

The Dysfunctional Inner Family

by Frank Mahony

The following is taken from HYPERTON-X 4 WORKSHOP,
RELEASING LIFE EXPERIENCES AND EMOTIONAL ELEMENTS

In working with the physical body life experiences and related emotions arise and must be dealt with. Early-on I recognized the power of working with symbols and creating ritual. I recognized that :

*The inner language of the body is symbolic
and the need is ritual.*

If we honor this, we can work very quickly, deeply, and profoundly. One of the methods that evolved is what I call HARMONIZING THE INNER FAMILY.

The Family Within

I have found it most effective to deal with specific issues if we have each part of one's personality represented by a member of the INNER FAMILY, which can include, but is not restricted to:

- Parent-Child-Adult
- Higher-Middle-Lower self
- Male and Female
- Intellect
- Mental
- Physical
- Spiritual
- Emotional
- Artistic
- Intuitive
- Astral
- Divine
- Soul
- Guide, etc., etc.

Any member of the inner family may be primarily involved with the life issue that is being dealt with. To get more clarity, have the person visualize his inner family. He may have to imagine being in a special place like a garden, dining room with a large table, standing in a circle, etc.

Ask each member to come forward, or make themselves known when called forth. For example, ask the spiritual self to come forth, then the intellectual self, and so forth.

For any issue ask to see what that self looks like. Is it in harmony with the rest of the family, is it bigger, smaller, timid, afraid, belligerent, angry, etc. Find out what is needed to bring this member into balance and harmony.

Test on such statements as:

"I FEEL COMPLETE!"

"MY INNER FAMILY IS IN HARMONY!"

Some times there needs to be acceptance of one inner family member by one or more of the others, or the total self. This may require symbolic transactions, or some interface between the parties involved. Maybe one party needs to express less control.

People often react to life in the context of which ever member of the inner family is the CONTROLLER. So they act and react emotionally, intellectually, mentally, intuitively, physically, spiritually, etc. We should be able to react in a balanced way that is appropriate to the situation with all parts accessible. But if one is locked into one part being the controller this person will react to every situation one dimensionally.

For instance, if the Emotional Self is the controller the person is on a constant roller coaster. Everything is a big emotional experience, either totally awesome, or deeply depressing. They LOVE IT! or they HATE IT! and these states of mind can change from moment to moment. Life is just a series of mountain highs and valley lows. This type is very susceptible to illness as the emotions overwhelm the conscious and critical mind and go straight into the body. They need to take classes on, "What To Do Until The Intellect Arrives!" They often need a rescuer, a shoulder to cry on and someone to show them the way back. They often play the perennial victim.

If the INTELLECT is the controller the person will want to investigate all possibilities before

making a decision or taking action. This person is often afraid of making mistakes, or they want to see if there is a better way, so decisions are usually long coming. Procrastination is the order of the day. One electronic firm had a sign in the lab that read, "There comes a time in every project when you shoot the engineer and get on with the project!"

If the MENTAL self is the controller, decisions are bottom line, based purely on logic. Mr. Spock of Star Trek. Cold calculations with no room for emotions or procrastination. "If it makes sense do it!" The mental self would say, "It is more economical to tear the building down and build a new one with modern facilities and low maintenance costs than to repair and refurbish the old one." The EMOTIONAL would cry out, "It is an outrage to tear down a building that has such cultural importance and historical value. It must be saved at all costs!" The INTELLECTUAL would sift through both arguments and want further studies made before making a decision.

The INTUITIVE person deals with life based on feelings. Something either feels good, bad, right, wrong, etc. Decisions are spontaneous and inconsistent. "This time we're going to do it differently." Although there was nothing wrong the way "it" was done the last time, this time "it" doesn't feel right. You never know what to expect or which way they will go.

The PHYSICAL type solves everything in a physical way. The two fisted, shoulder to the wheel, guns and guts, John Wayne model. "Let's take that hill, pilgrim!" Blast it away, tear it down, bulldoze it, then just build a new one. If anyone gets in your way or steps on your toes, punch out his lights! Get it done no matter what! Nothing is too big, too heavy, too fast, maybe too slow so lets give it a push, or shove it over the edge, out of the way, no we don't need paper work or permits, ZAP! POW! BASH! and it's done!

The SPIRITUAL types walk two feet off the ground. They carry twenty pounds of crystals in their pouches, which gives off a study low hum and causes street lights to dim, to keep from floating off to Mercury where the astral body moved ten years ago. Their past lives start in a galaxy far, far away

and reads like a historical anthology. Nothing happens until they finish meditating, the candle burns down, and the last reverberation of the bell fades away. "Just one more mantra one hundred OHMs, and we can open the blinds, but not before I channel my spirit guide Ardfax." This one is concerned about saving mother earth but may have an incense polluted house and suffer incense lung. Decisions and relationships are not possible without an astrological forecast. Put it all in Buddha's hands. Conversations may be peppered with, "Well that's not what my guru said, my guru is E.F. Bagwantoomany and he said..."

These are some illustrations, somewhat exaggerated, that demonstrates how people relate to life when the inner family is out of balance and the need for Harmony of the inner selves. Any similarity to persons living or dead is probably accurate. Anyone you know?

On one occasion, a lady had just gone through a divorce and said she felt disconnected and incomplete. She was depressed and had very low energy. She tested weak on, "I FEEL COMPLETE!" The process revealed that her astral body was detached. The problem was related to having to leave her house where she had created a beautiful garden. She said her heart was in her plants and was afraid all her plants would die.

Testing revealed that her Astral body was at her house because she could not let go of her plants. First, she had to recognize that plants don't live for ever and that she gave her plants the best of herself, and that she could create a new garden. Then she visualized a little heart coming from each of her plants into the Astral body. Then she was able to call her Astral body back, after which she was a totally different person, full of energy and very happy. Yes, she tested strong on feeling complete. Perhaps this was just a metaphor, but something significant took place in just a few minutes. These experiences never cease to amaze me.

Any part of the self that has been the controller is threatened by making a change, because this was the part of the self that the person depended upon for strength. So the

benefits of the change needed to be brought into focus.

For instance, many times the spiritual and the intellect have to be brought together in harmony before the body will accept the spiritual connection. The intellect is too fearful of being abandoned if the person suddenly goes into a spiritual mode which the intellect cannot relate to. It must be pointed out that under stress the intellect is often lost anyway as the body triggers into fight or flight. The spiritual side brings in the inner strength and knowledge to deal with life stresses, which then keeps the intellect more accessible. Therefore the intellect is actually strengthened by accepting spiritual energy. By allowing all parts equal accessibility the whole self is strengthened. Sometimes we are more physical, or mental, or intellectual, spiritual, etc., but all parts should be accessible.

On several occasions there was an intruder (entity if you will) in the esoteric coal pile. They were asked why they had come and what they needed. If we could give them what they wanted we did (love, healing, peace, etc.) and were then politely, but firmly told they must leave and were sent off with love.

Harmonizing the Family Within

This can be done any number of ways. One way that has proven effective is bring the family to a round table, or into a circle. Feed them, welcome them, ask their names, bring in spiritual energy. Another way is to have the family line up front to back with "YOU" in front, all facing the same way. A beam of light from the spiritual source or the Universe, whatever, passes through all third eyes. When that is done all bodies become one.

To be more specific, use Asking The Body Questions. First establish a "YES / NO" response. To do this establish a strong Indicator Muscle (IM) response in the clear (without asking for information). Then state:

"Give us a YES response please!" - Test IM.

"Give us a NO response please!" - Test IM.

My intent is to ask the body if it agrees with the following statements, not if the statement is stressful. If you are not clear on this you

may get erratic responses. Always be clear on your intent and if the person being tested has muscle testing background, be sure you are both in agreement on the concept. Also I give the person the choice of repeating the statements or to understand that the statements are dealing with his/her state of mind. It is also suggested that certain statements or questions should be stated both in the positive and negative state. This will expose any inner conflict or sabotaging. For instance a person may test strong on, "I want to quit smoking!" - "I don't want to quit smoking!" There is an obvious conflict that may be preventing the person from achieving a conscious goal. It may be one member of the inner family that is the culprit. Use any method you chose, but the following is my way.

Suggested Statements and Procedure

Sometimes a person may feel disorganized and generally "not all together!"

An opening statement would be:

"I feel complete!" - Test IM

"I Don't feel complete!"

"My Inner Family is in harmony!"

"It is not in harmony!"

"Is there a life issue involved that would be well served by addressing the inner family?"

If the test indicates the person does not have all members of the inner family present, take roll call in a sense, by asking via ABQs:

"We are dealing with only one member of the Inner Family!"

"Are we dealing with more than one member of the Inner Family?"

Test on each member to see who is not present, or needs to be dealt with in some way. Some times one part of the person may need acknowledgement or acceptance. Also, have the person imagine, or visualize the inner family and the member that is involved and ask how they/it look. Happy, sad, mad, left out, in harmony, etc. Encourage inner dialogue between the person and the member. Have him ask the inner member what it needs (love, acceptance, acknowledgement) or wants, and to express feelings, etc. If this

can be achieved the person will have an increased awareness about self and ability to deal with inner issues as well.

After identifying the member(s) and the issue, ask such questions as:

"What is required in this issue? Age regression, Expression of Emotions, Feelings, State of Mind, etc.? Does something have to be released - brought in? Acceptance by self - other members of the inner family?" etc.

Closing Affirmations

After the issue has been resolved, ask if the balance is complete and accepted. If not, more clearing may be needed, but usually the body just needs time. Ask:

"Is the body processing?"

If the answer is YES, ask how much time is needed and if there is any thing specific that the body needs. (Energy, rest, nourishment, touch, etc.).

This above process has proven very effective in generating many happy inner family reunions, with no food fights.

For more information, you may contact me at

Hyperton-X 531 Main St. #876
El Segundo, CA 90245