

Overcoming the Damaging Effects of Childhood Trauma

By Rick Wilkes

These are not just experiences from "your past" ... these are energies still active in your current vibration.

No one can refute the fact that our childhood affects our current life, but how much of an impact does it have and how much control do WE have over the way it's impacting us?

In this interview about healing childhood traumas all these questions will be answered.

If you feel like an event in your past is holding you back from the future you want, then you have found yourself in the right place.

We will be speaking to Rick Wilkes. Rick Wilkes is the founder of ThrivingNow.com, and a star in the film ***The Tapping Solution***. In the past six years he has worked with over 1,500 clients and has become known for his innovative methods.

Disclaimer: The information and coaching we provide is intended to educate, inform, amuse, and inspire you on your personal journey towards optimal health and a thriving life. It is clearly not intended to replace a one-on-one relationship with a qualified health care professional and is definitely not intended as medical advice, diagnosis, or treatment. If you are under the care of any health professionals (or should be), we strongly encourage you to discuss modifications in your diet, lifestyle, exercise program, nutrition, or use of Energy Tapping with them prior to making any changes, and never discontinue or reduce prescription medications without consulting your doctor or pharmacist.

Values in parenthesis next to the topic headers refer to the time stamps on the recording.

Take care of yourself (1:30)

This work can be very intense. Knowing some grounding techniques ahead of time is very helpful. Print them out and post them where you can see them if you get overwhelmed; it can help you calm yourself when you may not be thinking very clearly. There are grounding techniques at: www.thrivingnow.com/grounding

What is trauma? (2:00)

*Definition: An **apparently** life-threatening situation where we perceive that we are defenseless.*

To children, this can be the threat or appearance of rejection since they know they are not capable of surviving on their own. It may be the denial of something that feels important or a sense of confusion indicating they can't figure out how the world works.

The perception may not be logical to an adult, but as long as it felt frightening and life threatening to the child, that is how it was internalized... and **frozen in time**.

How do animals (including the human animal) respond to trauma? (3:30)

There are three natural responses: **Fight, Flight, or Freeze**.

As part of the domesticating process, humans are trained out of fighting and fleeing... so we see an overabundance of Freeze responses.

Animals will discharge the trauma when they come out of the freeze response. They will tremble, shake, run. Humans have been conditioned out of most of that natural release. The trauma remains stored in our body... **frozen in time!**

Our primitive brain (developed eons ago) has a guiding purpose of keeping us safe—**survival** no matter what the cost. When it perceives a threat, it reacts to protect us. But it only knows Fight, Flight, or Freeze. Its reactions are not necessarily rational (except from the perspective of primitive survival).

Trauma is not only abuse or accidents. It can be any shock or horror that feels disempowering and overwhelming.

For more information on ***Trauma and the Primitive Brain***, check out the video at: www.thrivingnow.com/trauma

Where are these traumas stored? (5:30)

Unresolved, frozen trauma is stored in the body/mind.

Multiple studies have shown that the subconscious does not distinguish between past events and present ones. For those who study the Law of Attraction, you know that the vibration you send out to the universe determines what you attract into your life. The subconscious is generating part of your vibration. As you change the energy around old traumas, your present day life can shift in wonderful ways.

If some present day event resonates with the memory in some way (sight, smell, sound, situation, feeling) that can trigger a strong recall of the old incident. It can feel like the old trauma is happening all over again, right NOW. We may even get the same adrenaline rush... the same primitive brain response.

There is a practical reason to go back and release the trauma. Even if we don't think about it, the traumatic memory still affects us on a conscious or unconscious level.

Mirror neurons in the brain (evolved to allow humans and higher mammals to learn and remember important events and skills) store the event in a way that allows it to play over and over again, influencing our current actions. Any time something triggers that part of our brain, the energy state of those memories is replayed, and we may find ourselves acting very differently than we want or intend to. (This is where people say, "I don't feel like myself when that happens.")

Do these stored traumas affect us even when we're not consciously aware of them? (11:00)

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Example: Let's say the first time you ever had a \$20 bill ("a LOT of money" for a child), some bullies beat you up and stole it from you. You couldn't run, and you couldn't defend yourself. What we see working with clients is that a person with this childhood trauma may not relate it at all, but what they notice in the Present is that they have a fear about having "a LOT of money" ...and they "avoid" becoming wealthy by self-sabotaging opportunities, procrastination, gambling, etc.

Our energetic interpretation is that this childhood event **vibrates** in the Present, adding a vibration of fear around having "a LOT of money." By Law of Attraction, our vibration (conscious or not) attracts present-day life experiences. We may focus our thinking mind on positive financial abundance, but our vibration includes both conscious and subconscious energies.

Clearing out the frozen energies of past traumas allows us to clean up our vibration and align with and attract what we consciously choose.

We want to release the trauma in as painless and rapid a way as possible so we can experience freedom and abundance.

How do you release the energy of these stored childhood traumas? (13:15)

Tapping!

Tapping appears to permanently shift the energy around specific events. It allows connection between thoughts, perceptions, and the body.

Sometimes people have a single significant trauma that blocks them from feeling confident speaking in public, for example. They may be able to tap on that trauma and experience an immediate shift. A "one minute miracle."

People with layers of trauma are on a unique journey. Tapping can bring significant relief and empowerment, but it may take months or many months to clear out the jungle. We encourage people with significant trauma to get help and support with this. They can, of course, tap for themselves, but having guidance and caring can make a big difference in their progress.

Tapping techniques for trauma relief include The Movie Technique, Tearless Trauma Technique, and Tell the Story. All work well. There is also a gentle

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approach we call **Inner Tapping**, which we find fast and effective. We have a video presentation on Inner Tapping at:
www.thrivingnow.com/innertapping

Inner Tapping (21:00)

In simple terms, it is tapping on the internalized child or “younger you” that is still frozen in that negative experience. Basically surrogate tapping for the child that was you.

It helps because it seems to directly affect how the memory is stored.

It also displaces the emotions and overwhelm onto a “child” so it is generally possible to focus and think more clearly. It can be less painful as well. In group situations, like our **Team Coaching Program** (www.thrivingnow.com/team), it isn't as overwhelming for the other people listening, though they can still connect and borrow benefits for their own issues.

It's proving to be a highly effective way to reverse the effects of trauma and re-empower aspects of ourselves that were frozen.

Where did this Inner Tapping approach come from? (23:20)

Conventional approaches have been doing inner child work for decades.

Shirley Jean Schmidt introduced mirror neurons to inner child work.

Karl Dawson demonstrates this kind of tapping beautifully in his Matrix ReImprinting work.

Neurologist Dr. Robert Scaer's work on the storage and release of trauma in the body provided other insights.

How you do Inner Tapping on a specific childhood trauma? (24:30)

1. A specific event (or aspect) is identified.
2. Tune into the “inner child” by asking questions like:

“How old is she?”
“Where do you see him?”
“What is she wearing?”
“What is he seeing or feeling?”
“Where is the feeling in his body”

3. Remember, while we're using our *imagination* to connect with the memory, the energies and emotions are “real and present” to the subconscious body-mind.

What do you do if there is a lot of intensity in the situation? (27:20)

Always be open to ways to reduce the trauma at the start, in the middle, and definitely at the end of the process. This includes

- moving the child to a safe place,
- freezing the others in the scene,
- offering them choices about what would make them feel better (teddy bear, blanket, something to eat or drink),
- having someone trusted take the traumatizing adults off to tap in your imagination,
- stop and tap on the adult self (Even though this feels very intense for me, I am ok!)
- even take a break if needed and start again more gently. Start the memory earlier in the day to gain trust and connection with that part of you. Get professional help if you need it.

Do you always imagine tapping on the inner child? (28:20)

We tap on the inner children or "younger you's" (They could be 2, 10, 35 or 57, any part of us that felt defenseless and disempowered.) We can also tap on any other people or significant objects in the memory.

Children often personalize objects. A lost teddy bear might have "abandoned" a 3-year-old. Tapping on the bear in our imagination, or allowing the 3-year-old to do so, can be empowering and can even change present-day relationships as a positive side-benefit.

When it feels safe, and the child wants to, we can have the younger self tap on the parents or have the parent tap on them. In the imagination, anything

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is possible... even if the parent died several years ago.

We ask permission to tap in the inner children, since that offers an energy of respect and healthy boundaries (which is always missing in any trauma!) If they don't want to be tapped on, tap for them just like any surrogate tapping. You can offer to let them watch, which can help them feel more comfortable with it.

Once you have permission, imagining tapping on the child while you tap on yourself physically.

Treat this like the child is the "client." Ask, wait for feedback on the thoughts/emotions/physical sensations, and continue to tap on whatever is coming up until the inner child experiences **RELIEF**.

RESPECT the inner child's reactions. Resist any impulse to "quick fix" or "deny" the feelings that are coming up (if the child *HATES* her father, acknowledge that feeling). There IS an intelligence at work here!

Emphasize the positive aspects of the child (courage, smarts, strength, caring). Make sure the child feels "heard where they are" (frozen state) before helping them see options. Once the child has been heard, help them to see they/you are in a different time and place.

What do you do if the inner child still feels intensity? (32:20)

If we find that the intensity stops shifting, there may be other aspects. It is often useful to look at the other beings involved in the event and do some tapping on them. If Dad caused the trauma, tapping on him (or having someone safe do that) can shift the rest of the trauma.

Once the event has shifted for the inner child, what's next? (33:00)

Further transform the trauma energy. Ask them what would make them feel safe and empowered. Often it helps to do additional tapping to thank them for holding the trauma all this time and asking their help to shift and look for positive aspects or some other task that is manageable and purposeful. This helps them shift the energy more quickly and permanently. For example, an inner child that held a lot of self-judgment might be willing to help find things to feel good about.

When guided, close with some heart-centered focus. Feel the positive energy in the body, and let energy feel lighter and stronger and fill up your heart. When heart feels full, radiate the positive energy to every cell in body, then to whole universe to let it know how wonderful the change is. This allows full integration of the warmth and relief.

Does this shift how people relate to themselves and their childhood experiences? (34:50)

Very much! People are often surprised at how natural the change feels and how differently they react.

We encourage that by suggesting that people to check in with the inner child over the coming hours and days, spend time with them in their "imagination," and help them see present day reality (depending on what they feel is helpful... and fun!).

It is literally re-parenting from the inside... out. It brings out our natural compassion and caring... for our self for a change!

Instead of just relief, this technique seems to bring a sense of empowerment and integration. It allows the person to help soothe a part of themselves that has been energetically frozen and isolated. They often feel very good at the end of the work.

How long does the process take? (36:20)

Generally the process takes around 15 minutes for a single aspect or event. More complex traumas can take longer. It seems to be more effective and

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thorough than the movie technique or tell the story techniques, and Inner Tapping is generally less triggering.

Can people still borrow benefits as they tap along? (37:15)

Absolutely. We use ***Inner Tapping*** on our group coaching calls all the time. People tell us later that it really helped them to access aspects they didn't realize were active in their own vibration.

Before someone uses tapping for childhood traumas, what should they keep in mind? Can people do this for themselves? (38:00)

Traumas are by their definition distressing events! You are working with issues of powerlessness and pain. Do you feel ready to go there (personally if the issue is yours or professionally if working with a client)?

Traumas involve feelings of being unsafe and unprotected. For that reason alone, I personally recommend that people work with someone skilled in using tapping... someone they feel safe with! Or at least have a safe, comforting person present or on call.

Know some common grounding techniques before you begin... breathing, noticing your surroundings, having something to eat or drink handy. Practice those! They are good adjuncts to tapping.

What if people are resistant to tapping on these issues? (40:30)

That may be guidance. It may not feel safe to work on traumas by yourself, or at least not yet. Ask yourself, "Do I need help with this?" If the answer is yes, pushing through with willpower is not a good idea. Forcing yourself to face what you're not ready for can be painful and sometimes futile.

If you want to work on it yourself, but don't feel ready yet, there are things you can do. We grow in strength and resiliency as we practice tapping. And we can take baby steps in the beginning. You can tap on anxiety in your breathing for a while. Tap on lighter, more trivial or even "silly stuff" ...and work your way up to more intense issues.

You can also try some refusal tapping: "Even though I want to work on this,

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I refuse to work on this, and I accept myself anyway." Then tap through the points with "No, I won't!" and see what clarity comes up. Is it a "No" right now? A "No" for doing it alone? A "No" for the way it's being approached?

Tapping Example (43:00)

Rick uses an example of wanting to sing at a Karaoke Party. He had in the past, but not in front of so many strangers. Part of him wanted to, part of him resisted. It was outside his comfort zone.

Just as you would ask yourself or a client, he asked himself, "Where did I learn it is unsafe and un-fun to sing in front of other people?"

He remembered being in a drama group in 8th grade. In the past he had been able to sing, but his voice was changing. The 8th grader had "learned" that no matter how hard he tried, he couldn't do a "good" job. He decided, "I'm not as good as everyone else." That belief caused a fearful feeling in his throat.

Rick asked and received permission to help his younger self. He then tapped on his physical body while he imagined tapping on the 8th grader for the "fearful feeling in his throat."

When that had cleared, there was still some intensity, so he asked what that was about. There were some beliefs about needing to be perfect. After a couple rounds of tapping, that energy was released. Younger Rick felt much better.

Rick asked him what he wanted to do. Giving the younger selves choices can feel empowering and healing. Younger Rick decided he wanted to stay and have fun singing. Adult Rick imagined being present while his younger self sang and enjoyed the experience.

How do you know if you're saying the right thing? (48:45)

There really isn't a wrong thing to say. If you don't see a change, ask the younger self what is going on.

When do you stay with the negative feelings and when do you offer positive options? (53:00)

Notice what feels right. If you try to be too positive too early, the inner child will react with disbelief or resistance. It seems to be quite important to hear them where they are first. We are generally including a positive anyway, when we use phrases like "Even though... I am ok," and "Even though... I deeply and completely love and accept myself anyway."

Our memories are always reacting to the world, so we can get feedback. Look first for signs of relief and then offer positive alternatives.

What if other memories come up? (56:00)

Specific events are doorways into a certain energy pattern. There may be related traumas that come up during the process. If you're tired, you can often just let those related memories and their inner children know that you will get back to them. It often helps to write them down while you're tuned into them. Letting them know you heard and will help them later can let you shut down the process when you need to. Grounding techniques can help with that as well.

Whether you continue tapping in the moment, or come back to it later, if you're not sure where to start or what to take first, ask your younger self.

I thought imagination was for children...“useless fantasy” (57:30)

Science shows that a 7-year-old who was traumatized and didn't have a healthy way to discharge the energy is still holding on to that energy. Part of who you are is still in that energy, frozen, waiting for relief.

Professional athletes have used imagination and visualization for decades to significantly improve their performance.

Why not imagine going back and helping your younger selves who didn't get the care and comfort when they needed it? It can help you re-perceive your whole childhood.

Tips (1:01:00)

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- Use appropriate support for this process. A Circle of Support can make a world of difference.
- If you're new to tapping, get used to tapping on day-to-day issues before digging into deep traumas. Focus on small stressors like bills, traffic, etc. This allows you to develop skills and bring yourself relief. You build strength, skill and resiliency with practice.
- Start slowly if you can.
- Ask yourself "What does this remind me of," or "When did I learn this?" Then go in with compassion and offer what you would have liked to receive back then.
- It can help to ask your adult self, "How do I feel about this child" and tap on any judgments or resentments.
- When you're tapping with the inner child, help them notice that things are different now. Let them know you have your own car, your own money, your own house.
- Congratulate them on making it through. Appreciate their courage, strength and intelligence. Even if their decisions are not ones you would make now, they did the best with what they had.

You can't really get it wrong. Share how you honestly feel. That is the essence of tapping. Even though I honestly feel _____, I choose to accept myself and all my feelings and move forward anyway.

The light at the end of the tunnel (1:04:30)

Some people have been searching for relief and trying different approaches for 5, 10, 20 years or more before finding tapping. Trust that it has shown up at the right time for you at the right time in your journey.

You wouldn't have attracted tapping into your life without a strong asking. That strong asking can sometimes bring up intense feelings. Even if you've had many traumas over many years, as you work on specific issues, you bring hope and relief. You build up your energy and resilience.

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Sometimes, after doing some work, more intense feelings may come up. This can feel like a setback. Remember, that as you build your strength, you can go from picking up pebbles to picking up rocks. You can even get to a place where boulders aren't too much trouble.

Experience gives you strength and a trust in yourself. Combining that with a Circle of Support will take you far.

You can change how you view your entire life: how you interact with people, how you look at yourself and your accomplishments, even how much success you feel comfortable with... all can be transformed. Tapping gives us the freedom to choose different paths, free of old traumas.

About Rick

I am a student of the intelligent energy that animates all Life. To me, emotions are energy in motion, and this work gives me an opportunity to explore with you the leading edge of new vibrational technologies. Energy Tapping literally taps into Source Energy. It taps into our natural ability to know ourselves and to align with the restorative, self-healing power of that which created us and keeps us living, laughing, and loving. I thank you for letting me share with you what we've discovered (so far) that can bring quick and long lasting relief, and for joining us as we take these practical approaches to the next level of understanding and effectiveness.



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