

## The Maturing Process: Insights into our Inner Child

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You cannot teach [people] anything. You can only help [them] to find it within [themselves]" -Galileo

The Maturing Process is a powerful holistic method for removing childhood blocks, thus freeing us to develop our full potential in the present. This health - patterning modality is an imagery process that assists us in reshaping the holograms in our memory banks.

The maturing process was developed by Dr. Vernon Woolf, known for his extensive study in psychology and behavior analysis. According to Woolf, (1990) everything that happens from the time we are born is recorded in three-dimensional pictures in our mind, which he refers to as holodynes. Some of these holodynes are immature and fractured. They were unable to mature properly due to the trauma that occurred at the time they were created. They still affect our feelings and functioning in the present. Through the maturing process, we can go back to these traumatic scenes in our minds, identify how we were feeling at the time and the positive intent of those feelings, replace what was missing, and heal ourselves from within, thus opening ourselves up to more healthy behavioral options in the present.

The first step in the maturing process is to identify how we were feeling at the time of the trauma. Once we have identified how we were feeling at the time of the trauma, we ask how it feels to feel that way and what color or image represents those feelings. The image can be visual and bounded by a shape, or it can be a feeling that is sensed. This image, which symbolizes the original negative feelings, is the immature image. We need to distance ourselves from what is troubling or hurting us while still keeping it before us. Creating the immature image accomplishes this.

Next, we begin creating the mature image. If we can identify the positive intent underlying the original feelings we can start to give that to ourselves through the maturing process. We do that by asking the immature image what it

wanted for us at the time of the trauma, what that would accomplish for us, and what color or image represents this positive intent. This symbolizes the mature image.

The next step is to love the immature image, which represents the part of us that is hurting. This starts a healing process within us. We thank the immature image for its positive intent because it is a survival mechanism that has gotten us to where we are. We ask the immature image if it is willing to learn a new way to help us; if it is willing to be absorbed into the mature image, so its energy can be combined with the energy of the mature image for our higher good. In that way, the immature image can get what it really wants for us. We have the mature image absorb the immature image.

Having the mature image absorb the immature image changes the intensity of the early event in the person's mind, and relieves the pain of that memory. It allows the person to view the situation from different perspectives. In this way, objectivity is regained and problem solving is facilitated.

The next step is to apply this new perspective, represented by the mature image, in the person's life. Commitment is the issue here. Therefore, we ask the mature image and the person if they will both commit to real, open communication with each other from now on. We request the image to teach the person all that needs to be learned to solve this problem and to do it in a way of fairness, caring, and sharing. We ask the image what it wants to do in the next 24 hours to help the person apply this in everyday life situations.

Next, the person is asked when in the next 24 hours would be a good time to check back with the image to see if it has done its job. If the image has not done its job, the person asks the image why not, to see if the block can be located. If it has done its job, the

person gives the image another assignment to keep it working. In this way the mind can incorporate the new perspective into ongoing life situations.

### Conclusion

Our mind is a computer, a composite of all our experiences from the time we were born, which are recorded as holodynes. During the programming of this computer and the creation of these holodynes, we have incorrectly perceived some situations, due to the trauma caused us at the time. Incorrect conclusions have been drawn based on this input. These are our immature fractured holodynes, and each moment they affect our feelings, behaviors, and functioning. If we can go into our computer and update the input by correcting our misperceptions, we can correct the output of feelings and behaviors in a variety of ways we never anticipated. Because all behavior has meaning, we can trace misbehaviors back to the cause and correct the malfunction from the inside out. The maturing process gives us a holistic method to do this by returning to the child, changing the impressions, and updating the computer of the mind.

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