

Giving Your Child a Brighter Future

What would happen if you could release unpleasant experiences from the past? How would your life be different? What kind of future would you create if you were not haunted by memories from the past? Well, you can release unpleasant experiences by using the Quantum Techniques Trauma Code (actually, there are several versions of The Trauma Code). The Trauma Code is designed to quickly release trauma all the way down to the cellular level, so that you need never again suffer from its effects. And, it happens so quickly that it is hard to believe. Of all of the Quantum Techniques generic codes, The Trauma Code has the broadest application.

So what is trauma, and how do you know if you have experienced it? Trauma can be defined as a highly stressful event that overwhelms the person's capacity to cope. On the extreme end are events like natural disasters, abuse or violence. But events that may be viewed as less stressful by others can also be experienced as traumatic. It is the person's subjective experience that determines whether an event is traumatic or not. This will vary from person to person and is connected to a sense of loss of control and helplessness. The younger the person, the more helpless he or she will feel. It is sometimes hard to imagine the world of a child, particularly a very young child. What can seem like a normal part of life to an adult can feel very traumatic to a child – the death of a pet, the loss of a friend, moving – and it is easy to lose sight of the impact on the child's world. Often, these events are dismissed or forgotten as having little or no meaning or long-term consequences. And yet often they resurface in unexpected ways.

In Parts Theory and Treatment Protocol, Stephen and Beth Daniel state, "If there is significant trauma before the age of five, in the absence of perceived environmental support, those who are bright enough and creative enough create internal parts or heroes to manage the trauma for them." This is an important concept to understand when working with Quantum Techniques, as these dissociated parts of people's personalities can interfere with their ability to heal. The Daniels stress that it is important for 100% of the team to cooperate for optimal healing to occur. Short of dissociation, high levels of anxiety, problems with attachment, and emotional and behavioral problems can result from childhood trauma. The Daniels also state that all toxin food issues are trauma-based (not necessarily in your lifetime) and that until you clear that entire trauma field, you are vulnerable to the toxins coming back. People often carry the frequency of trauma that has been passed on through the generations along with the belief that "the world is a dangerous place." This may have originated many generations before, involving people they have never known.

So whether the trauma is remembered or forgotten, occurred in your lifetime or another's, The Trauma Code can be used to release it and will assist you to rewrite the past, heal the present and pave the way to a brighter future. The normal process for using the code is to call a stressful event into your awareness that you would like to release and read the code until there is no longer any distress attached to it. Recently, however, I discovered another way to work with the code that was both imaginative and delightful. While scanning a physical issue, I became aware of an image of myself at four years old in my imagination. While the details were not clear, I could imagine her body with enough detail to see where the treatment points were. I began to imagine

Giving Your Child a Brighter Future

myself tapping out The Trauma Code on this child as I sensed the points on myself. I touched her very much like I would touch a flesh and blood child who was right in front of me, carefully and gently so as not to frighten her or be too intrusive. As I tapped both of us through the code three times, I saw her begin to relax, and I felt myself begin to lighten. It was a deeply connecting moment for me, being able to intervene directly and so intimately with another part of myself, the past and present combining in a moment of healing.

I do not know what the issue was, which is part of the beauty of this technique. You don't need to remember or re-experience any part of a trauma to release it. The fact that she appeared to me was enough to know that something needed to be dealt with. It could have been something I would consider small or very significant. It could have been something from another generation with origins never known or long forgotten. What I do know is that using The Trauma Code with her released something in her that changed her present, my past and our future. No longer was she alone with her distress. She now had the environmental support she needed to end her isolation. And no longer was I a victim in that past. I could call upon a future me who had healed and was eager to assist. And no longer do either of us need to drag painful images, remembered or not, into the future. They had been replaced by a connecting moment of love... all in a couple of minutes of little effort. She has already become a different version of me, and I can move forward without encumbrance, knowing that healing is just an image away.

Randy Janzen, L.C.S.W.