

Frozen Emotional Children

by Norma Cowie

As a transformational therapist I work with my clients to "transform" their inner children which I call FROZEN EMOTIONAL CHILDREN. I work to "unfreeze" these children so they may grow up and integrate in the now.

Although these inner children are frozen in time, they can have a profound effect upon your life. I have discovered that you can have many of these frozen emotional children, each exerting their influence in your life in order to keep on creating THEIR reality. They can begin freezing and thereby affecting your life, from conception on up to the present time. As a result, your frozen emotional children can be frozen emotional adults, but I refer to them all as frozen emotion children, or our inner ghosts.

Frozen emotional children freeze in an emotion. They tend to freeze in the more painful emotions such as: guilt, hurt, pain, anger, helplessness worthlessness, shame or fear. Whichever emotion the inner child freezes in, becomes that child's reality. When freezing takes place, decisions about life, about other people, and yourself are made.

Your reality is created by the decisions that you made when you froze. These decisions make up your belief structures and your personal programs. Every belief you hold to be true had an original beginning. You may wonder how you came to make the particular decisions that you did. What I have discovered is that when you encounter an emotion or situation you automatically draw on the LAST time you experienced that feeling and decide the same thing. Therefore you find that you react to a situation the same way you did as a child or when that emotion last occurred.

Every decision point has an emotion attached to it. This emotion can be felt as energy. By following this energy you can move back through your memories to the first time in this life that you made the decision. If you go back even further, you find that you have experienced this emotion in a previous life, and you have drawn on that experience to make the same decision now that you made then.

The frozen child does not know it is old and outdated. It only knows what is real to itself. When using inner dialogue with the child you will discover what is reality to it and uncover whatever emotion, decision and belief it is frozen in. Until it is transformed it will keep on perpetuating that emotion. It seems that no matter what you do on the adult level, the frozen emotional children will keep on creating THEIR reality regardless of what the results are to you, the adult. You as an adult may have decided to have happiness, love and enjoyment in your life.

You may want to make changes and have taken courses, listened to tapes and done affirmations. You have done everything: books, tapes and therapy and yet, you find that no matter how much you work on creating what you want, you do not create it. The old thoughts, emotions and behavior are still there.

The Frozen Child keeps creating the emotion it originally felt in order to know it is real. It will do this until transformation takes place. Until your Frozen Children are transformed, they will continue to recreate their version of reality.

Another aspect of Frozen Children I have discovered is "SPLITS." These most often occur when physical violence has been experienced. The child "splits" into several children with each child then making its own decisions with its own resulting belief structures and behaviors. These are often conflicting decisions and the result is conflict in your life. After a session where "splits" have been united/integrated my clients have said: "I heard a loud pop, and I felt complete — whole," "it was as though something that was missing is missing no longer," "that feels really good." Since "splits" can be so separate from each other they can sometimes be hard to recognize. If there was physical violence in my client's background, I will usually have the child "look around for any others like yourself?", or ask, "are there any other children there that are the same age as you?"

Often "splits" contain the energy of other people. As children, we "take on" others energy and the beliefs contained in that energy. The father yells at the son, the son feeling overwhelmed by

the father's anger, takes it on, and creates an inner response to it. He may decide that he is not able to do anything right. Years later, while doing transformational work he discovers the frozen child full of his father's energy and realizes that the belief of being unable to do anything right, was actually his fathers. By releasing his father's energy, he is easily able to transform his own.

When I find the transformational process gets blocked, or slows down I immediately check to see what "energy" is there; 98% of the time it is some one else's. I have discovered that your own energy loves you and will do anything for you. But someone else's energy does not love you and really does not care, therefore it can become stubborn and "hang on" to the original decisions. The other 2% of the time, happens because the client consciously supports the belief they are attempting to transform.

I have found that once energy is identified as someone else's my clients are very willing to let it go. Often the energy is their parents, and I often need to explain that letting it go does not mean that they do not love their parent. In fact, this energy has nothing to do with their parents as they are now. It is old and stale and it is holding them back.

The identification process is very important. You cannot transform something you cannot identify. One way of identifying is to begin recognizing when you are having a recurring feeling. If you concentrate on the feeling and take your mind into it, you can ask it how old it is and it will tell you, often automatically turning into the child the feeling represents.

You can also imagine yourself as a colour and then think of your body as this colour, noticing where there are darker spots. These darker spots represent your blocks. By picking one spot and taking your mind into the spot, you can communicate with it, and find out what it represents.

Another way, and the one that I use the most often is to use your memory banks. You may have one or more memories which stand out when you think back. It could be a memory of when you were very small, a teenager or even just a few months ago. Hold the memory in a "stop frame" and then take your mind and have it make contact with yourself in the memory. By letting your mind concentrate on the child inside the memory

you can "talk" to it. You will either "think" the answer, or you will "feel" you know the answer. This is a great time to allow your imagination to imagine the answer. Whichever way you decide to do it, you will be communicating with your Inner Ghost, Your Frozen Emotional Child and can work to transform this part of you.

What I have discovered is that you can transform any age, but the most powerful transformational point is preconception. This is when the reconnection to the "source" and the "letting go" of any emotions the soul is carrying from past lives can be easily done. Transformation of any energy can happen in a "twinkling of an eye." In a session, the time is spent moving your consciousness to a place where you understand what is being released.

I have found that the best way to transform blocked energy is to use the "source energy." This is the most powerful transformer. Source energy can be seen as light of any colour. It will contain unconditional love, acceptance and whether it feels warm or cool it will be comfortable. When the feeling of love, peace and acceptance is present, the child will quickly release blocked emotion and refill itself totally with the new feeling. It will release the old into the colour and accept the new. This is when transformation takes place. Then you can place the beliefs you want to hold into the newly transformed energy.

Transformation is the key for long—lasting growth. I have come to realize there are three stages in transformational work. First you identify, second you transform, and third you integrate in the now. This final stage is when you grow the child up to today, bringing the transformed energy forward in time, transforming other ages as you come up and finally integrating the newly transformed energy in the now.

As you transform your frozen emotional children, you will become more connected. You will feel yourself becoming more conscious, more aware, and where previously you were sending out thoughts that supported their belief system, you will now find it easy to think thoughts that support what you want. Now your whole system is working for you and you can achieve your goals, much more easily.

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