
CHAPTER 14

DON'T TRADE ME IN

Because children can easily misunderstand what is happening around them, they are susceptible to taking on all kinds of emotional programs. In this regression, two inner ages who have been traumatized by a misunderstood thought come forward. My infant thinks mommy doesn't love her, and my three-year-old thinks she's going to be traded in for a new baby. Both ages feel unloved. Helping them to understand the true situation and change their response allows me to alter the thought and the resulting emotional program.

Oh, Pamela," I said before I even hit The Chair, "now something is happening in my shoulder. I feel like someone or something is grabbing at me right here, right here in the trapezius. It's different from the old stabbing pain. This is something new. I guess my subconscious is saying, 'Here's another one for you.' I never knew I had so much stuff! Let's find out what it is."

With NMR we learned the issue was fear when I was three and my parents adopted my brother. On a hunch, I asked if

my three-year-old was afraid they were going to trade her in. The answer was yes.

"Whoa, I don't know where that question came from!"

"Possibly your Higher Self, Ann?"

"Oh. Thank you, Higher Self."

"So, you are three, there's a new baby coming, and you're afraid they're going to trade you in," Pamela summarized. "I think we need to talk to that three-year-old." Then she said, "I just received a message from *my* Higher Self to talk to the infant as well. So we'll do that first."

"Okay. Take a deep breath . . . and as you relax deeper and deeper and deeper into that feeling, you allow yourself to let go and just drift into that lightness of being, lighter and lighter and lighter. That's perfect. That means you can go back there to . . . let's see, there's a nursery with an infant to talk to and there's a three-year-old to talk to.

"Now, adult Ann, imagine you're holding the infant you."

"I'm holding this infant," I said in my adult voice. "And somehow I know how to hold her and not be afraid of her or be afraid I'm going to hold her wrong or afraid I'm going to drop her. It feels natural, not foreign. And she's so happy to have someone hold her who makes her feel safe. She's looking up at me, and she feels calm and safe, like she belongs in my arms, like she just belongs. She doesn't feel like she's some kind of foreign object."

"Good. Let me talk to that infant a minute as you're holding her there in your arms. 'Little infant girl Ann, let me talk to you a moment. Feels good there in those arms holding you, doesn't it?'"

"Umm," she said, all weepy and sniffing.

"Feels safe, huh? She says you feel like you belong. Is that right?"

"Umm."

"Yes, you do. You very much belong. You know, that's the older you, the adult you, that's holding you. When your mommy who adopted you holds you, how does she hold you?"

"Like a board. Like she's afraid of me."

"You know, she isn't afraid of *you*; she is afraid she might drop you or hurt you. She's never held a little baby in her arms before, and she doesn't quite know how to do it, so it makes her very, very nervous. I know you pick up on that nervous feeling and her nervous thoughts. How might you help your mommy not feel so nervous? Let's go to a moment when mommy, in your mind, is holding you. And oh, she's nervous and scared. Now that I've told you it's not you she's scared of, see if you can find a way to help mommy relax. Can you talk to her in your mind? You know she has a lot of nervous thoughts and feelings, but can you get through to her?"

"I can tell her she's doing great and if she can relax it would be even better. I mean, I don't cry or anything. *I'm* not making her think she should be nervous."

"Well let's see what would help her to relax. Can you make any happy sounds, infant, some cooing sounds or giggling sounds? Let's see if you can do that, if you can relax in mommy's arms and make some cooing, giggling sounds. And while you're doing it, you know, baby, there's a light inside you. Do you think you can shine it on mommy? You need to find that light and grow it really big, and shine it on mommy so she sees you smiling in her mind's eye. She hears you cooing and giggling. She feels your little body relax. And what happens when you do this?"

"I understand I have the power here."

"Yes, you do!"

"I've got to make *her* relax instead of her making *me* relax."

"That's right! That's brilliant! You have the power there, baby girl. You just concentrate on helping her to relax. You tell her in your mind, 'That's okay, mommy. I will help you.

We'll do this together. You chose me, but I chose you, too. We belong together. We're going to get through this just fine because we belong here together.' Tell her that. Reassure her. Say, 'Mommy, I'll let you know if I'm not comfortable. I'll cry or I'll whimper and that will let you know.'

"Now, baby girl, I need to tell you something. This woman who is your mother and this father who brought you home are going to keep you. The adoption papers are done. They're not going to take you back. They need you to let them know when you're comfortable or not comfortable. When they put you in your crib, if you're hot or sticky or wet or hungry or uncomfortable, you need to whimper or cry to let them know.

"And pretty soon they're going to start to figure out: Oh, *that* cry means she's wet. Oh, *that* cry means a pin is poking her. Oh, *that* cry means she's not really tired. Oh, *that* cry means she's overtired. You see? By you altering just slightly the way you cry, they're going to start picking up the message in your mind of what's wrong and what they need to do to fix it.

"But they need to hear from you. They need you to use your voice and your body to communicate to them what you need from them. They wanted you very, very much. And now they're learning how to feel safe and comfortable with you and how to help you feel safe and comfortable. But *you've* got to let *them* know. You need to speak up the way a baby infant can. So you have happy sounds and not-happy sounds. And you help train them to know what sound means what. Can you do that?"

"Yeah, as long as I know they're not going to take me back."

"Well, I want you to close your eyes and do something very special, which I think you have the ability to do. Close your eyes and look two years ahead in time. You see that time

line right there. Look along it two years ahead in time and tell me, do you see yourself with them?"

"Uh-huh."

"Okay. Look four years ahead in time. Just keep moving up that line. Are you still with them?"

"Uh-huh."

And now you're eight. Are you still with them?"

"Uh-huh."

"And now you're fifteen. Are you still there?"

"Uh-huh."

"And eighteen—see? They're not taking you back. It's set. They wanted you, they got you, and they're going to keep you. You chose them. They chose you. Nothing, no one, can separate you. It's done! You are theirs. They are yours. You are their family. They are your family. You belong here. They will take care of you. To them, in their minds—look in and see if I'm correct—you are their baby, their daughter. They will let *no one* take you away from them.

"And that means you can cry at the top of your lungs and they're not going to think, 'Oh, we have to take her back.' They're going to think, 'Oh my goodness, what is she so upset about? Let's find out so we can fix it.' You need to let them know that your body feels good or not good. And it's the same with your feelings. You're important. You matter. Does all that ring true with you, little one?"

"Uh-huh."

"Good. You can *feel* that? Now can you imagine being cranky because you're too hot and so you let them know that?"

"Yeah."

"And they come in and oh, their baby infant is all fussy and crying and it's the middle of the night, and what do they do?"

"They fix it. And I know I can do that and they won't send me away."

"Good! Tell me, infant, little one, check your feelings inside, is there any part of you that is still feeling unsafe? Uncomfortable? No? Are you feeling pretty good?"

"Yeah."

"Great. Now imagine in your mind that you're in a nursery and this nursery is full of light. It's a nursery of light. Does that feel comfortable for you?"

"Yes."

"As the infant girl, move into that light and feel all that brightness and happiness and joy, and tell me if that's a comfortable place for you to be."

"Yeah. I see now that I'm here to help them just like they're here to help me."

"Good. Very good. So we leave the infant there with her light self and now we're looking for the three-year-old. Is that you, three-year-old?"

A three-year-old voice responded, "It's okay now that they're getting another baby because I know I'm safe. I can even help them with the new baby. I mean, I've *already* helped them with the new baby, because now mommy isn't going to be so afraid when she holds the new baby so there won't be that problem. And I know they're not going to trade me in for the new baby 'cuz I'm here for good. And I'll help the new baby know that he or she is here for good. I don't want the new baby to have to feel like I felt 'cuz that sucks!"

"That's right! You can even talk to that new baby—and by the way, it's going to be a brother. You can talk to that brother in his mind just like you talked to mommy and daddy in their minds. You talk to that baby brother and you just give him the whole scoop—what kind of sounds to make that mom and dad already understand. And maybe he can experiment with some of his own. And you just tell him, 'You know, they're not sending you back. I'm their daughter, you're their son.

These people *keep* their children. These people never give their children away.'

"And you just tell him, 'You can express what you're feeling—you can be angry, you can be sad, you can cry, you can be happy—you can just be yourself because you will always be here. We'll be brother and sister for always.' That's a *very* good, important role for you, three-year-old. You really are the helper. You really are helping mom and dad and brother and yourself. Now you know how important you are, don't you? You're kind of a key to all this."

"Yeah. And I can tell him he doesn't have to be perfect for them to keep him."

"And you know that because. . . ."

"Because I found out I don't have to be perfect anymore."

"That's right. You don't have to be perfect anymore. Can you imagine anybody being perfect? What is perfect? Ugh! That's an impossible thing, isn't it?"

"Well, it's really kind of pretending to be perfect. It *is* pretending to be perfect."

"Yes, it is pretending to be perfect. And that's no fun, to keep pretending that, is it?"

"No, it's not."

"So now you know that you can be exactly who and what you are, which is wonderful, which is great! Let's see, you're three now. Does mommy feel comfortable with you now?"

"Uh-huh."

"And is she relaxed enough that you can feel mommy's love now?"

"Now, yes, 'cuz I know she's not taking me back."

"Can you feel daddy's love, too?"

"Oh yeah!"

"Oh good. Do you think you can start to remind adult Ann of happy memories from when you're three years old? Like

the day they bring your brother home—do you remember that day?”

“No.”

“I bet you could, three-year-old. Just close your eyes and go to the day when there’s some kind of excitement in the air. Something *different* is happening in your family. It’s the day they bring home the new baby. That day begins to gather in your mind. What impressions are gathering there?”

“I’m home with somebody who is taking care of me ‘cuz they went on a trip to get a new baby. I think I’m excited.”

“Okay, so you’re excited. Do you hear them first or see them first?”

“I’m still in the house when they come in with the baby.”

“What happens when they come in with the baby?”

“They let me see it.”

“What are you thinking? Can you talk to the baby in your mind right away?”

“I’m thinking I’m going to have to share my mommy and daddy with this . . . thing.”

“And now can you look at your baby brother differently?”

“Oh yeah. Now I look at him like a doll I can take care of.”

[She laughs.]

“Okay. Very good, three-year-old. Are you feeling comfortable? Are you feeling content?”

“Oh yeah. I’m feeling *much* better.”

At this point we returned to the adult me to heal my shoulder. I focused on the sensation of a bunch of little fingers jabbing right there on my trapezius. It’s funny that those children chose my trapezius, my trap, because it was like a trap—they were trapped until I let them out. Pamela asked me to focus on the trapped energy leaving and to think, “I don’t have to hold on to the past anymore.” After coming back to conscious awareness, I commented, “My shoulder is so much

better, I can’t believe it! And my three-year-old—that was so emotional. I got all teary when she found out she didn’t have to be perfect because they weren’t going to take her back.

“What is really interesting is that I could tell myself that from now ‘til doomsday at the conscious level and it really wouldn’t do any good. I guess that’s why people go to shrinks for years and years and for the most part never do clean up their stuff. And I cleaned that one up in an hour. Wild!”

“Yes,” Pamela responded. “But it can take more than one regression. It all depends on how resistant the program is. Sometimes it can take two or three or even four sessions. Once in a while it can take even more than that. Everyone is different, and every issue is different.”

After this regression I kept feeling sad for those two inner ages who experienced themselves as unloved and carried all that fear of not being perfect, and of being traded in. But then I would remember why those ages went through those experiences—so I could learn. It was all okay. It all happened for a reason.