themselves enough. They don't need leverage or pressure from you. What they truly need is a safe space to open up to the pain of where they're at. When there is shame, self-criticism, and emotional overwhelm, safety matters more than speed. When a client resists exploring something, it's rarely stubbornness — it's protection. Beneath it is often shame, body judgment, and deep emotional pain. Your role is not to push, but to offer safety, honour their boundaries, and support them through

gentle, compassionate steps. Healing happens when the client feels safe enough to meet themselves.

4. When I usually turn challenges inward but notice a client who blames others—and I can clearly see where she may be wrong—how do I work with this without slipping into judgement?

To begin with, bring yourself back to your own life experience. Think about a time when it took you months — or even years — to really understand what was going on in a situation. Awareness doesn't arrive instantly for everyone. If your attention moves into "I can see the dynamic here," instead of meeting the client where they are, that's when judgment quietly enters — and that will interfere with the work. Meet them where they are, not where you think they should be. When a client is blaming others, what they're really saying is: I'm not ready to take ownership yet. You're my safe space. I just need to vent. Your role is to hold that space. You can acknowledge their truth:

- Thank them for trusting you.
- Let them know you can imagine how hard this feels.
- Reassure them you're happy to hold space for as long as they need.

This doesn't mean agreeing with their story — it means meeting them in their pain. Shift from "she can't see it" to "she's hurting" Instead of asking why she can't see it, ask:

- What is being grieved right now?

- What loss hasn't been faced yet?

The only reason someone stays stuck in a story is that they're in hurt. They're in pain. If they could move past it, they would. Let them meet that pain. Let them feel it. Let them break down in it if needed. That's where healing begins. Watch your own inner reactions. If judgment shows up, gently check in with yourself:

- Is my awareness on fixing?
- Is my awareness on insight?
- Or is my awareness on holding space?

Judgment usually sounds like:

- Why aren't you getting it?
- That's your cue to come back to compassion.
- Any judgment — even subtle — breaks rapport instantly.

Create safety, not pressure. Clients don't need leverage. Most already push themselves enough. What they need is safety. They may not be ready to face certain truths yet, and that's okay. Healing happens in stages. You can't take someone to the last step before they've walked the earlier ones. Your job is simply to stay present.

When a client blames others, it's not resistance — it's pain. If judgment arises in you, bring your awareness back to their hurt, their grief, and their need for safety. Meet them where they are, let them feel what needs to be felt, and hold space without agenda. Insight will come in its own time — healing starts with compassion.

5. What should I do when I notice I'm losing patience with a client during a session?

First — notice it. Losing patience is a beautiful realisation. Instead of judging yourself, pause and ask: Who else is losing patience with whom right now? Often, what shows up in the session is a metaphor.

Everything in your microcosm reflects something in the client's macrocosm — and vice versa. So, when impatience arises, it's usually pointing to something that needs untangling. Treat it as information, not a problem. Your reactions as a practitioner are often mirroring what's happening for the client.

If intensity or impatience shows up in you, there's likely something in them that hasn't come up and out yet. Ask yourself:

- What is showing up here right now?
- What is stuck?
- What is waiting to be seen?

This shifts you from frustration into curiosity. Stay conscious — and allow what's happening. It's okay if clients get triggered, as long as you're aware and present. Sometimes, when a client is really stuck, a little directness can help movement. Not force — just honesty. There is also a place for saying what you're noticing, when it feels safe to do so. And if you're unsure, it's powerful to be vulnerable: I feel a bit stuck right now. What I just said seems to have landed strongly — can we talk about it? That openness often deepens trust. Trust your inner guidance.

Sometimes you're being used to create just enough friction for growth. You may not always understand why in the moment — but trusting your gut matters. Even if it feels uncomfortable, something meaningful may be unfolding. And remember: keeping clients safe is important. Being direct can come later, when you feel ready and grounded. When impatience arises, don't push it away. Treat it as a signal. Everything in the session is meaningful. Stay conscious, stay curious, and let your reactions guide you toward what needs attention. Whether through gentle holding, vulnerability, or careful directness, trust that awareness — not force — is what creates real movement.