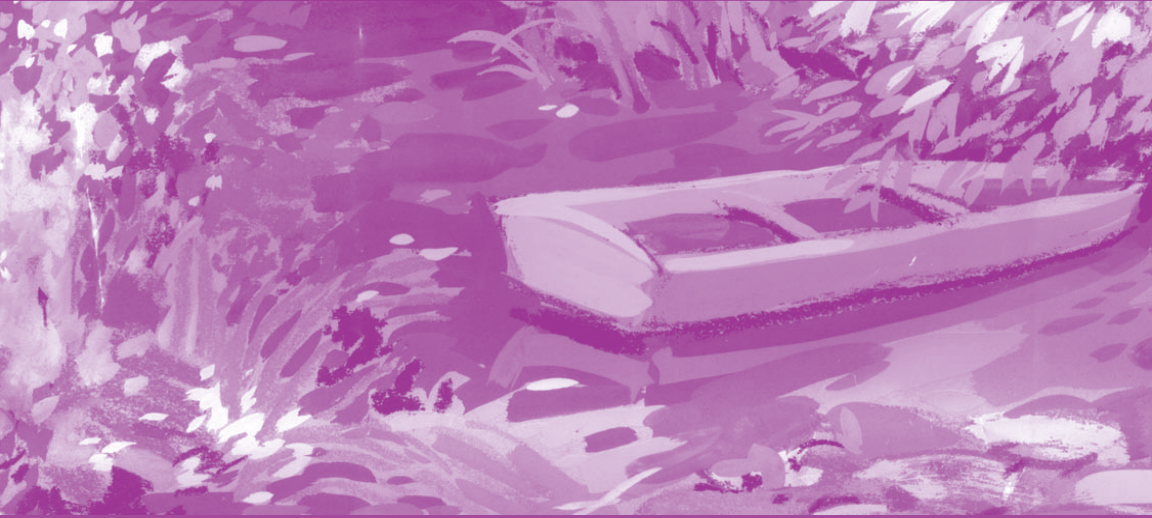


# The Personal Transformation **INTENSIVE**

A POWERFUL HEART-CENTERED PERSONAL GROWTH PROGRAM



## A White Paper on The Personal Transformation Intensive® (PTI)

**This powerful human potential program utilizes  
Heart-Centered Hypnotherapy, Energetic Psychodrama,  
Breathwork, the Clearing Process,  
Kundalini Meditation and Master Mind Groups**



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**Breaking Free  
From the Victim Trap:**

*Reclaiming Your Personal Power*

Diane Zimberoff, M.A.

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## *Breaking Free from the Victim Trap*

### Chapter 16 The Personal Transformation Intensive®

Self-love is not selfishness. Being selfish comes from feeling a lack or scarcity, and thus being afraid to give for fear of losing what little you have. The more love people feel for themselves, the more love they can give to others and the less selfish they are.

After a person has been in individual therapy for some time, a noticeable improvement will be seen. If both people in a couple are in treatment, the improvement will be greater still. I then most often recommend the *Personal Transformation Intensive*®. This experience does far more to change people's victim patterns than anything else I've experienced over my thirty years of doing therapeutic work!

This is a program of intensive weekends in a retreat setting which meets for five months. Some people choose to continue to more advanced levels or even to repeat the process several times. In the group, various processes are used to help group members clearly work through their individual and relationship issues. Processes include hypnotherapy, psychodrama, breathwork, meditation, and other group exercises designed to access and then directly express emotions. These processes are experiential rather than intellectual exercises; however, some cognitive teaching is also included.

Since so many people have numbed or denied their feelings, it is important for people to *feel*. At first they may not like the feelings, but most people soon learn to prefer *feelings* to dissociation and *numbness*. Then the feelings can be expressed and released, and real personal clarity ensues.

As the group progresses, each person's issues become crystal clear to him as well as to everyone else in the group. It becomes more and more difficult to go back to playing the old games. This is especially helpful in couples, where the problems are often located in the subconscious *projection*. Each person often projects his parental issues onto the other person, experiencing the spouse as "just like" one of his parents. Most people are not aware that they are doing this and they keep replaying these old patterns over and over again with each other. Through the group process, each person can now "own" what is his and stop the projection. This heals the relationship and ends the victim games.

## The Personal Transformation Intensive®

Participants in the group may also be given assignments to do outside of the class, which help to illuminate their issues and offer opportunities to heal them. Participants are continually working to release their victim, codependent issues, and are diligently involved in their own healing process. They are taught to take responsibility for their own issues rather than blaming them on other people. We have many processes which help to accomplish this.

An important aspect of any group is that each person becomes a mirror for the others. The participants all begin to see reflections of themselves in each other. This is quite illuminating since we always see ourselves in others, and yet how many people walk around each day without the awareness that they are doing this?

One of the most valuable aspects of the group is the nurturing support that is available for each and every person. For many it is the first time that they have bared their souls to anyone. It is the first time that they have admitted to addictions, abuse or shame, sometimes even to themselves. When the truth is out and you realize that you are still loved, for some it is the first experience of unconditional love. This is the beginning of real self-esteem, and of true healing.

There are many other important aspects of the Intensive, but the most vital is the spiritual awakening which takes place. Most people, through the release of the false self and the reclaiming of the true self, have enlightenment experiences which they have never had before. These spiritual experiences include: a new sense of connection with one's Higher Power, however each person defines it to be; a revitalized connection with all aspects of one's self, including those child parts and inner resources left behind at times of trauma; and a newfound loving compassion for the significant relationships in one's life. This transformational process is personal growth by quantum leaps.

The *Personal Transformation Intensive*® (*PTI*) includes Heart-Centered Hypnotherapy, Energetic Psychodrama, Breathwork, the Clearing Process, Heart-Centered Meditation and Master Mind Groups. All of these processes are powerful tools for personal growth in and of themselves; however, in combination these dynamic tools become great catalysts for enlightenment and change. One young woman shared with me that before the *PTI* she had been depressed and suicidal all her life. All she could do was think about death and how she was going to kill herself. She finally bought a large gun and began carrying it around in her purse. She then bought bullets and loaded them into the gun with serious plans to pull the trigger. She enrolled in the *PTI* at the suggestion of a family member.

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During the second meeting of the group, in her breathwork session, she had an amazing spiritual experience in which she realized what her true purpose for being here on earth is about and that her life did indeed have meaning. This one weekend changed the entire course of her life and it was at this point that she made a new decision to live. At the end of her *Personal Transformation Intensive*, she gave the gun away and truly is a transformed person. Her life is now unfolding in many new and exciting directions. She thanked me so much for developing this program which she said literally *saved her life*.

### Breathwork and Rebirthing

There is more and more evidence that many of the problems in our lives, the lifelong dysfunctional patterns, go back to our birth or to experiences in the womb. For example, research now documents a clear connection between birth trauma and suicide attempts. There is a much higher risk of suicide and depression in people who have experienced birth trauma.<sup>11</sup>

I know this may seem incredible to you, especially if you have never experienced your birth. However, as you read the following accounts, you will understand how prenatal experience can affect us. First, it is necessary to understand that consciousness exists from the very moment of conception. Even though babies cannot talk, they certainly can hear, feel, and comprehend. In Chapter 11, I told you about Vicki, who regressed back to the womb where she knew intuitively that her parents didn't want her. She immediately felt rejected, and the internalized low self-esteem crippled her throughout her life. This is actually a common situation.

In hypnosis, a person can return to these experiences and feel them emotionally or watch them as if watching a movie. Sometimes in breathwork a person actually re-creates the physical sensation of the birth experience. Now, if this was traumatic, you may wonder why anyone would choose to experience it all over again. The reason is to heal it. Through rebirthing you can heal the birth traumas that may have been "clogging up" your life for years. The same techniques that are so effective in healing childhood traumas (for example, informing the child, or reframing, or re-parenting) work to heal birth and prenatal traumas.

In a breathwork session, Cynthia experienced feeling suffocated as she was going down the birth canal. She concluded from this that life is suffocating, and is a struggle for even the most basic needs (such as air). Once she adopted that belief, she began to make it happen in her life. As a

child, she contracted asthma and allergy problems. Later, she became a smoker. She attracted people who would “hang on to her” and suffocate her in relationships. Life, especially relationships, always seemed like such a struggle.

Cynthia was able to reframe the birth experience later in the same session. The new birth experience was empowering, because she felt in control, exhilarated at being able to breathe deeply as she moved easily through the birth canal and out into the world. She reframed the experience not only in mental images but also physically so that her body had the actual visceral experience of unimpeded movement, and her lungs of filling with plentiful oxygen. Cynthia began rapid progress in resolving her struggles with getting her needs met at work and in personal relationships, and was successful in finally quitting smoking.

Once you go through the birth trauma, healing takes place because you go through it more consciously and with the perspective of your adult level of wisdom. To a newborn, struggling to survive and facing the unknown, going down the birth canal may seem like an eternity. With the dual awareness of infant and adult, you realize that you have resources and choices now that you did not have then, and that you do not need to re-create the original experience in your life any more.

Rebirthing, through hypnotherapy or breathwork, is an “enlightenment” process; people gain new heights of clarity about their lives. For example, I recently worked with a man who has been a victim and a rescuer for much of his life. We’ll call him Barry. He has felt helpless with drugs and alcohol in his life, and has had very dissatisfying relationships in his life with women. The pattern has been that he finds victim women and rescues them. They then become so dependent on him that he feels suffocated and wants to “get out.” But he then feels guilty about hurting them, so he stays. He uses a lot of drugs to “anesthetize” the guilt.

In a hot tub rebirthing session, Barry started rocking back and forth, banging his head against the edge of the tub. Then he would stop and cry and curl up in a ball and withdraw. His feeling was that he was trying to “get out,” but it was causing his mother pain. She was closing her legs and holding him back. Every time Barry tried to get out, he felt guilty because he felt responsible for his mother’s pain. He would then stop trying and “go unconscious” from the anesthetic in his mother’s body.

Barry’s relationship with his mother all during his life was merely a re-creation of his birth. His mother developed a dependency on Barry, making him responsible for her happiness. He became her rescuer, and

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accepted the position of being responsible for her. She became very overprotective and would not “let go” of him; as he grew, he felt suffocated. He did not have the freedom that some of the other kids had.

As Barry got older, he began to become interested in girls; his mother was very threatened by this. The tighter she held on, the harder he fought to get away from her and the more guilt he felt. His mother used guilt to try to control and manipulate him. The more guilt he felt, the more he resented her. Of course, he could not express the resentment, so he held it in. The resentment grew and so he began to use the common anesthetics in our culture: cigarettes, drugs and alcohol. As a teenager, he began repressing his guilt and resentment with the use of these substances.

The relationships in his life tended to follow the same patterns. Barry would attract a dependent woman and then develop mutual dependency. He would always play the role of the rescuer. As the woman began to suffocate him, he would feel trapped and try to “push out.” This would, of course, cause her pain and so she would “hold on tighter” to try to stop the pain. Just as it doesn’t work in childbirth, it doesn’t work in relationships. And so the harder she holds on, the more he tries to get out and the more guilt he feels. The more guilt anyone feels, the more resentment there is. And for Barry, as for many people, the more resentment he feels, the more drugs he uses.

Through rebirthing and the Intensive group experience, Barry was able to discover this pattern and heal it. But it cannot be healed on the conscious level. An experience of rebirthing, somatically and emotionally returning to the original traumatic experience, is necessary in order to accomplish this level of healing. His relationships with women are much healthier now. He is attracting women who are winners instead of needy victims. He does not need to attract suffocation or guilt into his life. He also does not need to re-create resentment which would have led him back into using drugs and alcohol.

Barry’s healing process took about a year using the Intensive group process. If this healing could have been accomplished with an intellectual process (and I doubt that it could), it might have taken anywhere from three to ten years.

Many people, through rebirthing, get in touch with the awareness that they were not wanted. Perhaps the mother was a teenager who was not ready for the responsibility of a child. The mother may have already had three or more children and the pregnancy may have been an accident. Perhaps the family was not financially ready for another baby. There are

many reasons why parents at some point in their lives do not want a child. And yet for whatever reason, the child may be born anyway.

A person who was unwanted at birth will go through life with the rejection pattern. In an effort to “heal” the feeling of rejection, this person will re-create one relationship after another like that of the original relationship with the parent. Through rebirthing in hypnotherapy or breathwork and the group Intensive experience, the individual can actually eliminate the need to attract rejection into his life.

Persons who attract rejection into their lives are definitely involved in the victim triangle. They feel helpless to attract anything other than rejection. They will inevitably attract a persecutor who persecutes through withdrawal of love. Then the victim gets to feel victimized all over again.

Many victim patterns are already established in the family long before the child is born. It may go back generations upon generations. Awareness of the situation certainly helps, but it does not change the old patterns. The Personal Transformation Intensive process reaches down to the depths of the old patterns and weeds them out, allowing new healthy patterns to grow.

### Energetic Psychodrama

Judith has had a life long problem of feeling like a fake. Even though she is a well- established professional with twenty years of experience in her field, she never feels confident about her skills or her ability to attract clients. She has done years of counseling and therapy and yet has continued to feel like an “imposter.” She also has had difficulty finding a spiritual connection.

We began her psychodrama on these issues and she was immediately catapulted back to being eight years old and terrified. She was in the Baptist church and her Sunday School teacher was insisting that she had to be Baptized because she might be run over by a car today when she left church and then she would immediately go to Hell. The other church members, including her parents, were all saying the same thing and trying to get her and her best friend to be baptized. They were saying that all little children were sinners and even babies were born “in sin,” and that “Everyone was going to Hell unless they were baptized.”

As in all of our psychodramas, group members play roles for the main character, so group members were playing the roles of her parents, her Sunday School teacher and the church members who were terrifying her with the religious dogma. The little eight-year-old Judith was filled with



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fear that she might be run over by a car and go to Hell. So she decided to be baptized, even though she felt unworthy to be baptized, didn't really understand what it was and didn't really want to do it in the first place.

In the psychodrama, we walked her through this powerful experience, with someone playing her Sunday School teacher yelling at her (which she had pre-scripted), "Now you know you're a sinner, don't you?" In re-living this momentous childhood experience, Judith realized that it was in this very experience where her feeling of being an imposter had begun. Terrified, she had lied and said "yes" she was a sinner, when she didn't believe that at all. She believed that children were good and she believed that God loved all children. So in being baptized she felt she lied, and that she betrayed her true belief in God. This incident has caused her to feel very disconnected from God for the next fifty years of her life.

In psychodrama, as in all the work that we do, we always build in a *corrective experience*.<sup>12</sup> This emotional correction allows the individual to re-experience the old, unresolved conflict *but with a new empowered ending*. In her corrective experience, Judith pushed all these Baptist church people out of her life and told them the truth about her beliefs about God. She expressed that her God is loving and that all children are born in love not in sin. She was able to truly take her power and speak her truth in the regressed ego state of her little eight-year-old, which in turn was powerfully healing for her adult.

Judith has had a major transformation from the work that she did in this psychodrama session. She has attracted more clients in her profession since she no longer feels like an imposter. She truly values herself and the work she does. She now has a clear and fulfilling spiritual connection.

As in all psychodramas, the roles played by other group members often trigger feelings for them or other observers. That in turn often leads to a psychodrama for the next person. Judith's highly charged work certainly triggered many people's memories of their own religious traumas as children. The woman who played the role of the Sunday School teacher pointedly recalled the religious dogma in her childhood church and the devastating effect it had on her for many years. She was then able to retrieve memories that had been repressed for forty years, complete her psychodrama, and reclaim her true relationship with her spirituality and her concept of God. This demonstrates the profound healing power of psychodrama. She was truly grateful for the opportunity to play the role for Judith, and then to get her own healing in return.

Another very moving psychodrama was played out by Fred. He states that he has difficulty maintaining intimate relationships with women in his

life. Most of his relationships don't last more than a few months and usually end up with the woman admonishing, "Let's just be friends." He is a man in his late forties and is feeling very discouraged and lonely by this lack of intimacy in his life. He is very aware of an actual fear or anxiety in his stomach that comes up when he gets into a relationship with a woman: the fear of rejection. He also has had many financial problems and worries about money, which intensify when he is in relationship with a woman.

As his psychodrama began, he soon regressed to an experience as a six-year-old, alone in his room listening to his parents fighting. His father was yelling at his mother for spending too much money. He kept saying, "We don't have a pot to piss in and you're spending too much money." Then he began accusing her of having sex with another man. The mother began screaming back defending herself and then crying hysterically.

Little Freddie felt helpless in his room to get their attention or to be noticed at all. He was there night after night listening to the same fights over and over again. He was lonely and all he had was his toys and his dog. He would cuddle up with his dog to try to feel some comfort. Then his father would come into his room and start yelling at him, "Get this damn dog out of the house." The father pulled the dog out of Freddie's room and threw it out into the yard. Freddie concluded, "My needs will never be met. I'll always be alone. I'll just hide."

There were several kids in the neighborhood (played by group members) who wanted to play with Freddie. He wanted to play, too, but didn't really know how. He felt unsure of himself and feared being rejected. Whenever the kids reached out to him, he could feel that fear coming up in his stomach, that same fear of rejection that comes up currently when he gets into a relationship. Then his father would come out and make him come home, "Freddie, get back in this house." He knew that he wasn't allowed to make friends or get too close or let friends come over. He knew that he wouldn't want any friends to come over and hear his parents fighting. Even at this young age of six, his very clear decision was, "It is safer to be alone!"

Through the thousands of regressions I have witnessed, I have discovered that children of every age draw *conclusions* about themselves, and then make *decisions* about how to behave based on those conclusions.<sup>13</sup> This seems to be universally true and is what I call the unconscious programming that governs much of our behavior. Those childhood conclusions and decisions have immense impact for a lifetime, because they are, first of all, accepted to define one's very worth and identity. In addition, because they came to be at the time of early traumatic

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experience, they are deeply embedded within the individual's "world view," as an unchallenged "fact of life." Through regression tools such as Heart-Centered hypnotherapy, psychodrama and breathwork, we can go back and discover what conclusions we have drawn about ourselves and what decisions are still affecting our behavior. Until these conclusions and decisions are brought to conscious awareness and explicitly changed, they still govern our lives, even though they may have been made when we were six years old! My experience is that many of these early conclusions and decisions were, in fact, made much earlier, as a toddler, in infancy, or even as a pre-nate in the womb.

As we began the corrective phase of Fred's psychodrama, we "grew him up" and had him reclaim his power so that he could speak his truth to his parents. He was able to express his deep grief and profound anger about the total lack of role modeling for a healthy relationship in their family. He expressed outrage and a deep sense of hopelessness that they had never taught him how to have intimacy, and that in fact the only closeness he had, with his dog, was even ripped away from him. Once Fred had "grown up" in the psychodrama, he felt gut-wrenching compassion for the little boy. He was able to speak with his six-year-old, now played by another group member, and help him develop a new conclusion about connection with others being safe and fulfilling. He created new decisions to replace the old decision to hide and isolate. He also saw where all his fears about money came from.

Fred has made some major changes in his life from this psychodrama experience. He has realized that the fear of rejection and the old decision that it was safer to be alone have caused him to continually cut off relationships before they had a chance to begin. He is now allowing relationships to take their course, to go slow and really give them a chance to blossom and grow. He has also realized that his father's repeated words, "We don't have a pot to piss in" was a belief that he had accepted unconsciously for himself. He has turned that around and now has an abundant flow of resources in his life. He is very grateful for the personal healing work and continues to do it since he has acknowledged this is just the beginning for him.

### The Master Mind Process

The Master Mind process is an ancient formula for success through collaboration among like-minded people. Napoleon Hill popularized the process in his book *Think and Grow Rich*. Hill was commissioned by the

steel magnate Andrew Carnegie to interview over 500 of America's successful men, including Henry Ford, John D. Rockefeller and Thomas Edison, to find a success formula that could be used by the average person. Twenty years later Hill published his book *Think and Grow Rich*. This book identified thirteen principles of success, one of which is the Power of the Master Mind. He said, "A goal is a dream with a deadline;" "If you do not conquer *self*, you will be conquered *by self*;" and "You must get involved to have an impact. No one is impressed with the won-lost record of the referee." Most well-known is his quote: "Whatever the Mind of man can *conceive* and *believe* it can *achieve*."

Master Minding is a powerful method of getting clear about your goals, both short-term, "What should I be doing now?" and long-term, "What do I want to achieve in my life?" We may even delve into more profound issues such as "What is my purpose for being here on earth?" We have processes that we employ in our Personal Transformation Intensive groups which help people to get clear on these issues. You cannot set goals if you first and foremost are not clear about what you want. We have discovered that many people just wander through their lives without making clear choices or knowing what their path is. Most people grow up, get married, have kids, get a job, change jobs, but how many of these were really clear conscious choices? That is why people fall so hard when the mid-life crisis comes along. Between the ages of thirty and forty, people often begin to feel restless, unhappy and maybe even have an affair to medicate these feelings. It is usually because we haven't truly been taught to get clear about what we want in our lives, what experiences we are looking for and what brings us joy and fulfillment, and then encouraged to pursue it.

A Master Mind group consists of people who work together in harmony to achieve diverse goals. That is, they each are working toward their own goals, but are also supporting each of the other group members to work toward *their* own goals. Each draws something from the others, and each contributes freely to the others in the group. When many minds concentrate together, the activity generates a power over and above the sum total of each of the individual minds, as though an invisible force joins the group.

The process of just setting an intention, witnessed and supported by others, sets in motion the fulfillment of that intention. No one has said that truth better than the German poet/ philosopher Goethe:

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*Until one is committed, there is hesitancy, the chance to draw back, always ineffectiveness. Concerning all acts of initiative (and creation), there is one elementary truth the ignorance of which kills countless ideas and splendid plans: that the moment one definitely commits oneself, then providence moves too.*

*All sorts of things occur to help one that would never otherwise have occurred. A whole stream of events issues from the decision, raising in one's favor all manner of unforeseen incidents and meetings and material assistance, which no man could have dreamed would have come his way.*

*Whatever you can do or dream you can, begin, boldness has genius, power and magic in it.*

*Begin it now.*

Years ago, I set the goal in my Master Mind group of being invited to travel to three foreign countries that needed healing to teach Heart-Centered Hypnotherapy to professional therapists. I had no idea which countries it would be or how it would come to be. Within two years I had been sought out by the government of Kuwait, a university in Taiwan, and a professional association in South Africa. How gratifying those invitations were to me, and how immensely grateful I am for the opportunity to collaborate with the wonderful people I have come to know in those countries. The Master Mind process had once again truly worked!

People in our *PTI* groups nearly always find their Master Mind group experience to be valuable. People who have had a home for sale languishing on the market, as soon as they included the sale in their Master Mind process, the home almost sold overnight. And they usually got more than their asking price! Many people in Master Mind groups have literally doubled and tripled their incomes by using the process. We have had people attract the type of relationships they have longed for but never thought they could find. One woman named Loretta was sitting with us at the dining room table as we did the Master Mind process for relationships with her. The process includes carefully visualizing each of the characteristics and qualities that you want in the mate you are looking for. There happened to be a training group at our house that weekend. Not

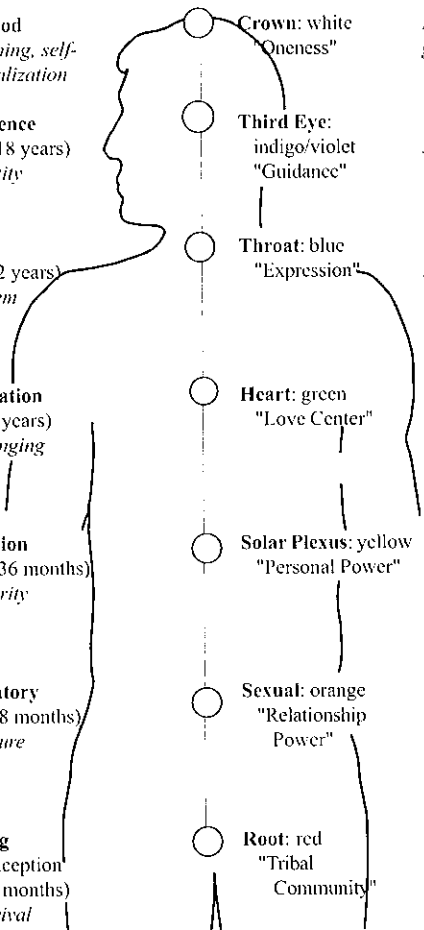
more than five minutes later a man that Loretta had known from one of the groups came walking through the door and asked her if she would like to take a walk with him. Their relationship progressed from that day forward. Even though she had known him previously, she had never seen him through “those eyes” until we did the Master Mind process. They are now living and working together in perfect harmony and both seem to be the perfect mate for the other.

There is an important reason why we include the Master Mind process in all of the work that we do in healing the victim triangle. As we have discussed, the Victim is the person or part of you who feels powerless and blames others for every problem. When you get clear on what you want in your life and make clear choices, there is no one to blame. Master Minding is a direct way to take back your personal power in your life and release the victim consciousness. If a choice that you have made does not work out for you, see it as a learning experience and bring it back to your Master Mind group and re-work it. The Victim can be very insidious and will then try to say, “Well, I have no one *to blame* but myself.” Even if you are blaming yourself, you are still in the victim consciousness. Take the word *blame* out of your vocabulary and change it to *responsibility*. The Master Mind process is a way to learn to take full responsibility for your choices in your life and to finally release the Victim.

## Meditation

We utilize group meditation to begin every morning of every group meeting in the *PTI*. By doing so, we all harmonize our energies, we quiet the mind from its usual constant chatter, and we set a common direction with each other for the coming day. Several elements are important to include in these meditations. One is to sit in a circle, holding hands. This facilitates the effortless flow of our energies. Another is to acknowledge all of the spiritual connections or forms of worship that various people may relate to: God/Goddess, Jesus, Buddha, Allah, Yahweh, Great Spirit, the Creator, the Divine Mother, Higher Power, White Light, Mother Earth, etc. People of every tradition are made to feel totally welcome in the circle. Each person is meditating quietly and we honor and respect each person’s individuality and personal beliefs. The focus is on opening up the heart center to unconditional love and creating a space of internal peace.

## Breaking Free from the Victim Trap

Developmental stage and base need:	Chakra	<i>Spiritual expression:</i>	<i>Ego expression:</i>
<b>Adulthood</b> <i>meaning, self-actualization</i>	 <b>Crown:</b> white "Oneness"	<b>Enlightenment</b> <i>grace, conscious prayer</i>	<b>Grandiosity</b> <i>lack of faith</i>
<b>Adolescence</b> (12-18 years) <i>identity</i>	<b>Third Eye:</b> indigo/violet "Guidance"	<b>Clarity of vision</b> <i>synchronicity; see truth</i>	<b>Projection</b> <i>illusion, confusion, judgements</i>
<b>Latency</b> (7-12 years) <i>esteem</i>	<b>Throat:</b> blue "Expression"	<b>Creative expression</b> <i>speak truth, express love, be all that you are</i>	<b>Repression</b> <i>"all choked up," secrets, lies,</i>
<b>Socialization</b> (3-7 years) <i>belonging</i>	<b>Heart:</b> green "Love Center"	<b>Unconditional love</b> <i>compassion, forgiveness, self-acceptance, doorway to spirituality</i>	<b>Conditional love</b> <i>resentments, pity rather than love, unworthiness, possessive love</i>
<b>Separation</b> (18-36 months) <i>security</i>	<b>Solar Plexus:</b> yellow "Personal Power"	<b>Spiritual power</b> <i>self-confidence, integrity, intuition, response-ability, accountability</i>	<b>Abusive power</b> <i>manipulation, rescue, blame, need for approval, "my will be done"</i>
<b>Exploratory</b> (6-18 months) <i>nurture</i>	<b>Sexual:</b> orange "Relationship Power"	<b>Passion</b> <i>Empowerment, love of life</i>	<b>Control</b> <i>(especially sex &amp; money) shame, competition, addictions, jealousy, Victim/Persecutor</i>
<b>Bonding</b> (conception to 6 months) <i>survival</i>	<b>Root:</b> red "Tribe Community"	<b>Life force</b> <i>connection to earth and tribe, vitality, loyalty/bonding</i>	<b>Survival fears</b> <i>fear of annihilation, living in the past, fear of "not enough," family &amp; church rules</i>

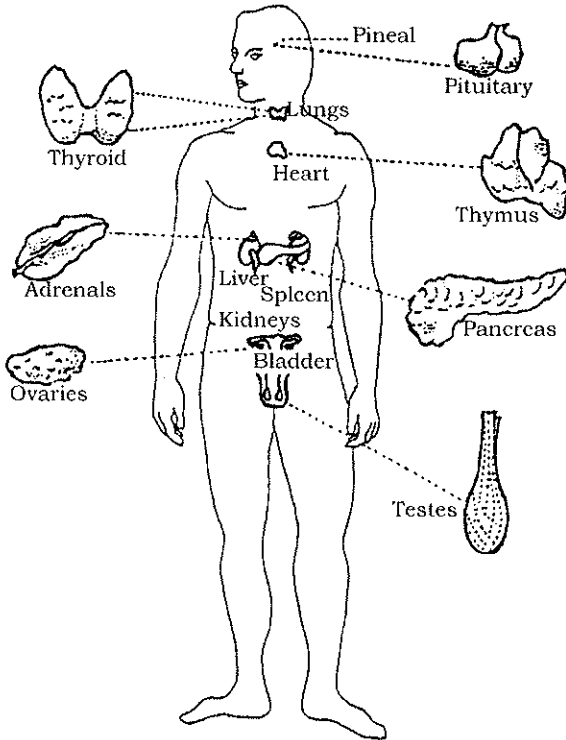
### Personal Transformation Chart

#### The Chakras or Energy Centers

*Chakra* is the Sanskrit word for wheel. There are seven major energy wheels or chakras in the body, located along the spinal column. This is a very ancient and fascinating teaching that I studied in India forty years ago and continue to learn about.

**When the Chakras are dissonant,  
the body signals us with symptoms of dis-ease.**

**When the Chakras are activated in harmony,  
the Endocrine System creates Immunity from dis-ease.**



gland	body effect	spiritual effect
7th Pineal	circadian rhythm	cosmic connection
6th pituitary	master gland	clarity, grand perspective
5th thyroid	metabolism	creativity, balance
4th thymus	immunity	compassion
3rd pancreas, adrenals	emotions	flexibility, openness
2nd ovaries/testes	hormones	vitality, passion
1st coccyx, spine	feet, legs, spine	security, groundedness

The way that we practice this meditation is to bring the attention to and open up each of the chakra centers. We instruct people to breathe into and out of each chakra as if they had a nose there. This really creates the



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feeling of openness and allows the energy to flow through each chakra. We work up from the base of the spine to the top of the head and visualize a fountain of energy moving up our spines. This opens up the energy into the spinal column and actually produces much more energy for the entire body. Energy can get blocked easily in the spine and chakras from stress, emotions and accidents. It can also get blocked from what we call ego issues or emotions such as fear, shame, guilt, unresolved grief and rage (which is years of unexpressed anger). This meditation can begin to remove those blockages and heal those old injuries. People are often amazed when they discover how much more energy they have from doing these meditations.

The first chakra, or *Root Chakra*, lies at the base of your spine and, through meditating on this chakra, you help yourself become more grounded, more solid and much more powerful at the physical levels of your life. It is also the area where people have located their fears of not having enough or not having their needs met. Do you often hear yourself saying, “I don’t have enough time, money, love, sex, etc?” If this is an issue for you, then you may have root chakra work to do. This meditation may be the way to begin.

The second, or *Sexual Chakra*, is located in the sexual organs, and is related not only to sexual and sensual passion, but also to a much more general passion for life: spiritual vitality. The ego issues located here have to do with control versus spontaneity. If you find yourself always trying to control people and situations, then this may be the place for you to meditate. People who have been sexually abused may have blockages in this chakra.

The third chakra is called the *Power Chakra*, and is associated with fire, with combustion, with personal power, joy, and integrity. It is located between the navel and the solar plexus, and represents a “fire in the belly.” It is the chakra where much of the victim triangle plays out. This is because it is the power center. If you were overpowered as a child or as an adult, or find yourself in power struggles with others, then this may be the chakra which needs to be opened for you.

The fourth chakra, the *Heart Chakra*, is located in the center of the chest, equidistant between the first and the seventh chakras, between earth and heaven. It balances the chakras above with the chakras below, through its potential for unconditional love. What most blocks the heart center from realizing this potential of love is low self-esteem or feeling unworthy of love and acceptance. Also, unresolved grief and resentment can cause

energy blockages here. If you feel empty inside and a lack of love, this may be where your work needs to begin.

The fifth chakra, called the *Throat Chakra*, is located in our throat region, and is the center of creativity, communication, and of expressing the depths of our true self. This chakra often gets blocked by fear and shame. As children we are told to be seen but not heard. We are often told to be quiet and to keep the family secrets. The core of shame runs so deep that many people have great blockages about expressing their true feelings, telling their truth, or becoming who they truly are meant to be. They have identified with their *false self*. If this resonates with you, then this may be an area for you to meditate and work on.

The *Third Eye Chakra* is the sixth chakra, located between and just above your eyes on the forehead. It is the seat of true wisdom, where your thinking mind comes into contact with your intuitive mind. This is where, when you listen during meditation, your Higher Self speaks to you directly and where you experience your visionary self. The third eye is about having true clarity in your life instead of feeling confused, judgmental or overwhelmed. When clarity comes to your third eye energy center, you feel the peace of mind that comes with *knowing* intuitively. If confusion and judgment trouble you, then perhaps the third eye is a place for you to focus.

Called the *Crown Chakra*, the seventh chakra is located at the top of the head, and is the intersection of your earthly being and all that lies above and beyond. It is the place where you can release ego attachments and become one with all that is in the universe, or grasp onto ego attachments with grandiosity and think that you are the center of the universe. This is the place where that fountain of energy can flow right up from the base of your spine, opening up the spinal column and all the chakras in an amazing light show.

If you have energy blocked in these areas, which most people do, it is important to do the psychological as well as spiritual work to unblock them. People who have had blocked energy for years, or who have traumatic memories, may begin to have illness or dis-ease in these areas of their bodies. Notice when your energy is low and you get sick, what areas of your body are usually affected and which chakra is closest to that area. This will give you some clues to the emotional work that you may need to do in order to heal. See the Personal Transformation Chart on page 159.

The lower chakras all have victim energy connected to them. If you are stuck in the first chakra, you often feel like your needs aren't met and you don't have enough of what you need in your life. This creates the

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victim energy of feeling powerless. You may stuff yourself with food, cigarettes or alcohol to try to push down or numb those feelings. And you then probably blame (persecute) those closest to you for not meeting your needs. This blaming/persecuting, of course, pushes those that you love even further away from you. Then, feeling lonely and rejected, you move right back into the victim feelings and become trapped in that triangle again.

If you are stuck in the second chakra, you usually try to control others around you, especially regarding when, where and how to have sex. This may go back to being sexually abused as a child and feeling like a victim. When you try to control things now in order to feel safe, you often come across as a rescuer or persecutor. Money is another major area where you may try to control things, often unsuccessfully. You may try to control your spouse's spending and become a persecutor, or you may feel like a victim when you can't even control your own. You may use money to rescue others and then end up resenting it, only to blame/persecute them! Money is such a loaded issue for most people, and is often the straw that breaks the camel's back when a marriage is teetering on the brink of divorce. It may be difficult for you to live in the moment and be spontaneous because your fears and anxiety increase when you are not in control. If you tend to have physical problems in this area such as infections or blockages or pain, this is another clue that emotional work needs to be done here.

The third chakra is really where most of the victim drama is played out because it is the power chakra, and as we have discussed throughout this book, the victim drama is about feeling powerless in your life. The third chakra is also about expressing emotions. If you have been blocked in expressing your true feelings to those closest to you in your life, it would certainly keep you from feeling powerful. You may have had authority struggles in your life with, for example, abusive church teachers, abusive parents or inconsistent authority figures. Power struggles certainly develop from growing up with, for example, nuns bashing children's heads into the blackboard for giving the wrong answers, priests sexually molesting children in the rectory, or your father beating you with a belt at your mother's request. And usually, of course, children were not allowed to express any feelings about the abuse that was happening. Some people may not even remember their abuse. The power of healing in a group is that when one person heals, it opens up the healing opportunities for all the other group members.

Between the second and third chakra are located many organs.

As we do the awakening work in lower chakras, the upper, spiritual chakras open. The heart chakra is the doorway to the spiritual centers. We know that the most powerful spiritual experiences come when people have done their emotional work to heal the victim issues in their lower chakras. In our six-day Heart-Centered hypnotherapy training program, I have worked with hundreds of people who have never had any spiritual connections or experiences in their lives. Many don't even know what I mean when I speak of a spiritual experience. As they do the Heart-Centered hypnotherapy and the meditations, each day they became more and more aware. After only two hypnotherapy sessions and a few days of group meditation, most people have powerful, life-changing spiritual awakenings.

We always invite participants in the circle meditation to visualize bringing into the circle anyone they want to share the healing power with. Each person can call out those individuals' names, inviting them to receive healing energy. Often, particular people will come to mind for people in the circle, perhaps someone who their conscious mind would not have thought of. The energy of the shared invitation draws those in need like a powerful magnet. The sacredness of the experience also brings amazing closeness and bonding to the group members.

Another principle is to ask each person in the meditation circle to bring to awareness their own individual spiritual connection, to acknowledge the presence in the room of all the angels, masters, messengers, and divine beings who offer spiritual support. This is done silently and is a method to make us aware of all the helpers that we do have. It is also reminding us that each individual path is honored. It is important to remember to say "Thank you" and feel gratitude for all the many blessings we receive each and every day.

### How it all Works Together

Remember Napoleon Hill's statement: "Whatever the Mind of man can *conceive* and *believe* it can *achieve*." The hypnotherapy, psychodrama, breathwork, and meditation in a *PTI* program work together seamlessly to facilitate people's stepping into their highest potential. One must heal the old beliefs of unworthiness and limitation before opening to the grand possibilities that lie ahead for each one of us. The opening takes place on several levels. Rigid, repressed or chaotic emotions are unlocked, acknowledged, expressed and released. The sense of identity itself is liberated from the tyrants of self-blame, unrealistic self-expectations, and

*Breaking Free from the Victim Trap*

dependency. Through the somatic components of these healing techniques, especially the breathwork, the fearful reflex reactions and traumatic memories embedded deep within the body are resolved physically and released. Only then can the new insights and beliefs be incorporated into the body's nervous system and structure. And the meditation allows one to create a balance between the sacredness of life and the groundedness of effective action.

I'd like to share with you a letter sent to me recently, one of hundreds that I am blessed to receive each year. They remind me that the people whose lives I am honored to touch are in turn touching others in an ever-growing circle of healing. I am confident that I am fulfilling my purpose in this life, and I am full of humility and gratitude.

Dear Diane and David,

The Miracle is not to walk on water, the miracle is to walk on the green earth, dwelling deeply in the present moment and feeling truly alive. You have each in your own unique ways, offered me the opportunity to walk on the earth with love, dignity and honor. You have gifted me with the chance to find, touch, explore, savor, understand and honor my own true self and all its mysteries and wonders.

Diane, thank you for your unending teachings, commitment, and dedication to helping all of us search for and discover ways to become healed and whole. You have opened so many doors for all of your students, some of which, like mine, were deadbolted shut! And you have guided us into a world of safety, trust, clarity, understanding and finally freedom!

Where my path will lead me next, is only known to God, but I know that I carry both of your healing messages within me. I know and believe that I will use them to help others as you have helped me. This is my dearest wish and dream. I honor and bless each of you.

In loving gratitude for the healing work you do...

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Endnotes

<sup>11</sup> (page 149) Recent research results estimate that, compared with those who had not experienced multiple traumas at birth, men who had experienced such trauma run an almost 5 times greater risk for violent suicide, and women run a slightly higher risk (Jacobson & Bygdeman, 1998).

Feldmar (1979) studied a number of adolescent patients with a history of more than five suicide attempts each, always at the same time of year. He eventually determined that the suicide dates of four patients corresponded to the month in which their mothers had tried to abort them. The adolescents had no *conscious* knowledge of the abortion attempts that they were *unconsciously* acting out. Feldmar discovered that they had even used a method of suicide similar to the method of the abortion, for example, chemicals or instruments. After discovering that their suicide attempts were seasonal intrusions of prenatal memory, the patients were free of the suicidal compulsion. They never attempted suicide again, even when their ‘anniversaries’ returned.

<sup>12</sup> (page 153) The term *corrective emotional experience* was first used by psychoanalyst Franz Alexander (1946). He stated that in all forms of psychotherapy “the basic therapeutic principle is the same: to reexpose the patient, under more favorable circumstances, to emotional situations which he could not handle in the past. The patient, in order to be helped, must undergo a corrective emotional experience suitable to repair the traumatic influence of previous experiences. ... Re-experiencing the old, unsettled conflict *but with a new ending* is the secret of every penetrating therapeutic result.” The actual experience of a new solution convinces the individual that a new solution is possible, provides an incentive for him to give up the old neurotic patterns, and creates a new prototype for what can replace the old. Then, through repetition, these corrected reactions gradually become automatic; the ego accepts the new behavior patterns and integrates them into the total personality.

<sup>13</sup> (page 154) The concept of children generalizing their experience into early conclusions about themselves and the world is widely held. For example, Barbara Findeisen describes this situation (Mendizza): “Memories of early trauma are there, underneath the surface. They’re there in our dreams, attitudes, even in our vocabulary. People unconsciously walk around in them all day but are not aware of where they come from. Many times after a birth regression clients say, ‘I live this pattern every day. It never occurred to me that it might start that early.’”

## Endnotes

In Heart-Centered therapies we have used the term *early conclusions* to denote the basic deeply embedded (mistaken) beliefs about self and the world from the earliest experiences, which then are carried forward in time as templates for how one sees the world and functions in it. We have traced them back very early in life, to birth, to the womb, and even to the process of conception.

If not dissipated through corrective experience, these deeply embedded prototypes for life will exert profound influence, as we have seen, over the individual's lifespan. Repatterning or re-framing provides an opportunity for the individual to release any dysfunctional beliefs remaining from early experience, and to replace them with healthier, more functional patterns.

In the field of attachment theory, these generalized conclusions are called *internal working models* (see endnote 8, page 170).

Berne, in *Games People Play*, talks about the defensive “solution” that a child develops as a way to deal with the threat of a recurrence of trauma as a *decision*. These decisions become habitual, in what Berne calls the person's *script, life position* or *life plan*. Regarding therapy, Berne stated that anything that is learned can be unlearned; anything that is decided can be redecided.

Woollams (1977, p. 359), in discussing these early life *script decisions*, says that the “awareness of the decisions we made as children, which resulted in our life plans or scripts, leads to the notion that we therefore can make new decisions – redecisions – *now* about how we are going to live.”

We have found that the hypnotic age regression provides an ideal method of accessing the original child ego state that made those decisions and developed the life script, and can most effectively change them to create new healthier life *script decisions* (see endnote 6, page 169).



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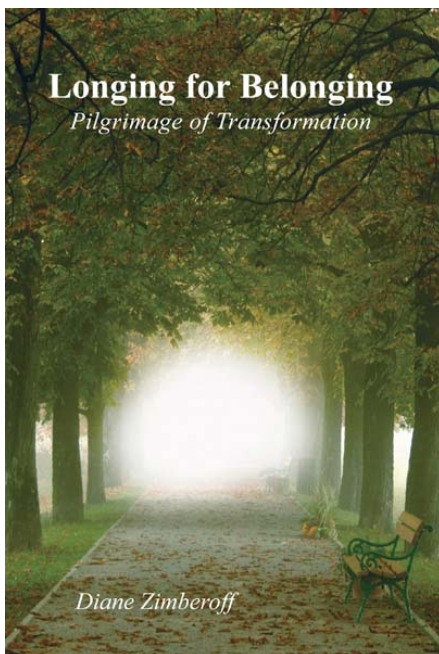
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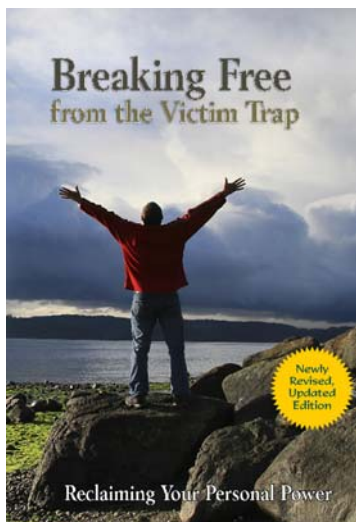
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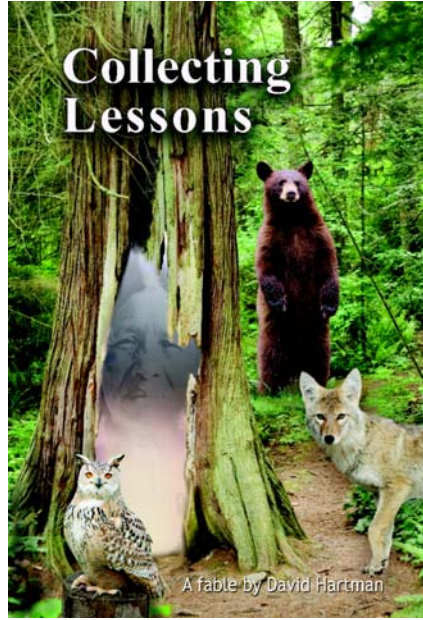
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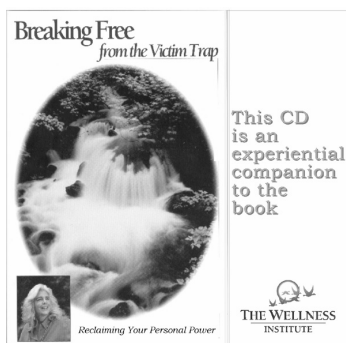
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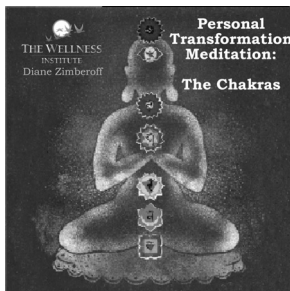
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5. Connecting with Divine Presence

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##### ACTIVATING HIGHER CHAKRAS

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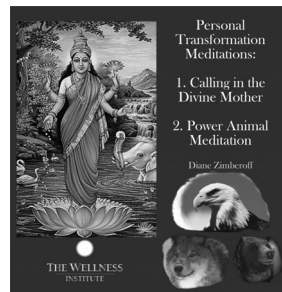
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1. Discovering Soul-splits in each Chakra
2. Cleansing Soul Fragments
3. Reclaiming Soul Fragments
4. Hearing your Soul's Message
5. Embracing the Symbol in each Chakra
6. Sealing the Soul in each Chakra

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##### MIND - BODY - SPIRIT HEALING

1. Pranayama Breathing
2. Discovering the Glands, Hormones and Organs in each Chakra
3. Manifesting Healing in each Chakra
4. Affirmations for Mind-Body Healing
5. Focusing on specific areas for increased Healing
6. Calling in your Healing Angels



## Divine Mother and Power Animal Meditations

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#### CALLING IN THE DIVINE MOTHER

1. The Root Chakra - Lakshmi
2. The Sacral Chakra - Shakti
3. The Solar Plexus Chakra - Kali
4. The Heart Chakra - Durga
5. The Throat Chakra - Saraswati
6. The Third Eye Chakra - Parvati
7. The Crown Chakra - Narayani/Ishwari

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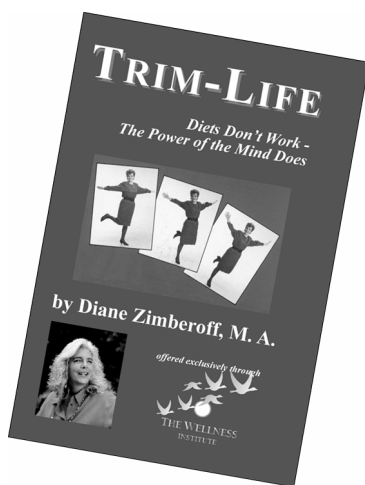


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CLEAN BREAK is a group stop-smoking program, consisting of four weekly classes. Use the power of hypnosis to help take control of unhealthy habits and replace them with new healthy ones. The hypnosis included in this program helps you become a non-smoker by accessing the subconscious where habits are formed. Each of the four weekly sessions offers a hypnosis exercise that complements the material presented in that session.

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Developed by Diane Zimmeroff  
and offered exclusively  
by The Wellness Institute

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## The Heart-Centered Therapies Association

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