

SPIRITUAL INNER-CHILD HEALING

Hazel Newton

*The spiritual quest begins, for most people,
as a search for meaning.*

Marilyn Ferguson

INTRODUCTION

Re-visiting painful childhood memories and witnessing earlier events with our adult perspective can be utterly transforming. We can use the wisdom that time, life experiences and knowledge has subsequently given us and create an opportunity for profound understanding, release, transformation and healing. With the help of an experienced therapist, events that seemed so painful as a child can be reviewed, the life lessons understood, deep inner truths expressed and frozen energy transformed.

I have a deep understanding of various medical and holistic healing treatments and their results. Formally a registered general nurse, then a clinical specialist with a pharmaceutical company, I am now a clinical hypnotherapist, regression therapist and life between life regression practitioner. I also have the pleasure of working with Andy Tomlinson as his co-trainer, organizer and supervisor with the *Past Life Regression Academy* in the UK.

Having studied and practiced inner child healing for many years with an ever-increasing enthusiasm, I recently became very passionate about the integration of a new spiritual approach that helps clients shift their perspective on previous life events in a deeply profound manner. For the first time they understand their true spiritual nature and the journey of their soul as it travels through a myriad of lives in its quest for experience and understanding of itself.

This chapter will provide you with details of the more traditional well-established inner-child healing techniques in addition to new spiritual ones, and the transformations that occur following these practices using case studies. Near the end of the chapter practical steps are included of how integrate inner-child healing in a session.

The originating cause of our disturbing thoughts, negative emotions, disease and disharmony can often be traced back to a moment in either childhood or a past life, and through deeper investigation to the soul's intricate and deliberate life plan.

The more spiritual aspect has evolved from working with life between life clients using personal experiences and drawing the knowledge from the extensive work of pioneers, primarily Michael Newton. It provides a new tool for therapists to use in conjunction with traditional inner child healing, or asa technique in it's own right.

Spiritual inner-child healing ensures a deeper understanding of earlier situations experienced by examining a soul perspective that creates deep and transformational healing. We have been using this technique with both clients and students from the *Past Life Regression Academy* monitoring all the many positive transformational outcomes.

FUNDAMENTAL PRINCIPLES

What does this term inner-child healing actually mean? During childhood a child may experience trauma - an aspects of life that is deeply painful and sometimes quite unbearable. In such moments the psyche has various ways to protect and help the child survive. Consciousness may temporarily leave the child's body whilst it is enduring discomfort or abuse by travelling to other realities - a park to play in, or a room full of dolls and teddies. It may even stay in the vicinity and observe the painful event in a very disassociated and detached way from the out of body perspective, looking down on the situation:

Linda regressed to a time where her father was sexually abusing her at the age of seven. She left her body and went and sat on the stairs outside the bedroom each time it happened. She even grew up to call her adult-self, "Lynne" as she couldn't or wouldn't associate herself with the younger part of her that had in her mind allowed the abuse to happen. So in essence Linda became Lynne's stuck inner child.

The psyche is merely protecting itself as it detaches from that part of itself experiencing the trauma. In the case of a childhood event, it is likely that the child victim becomes frozen in time, whilst the rest of the personality continues to grow up. Sometimes these memories are buried below the level of conscious awareness. However, the frozen inner child is able to continue to influence the growing person, often in powerful and significant ways, throughout the rest of their life. This can display itself in many ways.

Little-Linda's beliefs manifested in a deep distrust of men; a powerful belief that men will abuse her in some way, also

abuse is the only way she gets to experience love. This belief became a part of Lynne as she grew up. As our lives are reflections of our inner beliefs this belief played out in her life. She was abused repeatedly by many men during her childhood and throughout her younger life and even married a man who sexually abused her every day during their 25-year marriage. There will be more of Lynne's story later in the chapter.

The fundamental principle of inner child therapy is to return to the source of the trauma to allow the client to be reunited with the frozen aspect of themselves. This can be understood with a new perspective that transforms old beliefs and their resulting behaviours. The young-self can be unfrozen and fully integrated with the adult including being guided into the future to create a positive experience.

John Bradshaw is one of the world's leading figures in the field of psychology and recovery, and a major pioneer in inner-child healing. Bradshaw has helped thousands of people discover the truth about their childhood secrets and traumas. He has developed excellent methods and techniques for healing and reintegrating the stuck lost child with its adult self. His book *Homecoming*¹ has a wealth of practical information and transformative techniques. I strongly recommend it together with his later books.

In my practice I have incorporated ideas and techniques developed by Brandon Bays contained in her book, *The Journey*². She has developed outstanding techniques to return to the source of the pain/disease to release and transform the situation. She has taught and healed thousands of people through her comprehensive books and experiential seminars.

More recently I have integrated the work of Debbie Ford, who focuses on the principles of human shame and sub-personalities. These are the masks we subsequently create to hide our shameful 'shadow' from others, and often from ourselves. Her book, *The*

*Dark Side of the Light Chasers*³ is enlightening and highly informative. So too is her book, *Why Good People do Bad Things*⁴. This can be explored further in Caroline Myss book *Sacred Contracts*.⁵

INNER-CHILD ARCHETYPES

Below are some of the archetype behavioral patterns playing out in peoples current life based on their frozen inner-child.

The Pleaser.

I suppress my feelings so that everyone feels all right. If I please people they will like me, and if everyone feels good they will not reject me. Later in life I don't value myself. I will do anything for a quiet life and often feel guilty. I can only relax when everyone has everything they want.

The Achiever

I try harder and harder to prove to my parents that I am good enough to be loved. Later in life I am a workaholic and overstressed. Success is a matter of life and death. If I'm not perfect, I have failed and I won't be loved.

The Rebel

My parents were controlling. The only way I get attention is by doing something naughty and by making a fuss. This meant trouble but at least they gave me attention. Later in life I like to shock and I often get angry. Usually it is because people won't do what I want them to do.

The Victim

I get attention when I cry and tell mum that someone has hurt me or I don't feel well. If I cry enough, I will get some love. Later in

life it's the fault of everyone around me. I can't take responsibility for my life because if I do, no one will look after me. It's always someone else's fault when things go wrong in my life.

The Rationalize

I live in my head because it's the safest place to be. Emotions around my family were overwhelming so it is safer to disconnect from my emotions. My family doesn't acknowledge feelings, I was told never to cry or get angry so I don't know how to deal with my feelings. Later in life I cannot remember the last time I was angry or sad.

The Rescuer

Pleasing my parents made them love me. The other children used to call me a 'goody' and 'teacher's pet'. Later in life I like victims because I can look after their problems. I rescue people to make sure they are dependent on me because it makes me feel in control and needed.

TRADITIONAL INNER-CHILD HEALING

Using hypnotic regression a client can travel back in time to events often not known to the conscious mind. These events from childhood are those that are responsible for unhelpful, dysfunctional behaviour and beliefs that may well be causing havoc in the adults' life.

Meeting and working with the inner-child during a current life regression creates an opportunity to transform, heal and integrate the part of the client that got frozen or 'stuck' following a trauma in their childhood or earlier years.

As stated earlier, this stuck inner-child often controls and influences the beliefs, thoughts, behaviour and emotions of the adult. Guiding the client back to the source of the problem called the initial sensitising event allows for a significant release and new understanding of the original situation. Reuniting the inner-child with its adult-self becomes possible by giving the client the opportunity to re-explore the event and with a new perception of the event that the inner-child got stuck in.

A profound transformation takes place in the hypnotic state using dialogues with all the parties concerned. Using hypnotic role-play the child-self is first met by their adult-self who connects with them lovingly and gives new strengths and empowering qualities and then energetically meets the perpetrator. The inner-child is able to safely speak their truth regarding the traumatic event and be heard by their perpetrator that is very often the father or mother. During the dialogues the inner-child is able to ensure that their perpetrator now understands exactly the full extent of how these earlier events had a devastating impact on the rest of their life. The inner-child then observes and feels the shift that takes place within the perpetrator who appears to instantly gain a new insight and perspective regarding the situation and the impact on the child. This new shift within the perpetrator helps the inner-child immensely, often resulting in a new level of understanding about why they were treated in this manner.

Exploring the painful events further, the inner-child often discovers and appreciates what originally influenced the perpetrator to behave in the way they did, perhaps resulting from similar painful events in their own childhood. This understanding and forgiveness from all parties is exceptionally powerful, often resulting in hugs, tears and expressions of understanding and love. With this knowledge the inner-child is encouraged to finally let go of the event and they often end up being very forgiving, which is deeply healing.

The therapist can guide the adult client to give the inner-child helpful empowering qualities such as inner strength, self-love and self-assurance, confidence and inner peace incorporating them into their psyche. The inner-child is then free to grow up within the client all the way up to the client's current age, creating a huge shift in energy and remarkable healing for them.

CASE STUDY – THE CHILD WHO LOST HER FATHER

Rosie was 41 when she came to see me and was deeply depressed. Her marriage was failing, her husband was verbally abusive and she no longer loved or respected him. She only stayed with him because she feared that she could not cope alone in life. She had no children and felt lacking in life purpose. She rated her level of anxiety as 10/10, occurring four to five times a day and lasting for around 20 minutes, but sometimes up to an hour. She was also reluctantly taking antidepressants that hadn't seemed to help her at all.

After the interview I easily bridged Rosie back to a recent event a few weeks previously where she had felt anxious. It had been in the office where her boss had been impatient with her for not delivering some information to him on time. She felt useless, incapable and helpless, tears started to roll down her cheeks.

I asked her to get in touch with the feelings inside of her and to go back to a much earlier event where she had felt the same feelings. On the count of three she was in a scene, at the age of 17, where her first boyfriend was taunting her for not being fit and athletic, and for being overweight. Rosie told me that at the time she was only a few pounds heavier than the ideal weight and was not interested in

athletics and hockey because she loved to read and was particularly interested in history. His words however cut her like a knife and she felt insignificant, unimportant, useless, and again, helpless. She began to dab her eyes with the tissues and I handed her a tissue as tears freely flowed down her face.

I asked her if this was a familiar feeling or a shock, (this helps you to know if you have uncovered the root of the problem) and she replied it was very familiar, so I regressed her back further to an earlier significant event. She found herself in the playground at the age of six. Rosie had moved to a new school and all the children already had friends. They took great delight in teasing and bullying her, tripping her up and saying cruel and nasty things to her. She had no friends and felt utterly desolate, helpless, insignificant, useless and an outcast. Her school teacher also treated her coldly by picking on her in class, asking her questions she couldn't answer, and humiliating her in front of the rest of the class.

I thought this may be the source but she felt this was still a familiar feeling and she regressed back further to the age of three. Rosie found herself in a scene where her mother was screaming and shouting at her father as he stormed out of the house for the final time. She was in the lounge and her mother then shouted abuse at her, saying it was all her fault that he had left and that she was useless and she wished she had never been born.

This was a shock to her, and she froze in that moment as a part of her believed her mother's words - that she was useless and a nuisance. It was at this point that the belief was created and took root in her subconscious mind.

I asked little-Rosie to wait and gently tapped Rosie on the forehead and asked to speak to grown up Rosie. I suggested big-Rosie sat little-Rosie on her lap and put her

arms around her and comforted her - in just the way she had wanted to be comforted when she was younger. I gave big-Rosie a cushion to put her arms around to deepen the experience. Tears were flowing and Rosie was sobbing and I encouraged her to release all the pain and eventually the sobs subsided.

Big-Rosie was asked to talk to little-Rosie and was encouraged to imagine looking in her eyes and tell her she loved her. This she did happily and it was a beautiful scene to witness as she gently caressed little-Rosie and comforted her and told her she loved her so much and would look after her in the future. I spoke with little-Rosie and asked her what she needed from big-Rosie. She said she didn't understand why it was all her fault and what had she done wrong?

Big Rosie was able to tell little-Rosie the truth as she had the adult knowledge and perspective of the situation. She then carefully and patiently explained to little-Rosie that it most definitely wasn't her fault and that Mummy was just hurting so badly that she lashed out at her because she was close by. Also because she didn't want to face the fact that she herself was responsible for him leaving. This was very comforting for little-Rosie to hear and more hugging went on between the two.

I then asked big-Rosie to take hold of a big bunch of colourful balloons and I told her that each balloon contained an empowering quality. Then one by one big-Rosie gave them to young-Rosie for her to breathe in their energy and incorporate each positive quality into her self, growing up with these new strengths inside her.

Big-Rosie decided on a red balloon full of courage. Little-Rosie was asked to take the balloon and breathe in the essence of courage and feel it flowing through her legs

and up into her body, arms, hands and head. She explained that it felt lovely and she already felt stronger.

The colour red will also have been working energetically. Those of you who study colour therapy will know the value of each significant colour. I feel it is important that the adult client chooses the qualities for their younger self and is not told what to give them by the therapist. A few suggestions and ideas may be useful to prompt some clients if they are not sure.

Big-Rosie then handed her one balloon after another with the qualities she needed - a dark pink balloon to be worthy of love, a green balloon full of self love, a purple balloon filled with the ability to make friends easily, a blue balloon filled with wisdom and the ability to see the big picture, an orange balloon to have fun and a lilac balloon full of the knowledge that she is perfect and loveable just as she is. She breathed in and absorbed the energy of each of these qualities and strengths that big-Rosie felt would be helpful for her to grow up with. I suggested a final balloon that was rainbow coloured and contained every other quality she might ever need so she could always find what ever she needed within herself.

Little-Rosie said she felt wonderful and was ready to speak to her mummy. With her new strengths she intuitively spoke to her mummy telling her she was very sad that daddy had gone, and that it wasn't her fault. She was sorry that mummy was hurting so much and that she wasn't happy that mummy had blamed her for something that wasn't true. By listening to little-Rosie speaking her truth in this way mummy bowed her head in shame at what she had done. Rosie could feel her regret and sent a little spark of love into her heart and mummy then apologised profusely and hugged little-Rosie. Big-Rosie also spoke

directly to mummy, telling her about the impact on her life and how unfair it had been. Again mummy hung her head in shame and explained she had no idea of the far-reaching consequences of her words and actions and begged for forgiveness, which big-Rosie freely gave her. Little-Rosie and mummy also embraced using a cushion as a prop that was very healing for both of them.

Once the dialogue was complete, both Rosie's were at peace with mummy. I then asked big-Rosie to shrink little-Rosie down so she was small enough to fit in the palm of her hand. I then instructed her to push little-Rosie into her heart where she could now grow up and become a healthy and a fully integrated part of her. After this little-Rosie was taken through her growing years up to ages of 4, 5 and then 6, where she was guided to revisit the significant event in the playground at the new school. Again little-Rosie connected with her new strengths and found herself in the playground at her new school. This time however, she was the centre of attention and all the children wanted to be her friend. She had a special accent and was emanating a different energy so the children felt no need to bully her. Little-Rosie was feeling fantastic and subsequently found herself in the classroom easily answering all the questions the teacher asked in a confident and likeable way. She was going from strength to strength and discovered she was actually very bright.

I asked big-Rosie to experience little-Rosie growing up with her new qualities. We stopped at the age of 17 when her boyfriend had told her she was overweight. Now she just laughed at him and said, *"I am gorgeous just as I am, and as you don't appreciate me, move along now and I will find a much nicer boyfriend who can see just how special I am."* Then I suggested imagine herself in a much healthier relationship, and she was delighted.

She continued growing up to the more challenging events of her marriage. At each one she transformed the memories, expressing her self-worth and ignoring the abusive words her husband directed at her. Finally, she visited a recent event with her boss and realised that she had completed her task on time. Now she felt energetic and confident as she experienced her boss praising her for her efficiency.

Building on these experiences I took Rosie a month into the future where she intuitively experienced being promoted at work. Then six months into the future when she created for herself an amazing holiday with her best girlfriend. Finally Rosie was taken a year into the future, when she experienced entertaining her mother at Christmas in a loving way and being in a wonderful relationship with a man who was kind, loving and appreciative.

I brought Rosie back to the present moment and she opened her eyes and a huge smile and look of incredulity spread over her face. "Wow!" she said, "*I feel so different already. So much more positive and stronger.*" We discussed the session and made the next appointment.

She returned a month later and the results of the session were superb - her level of anxiety was zero! She was enjoying her job, had come off the antidepressants with her doctor's approval and had decided to leave her husband. It seemed they were parting amicably and she was excited about life and the prospect of meeting someone who would treat her like a princess!

On the follow up session we worked on another issue to break her habit of biting her nails. I received an email from her six months later saying:

Hi Hazel, I do not know how to repay you for the session we had earlier this year, because my life is completely

transformed. Before I had my session with you I was depressed, anxious and saw no future for myself at all. My life is 100% better since we had the first session together. I feel like a completely different, freer and more confident person. I now have a very sweet relationship with my Mum - it has vastly improved and I enjoy being with her now. I have also met an amazing man. He is a widower with two small children ages six and five who are gorgeous. I am absolutely over the moon! We are very much in love, I am able to speak my truth with him and he appreciates me in a way I have never experienced before! Guess what, I have been promoted just like we saw in the session. I am also being paid more – quite a lot more! I have also painted a picture of all those beautiful balloons to remind me of all these life-changing qualities inside me now.

I don't know how to thank you enough for this miracle. I am referring you to all my friends ...

This case study is actually very typical and I have had many clients who have suffered from similar life altering experiences in their childhood, abuses, bullying, abandonment, cruelty, and the like. Not all clients respond in just one session and some may well need 3 or more, where it is necessary to work with different aspects of a problem. Some clients respond better when used in conjunction with past life regression. The roots of a complex or challenging issue often derive from a past life and have been triggered in a current life. The soul has brought this issue into the current life to address, work on, transform and release.

Inner-child healing is an incredibly fast way for the majority of clients to quickly transform the old unhelpful beliefs and reintegrate their frozen inner-child. It frees them up to enjoy the remainder of their life. The techniques used with Rosie are at the end of the chapter.

THE SPIRITUAL PERSPECTIVE

The most significant aspect of the new ‘Spiritual Inner-Child Healing’ that I want to share with you in this chapter is the merging of traditional inner-child healing therapy with the discovery and understanding of our true spiritual nature. Integrating our important life and soul purpose, the way we work together with other members of our immediate Soul-group or souls from neighbouring groups. Souls contracting to assist each other to complete and experience the life lessons they have come here experience and to learn from.

The important pioneering work of Michael Newton in his books *Journey of Souls*⁶ and *Destiny of Souls*⁷ was in regressing thousands of people to the place in the spiritual dimension where souls go between each earthly incarnation - into the ‘life between lives’ state. To be strictly more accurate we should consider this spiritual dimension as our true home. We venture away from ‘home’ into the denser environment and dimension of Earth for our human life experiences. Newton's work has certainly enlightened us on how all this is possible.

It is interesting to work with many clients who are neither spiritual nor consider themselves to be religious who in a trance state during hypnosis or a current life regression session, spontaneously find themselves aware of being in spirit form. They can meet their spirit guides, reviewing a past life, or be surrounded by a council of elders making plans for a future life. Their discoveries in these sessions give them new spiritual insights into the existence and journey of their eternal soul and a new deep meaning to their lives. Often this leads to transformational positive changes in their health, behavior, relationships and beliefs.

Newton also describes how it is actually the soul that is responsible for every aspect of each of their human lives. Souls choose the life lessons they wish to learn and grow from. There is

usually a general theme that is shared with fellow souls from the soul group and individual life lessons that enhance the souls learning's and experiences from previous lives. So a soul working on the aspect of control, may decide to choose a life where they feel controlled, often having previously experienced a life where they were the controller. Other souls are chosen or volunteer to work with us and help us have the experience we desire and they are also able to fulfil their life lessons in the process.

This can be very challenging when we see the pain and torment that is a necessary part of many life lessons here on Earth. However, it can also offer us the opportunity to at least see some meaning and a deeper purpose in the atrocities that take place here on our planet. We can also appreciate that everyone despite how they may appear to behave are just souls living out their life plans, just like actors in an Oscar award winning movie. Souls play all the parts eventually of all aspects of each aspect of human life in order to grow and evolve, just like actors! Particularly challenging lives are still the choices of what seems to us here on Earth, very brave Souls!

This extract from a *Souls Journey* captures the essence of soul contracts.

There was a soul whose time had come to take a human birth, and so it went to the great cavern in the infinite void where all such souls went. In the cavern there were hundreds of thousands of souls, each manifesting as a small blue flame.

*And the soul spoke and said, "and on Earth, if I am to learn the greatest lessons of all, the lessons of humility, tolerance under provocation, and love to those who hate me, I shall need enemies. I need people to hate me, abuse me and do violence against me. Who will do this for me?
Who will be my enemies on earth?"*

There was a long pause in the cavern, until at last, a small group came forward and said, "We are your soul group. We have known and loved you over aeons of time, and your growth and learning are as dear to us as our own. This is the most delicate and difficult of tasks, and if you are to be hurt and abused, it is better done by loving friends. We will be your enemies on earth."

Anonymous

So have we all created such agreements with others before our current lifetime? I believe so. We challenged ourselves with lessons and situations that would give our Souls the opportunity to learn, grow and in the meantime also help other Souls we have incarnated with, with their own life lessons.

Now I shall outline how this spiritual knowledge can be integrated into the inner-child healing with clients or used separately with other types of regression.

CASE STUDY – THE CHILD WHOSE FRIENDS WERE INVISIBLE

Spiritual inner-child healing rapidly provides the opportunity for clients to realise a new higher perspective on their life events. It recently emerged as a result of a union of the life between life techniques and traditional inner-child healing. During the inner-child session, whilst deep in hypnosis, it is possible to guide the client into the spirit realms back to the life between life experiences. They can go to the moment when their contracts were created and understanding whose idea the contract was and what the client's soul wanted to experience and learn from the lessons that would inevitably come.

Brian was a man in his late 30's who had recently started working as a therapist and was also a talented clairvoyant. He had seen spirits often as a child, not understanding at first that he was different from other children or his parents. He had thought everyone could see them too. However, his father had bullied and alienated him in a childhood that was similar to the early scenes from the first Harry Potter book and movie. Brian was often shut and sent away, as his parents didn't understand him and were full of fear about what he was saying, and how people would think badly of them. A priest was even sent to exorcise him, and he was terrified by his father's verbal abuse. He was also confused and often very frightened by what he was witnessing all around him with spirits and ghosts visiting him and communicating with him and he inherently knew this was real. Yet he was not believed or accepted and he was in fact ridiculed for talking about his invisible friends.

The relationship with his father throughout his life was very challenging and there was little fatherly love or affection demonstrated. In order to appear more normal Brian chose a traditional job in the city when he left school, hiding away the part of himself that was spiritual, and that saw and communicated with spirits. In fact he was highly motivated to switch off that aspect of himself and hide it away for fear of more ridicule and pain. His father had died by the time I met him as a client and he was fed up with the feeling of hiding himself away.

During our first inner-child session he was guided through many painful events to the first one where he was being locked in his bedroom at age six for talking out loud with the spirits that had become his friends. I asked if this felt like a shock or a familiar feeling – which I had asked at

each of the previous events. This was the first one that he indicated was a shock.

I asked him to now go to the place in the spirit realm where he had met his soon-to-be father, as they were creating the contract for this life. Brian was brought to a scene in which he described he was in a beautiful room like a temple with the soul of his father and his own spirit guide, whom he had met many times before.

I asked what was happening and he stated that he was preparing for a life where he would have a deep spiritual awareness and that he wanted to be controlled, curtailed and squashed in order for him to find the strength and the courage within himself to speak his truth. When he did so, this truth was going to have a significant and positive impact on many people during his next incarnation. He was going to set up many other aspects of his next life to help him achieve this goal, however he needed the soul he was choosing to be his father to play his part without faltering.

In three of his lives before his current one, he had been killed for speaking his truth - so this was a huge challenge for his soul. The insights that would come from the experience of finding himself, and his inner strength and voice, would enable his soul to experience significant growth.

I asked what was happening, and he said that he was in deep discussions with his father, who was saying it was going to be really tough for him to play this cruel part as he loved him so much and they had had many loving lifetimes together. However, this role as the father would allow his soul to experience being the cruel and domineering abuser, and this was a role he and his guides felt he was ready for and he was actually looking forward to it – much like an actor choosing his next tough gritty big screen role.

I asked Brian how he felt about this, and he said he felt such unconditional love and gratitude towards his father - a man whom in his current life he had been terrified of whilst he had been alive.

They then embraced with the help of a cushion as a prop for Brian to put his arms around, which deepened the experience and emotions. An overwhelming feeling of forgiveness came to Brian as he hugged his father and he cried and said that he now understood the truth of the relationship they had had. During this embrace his father said he was so sorry for all the acts of cruelty and abuse, and that it was the most challenging life he had experienced.

The dialogue that went on between them was beautiful, so much love and understanding was shared, as Brian was able to change his perspective about the truth of the relationship between his father and himself. He realised in this special moment that he was wholly responsible for his life and the lessons he had chosen, and for the higher purpose that they held. He was also aware that his father loved him unconditionally and eternally. His father was truly sorry, but was playing a crucial and important part in his life story for this current life - to recognise that he had a mission to stand up and speak his truth. I then asked Brian to go back through the painful events of childhood with this new understanding and perspective based on the knowledge that he had just acquired.

We revisited five of the events that originally had caused him deep pain, yet this time he was able to smile and lovingly observe that his father did indeed play his assigned role rather well. As he witnessed these events from a higher perspective he felt stronger, wiser and informed of the bigger picture and sailed through each event calmly and knowingly. When he arrived at his

present age, he described himself as feeling freer, lighter, happier, calmer and as though he was finally able to get on with his life purpose of being of service to others whilst confidently speaking his truth.

Following this session, Brian has started appearing in public, discussing his life journey and channelling the wise and loving spirit guides with whom he works, to help people understand who they are as a soul. He has put his name to a book in which he played a vital part, and for the first time in his life is accepting himself as a spiritual being with a mission not only to help understand his own true nature but also to help others understand who they truly are. Feedback from Brian was:

The inner-child session transformed me in a way I hadn't thought possible, the soul perspective and insight about the challenges I faced during my childhood had a profound and immediate effect on me. I realized the courage I had as a soul to take on my role and then again as a child, far outweighed any courage I now needed to integrate that hidden part of myself back in to my life. I also realized I wasn't doing this just for me but also for many other people. I would only be hurting myself if I clung to the need to be anonymous, which now seemed ridiculous anyway.

Since the session my life has moved forward in the most beautiful ways I could hardly have imagined previously. There are no limits or boundaries anymore and I feel blessed for the whole life I chose – something I thought I never would say!

In Brian's case his transformation was fast and the insights from one session were life transforming. However, it is not always the case and some clients will need several or even many sessions

depending on their unique and personal situation. As has been necessary with Lynne the client I mentioned earlier for example;

Lynne had been seeing me for many sessions because the pain and influence of a lifetime of abuse had deeply taken its toll. She had taken on the victim role to such an extent that she did not know how to be otherwise.

When I first spoke to her stuck little-Linda I found a very eager to please, friendly and talkative girl who was desperate for love and affection, who was abandoned, abused and neglected and yet did everything she could to please those around her. Including allowing her loved ones to sexually abuse her, giving her the perceived love she was seeking. The pain little-Linda endured was enormous and yet her spirit was alive and adorable.

When I initially asked big-Linda if she would like to give little-Linda a hug and offered a small cushion to role play the hug, she literally threw it across the room and screamed. She was furious with little-Linda for allowing the abuse to happen. It took several sessions for her to discover the real beauty and innocence of little-Linda and to fully understand the impossible situation she had found herself living in. It was vital for her to firstly forgive her little self, then use the empowering techniques I discussed earlier using balloons and new qualities and eventually integrate her fully.

What helped her significantly was to discover that she actually chose her birth parents, adoptive parents and foster parents, her abusers, her husband, the life lessons and life plan in order for her soul to experience life in this way. This is what Lynne said after her therapy to date;

Before I had sessions with you I was dead and now I am alive, the past is finally released and I am now hopeful and excited that in the future I will be able to help many other people who have been abused, by telling my story about how I came back to life thanks to hypnotherapy and you ...

TECHNIQUES

This is a three-step approach using spiritual inner-child healing. It is important to remember that each person is unique and some do not follow a set pattern in the order of using the techniques within each step. So there is a need to follow ones intuition and work from the heart.

STEP 1 - REGRESS TO THE SOURCE

The key to the success of fully transforming the issue or complex is to firstly find the root or source of the problem - many call it the initial sensitising event (ISE). When we get to the root of the problem and transform it we will prevent it from ever returning. If we only go to the trunk or branches of the problem some roots will remain.

ESTABLISH THE SOURCE

- Take the client back to the significant event from their childhood or within the womb and explore the situation in which they find themselves. I usually use an affect bridge, which means amplifying the current painful feelings/fears. Ask them to amplify these feeling as you count to ten until they are as strong as they can possibly bear them, then

direct them to the source of the feelings with a "1... 2 ... 3 ... now" command.

- Wherever they go find out how old they are and speak to them accordingly! If they are five years old, speak to them as you would a five year old.
- You may need to visit a few significant events along the way as you travel back to the actual source of their problem.
- As you ask the client to, "**Go to the first time you felt this way,**" the subconscious mind may go to a significant event, which, firstly, you will need to determine whether or not it is the actual initial event. After gathering information about the scene and what emotions they are feeling, ask the question, "**Does this feeling feel familiar or is it a shock?**" If familiar, you will need to go back further to get to the source. However, make a note of all the information gathered at each event, as it will be useful during the transformation.
- If it is a shock to the client, then you are probably at the source. Once this has been established, you may confirm with ideo-motor signalling (set up 'yes' and 'no' finger responses with their higher mind). Then gather all the information about the situation they are in, any other characters involved, what they can hear, how they feel; find out all the significant parts of this initial event.

GAINING A NEW UNDERSTANDING

- Let the client become aware of what they understood to be true as a child and the feelings and beliefs generated in them at this time. (e.g., I am not loved, no one wants me, and I will never be good enough.)
- Ask them to leave the situation for a few moments and then come back to the present day client. Explain that when you tap on their forehead you will be speaking to the ‘little-self’ and when you tap again it will be ‘adult-self’.
- Then inform the client that you are now going to go back to the event that you have just visited and that they will now find themselves there with the younger self at the time the event is happening. (Count, 1... 2 ... 3 ... now.)

STEP 2 - TRANSFORMATION

The transformation step needs to be done in an intuitive way as each client and each issue is unique. Some of the following techniques will be needed and some not. There is no specific order, just tune in to the client and work with what feels right. Become familiar to all the tools in this step so you have them all available to use when appropriate.

MEETING THE INNER-CHILD

- Ask the client to go and meet the little-self and connect with them. e.g. **Look into their eyes or put your arms around them**, or, if possible, ask them to sit their young-self on their

lap. Use a small cushion as a prop so the child can be hugged.

- Start by asking the older-self to look in the eyes of the little-self and see if you can get them to see how innocent, lovely, special, loveable they are. This can be very emotional, so allow for the tears to be released as they realise how special and innocent they were. With some clients you may have to be creative to get to this point. If possible get them to exchange love for their little self, and feel the unconditional love coming back to them. (Never force them to do this – it may take a number of sessions to get to this point.)

BALLOONS

- Return to the scene with the adult-self and little-self. Tell the adult that they have a huge bunch of balloons and each balloon represents a quality that they would like their little self to have, perhaps qualities they wish they had had when they were younger.
- It is important that the client chooses the qualities for their own inner child, don't pre-empt them, at least initially, you can suggest a few later on.
- Start by getting them to identify the first quality and colour of the balloon, e.g. A red balloon full of courage. Suggest they give this balloon to their little self.
- Tap the forehead to switch to young-self, and then get them to breathe in the red energy in the balloon and feel the new strong energy of courage flowing through their body. Really get them to feel what it feels like to feel full of courage.

- Repeat with more balloons. Common qualities are self-love, self-esteem, ability to say no, strength, self-worth, ability to understand and forgive. When they have run out of things to say check that the major qualities have all been given.
- A final possibility is to suggest a rainbow balloon or the gift of a cloak of all the colours of the rainbow, that contains every quality they will ever need. Once the little-self has absorbed this energy, remind them that they now have everything they can ever need within themselves. Remind them of every quality they have been given and ask them to feel the difference in themselves now they have these as an integral part of themselves. Explain that these qualities will always be with them.

MEETING THE PERPETRATORS

- Now get them to identify with the very issue that is causing them pain, the injustice, fear or anger, etc. Explore and get the child perspectives from the event so you know what you are working with.
- Go to a safe place (e.g. a park, sitting round a camp fire, or a beautiful beach), with all the characters involved and with the little-self and adult-self and create a dialogue.
- The adult can hold the little-self's hand or extra strength can be brought in from spirit animals or guides so that the little-self has the support to speak with the perpetrator(s) that may often be their mother or father.

- Ask the little-self to say what they never had the chance to say at the time. Its best if the little-self uses the present tense to associate with the experience. Also ask for a response from the perpetrator. Perhaps encourage the little self to reclaim personal power by projecting all the painful feelings to the perpetrator so they can truly experience what it had felt like. This is very powerful and perpetrators often fall to their knees in shame at what they have done, apologising profusely.
- To help completion the young-self can be encouraged to visualise giving a healing spark of light or love to the perpetrator. I suggest they put this spark of light or love directly in their heart. Energy follows thought, so just setting the intention creates this. This act also symbolises their own forgiveness and ability to let go of the former beliefs and feelings. Also the act of receiving the love helps the soul of the perpetrator.
- Then the older-self can speak to their little-self and tell them the truth about the situation. This will vary so much depending on the situation involved. Generally guide them to see the real purpose of the event. For example, if the parents have been shouting, the older-self can tell them that it is not their fault. It is normal for adults to have their own problems and they often shout.
- Encourage the adult to comfort the little-self and give lots of hugs and love, whenever appropriate. You may need to be creative and persuasive.
- Usually it is quite emotional as the adult-self tells the little-self that they love them, that they are a good boy or girl, and

totally loveable. Encourage them to release all this emotion and use cushions as props.

- Allow all the emotion to subside, and for forgiveness and or love to be declared and accepted.

MEETING THE PERPETRATOR WHEN THEY WERE YOUNG

- Sometimes a variation is needed in order to get some sort of dialogue started with the perpetrator. The little-self can go to the place where the perpetrator – often their mother or father, is at the same age as they are.
- Often they see young-mother/father is also unhappy, abused or scared of their own parents. They may be hurting, feeling the same pain. This can be very healing as they feel a new level of connection.
- Once they feel they are ready to understand the big picture or the reasons for what happened, ask them what they learned from the situation. What benefits came from the experience they had? Often they will say, "I am a better parent because of what I experienced."
- Establish a new understanding regarding the situation or even forgiveness and love to be declared and accepted. Then ensure they are ready to let them go.

CUTTING THE CORDS

- Cutting the energetic cords is useful as a way of bring completion. It empowers the client and as energy follows thought it brings about soul retrieval.
- Firstly ask little-self to see the silver thread between them and young-mother/father, and instruct them to send back any energy that they are holding that belongs to the other. Ask them to watch as it travels along the thread back to where it belongs. Then instruct them to reclaim any energy the other is holding that belongs to them. Again watch it all returning and bring it back into their energy field. Ask how it feels once it is all safely back.
- Ask them to cut the cord. I suggest they use crystal shears, and seal the end of each with a colour of their choice and then watch the cords returning back to the body. The colours chosen will all have an energetic resonance and will also be healing in their own unique way.

SOUL CONTRACTS

- Instruct your client to go to the place where they made their contracts before they were born to meet the soul of their perpetrator. Their spirit guide can accompany them.
- Ask them to explore the contract they made together, and encourage a dialogue from the highest perspective. Ask which lessons the perpetrator agreed to help them with. This can be very enlightening, and a completely new perspective on life and relationships can be formed in an instant.

- **Have they had other lives together?** If so, **What roles did they play?**
- Let them become aware of the state of unconditional love with the perpetrator in the spirit realm or dimension.
- How do they both feel about this life and the challenges they have agreed upon ahead of them?

VISITING ANOTHER PAST LIFE

- Visit another past life as a resource. Often just having a glimpse at some very positive scenes from a past life is very healing and creates another shift in perspective.
- If it has been a highly traumatic childhood experience it is highly beneficial to take them into a past life where they have been born into a life full of love, allow them to really feel loved, wanted, accepted or whatever it is they need to experience.
- Anchor them to these feelings and instruct them to bring back the positive and helpful resources from this other life of theirs that they can integrate into their current life.

STEP 3 – INTEGRATION

Once a transformation and shift in the client's perspective about the original event has been facilitated, the new information and experiences will need to be integrated in order for full permanent healing to occur.

GROWING THE INNER-CHILD

- Ask the adult-self to imagine the child has shrunk down into the palm of their hand. Then instruct them to hold their inner-child up to their heart and then to push the child into their heart, feeling the child surrounded with love and acceptance. There may be more emotions at this point, again allow them to be released. Then ask them to feel, see, or imagine, the child now growing up until they reach their current age.
- Stop at any of the traumatic events from childhood or the teenage years that had been uncovered during the session or from the interview. Allow the client to reframe them differently using the strength of the new qualities they now have. See how the inner-child behaves differently, and is free to experience the scenes positively.
- Count all the way from the age of the child or baby up to their current age. If unsure stop at an age a little younger than you think they are and then say, **Now grow up to your current age ... that's right completely grown up to your age now ... fully integrated bringing all those positive qualities to you now as an adult!**

FUTURE PACING

- Future pace to some events in the future, using the qualities they now have within. Add some positive hypnotic suggestions based on the new positive qualities from the balloons. Future pace them in a month seeing themselves acting and behaving in a new and empowering way, now they have the new qualities as an integral part of themselves.

- Go forward six months, a year and three years and as many more events you feel is appropriate. Allow the client to behave more positively; totally free from the problem and emotions they used to have.
- Finish by using asking them to go to a special place and encourage them to feel the positive feelings of complete love and acceptance within themselves.
- When the client has experienced living in a completely new positive and empowered way, awaken them.

SPECIAL CASES — INNER-BABY HEALING

- If the source event is within the womb, the process is very similar. The time in the womb is a common source of problems as babies pick up the emotions of the mother and the father and are very aware of not being wanted. They also overhear with their soul consciousness all the conversations, arguments. Understand that this can be very distressing as the soul truly realises the reality of the life lessons it has chosen and the difficulties of the life ahead.
- Take them through the birth and gather information. The first meeting with the mother and father can often be very distressing and emotional for the baby.
- Get them to look in each parent's eyes and see the emotions involved, often fear, anxiety or some negative emotion. Then ask them to look at when this emotion was created in each parent.

- Ask them to visualise the parent as a child and get them to recognise the pain the parent also suffered as a child. This creates a shift and new level of understanding. Go back through the generations if necessary. Visualising or imagining giving healing sparks of light or love, as described earlier.
- Now go back into the womb and ask the adult self to speak to baby-self, and remind it that they are perfect and loved and that they will be there to meet them when they are born.
- Guide the baby through the birth. Simulate this through psychodrama by getting the baby-self into the birth posture and using a blanket so they can push through the birth canal. This time the adult is there to meet them as they emerge, taking the baby-self into their arms by using a cushion. Encourage the adult to speak to the baby-self lovingly and tell them exactly what they need to hear. This will come from within the client - they instinctively know just what they need.
- Encourage expressions of love and looking deep into the eyes of the baby to see their true nature, their very soul, the unconditional love, perfection and purity.
- The techniques discussed before can be used including dialogue with the adult mother and father, balloons, soul contracts etc.

SUMMARY

The originating cause of disturbing thoughts, negative emotions, disease and disharmony can often be traced back to a moment in childhood or a past life and through deeper investigation to the soul's intricate and deliberate life plan. The techniques are built

upon the work of the leading pioneers in inner-child healing including John Bradshaw and Brandon Bays.

The awareness of the soul contract enlightens a client to the higher perspective of their life story and the roles that all the characters play. Many have exclaimed that it feels like being an actor in a play or movie, auditioning other souls for various roles, and creating a game plan to help further their career. Similar scenarios have happened with many of my clients, who suddenly realise that their dramatic and often painful life story was indeed all their own creation and that their father, mother, brother or sister were ostensibly involved in a contract for which they were totally responsible.

This deeper understanding of the spiritual purpose of the relationships in our lives can set us free in a way that enables us to understand and forgive everyone who has ever challenged us in any way, which makes way for a state of unconditional love for everyone in our lives. This new perspective of the purpose of life and the journey of the soul can also be applied to all ongoing situations and relationships. By taking responsibility of the choices we made at a soul level we can let go of any feelings of being a victim and step into the truth and our own power.

When experienced in trance it provides a rapid healing path and transformation for people who have been deeply hurt and traumatised. The inner feeling of unconditional love creates a state of harmony, inner peace and optimal health in our body. Our immune system is stronger, our relationships are happier and we can apply this spiritual wisdom to all our future encounters.

My aim in this chapter was to highlight the importance of transforming and reconnecting the fragmented inner-child with the adult. Acquiring all the facts of the initial situation with an adult perspective, thereby understanding the true reason for the challenging events of their childhood. With a new understanding of the higher perspective of their life they can finally set themselves free from the past. Knowing that they had indeed been

the creator of their life plan. Other souls involved in every aspect of their life are always pre-planned messengers, our spiritual helpers. Loving souls willing to be our teachers and often playing the most challenging parts in our life's play.

If we had taken Rosie to the place where she created her soul contracts what do you think we would have found? What was she here to experience and overcome, and who were the souls who were going to help her learn the lessons she had chosen for this current lifetime? Did we need to use this new technique with her? Not necessarily, in fact she had a deep and profound healing and transformation, using traditional inner-child techniques. However with certain clients, perhaps, those with a more spiritual understanding, it is a very valuable additional tool, helping them to understand more profoundly through this deep spiritual experience the true essence of their Soul and the purpose of their life.

This new perspective on the meaning of life, it's lessons and the roles others play can profoundly help people to understand a life that once seemed to be that of a victim, is actually one of a purposeful brave soul, taking on intense challenges. This knowledge and the experiences gained in a regression session are highly empowering and the ripple effects through all aspects of life are eternally transformational.

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