

Re-Integrating the Inner Child/ Adult (Soul Retrieval)

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EFT can be a powerful tool for helping people heal from trauma and abuse. Deep State RePatterning (DSR) is a process that combines EFT with NLP, Inner Child work and soul retrieval.

DSR is an easy process that allows you to easily find the root causes of issues and to clear them in a gentle way. Most EFT approaches focus on experiences after birth, DSR however easily finds those events, as well as those that occur prior to birth, at birth or in a past life or generations of the family.

Although I mention past lives, you do not need to believe in the concept to use Deep State RePatterning. You could easily see this as a powerful approach to working with metaphors and stories.

Re-Integrating the Inner Child/ Adult (Soul Retrieval) is a process used in DSR that takes the healing that occurs after tapping through the issues, to another level. When people have traumatic events happen in their lives they can have a sense of loss of part of themselves. The re-integration process brings this part back into the person and helps them feel more whole or as Elaine put it after re-integrating her eight year old self, *"It felt like a piece of my soul returned"*. Elaine's description is a common way that I have heard people describe the experience of re-integration.

How to Re-Integrate

Step 1: Find the point in time when the trauma occurred and tap through until the younger version of the person, child or adult is **totally healed** and in a **place of peace and total acceptance**.

Step 2: Ask the younger version of themselves commonly referred to as the inner child (although it could be an adult) if it is OK to re-integrate with their older self

Step 3: If the answer is no, treat this as tapable issues and clear any blocks to getting permission to re-integrate

An example of an objection to re-integration

When asked the re-integration question the lady asking, got a sense/ image of fog, like a cloudy sky and a feeling of choking. This was tapped through just using normal EFT Language. Instantly the fog lifted, the lady had a sense of the sky being cleared, when asked again about re-integration there was no objection.

Step 4: Only when you have permission should you go through the re-integration steps.

Ask the client to tap on the karate point

"I want you to imagine bringing her (him) back inside of you"

Eye Brow: *“And begin to reconnect”*.

Side of the Eye: *“And have that sense of connection, beginning to get that sense of wholeness”*.

Under the Eye: *“As you begin to take on board all those wonderful learnings from that younger you”*.

Under the nose: *“And have access to all of those wonderful resources”*.

Chin: *“You can begin to sense that feeling of wholeness, oneness in a beautiful way”*

Collar Bone: *“And as you do that you can re-integrate all of those learning and put them in just the right place”*.

Under the Arm: *“So that you can access them whenever you need to access them”*

Top of the Head: *“Feeling those wonderful feelings now and keeping those feelings with you”*

The wording I have shared above gives the gist of the process. Some of the wording may seem unusual to those not familiar with NLP and Milton Model language, however the words communicate very powerfully with the subconscious mind.