



# Health Insights

from the office of Dr. Bertrand Babinet

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#### Dear Bertrand,

Many people begin the year by making resolutions. Unfortunately many of these resolutions go unfulfilled and the result of unfulfilled commitments can be the erosion of trust with oneself and with others.

In addition, these unfulfilled commitments remain in the recesses of our mind and clog up our brains making us less available for creative expression. Another common byproduct is disappointment, conscious or unconscious, which can drain our physical energy. There are two choices we can make to alleviate this situation. One is to make fewer commitments and the second is to make commitments we are certain we will keep. What I have realized for myself is that if I want to be fully engaged in my life I have to be willing to make commitments and to keep them. In this newsletter, we will explore the role of the inner family as a means to make impactful new years resolutions that you are certain to fulfill and will bring you the rewards you are seeking.

**Peace, love and radiant health,  
Bertrand BabinetPhD, LAc**

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#### Your Health Insights Tip

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#### What Does My Family Have to Do with My Success?

Our inner family reflects the brain functions and how they have been programmed to produce outcomes. The reason we call it the inner family is because our family was the primary milieu within which we were educated. The way we approach opportunities and challenges in our life will often reflect the role we played in our family environment.

It does not mean we are stuck with our early childhood programming. However, it is essential we know how it operates in our life so that we can keep what works and change those things that do not work..

#### Meet the Family

Within the model of the inner family **the child** represents the expression of our uniqueness. This role is played by the right brain hemisphere. **The father** represents the solid foundation of safety and trust and the directional energy of purpose and intention. This role is played by the brain stem and the frontal cortex. **The mother** represents our connectivity to people and to the world around us and to our level of loyalty and caring. In our brain this role is played by the mid brain, often called the limbic brain. **The grandparents** reflect the practicality and wisdom acquired through the willingness to learn how things work and how to work them. In our brain this function is carried out by the left brain hemisphere. When these roles are played effectively and in cooperation with each other, our level of personal effectiveness is very high. This high level of cooperation was not

always the case in our physical families and oftentimes the interest of the child was lost to reflect the needs, beliefs, positions and expectations of the people and culture that surrounded him. The imbalances of our family may be reflected in our consciousness as four basic character traits that can interfere with our personal effectiveness and the fulfillment of our resolutions. [For more information about healing the inner family](#) or you can [download our MP3s](#).

### **Imbalances In the Inner Family that interfere with Success**

#### *The Undisciplined Child*

If the child is spoiled it wants whatever it wishes for right now and wants other people to be there to provide it. Give it to me now is our motto. We don't want to make resolutions because we are entitled. New things should come to us without effort on our part. This part of our consciousness lacks direction, clarity, responsibility and strategy. The undisciplined child expresses wishes with the hope that other people will take care of them or that those wishes will come true by magic. We sometime call that wanting full time pay for half time work.

#### *The Over Responsible Mother*

This is the mother so focused on the needs of everyone else she forgets her own needs and aspirations. This person makes clear resolutions and truly means to keep them but something always comes up that seems more important than what she wants. Relationships, family, jobs, social involvement take precedent over taking care of our self, self expression or personal growth and development.

#### *The Controlling Father*

This character inside of us is an achiever. He not only keeps commitments, he also assigns them to everyone else. He is the "keeper of the shoulds" and the slave driver. This pattern often operates inside of us as a killjoy and tells us what we do is not good enough. He also assumes that his way is right and he knows exactly what other people truly need. As the accomplishments never meet expectations they lead to new demands. This eventually leads to a sense of betrayal, depression and despair, fear of making mistakes and finally a why bother attitude.

#### *The Disagreeable Grandparent*

Learning implies flexibility and a willingness to adapt to change. This part of our consciousness often has everything organized in boxes according to a pre-ordained map of the right and wrong way to do things. New directions and new possibilities are stifled by the lack of mental flexibility. We would love to make resolutions but we already know that it will not be possible. We are so aware of the possible contingencies that we get lost in trying to find the right approach. As a result we give it some thought and give up before we begin.

All of these parts exist within us in varying degrees and they are the main cause of our ineffectiveness. There are 3 main keys in making resolutions that create the results we want. The first is to get the four inner family members to play their roles effectively and to cooperate with each other. The second is to have a very clear strategy for each resolution. The third key is to create a strong support system. This could be a support group, someone who will work with you or is working on the same thing or to get a coach.

### **Family interactions to create successful resolutions**

A resolution can be initiated by any member of the Inner Family however it must include the active support of the other three. The child part of our brain might have an idea about something that would express our uniqueness (mastering a new sport, creating a new studio for music or art, setting up a woodworking workshop in the garage, etc). It could also be initiated by the mother, the one who is more aware of needs (changing diet, losing weight, starting an exercise program, planning and going on a vacation, spending more time with friends, etc.). Or it can begin with the father (creating a budget, clearing debts, setting up a recycling plan, changing career track, planning for retirement, setting up a philanthropic foundation, etc.).

The grandparent may be the initiator (learning something new, like a language, introducing new technology to your work or life, writing a book about your life experiences, starting a blog to share your experience, offering a course in one of our areas of expertise, etc.). Beyond this step of initiating an idea, success depends on the three keys mentioned above cooperation, clarity and support.

### **Engage all family members**

A. Get all members on board by answering the following questions that address the concerns of the specific members of the inner family:

Is it safe? (Father)

Will it benefit my life and the life of others? (Mother)

Can this be fun? (Child)

Is it aligned with my values? (Father)

Is it practical (Grandparent)

If you answered yes to these questions proceed. If not, ask yourself what would you need to clarify or modify to put every part of the inner family on board.

B. Define your intention or resolution as a project. What am I going to achieve? Does it have a measurable or observable outcome? What purpose does it serve? What do I know about the strategy that will get me to my outcome and can I set it up as specific action steps with specific measurable goals? What is it that I do not know and can I break it down into specific research action steps? Do I have a timeline for completion?

C. Create a support system. Experience proves that high achievers have coaches or project managers, The key to their success is accountability. A support system can foster integrity and accountability. Good support holds you to your commitments so that you do not stop before you reach your destination.

### **New Health and Weight Maintenance Coaching Program**

In the past year at Babinetics our focus has been weight loss. We have had astounding results with the homeopathic hCG process and have over 100 individual that have followed our protocol and are maintaining their weight loss. Reaching your ideal weight and maintaining yourself at that level implies serious personal transformation in many areas. Our new weight maintenance coaching process is designed for this purpose as it enables us to reach beyond the simple weight loss process of our 26 and 48 day program outlined on our websites and make sure we provide you with the support you need in all the areas of your life associated with your weight and the natural management of your health and personal effectiveness.

## Bertrand's Bio



Dr. Bertrand Babinet

begin\_of\_the\_skype\_highlighting end\_of\_the\_skype\_highlighting is a health intuitive who has created a revolutionary approach to optimal Health and Wellbeing.

His purpose is to help you identify natural strategies to restore balance and harmony in your body and your life. To accomplish this, he has created many tools of assessment and treatment that cover both the physical and the psychological levels. He works with individuals, couples, families, organizations and the physical environment to optimize health, effectiveness and creativity. Dr. Babinet holds a PhD in Human Development and a Masters Degree in Spiritual Counseling. He is a board certified acupuncturist by NCCAOM and licensed acupuncturist in Colorado and has been practicing Chinese medicine for the past 19 years. He holds certifications in Nutrition, Functional Endocrinology, Functional Blood Chemistry, Postural Integration, Neural Organization Technique (NOT) and Nanbudripad Allergy Elimination Technique (NAET).

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