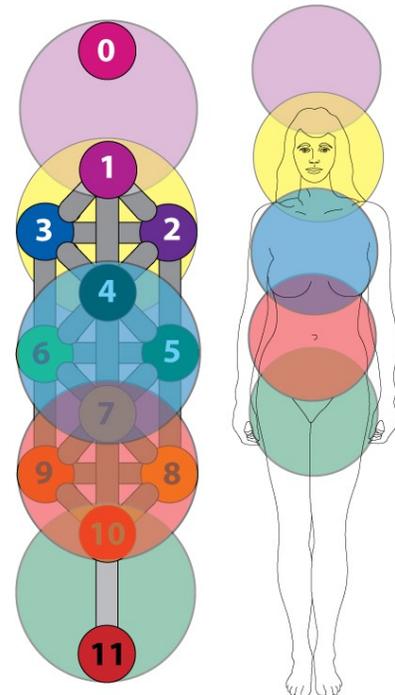




Raising the Inner Child

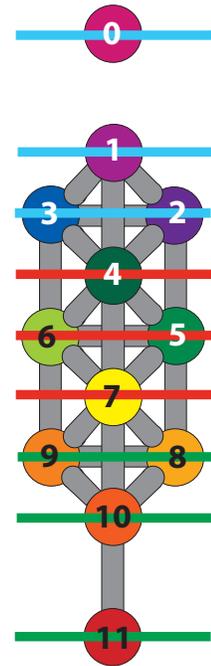
5 Worlds Stages of Life

- | | |
|---|--|
| <ul style="list-style-type: none"> • Spiritual (0-1) • Mental (1-4) • Emotional (4-7) • Physical (7-10) • Temporal (10-11) | <ul style="list-style-type: none"> • Elder (65+) • Adult (25-65?) • Teen-Young Adult (13-25?) • Child (3-12) • Infant-Toddler (conception to 2) |
|---|--|



Levels of Growth

- We mature physically, emotionally and mentally from the bottom up, in stages of growth
- Ideally these stages of growth occur to match the various stages of life
- However, when a sphere is shut down due to an emotional wound, the spheres above it are also adversely affected

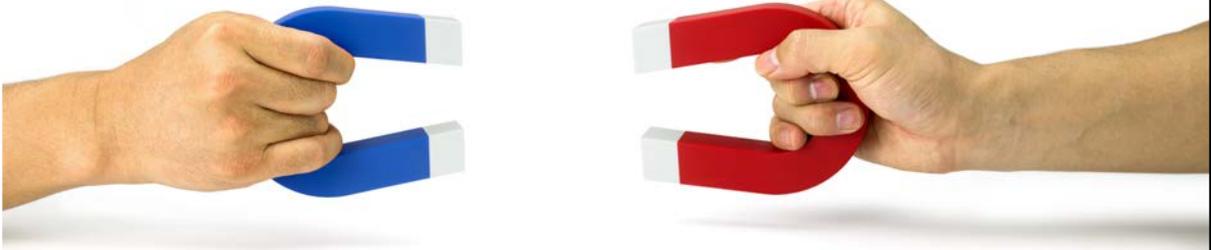


Arrested Development

- Unresolved emotional wounds cause parts of us to remain stuck in an earlier stage of development
- When triggered, these wounds bring forth our temper tantrums, pity parties, sulking or other disempowering states of being
- This is why many adults act like children when they are upset—they never matured emotionally beyond a certain age



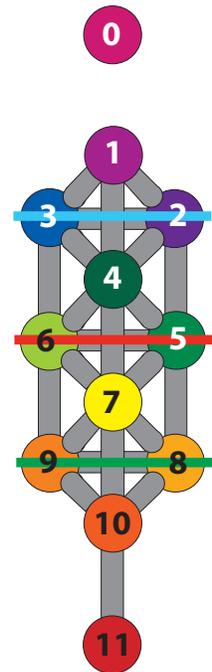
Polarity



- One of the major issues of emotional healing is polarization, that is, the inability to see how two apparently opposite energies can be harmonized
- For example:
 - How can I be honest and kind?
 - How can I be responsible and have fun?
 - How can I have loving relationships and still protect myself?
 - How can I be sexual and spiritual at the same time?
 - How can I be both creative and practical?

Three Major Dualities

- In each of the three major worlds, we encounter an apparent duality that we must transcend to progress upward in our development.
- **Child (Physical World)**
 - 9. Liver and 8. Pancreas
- **Adult (Emotional World)**
 - 6. Thymus and 5. Heart
- **Elder (Mental World)**
 - 3. Left brain and 2. Right brain



The Polarity of the Physical World

Liver Center

- Defending or protecting myself from pain
- Anger
- Working and achieving
- Planning, goal setting
- Saying “no”

Pancreatic Center

- Opening myself up to receive pleasure and joy
- Humor
- Playing and recreation
- Being open to the moment
- Saying “yes”

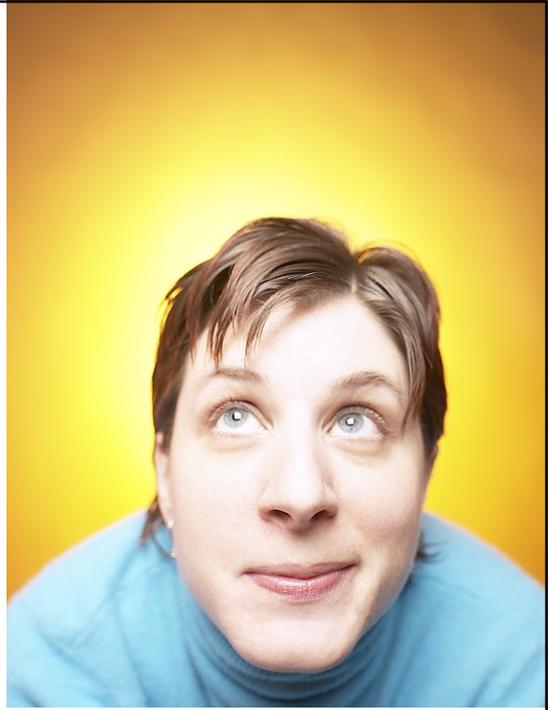
Two Halves of the Whole

- You cannot separate the two halves of the same whole
- You cannot cut something so thin that it only has one side
- Everything we observe, every action we take, has two natures—the manifest nature and the unmanifest nature
- They are both present and cannot be separated
- However, our mind can “disconnect” so that we believe they are separate



Transcending Polarity

- To heal is to “make whole”
- Each time we transcend a polarity by observing the truth that unites the two halves back into one whole, we are experiencing healing
- This is the “ah-ha” experience and is a step closer to the oneness (wholeness) that is God



We Are “Hard-Wired” to Be Good

“Inside every child is a god, but when we undertake to mold the child, we turn the god into a devil.”

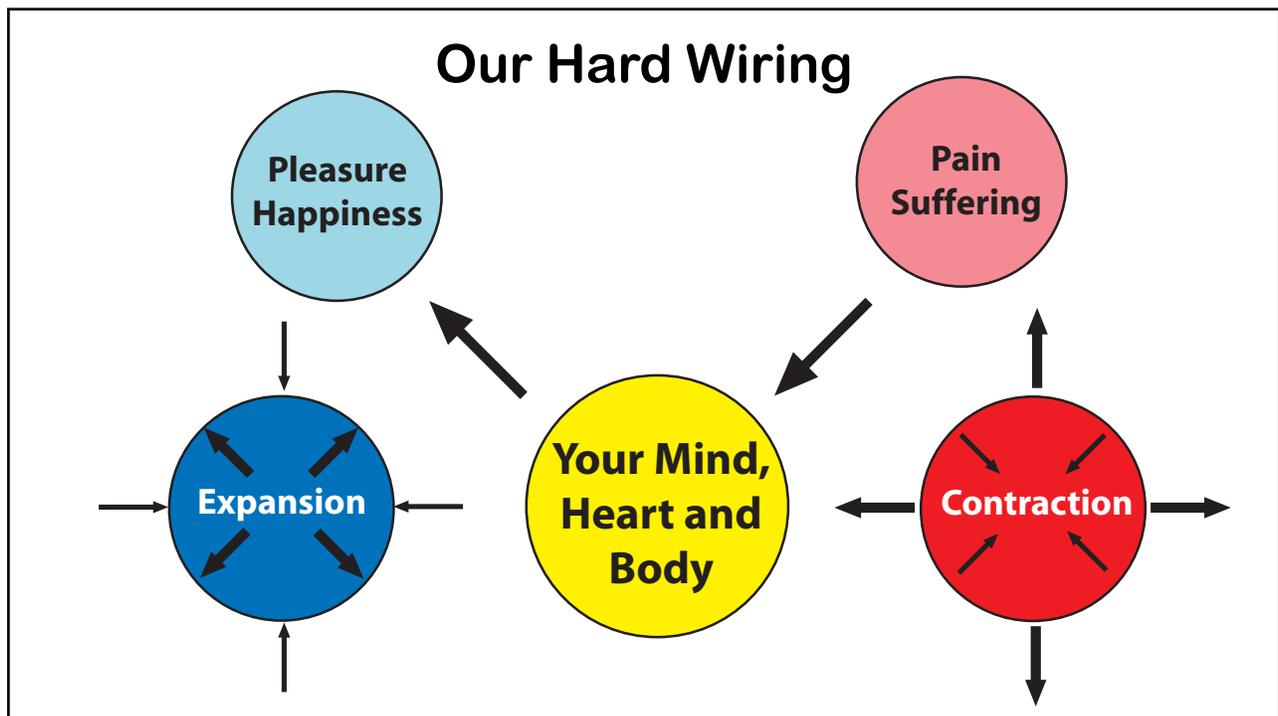
- A.S. Neill, founder of Summerhill School
- Basically, we are hard-wired to be good
- When God created men and women he said it was “very good,” which can be translated “excellent in every way”





Pain and Pleasure are Our Teachers

- Pleasure and pain are Nature's (i.e. God's) instructors
- When we do something that isn't good for us and/or others we experience physical pain or emotional suffering (negative emotions)
- When we do things that are good for ourselves and/or others we experience physical pleasure and emotional happiness, peace, joy and love





Pleasure is Good

- Pleasure and pain are teachers, helping us understand what is good for our body and what is not
- Pleasure is NOT sinful as real pleasure cannot be derived from overindulgence in anything good, as in overeating produces discomfort, not pleasure in the stomach
- Children naturally follow their instincts, for instance, they stop eating when they've had enough. Children have to be TRAINED to overeat
- Through reward and punishment, we can be conditioned to override our natural instincts of pain and pleasure

Reward and Punishment

- Is what we do to try to control others
- Most of us were raised with rewards (bribes) and punishments being used to try to control us
- We are programmed with false beliefs that confuse our "hard wiring"
- As explained before I call our illusions or false beliefs "dragons"
- Dragons create illusions of perception (false beliefs) that filter our perception of reality



Understanding Beliefs

- A belief is a way of being and living—thoughts linked with emotions that motivate our actions
- Beliefs can be constructive (empowering beliefs that change our lives for the better) or destructive (disempowering beliefs that create suffering and hardship)
- Positive beliefs place faith in the goodness of God
- Negative beliefs are linked with fear which is putting faith in evil



Positive and Negative Beliefs

Positive Beliefs

- Are thoughts attached to pleasant emotions
- They motivate us to do things
- Positive beliefs are “I can...” beliefs
- Cultivating positive beliefs installs useful programs into our brain

Negative Beliefs

- Are thoughts attached to unpleasant emotions
- They motivate us to avoid things
- Negative beliefs are “I can’t or shouldn’t...” beliefs
- Cultivating negative beliefs installs harmful programs into our brain

Beliefs are a “Two-Edged Sword”

Negative Beliefs

- Prevent us from seeing or understanding things we believe are impossible
- Limit our potential by causing us to avoid pursuing goals we believe are impossible
- Create pain and suffering in our lives by causing us to live in ways that do not produce health and happiness

Positive Beliefs

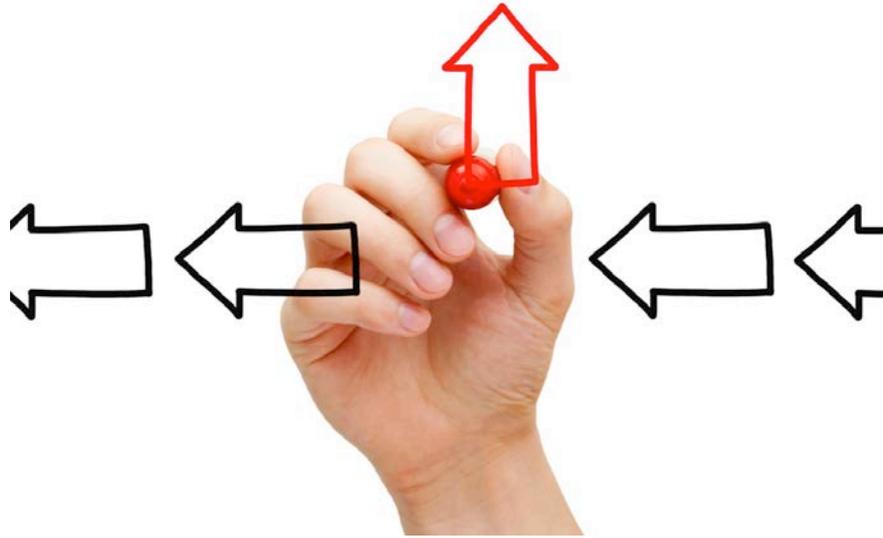
- Open our eyes, ears, heart and mind to see new possibilities
- Enhance our potential by causing us to pursue lofty goals and stretch ourselves in amazing ways
- Create joy, health and happiness in our lives by causing us to live wonderful, productive lives

Brain Bugs and Mental Viruses

- Most of the beliefs (programs) operating in our brain were installed by other people (often acting under deception themselves)
- These beliefs are often full of “bugs” and may even be destructive “viruses” to our brain “computer”
- Yet our brain will faithfully try to execute these irrational instructions in our life until we change them



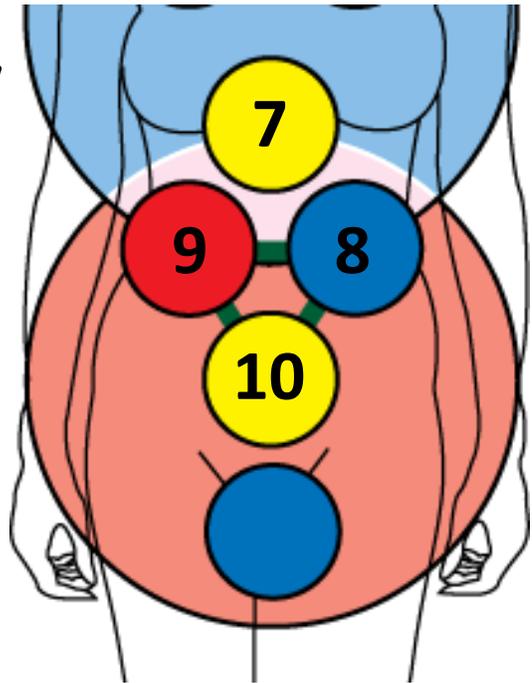
Emotional Healing Creates New Beliefs



Liver and Pancreas Energy Centers

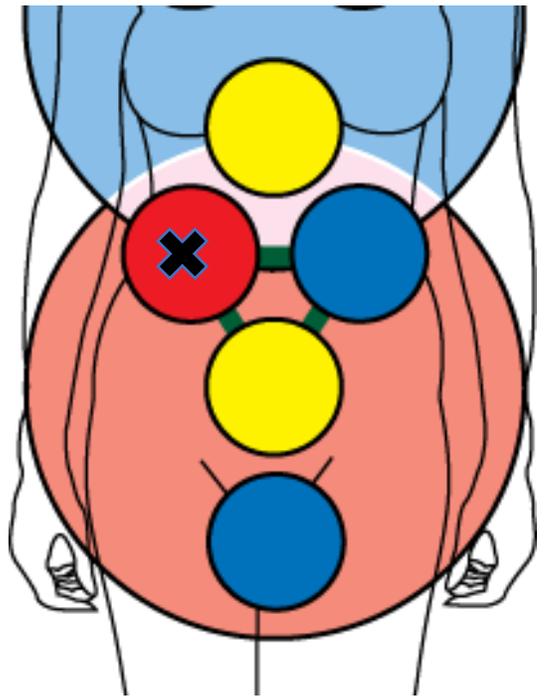
Physical World Overview

- 10. Navel (Need, Hunger, Thirst): having our physical needs met
- 9. Liver (Anger): Free will, self defense, goals, work
- 8. Pancreas (Desire): Receiving pleasure and enjoyment, play, recreation
- 7. Solar Plexus (Inner Peace, Centered): Feeling calm, relaxed and comfortable with self and others
- These centers are the world of the inner child



Liver Center

- Is located on the right side of the abdomen just below the rib cage
- Emotional seat of will power anger or the ability to fight to protect ourselves
- Ability to say “no”



Liver Energy Center

- The liver is the primary organ of detoxification
- It has been associated with anger in both traditional Western and Oriental medicine
- The liver helps the body to get rid of physical things that aren't good for it (toxins)
- Emotionally, the liver helps us say "no" to things that are painful to us physically and "push" them away
- It is also the home of our "will," and specifically our "will to live"
- If we lack will-power, we lack the ability to say "no" to what doesn't service us, if we are overly will-full, we will lack the ability to co-operate with others



Lacking Will

- Lack of energy in the liver creates problems with the body's ability to detoxify
- It can make people over-accommodating to others, so that they have poor personal boundaries
- This can lead to fatigue, discouragement, feeling overwhelmed, depression and even suicidal tendencies (loss of the will to live)

Positive Liver Energy

- Ability to exercise self-control and manage our own lives
- The drive to work hard and better our lives
- The ability to physically defend ourselves from harm
- The ability to “fight back” when others harm us
- The ability to say “no” to what doesn’t serve us



Sources of Liver Emotional Wounds

- Being abused as a child and learning to surrender one’s will to the abusive person in order to try to avoid the abuse
- Being taught that it is never all right to be angry (that anger is a bad, or unspiritual, or wrong emotion)
- Being overly controlled as a child, not being allowed to make one’s own decisions (overly protective parents who don’t allow children to “make mistakes”)



Liver Health Physical Issues

- Gall bladder problems (gall stones, lack of bile flow)
- Constipation
- Acne, rashes and other skin problems
- PMS issues and uterine fibroids in women, prostate problems in men
- Frequent headaches, tension in the neck and shoulders
- Difficulty urinating (“pissed-off”)
- Hiatal hernia, shallow breathing, ileocecal valve problems (gas and bloating)
- Frequent colds and infections, autoimmune diseases and cancer

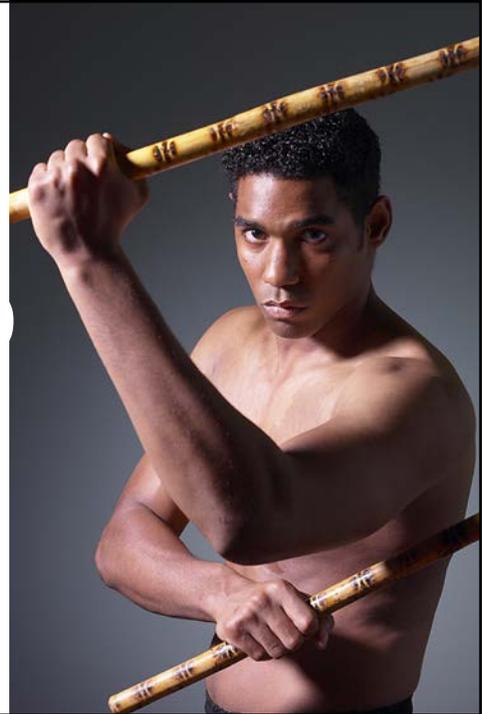
Liver Health Emotional Issues

- Feeling tired and overwhelmed
- Discouragement and depression
- Suicidal thoughts and feelings
- Lack of willpower
- People pleasers and enablers



Liver Center Affirmations

- I am able to recognize and accept my own anger.
- I am forgiving of everyone who has wronged me in my life.
- I am free of grudges, hatred and bitterness.
- I am able to overcome obstacles in my life.
- I am able to defend myself when people try to hurt me.
- I am free of resentment towards everyone.
- Power Affirmation: I AM the controlling power of my own thoughts, feelings and actions, directing my life and energy for the highest good of myself and others



Personal Boundaries

- Separate what we are in control of from what we are not in control of
- Define what we will tolerate and what we won't tolerate
- Allow us to maintain control of our own life
- When we try to control what we are not in control of, or fail to control what we are in control of, we have "holes" in our boundaries



Control and Responsibility

We are not in control of and not responsible for:

- What other people think and believe
- Other people's attitudes and emotions and how they chose to treat us
- The choices and actions of others, including spouses, children and other family members
- The weather, nature, the government, world events, acts of God, etc.

We are in control of and responsible for:

- Our own thoughts and beliefs
- Our attitude about what is happening around us
- How we channel our emotional energy
- How we chose to behave or act in a given circumstance and how we chose to treat other people

Responsibility and Accountability

- If I am responsible for something, it is because I am in control
- If something is not in my power to control, I cannot be responsible for it
- If I am in control, then I am accountable, meaning that whatever the consequences of my choices are, those consequences are no one's fault but my own
- Freedom assumes both responsibility and accountability; if I am free to choose then I am responsible for my actions and accountable for the results

Can Anger Be Loving?

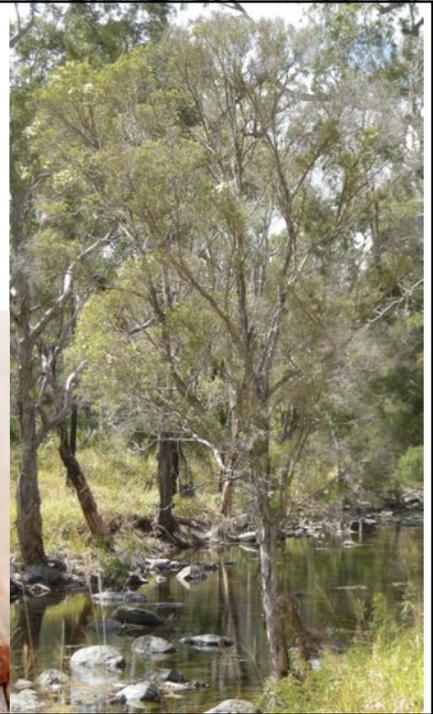
- We are told to “love our neighbor as ourselves”
- This means that we should not do things to others that we wouldn’t want them to do to us
- It ALSO means that we shouldn’t allow someone else to do things to us that we would feel guilty or ashamed of if we did to them
- Dysfunctional anger is about trying to control others
- Functional anger is about asserting our right (and responsibility) for self-control

Flower Essences for Liver Energy

- Blackberry: unable to translate goals into action.
- Fuchsia: false states of emotionality covering pain.
- Gorse: discouragement, despair, hopelessness.
- Holly: suspicion, jealousy, anger.
- Impatiens: impatience, irritation, intolerance.
- Mustard: melancholy, gloom, depression.
- Oregon Grape: paranoid, projection of hostile intention.
- Pine: undue guilt, self-blame, self criticism.
- Sagebrush: need to let go of past abuse, old baggage.
- Scarlet Monkey Flower: fear of intense feelings like anger, sexuality.
- Willow: resentment, bitterness.

Liver Essential Oils

- Atlas Cedarwood
- Cinnamon
- Clove
- Myrrh (pictured)
- Oregano
- Pine
- **Tea Tree**
(pictured)

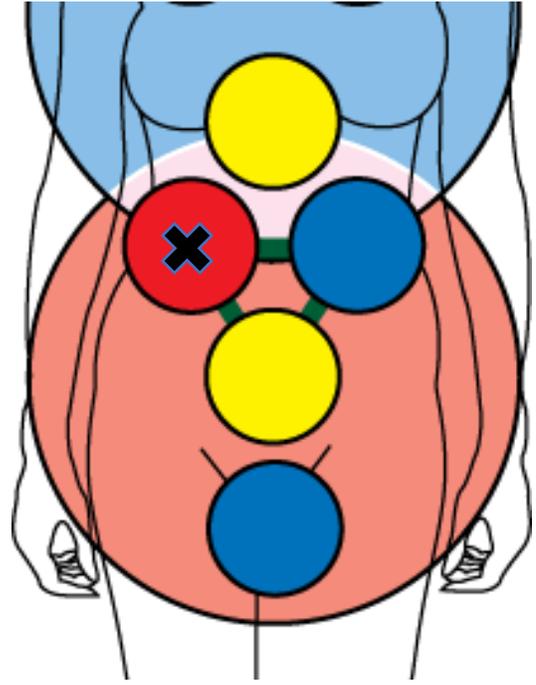


Flower Essences for Liver Energy

- Blackberry (FES): Unable to translate goals into action.
- Fuchsia (FES): False states of emotionality covering pain, transforming anger to tears.
- Gorse (Bach): Discouragement, despair, hopelessness.
- Mustard (Bach): Melancholy, gloom, depression.
- Oregon Grape (FES): Paranoid, projection of hostile intention.
- Pine (Bach): Undue guilt, self-blame, self criticism.
- Sagebrush (FES): Need to let go of past abuse, old baggage.
- Scarlet Monkey Flower (FES): Fear of intense feelings like anger, sexuality.
- Scotch Broom (FES): Feeling depressed and weighed down, "what's the use?"
- Willow (Bach): Resentment, bitterness.
- Yarrow (FES): Protection against negative environmental influences.

Pancreatic Center

- Is located on the left side of the abdomen just below the rib cage
- Emotional seat of pleasure and excitement, the ability to laugh and have fun
- Playful inner child

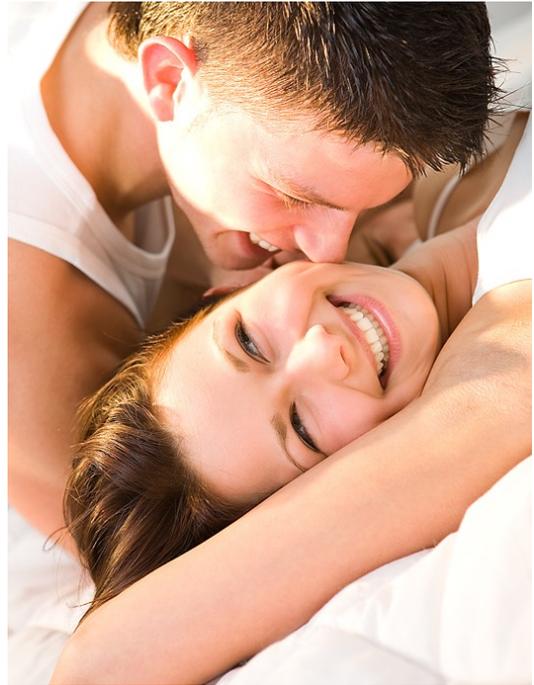


Pancreas Energy Center

- The pancreas has two functions: it produces enzymes to digest food and it regulates blood sugar
- Energetically, the pancreas is the opposite energy of the liver, it is the ability to “let in” what is good
- I think of it as the home of the playful inner child or of “sugar and spice and everything nice.”
- Pancreatic energy makes life “sweet”
- People who have a weakened pancreatic energy tend to take life too seriously and have trouble laughing and having fun

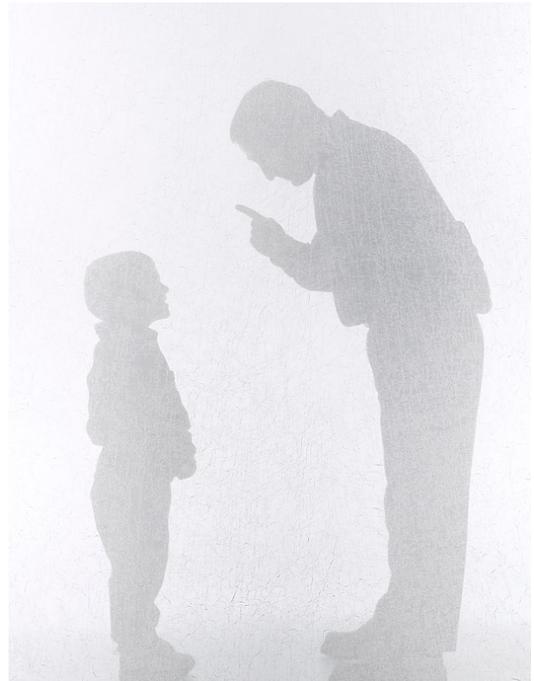
Positive Pancreatic Energy

- Ability to play, laugh and have fun
- Ability to enjoy the beauty of the physical world
- A good sense of humor
- Ability to surrender (open up or relax into) to pleasure



Sources of Pancreatic Emotional Wounds

- Having to grow up too fast, not allowed to have a childhood because of having to take on adult responsibilities in early childhood
- Being taught that pleasure is sinful
- Being punished for smiling, laughing, playing or otherwise enjoying oneself or having fun



Pancreatic Health Physical Issues

- Digestive weakness, difficulty assimilating nutrients
- Blood sugar imbalances, craving for sweets, hypoglycemia and diabetes
- Addictive tendencies



Addiction is Not Pleasure

- Genuine pleasurable experiences create a sense of satisfaction
- Addiction is the pursuit of pleasure without actually being able to find it
- Pleasure is something we surrender to, not something we pursue; we have to open up to it, not “grasp” or “grab” it
- The emptiness of addiction comes from mistaking real pleasure for a temporary escape from pain
- Escaping from pain is NOT the same thing as experiencing pleasure

What Do You Want to Be?

- “The Master never seemed to have his fill of gazing at his newborn child.
- ‘What do you want him to be when he grows up?’ someone asked.
- ‘Outrageously happy,’ said the Master.”
 - From *Awakening: Conversations with the Masters* by Anthony de Mello



Pancreatic Emotional Issues

- Overly serious and intellectual
- Poor sense of humor
- Lack of joy or happiness in one's life
- Inability to allow oneself to experience pleasure
- Tendency to be aggressive angry and irritable

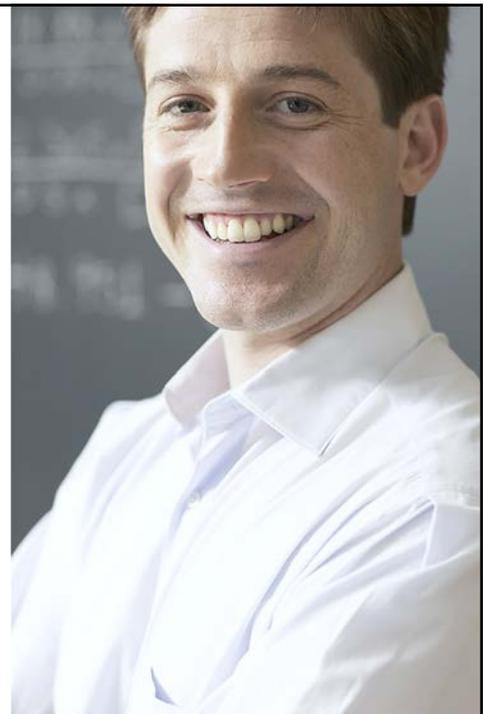
A Simple Choice

- **“People tend to burden themselves with so many choices. But, in the end, you can throw it all away and just make one basic, underlying decision: Do you want to be happy, or do you not want to be happy? It’s really that simple. Once you make that choice, your path through life becomes totally clear.”**
 - From *The Untethered Soul* by Michael Singer



Happiness and Preferences

- **“Most people don’t dare give themselves that choice because they think it’s not under their control. Someone might say, ‘Well, of course I want to be happy, but my wife left me.’ In other words, they want to be happy, but not if their wife leaves them. But that wasn’t the question. The question was, very simply, ‘Do you want to be happy or not?’ If you keep it that simple, you will see that it really is under your control. It’s just that you have a deep-seated set of preferences that gets in the way.”**
 - From *The Untethered Soul* by Michael Singer





Setting Conditions on Happiness

- "...you don't really mean it when you say you're willing to be happy. You want to qualify it. You want to say that as long as this doesn't happen, or as long as that doesn't happen, then you're willing to be happy. That's why it seems like it is out of your control. Any condition you create will limit your happiness."
 - From *The Untethered Soul* by Michael Singer

Pancreatic Center Affirmations

- I live in a beautiful world, filled with joy and wonder.
- I play and have a good time whenever I want to.
- I enjoy tastes, colors, sounds and textures.
- I have a good sense of humor.
- I am free to smile and laugh whenever I feel like it.
- It is alright for me to experience pleasure in my body.



Pancreas Essential Oils

- Anise
- Coconut (pictured)
- Fennel
- Gardinia
- Geranium
- Honeysuckle
- Lilac
- Mandarin (pictured)
- Orange (Sweet)
- Pine
- Pink Grapefruit
- Rose



Flower Essences for Pancreatic Energy

- California Poppy (FES): Seeking for the false "gold."
- Elm (Bach): Feeling overwhelmed, burdened
- Honeysuckle (FES): Nostalgia, living in the past.
- Impatiens (Bach): Impatience, irritation, intolerance.
- Little Flannel Flower (Buch): Aids those who "grew up too fast," helps adults "lighten up"
- Nasturtium (FES): Overly dry and intellectual, emotionally cold.
- Oak (Bach): Iron-willed, not knowing when to quit, excessively self-reliant
- Olive (Bach): Drained, exhausted, in need of pleasure and recreation.
- Pussy Paws (FES): Fear of being touched due to abuse or violence.
- Vervain (Bach): Leadership that is overbearing and fanatical.
- Vine (Bach): Leadership what is domineering and tyrannical
- Zinnia (FES): Lack of humor, overly somber.