

Quantum Healing



The Entrapment of Time – Regain Your Freedom

"Time is not a line, but a series of now points."

-- Taisen Deshimaru

Whether in a business or personal situation, it is our mind and our thoughts (constantly produced at over 300 words a minute) that have the creative power to manifest our reality. It is therefore essential that we gain the power over our thoughts to begin to realise the potential we have to consciously create our experience. Success in business and in life depends on it! However, it is unfortunate that a major stumbling block for each of us is the preoccupation that our minds have with past events – the ones that are emotionally charged; the ones that hurt. We seem entrapped in a time warp of past events. So let's examine how we can regain our freedom from this entrapment so that we can live in the now and focus our thoughts on our future.

We have all experienced both good times and bad times in our lives. Our memories of these events either bring a smile to our faces or a churning in the stomach. The emotions that arise we carry in our tissues - in the cells of our bodies for every cell in the human body has both memory and intelligence. The mind is located in every cell of the body, and even beyond it. As Deepak Chopra says, "Every cell in our body thinks. Every cell in our body is actually a mind. Every cell has its own desires and it communicates with every other cell."

In his article titled "What is the True Nature of Reality" Deepak Chopra also says, "We link stimuli to certain memories and every time we are exposed to those stimuli we reinterpret the universe and ourselves according to the memories. We become the victim of the stale repetition of outworn memories. It's estimated that the average human has 60,000 thoughts a day. That is not surprising. What is disconcerting is that 90% of the thoughts you have today are the ones you had yesterday."

It is therefore so easy for us to become trapped by our thinking; encased in our memories; entrapped by time. It is little wonder then that we have difficulty believing in, and exercising our power to manifest our desires and create our reality. So what can we do about it? Let us examine some ways to free ourselves from this entrapment so that we can more consciously create our reality.

When we individually relate to time we mark the journey with our experience of specific events. If I asked you to remember when you were 13 or 14 years old, I am sure that you will think of the general circumstances first, and then specific events at that time will arise; what it was like at home, school, your friends, maybe a pet. Unfortunately, some of those memories are not the ones we would love to experience again. Some were traumatic. It was a time of puberty when you most likely felt a little awkward and there is a high probability that, for most of us, there is a memory of embarrassment or guilt.

It was a time when our sexual centre started to come alive and its impact on us was felt like the unleashing of a hurricane. With that often came a feeling of guilt. Having been raised a Catholic, it was a time for me when anything sexual was bad. Any activity in the pursuit of self-discovery was overlaid with feelings of guilt for I was sure that I was committing a mortal sin and would definitely go to hell unless I curbed my curiosity and confessed my sins. What should have been good, was bad.

There were also great times. I remember getting my first decent sized bicycle for my 10th birthday. I had wonderful feelings of mobility, a sense of freedom and independence that I had never experienced before. I could quickly go places and see things that were not available to me before. The experience of the wind in my face and hair as I raced down a hill is still alive in my memory. What were the significant memories for you when you were that age?

As soon as you recall and re-experience those memories, emotions (energy-in-motion) that you experienced then, arise now. They are sometimes the same emotions that arose at the time, particularly if the memory is something that was traumatic. Recalling or reflecting on them at another time may have modified the emotions that do arise. For example, we can now perhaps smile at our awkwardness, or even have a laugh about a particularly embarrassing event.

Have you noticed that there are significant gaps in your recollection of your past? I seem to have 'lost' months or even several years from my memory unless I make a real effort to work out where I was and what were the more significant events. What stays with me now are memories of 'a series of now points.' How I reacted at the time of those 'now points' has shaped my perspective of who I am and the world around me. My belief systems, my sense of my talents and abilities, values and relationships with others have all been formed through experiences of significant 'now points.' Unfortunately, my reactions have also given rise to my self imposed limitations, my blocks, neurosis and, dare I say it, a list of things I will group and put under the category of 'poor me.'

It is my personal life experience, and experience in working with clients in both body and mind work, that it is very difficult to remove those limitations or blocks without confronting and re-evaluating them. As a Metaphysical Hypnotherapist, much of my work involves taking people back to the first time an issue and those feelings arose; back to another time and place to the origin of those emotions. It is not a difficult process; it is in fact very fast and simple. To go back to the origin, allows a re-examination of the circumstances surrounding the event. Clients can quickly and easily find themselves back as a young child, in the womb, or back in a past life.

Metaphysical Hypnotherapy provides a unique way to review the event in a safe and supportive environment. There is an opportunity to look again at the event, understand better the circumstances and the players, and expose the lessons that event was designed to teach us. I had a client who, during a Metaphysical Hypnotherapy session, found herself back in the womb experiencing the effects of a car accident her mother was involved in while carrying her. She was born stressed and she reported an unhappy childhood. At the age of 42 she had a constant unhappy empty feeling despite the fact that she had a wonderful husband, two lovely children, and a good job that she enjoyed. Some acupuncture and homeopathic treatment from a well qualified friend of mine remedied the situation in just a few weeks. Two years after the hypnotherapy she reported that life had changed from that time forward and now life could not be better.

Metaphysical Hypnotherapy is not the only answer. A few years ago I decided to write my grandchildren a story about my grandparents, my parents and their experiences of growing up in the 1920s and 1930s, and my own experiences. I did not realise the value of such an exercise until I found myself gaining a much better understanding of my parent's circumstances. They were both from large single parent families, experienced the effects of the Great Depression of the 1930s, and the effects of World War II.

My father suffered from post-traumatic stress syndrome from his war experiences. My mother had a very difficult time having left school at 12 years of age to look after her younger brothers and sisters while her mother was in hospital for 12 months following the birth of her youngest brother. There were other circumstances that I could relate that were even more traumatic for them both but I only wish to provide a general picture. The point is that I did not realise the impact of these circumstances on my parents or myself as I was growing up. I can now see them much more clearly, with quite different eyes that come from a far more mature perspective.

During this time I sought treatment from a kinesiologist for referred pain in my right arm from a neck injury. At one point he said that I seemed to be 'out of phase' and asked me what I had been doing over the past six months. After I told him of my research and writing, his opinion was that I was going back and reliving the past with a different understanding; that I was effectively prophesising the future and changing it; a future that was actually my now. His treatment worked very well and I recovered almost immediately.

I am not recommending that everyone go back and write their life story because I can almost hear the screams of 'I don't have the time!' It would be a wonderful personal development exercise if you did, and I am sure you will leave your children and grandchildren a great legacy that they will enjoy far more than you could imagine. However, if you do not have the time, there is also immense value in going back to significant events in your life and reviewing them with a fresh and open mind. Ask yourself, what were the circumstances, what was happening for your parents or other significant people in the events that was influencing them. Most importantly, what was the lesson I needed to learn and how can I now forgive, or just release, that person who may have hurt or even assaulted me. It is an opportunity to gain a different perspective. As long as those significant events continue to promote strong emotions and feelings, they will continue to bind us and keep us from exercising our personal power; they inhibit our freedom and creativity.

As an alternative, you may have a supportive and compassionate partner or friend who is capable of truly listening (see my article on the [Seven Principles for Powerful Listening](#)). Ask them to listen to your experience and support you to re-evaluate the experience. Keep in mind:

- Your intent is to re-evaluate – not re-live the trauma
- Understand more fully the circumstances surrounding the event
- Understand the circumstances of the principle people in the event
- You are looking for lessons, opportunities for growth
- You are looking to forgive or release those who may have harmed you
- Finally, you are looking to free yourself from the entrapment

When we address the significant negative emotional events in our life, when we objectivise them, we gain the power to make new choices around how we choose our response to them - now. These are the blocks that hold us back, that suppress our creativity, that limit our view of what we can achieve, that keep us bound to the past.

By reviewing our significant events we free ourselves of the entrapment of time, and start living in the NOW. We can free up our mind and consciously turn our thoughts to the work of creating our experience of the future, creating our reality – for thoughts are primarily all that we need.

Acknowledgement: I would like to acknowledge Opean, my wonderful guide, for his *inspire-ation*.

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