Energetic Regression Healing

When to Use this Healing

This is a very powerful healing for anyone who is stuck in a life-long pattern. People develop recurring energetic patterns based over a lifetime by letting their energy be managed by trauma, or the "core wound" in early childhood. The core wound occurs when the real/core self was rejected or abused in some way. The core wound establishes itself so early in the system that the person does not usually remember when it happened. It's generally somewhere in the first three chakras stage of development, which is from birth to about three years old.

It can be a singular traumatic event, or a generalized pattern of behavior and energy that happens slowly over time. When the wound happens during the pre-verbal stage of development, it is experienced later in life as a deep unfulfilled need or avoidance pattern. Once established, it will draw similar events to the person that play out many times throughout a person's life as they unconsciously try to balance and heal this deep wound.

The reinforcement of this wound over and over again in the person's life makes it seem like "that's just the way the world is" and each time it occurs they give up and lose more and more energy to it. We develop a big "case file" of experiences that prove to us that this reality is true.

Many people can track their primary wounding to a certain event in their lives and think that event is the core wound. But very frequently, the actual core wound occurred even earlier and the remembered event was simply the first time they repeated the pattern in an unconscious way.

How it gets interpreted and assimilated in the system can either strengthen the person, or create a negative victim pattern. In the positive it is felt and dealt with in a way that the deeper core self is affirmed. Our childhood wounding becomes the boot camp that makes us strong and gives us the motivation to live our life's purpose.

Or, the psyche mind fixates on the event and re-organizes the chakra system and psyche around it into your defense.

For instance, an infant child may experience neglect during a time when both parents were ill or had to go out of town for an extended period of time. In this one event, the first chakra can reprogram itself to be victimized by abandonment and create the deep fear and need for connection. Later at 6 years old, when the father has to go away for a year for work, the core wound is felt at a deep level as "people you love abandon you". This creates a real fear of abandonment that leads to clinging and experiencing abandonment over and over again any time someone leaves.

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How the person reacts negatively will depend directly on their profile and the resulting defensive patterns in life. The victim patterns will reveal the core need of the profile. In the example of abandonment, each time the Emotional Intelligence Specialist encounters a new family or group situation, their clinging to them recreates the abandonment again and again over a lifetime.

If this pattern arises five major times during a lifetime, this person has left a huge amount of energy in each of these re-created traumas. They do not see them as a re-enactment of the initial wound but as proof that their worldview is right: those you love abandon you. The reality is that this system of defense is at work 24/7 in the person, although it just lays dormant when there is not a relationship challenge.

This healing gives the client the opportunity to release the childhood and adult victim pattern that is often more alive and manages more energy than their core soul qualities.

This healing works by regressing the client back to a point in time before the initial wound happened and then moving them forward again through time ***as if the wound never happened***.

Choose an Issue: You will begin by choosing an issue to work through. Make sure it's something that they are really ready to work through.

Muscle Test for Ages of Traumatic Events: You will be using a muscle testing technique to search through the years of their lives for certain events that re-created their core wound. You may come up with a few or many. Write them down on the paper. If you have more then three, then test the ones you have written down for the top three. Count down through the in-utero stage and all the way to conception.

Muscle Testing Skill: In this healing muscle testing skill is needed. There are a number of finger techniques that can be used.

Backwards Regression: You will regress them back to a time before they experienced the core wound so they can remember what it felt like. You may have to get them all way to infant or even in-utero to find that time.

Moving Forward: As you go back up through the years, make sure you do it in a way that lets them experience themselves as they would be without that wound. Do not drag the wound back into the present moment again or you will just re-wound them!

One Word of Caution: A client who has gotten a huge amount of mileage from identifying with being wounded will not take very kindly to you taking away their claim to power. In this case, you should proceed with this healing only when the person can see the true detriment it causes to their health and wellbeing. There are many other supportive healings that can soften this identification that should be used first.

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Preparation For Healing

- Set up the client and table normally. Use a low table height.
- You will need a chair plus a pen and paper at the table. Breath mints.
- Discuss with the client a pattern in their life or a belief system that is creating stress or limitation. You are choosing an issue to work through. Make sure it's something that they are really willing to change in their life.
- Prepare the client by explaining you will be talking to them during the healing and helping them go back through their life and call back any emotional energy that they may have lost over their lifetime in order to make it available now in their daily life.
- You will need to ask their current age.

Energetic Regression Technique

1. Begin with a quick Chakra Balance without closing – about 3 minutes.

2. Hold the feet of the client and expand your Life Purpose Line and Soul light to fill your own auric field. Intend that the client awaken to their entire life memory.

3. Sit at the client's side with your paper and pen. Silently run back through the client's life to find when the pattern was reinforced. Go back one year at a time by muscle testing each year. Note the years that stand out per muscle testing.

4. Go from their current age back to one year old, then add birth and in the womb as two separate time frames. Do this quickly to avoid getting your mind involved, about 1 minute. (Do not scan life or try to see anything at this point, just get the years.) There should only be a few large triggered times. If you get any more than 4 then use muscle testing to see which ones were the primary ones.

5. Sit at the head of the table and hold one hand under the back of the head and one in the back of the heart chakra.

6. Speak quietly in their right ear. (Use a breath mint.) Begin by asking them to come fully into the present moment and see how the chosen pattern/issue is manifesting right now in the present.

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7. Then begin to count backward one year at a time, out loud to the client. The goal is to collect the lost energy on the way back and go to a time before the initial trauma. Let them experience what their life was like before this coping mechanism took over their life-force energy and became one of the major decision makers in their life. As you get to a trigger time, ask them what is happening and ask them to pull back any emotional energy from that year. They should be building energy as they continue travelling back to their birth.

8. Once you have brought the client back to birth or before the trauma, keep holding your own Life Purpose and Soul light as a mirror for them. Let them rest in that state of freedom for a few minutes. They can feel a full field that is not draining life force constantly into the negative pattern.

9. Then begin the process of talking them ahead, one year at a time, back to the present. Tell them to hold the feeling of freedom through their entire life up to the present moment. Your goal here is to help them experience what it would be like to move through their life without this trauma. If they go back into the trauma, ask them to see their life from the witness perspective only and notice how much energy is attached to the wound.

10. After you finish returning client to the present, reinforce the idea that the negative pattern is not gone; the healer cannot take it away, but it is now merely an option for an adult. By making conscious choices as an adult to see events as unique and real that have nothing to do with their old worldview, that is how they will find the core qualities of their profile.

11. Standard Closing:

- Hold both hands over the forehead/third eye, palms down, sending hand on bottom receiving hand on the top. Hover over the 6th chakra, but don't touch the forehead.
- Send indigo energy going down through the body on the exhale breath. This allows them to see themselves in a different way.
- Bring up orange energy on the inhale breath to help them feel themselves in a new way. Do this for a few breaths. It will help them hold and integrate the changes to their energy field.
- Close the field. Lift your hands over your head and sweep them down in a circle to help seal up their energy field after the work they received. Use color gold for this.
- Close the front and back of your 2nd chakra to complete the healing for you.

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