

# Transforming the Inner Child with Resonance Repatterning

by Michael Fisher

In an article written by Michelle Wolfe-Emery titled "Your Inner Child Can Heal Your Life," she has some profound insights into the human condition and I quote:

"When we view our problems or issues from an ordinary perspective we tell ourselves it's either bad luck, to do with someone or something else, a part of life, or we blame ourselves. In fact we are conditioned to see life as a random act of happenings, to blame others or our circumstances or to put ourselves down when things are not going to plan. **But what if everything that happens to us is coming from us? What if everything that occurs good or bad is ultimately our creation?** What if a part of us is being controlled at a deeper level by our subconscious? And inside our subconscious is a small child, the child we once were, who is calling the shots?

It is becoming more and more clear to psychologists, therapists and healers that the inner child has more of an influence over our lives than we were previously aware. This part, although living in our subconscious mind, is a living conscious part. **It is the child we once were and it holds all our hurts, disappointments, traumas, anger, negative feelings and sadness.** We may not all have experienced trauma or extreme difficulties, but we have all experienced upset and possibly hurt to a greater or lesser degree. Often these past pains are reflected in our current life circumstances. That bout of depression, that anxiety, those panic feelings, those critical thoughts, those issues with food, that fear of intimacy and so on. These are all brought on by your inner child, because that part has not healed and it wants you to know. It wants you to go back and give it a hug, it wants you to listen and help, it wants your love. When upsetting or sad things happen to us as children we don't just forget about it. It becomes suppressed within us, and at a later date will manifest as illness, bad days, the blues, anger, fears, self sabotage or something else.

So think about something that affects your ability to be happy in the world, or something which affects your inner peace. It may be a relationship issue, a physical problem or illness, feelings of low self worth or confidence, it may be money worries, weight problems, an eating disorder, an irrational fear or perhaps an internal block which you can't put your finger on. All these problems are governed by the inner child at some level. Within each issue is a message which your inner child longs for you to understand, a message which tells you something about the past. Something in your childhood which happened then, but is still holding you back, keeping you stuck, creating unhelpful patterns, bringing up painful feelings, or maybe even making you feel numb. Even day to day occurrences like the car breaking down, being bitten by a dog, a bounced cheque, a crisis, rejection from a partner, an accident are all governed by the inner child.

What is happening is you are pulling (at a subconscious level) these incidences and situations to you. Nobody knows how this actually happens, we just know it miraculously does! And it so happens we find ways to resolve it, because we are here

to find happiness and to fulfil our highest potential, not to suffer, struggle and never be at peace. There is a deeper reality functioning at all times within and around us. This reality dictates that we have come to this earth to find joy, and often it is our inner child who stands in our way. It does not mean to do this, it just needs to heal past wounds or address detrimental beliefs which affected us as children.”

Further to this, Bruce K Lipton PhD cellular development biologist states that “Science has indoctrinated us with the belief that the character and traits of our lives are programmed by genes. However, recent advances in cell biology now reveal that parental attitudes and beliefs profoundly influence the genetic programming of their offspring.

Parental ‘programming’ is first initiated in the formation of the germ cells (Eggs & Sperm) through the process called ‘Genomic Imprinting.’ The parents influence in shaping the life of their child are further extended in the watery world of the womb, when the prenatal brain begins to acquire environmental experiences. Subsequently, the character and potential of the child can be profoundly nurtured or damaged through birth, bonding and parenting skills. **What was learned in our earliest experiences has a long term impact, for it shapes the potential we express in the unfolding of our lives.”**

Chloe Faith Wordsworth states that it is now more commonly understood that the consciousness of the baby picks up everything that occurs during pregnancy – from the thoughts and feelings of the parents at conception and during the nine months gestation, to the mother’s voice, to attitudes of the doctors and nurses during the actual birth process. Sonagrams have shown the tiny infant trying to cover its ears to protect itself from the painful sound, also making a fist at an amniotic needle in an attempt to push it away.

Dr William Emerson and Dr Ray Castellino, both of whom do ground breaking work with newborns, state that what happens to you parentally and during the birth process is recapitulated in your relationships, in the state of your health and in the events of your life – even in the accidents you are prone to. The world of pregnancy, good or bad, is reflected in your life. Your birth process controls how you respond to life’s challenges because you continue to resonate with perceived traumas in your birth journey when particular needs were not met. This resonance with unmet needs and prenatal or infant responses is then superimposed on your present relationships.

If you do not resonate with coherence in any of your life cycle phases, you are unable to move through life smoothly, easily and effectively. Instead you struggle to know what your next step is; you lack ideas, intentions or inspirations to motivate your actions and create life-enhancing outcomes; you are unable to go into action, or you rush into action prematurely; you fail to create and manifest what you want; or you fail to complete relationships and projects and move into new beginnings with greater wisdom and understanding.

Resonance Repatterning is a process for identifying and transforming **unconscious patterns** at cellular level, at sub-atomic particle level; not **subconscious patterns**, because they may come from your D.N.A; parental influences; childhood experiences; your vision – the way you perceive the world; your relationships; archetypes; your family system, etc.

During a session with a practitioner we go to the earlier experience in order to transform the unconscious patterns that you resonate with. It is not the earlier experiences in themselves that cause your life and relationship problems and traumas in the present, at a physical, mental, emotional and spirit level. Rather it is your unconscious responses to these earlier experiences that need to be resolved.

So to undo the conditioning or upsets from the past we have to connect with our inner child, we then have to help heal this part which will in turn free us from all that seems to disable us.

When life needs are not met the sympathetic nervous system (SNS) moves into a fight-flight survival response to handle what appears to the infant or child to be a life-threatening situation. If the life need is not resolved with love and communication the SNS stress response becomes a habitual way of being that dominates your life and how you relate. The Repatterning identifies the situation at whatever phase of growth that is pertinent to the session from conception up to the present and who is involved, (e.g. mother, father, brother, sister, teacher, doctor, etc.) - anyone who is empirical to the age identified; then it identifies the structure of the needs that were not met in a specific earlier experience. Step by step you are able to identify and transform the non-coherent feelings and negative beliefs associated with the experience and to resonate with developmental messages or needs that were not imprinted at the appropriate stage of your development. As a child you need to resonate with all the developmental messages for coherent growth and for mature relationships as an adult.

*Michael Fisher is a longstanding certified practitioner and teacher of Resonance Repatterning. In order to experience a session of Resonance Repatterning you can e-mail him at [mefisher@healthy-life.ca](mailto:mefisher@healthy-life.ca) or you can phone him at 604-264-9011 in Vancouver, British Columbia Canada, to book an appointment. A phone-in or proxy session typically takes up to an hour and a quarter. Currently, Michael is doing phone-in sessions with clients in Birmingham – England, Seattle – Washington, Connecticut – NY, Zurich- Switzerland, Calgary, Edmonton, & Kamloops – Canada. So distance is no problem – he just calculates the time differences for the mutual convenience of the client & practitioner. His website is [www.healthy-life.ca](http://www.healthy-life.ca)*