

## Health Insight Newsletter

March 2015



From the Desk of Dr. Bertrand Babinet

[www.babinetics.com](http://www.babinetics.com)**In This Issue**[Six-part Teleclass Series Registration Still Available](#)[Empowering the Heart, Healing the Inner Family Article](#)[About Dr. Babinet](#)**Dear Bertrand,**

Wishing you a Happy St. Patrick's Day. May you find a pot o' gold in whatever life brings and see your blessings everywhere you look.

Our new six-part teleclass series, *Empowering the Heart, Healing the Inner Family*, originally scheduled to begin last month, has been rescheduled and will now start on Tuesday, March 24th. There is still an opportunity to join us for this wonderful series focusing on the core of Dr. Babinet's work.

The main article this month, with the same title as the Teleclass Series, will give you a foundation of understanding for what will be covered in depth during the next several months. Take a peek at what's in store by reading below.

We would love to support you in making your life the life you intend.

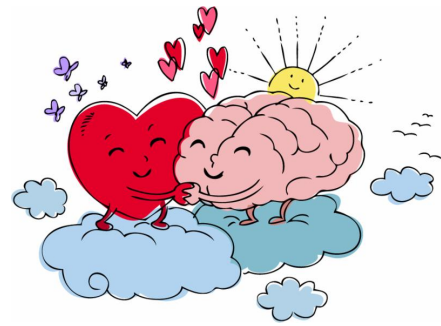
**Upcoming Events****Empowering the Heart  
Healing the Inner Family**

**Join Us for this Six-Part Teleclass  
Begins Tuesday, March 24, at 6 pm MT**

The first teleclass of our six-part series, recorded on Jan 20th, was an introduction to Dr. Babinet's groundbreaking work, *Healing the Inner Family*. The first class recording is free to registrants of the series. The remaining five classes, beginning

on Tuesday, March 24th will cost \$20 each or \$90 for the series. Learn how to identify and unlock the blocks that keep you from becoming your best self. [Register for our Empowering the Heart, Healing the Inner Family](#) six-part Teleclass Series.

We encourage you to read the article below in preparation for this outstanding teleclass series. Enjoy.



## Empowering the Heart, Healing the Inner Family

*A framework for understanding the primary psychological functions of the brain and restoring personal effectiveness*

### What is empowering the heart?

The heart has been revered through many spiritual traditions as the source of our wisdom; a connecting point between the spiritual and the material. The heart is a place in human consciousness that is free from the reactive mechanisms of the brain that have evolved to address survival issues. Inner peace, which flows from the heart, is a powerful state that cancels reactivity and promotes clear choices. Accessing inner peace is relatively easy. Simply focus on things that you experience as moving or touching. The sense of being touched is a clear heart response. When we want to indicate that we were touched we instinctively touch the center of the chest, the location of our spiritual heart.

We call those situations that touch and move us symbols of peace. We have identified 5 of those symbols: babies, nature, pets, music and focusing or touching the center of the chest. It may be that not all of those will help you access this sense of inner peace but we have never found anyone that did not respond to at least one. Once you have learned how to connect to this inner place of peace and neutrality, practice this connection fervently until it becomes second nature. As this place becomes very familiar you will discover that you can go there instantly when something bothers you, regaining your sense of inner peace and clarity. From this place you will learn how to make more enlightened choices.



### **What is the Inner Family?**

The inner family is a metaphor to describe the interaction of the different psychological functions of the brain. These four basic functions are the abilities to:

1. Connect
2. Direct
3. Learn
4. Imagine

These functions are often programmed within our families and our social context. They will often reflect the dysfunctions, fear and lack that surrounded us in our early development. Let's examine the different member of the Inner Family and their individual roles and some of the strategies we can implement to both cancel patterns of reactivity as well as to enhance personal effectiveness.

### **The Mother**

The mother is responsible for the function of connection, manifesting as social "preservation" and attending to the needs of the entire family. The key factors in assessing this function is the degree of respect we hold for our self, others and environment. What we respect we treat with care. Our effectiveness in this domain is reflected by the way we attend to needs. This would include personal needs, the needs of others, our social and professional functions as well as taking care of our physical environment. Finding equilibrium among these responsibilities is critical. A common pattern of imbalance in this area is making the needs of others more important than our own. This is often predicated on low self-esteem and/or a need for approval. The typical result is a sense of victimization and patterns of resentment. Breaking through this pattern can be challenging. Making others more important than ourselves is a common pattern of social conditioning. Love must flow through us before it can be extended to others. Therefore, the focus is not on making others happy (which we cannot do!) but in being of service by assisting others in exercising their responsibility and attending to their own needs. Being supportive means demonstrating purposeful actions that bolster strength rather than weakness. Guilt, resentment, worry and victimization are good indicators of ineffective patterns in this domain. The call for action is to:

1. Come back to Inner Peace

2. Cancel our pattern of reactivity
3. Choose a clear course of action that clearly supports all concerned

### **The Father**

The Father is responsible for clear direction. Within our brain this function is fulfilled through the will. Let's take a moment and notice how this clear direction and will interacts with each of the other members of the Inner Family. In relation to the mother, the will makes sure that the caring is focused on building the strength and fostering autonomy rather than supporting weakness and co-dependency. In relationship to the grandparents, the will breaks the loop of over analyzing and focuses on clarity of direction and specific goal-orientated strategies. In relationship to the Inner Child, the will challenges the desire for instant gratification and promotes disciplined, purposeful actions.

The challenges encountered with the Inner Father are that this aspect can become fear driven, controlling, rigid, dogmatic and punitive. This interferes with family flow, natural trust, bonding, spontaneity and the ability to see mistakes as opportunities to learn. Aligning the will with the heart enhances flexibility and compassion, fostering authentic empowerment. When the Inner Father is not strong enough (or absent altogether!) the other domains of consciousness are undermined. Without clarity of purpose there is overall weakness and dysfunction, which can lead to addiction, slothfulness, neglect, endless justifications and excuses. Training the will is essential. Learning to stay on purpose and delaying gratification is critical. Learning how to pursue a clear direction with steadfastness, follow through and flexibility is the key to effective living and spiritual progression. Two key indicators that we have moved out of balance in this area are dogmatic positioning and righteous indignation. In the same way that the Inner Father supports all the other members of the Inner Family, he also needs support from all the other aspects to be a fully effective leader. He needs the empathy and caring of the Inner Mother, the wisdom and resourcefulness of the Inner Grandparent, and the creativity and freedom the Inner Child.

### **The Grandparent**

The role of the Grandparent is to derive learning, upliftment and growth from all life experiences and to then communicate and share that knowledge. Nowadays much information is transferred to us in school and universities, but that knowledge becomes truly integrated when it is validated through our experience. Based on their learning, growth and wisdom the Grandparent brings forward an understanding of what is functional - how things work and how to work them. The part of our brain that processes information and experience (the Inner Grandparent) serves the same function.

Issues and challenges with this domain of consciousness have to do with mental rigidity, lack of reflection and the tendency to look at who is to blame rather than what can we learn. Often the rigid thinking, preconceived notions and dogmatic point of views are inherent in our families, cultures, professions and religions. Transcending those limitations requires an open mind as well as a zest and willingness to learn. Often our views of life are based on our representation of our experiences and our belief system. These are very limited and often affected consciously or unconsciously by generalization, distortion or deletion.

1. Generalization occurs when we take a specific event and extend to ALL similar situations. "I NEVER got to do what I wanted when I was growing up." While

it is likely that you didn't always get to do what you wanted, there are likely times when you did. "I ALWAYS screw things up when it's important." You probably did have some major disappointments, but it's also likely you had some successes.

2. Distortion happens when we emotionally exaggerate an event. "I'm STARVING". No, you are just hungry. "That date was the WORST EVER!" You didn't have the fun on the date you were expecting.
3. Deletion is when we leave out critical information in a story. We do this in an effort to make ourselves right and others wrong. We describe how awful our 8<sup>th</sup> grade English teacher was and "delete" the information that we never read the assigned books or did the homework.

It's important to not confuse what we think with what is true. Let's have the willingness to check our facts, listen to the points of view of others and not be afraid to change our mind or our feelings. Taking the time to reflect without jumping to conclusions is a valuable practice. Doing this regularly can lead to uncovering the upliftment, learning and growth opportunities in every situation. Learning to approach new situations and challenges with an open mind goes a long way towards making this domain of consciousness more functional. True learning is transformative. Common indicators of imbalance in this domain are feeling superiority, condescension, aloofness and a general sense that we do not belong or that people just do not "get" it or us. The sense of separation is a good indicator that we have become inflexible in our thinking, our ability to relate and to fully participate in our life.

### **The Child**

The child lives in the field of imagination and sensory awakening where everything is a new adventure as well a source of excitement or fear. The child's expression is free and spontaneous. One minute he or she is ecstatic and in the next moment, screaming. Absent of serious early childhood abuse, the needs and desires of the child are expressed freely and often forcefully. In our consciousness the Inner Child continues to seek freedom of expression. Through its imagination, it enables us to transcend our limitations and restrictions and to see possibilities. Without the Inner Child, we would be lost in doldrums, routines and social conditioning. The Inner Child is our ticket to freedom.

One challenge of this domain of consciousness is the close identification of the imagination with desires. What we can imagine - positive or negative - exercises a powerful effect on our body. What we see is what we want. Patience and deferred gratification are not strong suits of the Inner Child. Our Inner child tends to be somewhat narcissistic. Conversely, negative conditioning through punishment and criticism often leaves the Inner Child afraid of expressing who they truly are. Instead of being trained, the expression and will of the child is crushed. For our Inner Child to contribute to our freedom of expression, the support of the Inner Family is required. It needs to learn an awareness of the needs of others as well as a sense of responsibility. It needs to learn reflection as a tool to transform experience into learning and growth so that its uniqueness can become a source of enrichment for others. It needs the purposefulness and the values of the Inner Father to avoid a life of aimless wandering in search of escape and ever increasing sensory gratification. And all the while, the Inner Child needs to integrate these inward and outward conditioning while maintaining the spontaneity and freedom of its unique expression.

Regaining the wonderment and lightheartedness of our youth is critical not only to



our success but also to a world that is creative and innovative. Some indications that the Inner Child has become dysfunctional are consistent feelings of vindictiveness, jealousy or envy. A focus on: "What's in it for me?" rather than: "How might I use my skills, talents and abilities to assist others?"

### **Integrating the Inner Family**

Just like the members of a regular family, the different members of the Inner Family cannot function effectively independently of each other. It is loving that sustains a healthy family, expressed as caring and responsibility. The healthy Inner Family is not interested in blame but rather in learning from experience. One focus is on clear values, which are uplifting and corrective rather than judgmental and punitive. The dynamic of the whole family is to encourage self-expression in a spirit of humor, playfulness and generosity. The same foundation that supports any healthy family is what brings integration to the different psychological functions of our brain. Our job is to realize what negative traits we have inherited and/or promoted in our behavior, bringing in loving and forgiveness as a balancing and healing process. Recognize when we move into reactivity. Choose to bring ourselves back into peace and loving by selecting clear, mutually supportive courses of action.

*I wish you great peace, loving, and success as you work to bring your Inner Family into wholeness, balance and alignment.*

[Click here to join our six-part teleclass series, Empowering the Heart, Healing the Inner Family.](#) The first live teleclass is Tuesday, March 24th. See you there!

## **Making Health Contagious**

### **Please help us tell others about Babinetics**

If you have friends who you think might benefit from our work, please share this newsletter with them by clicking here. [Forward to a Friend.](#) Thank you!

## **About Dr. Babinet**

Dr. Bertrand Babinet has created a revolutionary approach to optimal health and wellbeing. Drawing from extensive education and training, 21 years practicing Chinese Medicine, and utilizing proprietary assessment and treatment tools to address both the physical and psychological, he helps clients identify natural strategies to restore balance and harmony in the body and in life. Dr. Babinet works with individuals, couples, families, organizations and the physical environment to optimize health, effectiveness and creativity. [Read More.](#)



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