

What to do when you are stuck.....

When you begin a session and ask your question "What is your trauma about ____?" Trust the first incident that comes to mind. Try not to pass judgment on whether it is the right one or not. Even if you are not sure ask yourself "Where are you?" Are you inside? Outside? Who are you with? What are you feeling?

What are you wearing?" What are you doing before the trauma happens? Who is with you? Then what happens?

What do you do internally with this interpretation of the moment? If you go blank here are some tips:

- Can you uncover a trauma about _____ in recent years? You can ask the same questions and then when you see the pattern look backwards into your childhood. Most patterns are formed before 5, and keep repeating every few weeks, just changing form.
- Try to relax. Give yourself some time. Lay down or go sit by a tree, and take your chart.
- If you still cannot come up with anything try first words.
- FIRST" WORDS " is a way of contacting your low self/inner child without filtering. Ask yourself what you are feeling. Blurt out the first thing that comes to mind. Without judgment. Keep doing it until words flow
- If you go blank, just keep getting present to you are blank (or what you are feeling). Say "I am blank" several times....then ask what is underneath" I am blank"?
- The faster you answer the more in touch you become. This might take you a while to integrate and you can make this a fun exercise to learn about your hidden conversation. One of my teachers believed for every second you do not answer, was one filter.
- I set up a game with myself. Several times throughout the day I would ask myself. How or what are you feeling? I did this until I answered quickly, even if it was first words.
- Sometimes I just sit down and relax and imagine I am in my "safe Room". I call my inner child over and ask what she needs from me.
- I imagine my High Self forming a wall of light around me and contacting the High Selves of the higher realms and ask for help.
- I lie down on the Earth and ask for Her help.
- I take a flower elixir
- Put a drop of rose oil on your tongue or on your neck
- Go for a walk. After 25 minutes your inner talk will cease
- Remember your High Self was once a low self. Petition help.
- If you are approaching feelings or a trauma you have pushed down, try identifying what you want to learn by seeing and feeling what is in there. I want to learn why I am in this situation? Or how much can I learn about what is really in my heart by doing this session. How much can I learn about myself by facing my fears?
- Find ways to free the low self from feeling separate, guilty and rejected
- Joy comes when your inner team is united and confident, and realize the truth of the High Self and to petition Its guidance
- Describe it
- Write it down
- Become aware of it
- Make a new choice
- Refocus on the Me
- Focus on the task at hand
- Being present in the now gives access to the "Low Self/Inner Child"
Unleash the power and grace inherent in the "Low Self/Inner Child"
- By learning the distinctions of the Middle and Low Self, you will have many opportunities to diffuse your inner negative self talk. Bringing this information into your awareness will provide profound opportunities for new choices. With practice and letting go of judgments you will be developing a profound relationship with your vast inner resources.

Interpreting the Chart

Glossary

- **Aka cords:** The line of communication between the 3 Selves
- **Chain:** After you fill out a questionnaire, you will receive your chart with a sequence of number. Joe Scogna called them Super Strings containing vast amounts of information. As you do more questionnaires you will learn how to access this information and powerful ways to align.
- **First words:** a way of contacting your low self/inner child without filtering. Ask yourself what you are feeling. Blurt out the first thing that comes to mind. Without judgment. Keep doing it until words flow. Let go of judgment. If you go numb just say "I am numb" several times and ask what is the feeling underneath the numbness.
- **Genetic pattern:** A reactive pattern that has been passed down through generations, so it has gained a lot of energy and requires great commitment, tools and the magic of the 3 selves to chunk it down.
- **Healed State:** If you look at the issue you are healing or one of your negative statements, ask yourself "what would that turn into in the healed state"? For example, if my negative statement is "No man is there for me" in the healed state is might become "My man is there for me and stays through the hard times and we celebrate and deepen our love moment to moment."
- **High Self:** Super conscious, Inner Savior, Soul
- **Inner Team:** High Self, Middle Self, Low Self
- **Instinctual Self:** Low self, Inner Child, Sub-conscious
- **Left hand word:** The word located at the far left hand side of your chart. This is where your pattern has taken on the most mass and form. This is also where allopathic medicine approaches healing. This is where there is the greatest resistance to change, and the most obvious to see.
- **Live Tracing:** When you receive your chart, and look at the words; the memory of the trauma is triggered and unless you take your session to completion, this trauma is stimulated, highly reactive and your life could be challenging. Most students only do this once.
- **Living Rewrite:** With practice and understanding the distinction of the 3 selves, you will catch your pattern much earlier and be able to use the tools you have learned here to make new choices, and rewrite the outcome in the moment.
- **Mana:** Life force, Chi, Life energy
- **Middle Position:** The Middle Position in your chart holds the traum, thought form cluster and a picture of the pattern.
- **Middle Self:** The Middle Self is often called the Conscious Mind. In the west we have relied too heavily on being conscious. Our conscious mind has the job of coach or inner teacher. It is extremely limited in it's ability to manifest on it's own.
- **Open Chain:** This is when you begin a session and do not finish. Less than your highest choice.
- **Oozed:** This is when doing a session you go blank, get sleepy, can't think or understand much. See "What do when you are stuck"
- **Reactive pattern:** When an old memory get's triggered, and we are disconnected, our Low Self keeps mana for survival and will stimulate a reaction similar to what you did in the original trauma.
- **Right Hand Word:** The positive desire that got wired into the negative or traumatic incident.

- **Rogue or renegade memory:** The trauma and how you survived. It is elusive and sometimes explosive and venomous.
- **Safe Room:** Your inner safe room where you can build relationship with your 3 selves.
- **Soul goal:** A statement that heals your life.
- **Tamper:** The word calculated under each organ in your chart. It provides a window for you to untangle information.
- **Thought form cluster:** A moment where a bunch of information gets tangled together that blocks your flow between your 3 selves.