

The “Intelligent Heart“-Model

An New Psychological Model for the Practical Application of Emotional Intelligence

Index

What is Emotional Intelligence?

- The Intelligent Heart Model
- The Energetic Positions within the Intelligent Heart Schematic
 - What is the purpose of the Intelligent Heart- Model?
 - The Structure of the Intelligent Heart-Model
 - Neurophysiological Background
 - The Emotional Brain Schematic
 - The Biochemical Realities Behind Traumatic Experiences
 - The Specific Role of the Heart’s Intelligence
 - Developing Emotional Intelligence
 - The Compassionate Heart Schematic
 - Perpetrator Dynamics in the IH-Schematic
 - Co-Dependency and the IH-Schematic
- Examples of some Adaptive Processes and the typically resulting Perceptive Distortions
 - Distorted Perceptions in Relationship Situations
 - The Re-Parenting Process in the IH-Model
 - Applying the IH-Model in Communication with Others
 - The Spiritual Aspect in the IH-Model

*

The “Intelligent Heart“-Model

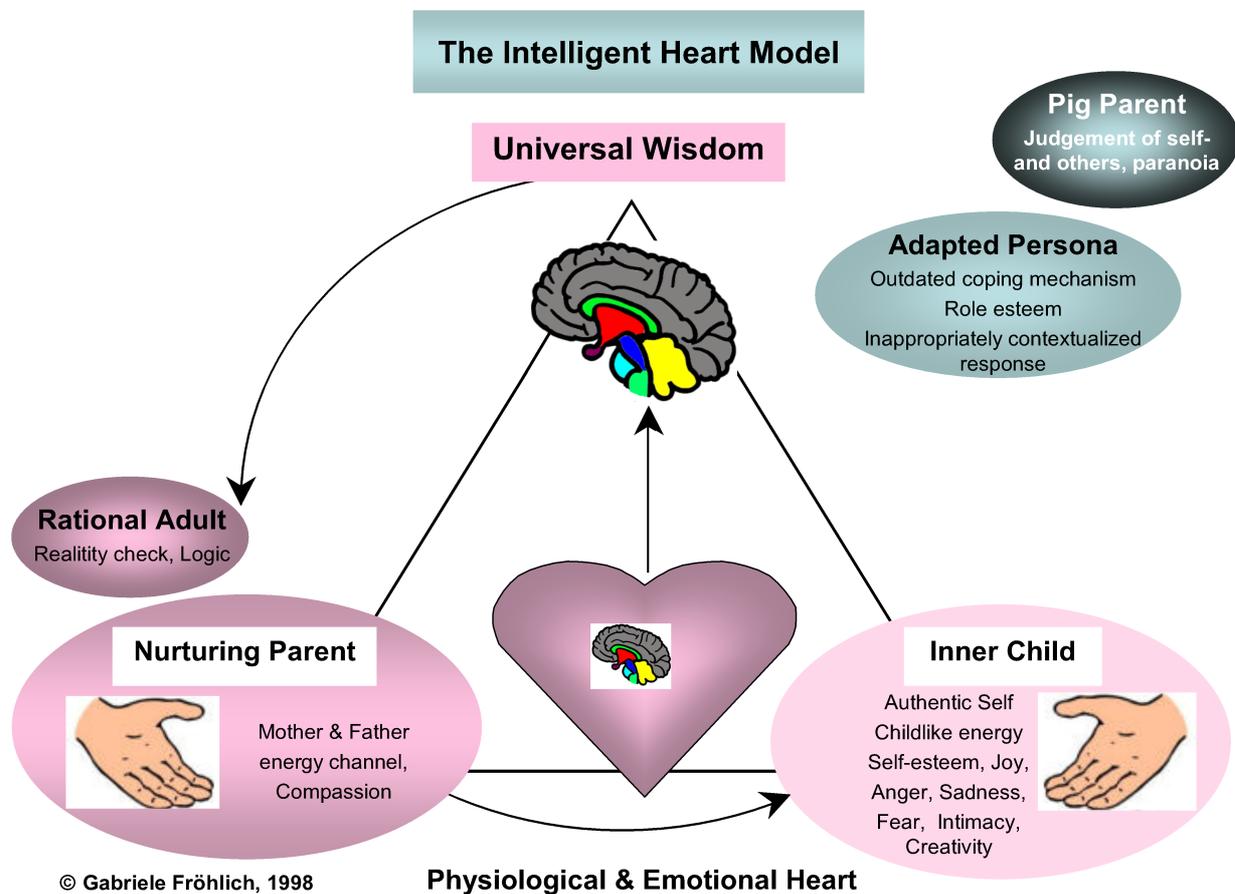
A new Psychological Model for the Practical Application of Emotional Intelligence

What is Emotional Intelligence?

The term “Emotional Intelligence“ has become so familiar in everyday life, that most people would have some awareness of its meaning. It was first presented by Daniel Goleman in his 1990 bestseller by this name, and he also introduced its abbreviation “EQ“ (as in “Emotional Intelligence quotient“) as an analogy to the better known IQ. The EQ encompasses the ability for compassion, empathy, altruism, self confidence, decision making and the appropriate reactions to emotional impulses.

Understanding our perceptions and experiences requires the internal communication between several different personality aspects within us. The quality of our communication with others depends on the quality of the communication between these “personas“ within us. In order to provide an overview over our most important “personas“, their functions and the dynamics that determine our internal (intrapersonal) communication, I developed the “Intelligent Heart“-Model.

Readers who are familiar with Eric Berne's Transactional-Analysis may detect certain similarities in regard to the model's terms and their energetic functions.



The "Intelligent Heart"- schematic incorporates elements from other useful models for mapping intra- and interpersonal communication processes. As mentioned, it includes elements that are similar to those found in Eric Berne's Transactional Analysis with its Parent, Adult and Child- Ego-States. The Ego-states in turn are slightly modified versions of the Id, Ego and Superego positions according to Sigmund Freud's teachings, whereas the concept of the Inner Child can be found as an archetypal aspect in Carl G. Jung's teachings.

The IH schematic also depicts the underlying energy flows similar to the way they have been mapped in certain NLP (neurolinguistic programming) related teachings with slight variations.

Perhaps the most important element that distinguishes the IH-schematic from previously existing communication models is its inclusion of the spiritual connection as an integral energetic element in all communication dynamics; this is based on solid research data that demonstrate the psychological and neurophysiological effects resulting from a spiritual perspective in life.

The following box describes the different personas, their functions and some of the dynamics between them.

The Energetic Positions within the Intelligent Heart Schematic

Universal Love – spiritual source energy. The personal experience of inner connectedness with a higher spiritual source, in the context of a religious belief system or completely independently of it. The spiritual realm that encompasses all life experiences in a greater context of all there is, thus enabling a change in perspective on our individual experiences.

Rational Adult (RA) – the capacity for logical thinking, reality check; rational decision making, cooperation with others; because it “makes sense”, because the available resources are there for everyone’s benefit; because together we can achieve better results.

The Adapted Persona (AP) – the person’s adaptation to their real or perceived reality, as an “emotional survival mechanism”. Internalized victim positions: can’t you see that I’ve got a wooden leg? Conditioned response to internalized negative parental messages: I could never do this, I’m not smart enough, I need to be rescued, I need to rescue others. When I sacrifice myself I will be well liked. When I stay cute (childlike), I won’t be held responsible for my actions. The rationalization of traumatic experiences or our role in them; post-traumatic survival mechanisms can impair our realistic appraisal of a situation.

Nurturing Parent (NP) – “Mother- and Father energy channel“: internalized positive parental messages (positive introjects), including those from other positive source figures (teachers, aunts, grandparents, neighbours); nurturing self and others like a parent, based on reality check from RA; putting myself in someone’s else’s shoes as well as recognizing my own needs.

Pig Parent (PP) – internalized negative parental messages (negative introjects) -- these may never have been verbalized in the past; persecutory, fear based attitudes, “you’ll never find a husband”, “you’re not pretty enough”, “you’re just a girl”. “You’re just like your dad”. “Men are all the same”. Also: culturally informed prejudices and negative attitudes towards people from other ethnicities; ingroup–outgroup thinking: I have to be in to belong. Perceived need to assert power over others.

The Inner Child (IC) - authentic Self – the natural essential Being within every person (independent of the individual’s age), intuition, hunches (require constant reality check -- otherwise they can turn into paranoid fantasies). Life affirming attitudes towards self and others, can sense and feel the difference between love and hate, childlike exploration of otherness. Capacity of authentic feelings like joy, anger, sadness, fear, curiosity or surprise. Fascinated by what life has to offer; embraces diversity (in people), otherness, aims to experience things rather than follow others’ thoughts and perceptions.

The right hand and the left hand represent the brain hemispheres in their neurological functions. The right hand corresponds to the left hemisphere which fulfills, in simplified terms, the structured analytical thought processes.

The left hand is in charge of right hemispheric functioning, respectively, which represents the more imagery oriented, musical and artistic part of the brain. It also corresponds to the brain centers for higher consciousness and experienced spirituality (but not their mental concepts).

A practical exercise:

Slowly bring together the palms of both hands in front of your face with the awareness that the right hand represents the Adult aspects (in right-handed individuals) and the left hand the Inner Child aspects within yourself. This reinforces the formation of healthy neuron pathways in the brain and directly benefits the Inner Child, particularly if you imagine being connected with the spiritual source energy (Universal Love) at the same time.

What is the purpose of the “Intelligent Heart“- Model?

The purpose of the “Intelligent Heart“- model is to demonstrate the energy flows involved in emotionally intelligent intra- (within ourselves) and interpersonal communication processes (those taking place between ourselves and others). This allows for a constant “cost-benefit analysis” of our interactions in regard to our internal reality. The energy flows as they are indicated by the arrows in the schematic enable us to experience an internal “mediation” process in regard to the integration of our thoughts, feelings and perceptions. This is true in regard to our internal communication processes as well as our interactions with one or more other parties.

The IH-Model depicts the possible mediation processes between the different personality aspects within ourselves. In these processes, the Rational Adult part within us acts as the mediator and is supported in this function by the Nurturing Parent (NP), the energetic aspect that is always connected to the heart.

The IH-schematic enables us to recognize the successful mediation processes between the different personality aspects within us, which in turn makes it easier for us to successfully communicate with ourselves and other parties.

*

The Structure of the Intelligent Heart-Model

The visual graphics in the *Intelligent Heart* chart are designed to appeal to the creative brain faculties (the right-brain processing type), as a result of which certain individuals will perceive the dynamics in the chart on a more intuitive level, simply by looking at it and absorbing or “sense” the indicated energetic dynamics unconsciously. At the same time it depicts the communication dynamics accurately in a cognitive sense and hence it will also appeal to the more left-brain oriented processing types of people; for this reason it has often been perceived as useful also by people who, in new age circles are typically accused of being “always in their head”. Ultimately most of us are neither pure left- or right brain processing types and are likely to benefit from a combination of both access ways for an understanding of the sometimes complex dynamics.

In “*Scripts People Live*”, Claude Steiner developed a new understanding of the *ego states*; I am personally grateful to him for coining the term “*Pig Parent*” for our introjected (unconsciously internalized) negative, critical parent voices. This literal term is now being widely used, even in the German version of the IH-chart, as even my workshop participants in Germany perceived it as so self-explanatory that any translation into a German equivalent seemed unnecessary.

The structure of the IH-schematic enables us to perceive and recognize its functions in keeping with the variety of ways in which different people process information.

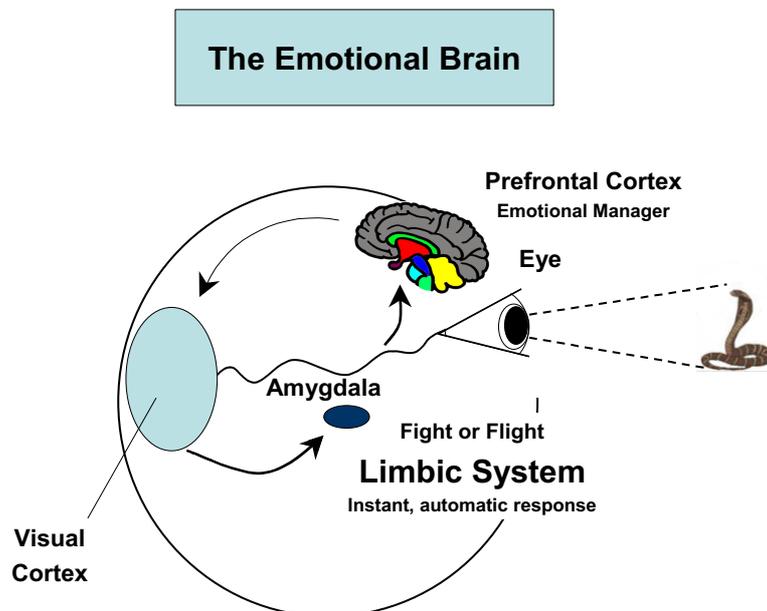
*

Neurophysiological Background

Within the brain there are complex networks of neuron pathways, between its emotional part (the limbic system) on the one hand, and the brain faculties for thought processes and reflection (the neocortex), on the other. When the limbic system overreacts as a result of any stored traumatic memories, and in the absence of any counter-balancing energy flow from the neocortex, the affected person may react with an out-of-control emotional outburst; Daniel Goleman refers to this lack of impulse control as “Emotional Hijacking”. The neocortex attempts to minimize traumatic memories by blocking the access-pathways to the limbic system in case of an emotionally overwhelming situation, in order to ensure our ability to function normally in spite of those memories.

When the flow of communication to the brain centers that inform us about our feelings’ origin is cut off, we tend to associate those feelings with the wrong causes in everyday life.

From the perspective of the IH-model this equates to an insufficient energy flow between the Rational Adult (RA)/ Nurturing Parent (NP) and the Inner Child (IC); as a result the Inner Child can not be adequately reassured in the face of his or her negative feelings.



The above „Emotional Brain“ chart, which closely resembles Daniel Goleman’s schematic in his book, provides an overview of the internal communication pathways within the brain in very simplified terms.

The “Emotional Brain“ Schematic

After the visual stimulus of the image of the snake is perceived by the retina in the person’s eye, the information gets transmitted to the visual cortex within the brain. Here the image is recognized as a snake, but not in terms of the snake’s emotional significance to the person. This information is added when the nervous system impulse arrives in the limbic system. Here it may make a difference if the person has had a previous unpleasant experience with a snake, e.g. being bitten by a poisonous snake and nearly dying as a result.

The stronger a person’s traumatic memory-imprints from a previous snake-experience in the amygdala region are, the more they are going to determine the person’s automatic, reflex-like response to seeing a snake in the present. This can result in a physiological panic-reaction, even if in the present situation the snake is behind a glass pane and cannot realistically harm the person.

In the case of such an irrational (but physiologically very real) overreaction, additional information is required from the prefrontal lobe in the neocortex of the brain, the “Emotional Manager” (in the forehead region), in terms of a rational evaluation, thus providing the “impulse-control” to the situation. The frequently repeated process of building in this new information from the Emotional Manager, called “desensitization” (referring to the automatic response mechanism) will result in a more balanced, realistic response in the future, for example when looking at a snake that cannot be realistically harmful and remaining internally calm in view of this knowledge.

The Biochemical Realities Behind Traumatic Experiences

The imprints of past traumatic experiences trigger chemical responses that travel around in closed circuits of neuronal pathways within the limbic system. This can result in uncontrollable emotional responses or behaviours which can be completely uninhibited by the person's otherwise intact cortical, “IQ” intelligence. These memories will usually have been suppressed long ago in conscious memory terms. If this trauma is not brought back into consciousness, it has a tendency to stay ingrained on the cellular level in brain and body, and is often referred to “the issues in the tissues”. As a result, a person may be experiencing powerful feelings and physical sensations that have no basis in that person's current life situation. These feelings and sensations are likely to originate in the stored memories of past trauma, triggered in the present, often by an unidentified situation.

During “body-work” sessions, powerful sensations and physiological responses, indistinguishable from those in real life, are often expressed. The suppressed memories stored in the tissues during operations or at birth can come back into consciousness, and anaesthetics can sometimes clearly be smelled as they are being released from the tissues. Flashback trauma experiences of an original event, even 40 or 50 years later, as experienced by Vietnam war veterans with PTSD (Post-traumatic stress disorder), unexplained body sensations, emotions or feelings can be triggered by unpredictable situations, evoking extreme physiological stress responses as they would normally be expected in situations with the inherent risk of dying.

Many people have become conditioned towards perceiving an incoherent operating pattern as familiar, as a result of the dominant activity on their amygdala level from early childhood on. Unfortunately, this state which we have often learned to perceive as our comfort zone has the tendency to impair learning, creativity and our emotional balance.

In the IH-Model this can be recognized as a very unresourceful situation from the Inner Child's perspective, as in this case, the IC is chronically deprived of the required nurturing parent (NP) energy. When authentic feelings are blocked (which always involves the blocking of the Inner Child energy), this will manifest in physical sensations (such as pain, nausea or pressure sensations) or in substitute feelings. If for example the person has no access (“internal permission”) to feelings of sadness, because the Adapted Persona perceives those feelings as “dangerous” to the individual, the person may typically respond with feelings of great anger to situations that would normally evoke deep sadness.

The Adapted Persona (AP) always aims to sustain conditioned situations of blocked feelings, as it regards any change to an emotional situation that has once been “survived” as “risky”. According to the AP it is only safe to rely on such situations that guarantee “survival”; any change to a situation that has once been survived is to be avoided at all costs, even if an expansion into new possibilities in the person's life would be stifled as a result.

This mechanism will be referred to again at a later stage.

The corrective intervention requires the “reprogramming” of these emotional memory patterns in such a way that a healthy coherence becomes the normal and healthy state of being. This is achieved through regularly repeating the reality check. From the perspective of the Emotional Brain-schematic this equates the frequent reinforcement of the energy flow between the “Emotional Manager” in the prefrontal cortex and the limbic system.

In the Intelligent Heart-Model this denotes a frequent repetition of the energy flow between NP und IC.

The application of the IH-schematic in our everyday interactions can over time assist the formation of new beneficial neuron pathways, as it facilitates the visual and mental recognition of the desirable energy flows between the different personality aspects. In this way it functions as a constant reminder of the neurologically desirable state of affairs.

*

The specific Role of the Heart's Intelligence

The most practical research on the EQ theory was carried out by Doc Lew Childre in the Heart Math Institute. Based on this research, stress-management courses have been conducted all over the world. These include the use of touch and healing intention to reproduce the results of these research findings for everyday applicable stress-relieving effects on a physical and mental level. This research has also shown that one person's heartbeat signal is registered in the other's brainwaves. Positive emotions such as love, care and appreciation have been shown to increase the synchronization between the heart, brain and body; this provides people with a greater level of available physical energy and mental clarity, as well as enabling the individual to function with greater efficiency. This research has shown that the heart generates the strongest electromagnetic field produced by the body, and that when a person is being touched with loving intention, an exchange of electromagnetic energy with healing effects takes place.

We know that the physical heart contains an independent complex nervous system that is made up of a brain tissue-like substance which is in constant electrical communication with the prefrontal cortex of the brain. In the IH-schematic this is symbolized by the central position of the heart and the arrow that points from the "mini brain" in the heart to the physiological brain.

The brain has been observed to "obey" the electrical impulses from the heart and the information that those impulses contain can have the effect of considerably altering the person's decision making.

Emotional Intelligence is a state of being in which we are constantly in touch with the "brain in the heart". For this reason it would be more appropriate to refer to it as "heart-intelligence", as it allows us to have more "heart-felt" way of interacting with ourselves and our environment.

At the same time, negative feelings can have a detrimental effect on certain brain functions and influence decision making processes in unfavorable ways.

This is the case when there is an insufficient amount of energy flowing from the Nurturing Parent (NP) in the face of too much Pig Parent (PP)-energy, or when the Inner Child feels emotionally overwhelmed; in such a situation there will be no significant flow of heart energy to the decision making centers in the brain.

Through frequently establishing the connection between the „brain in the heart“ and the thought processing structures in the brain, new neuron pathways are formed which are more aligned with an emotionally healthy state of being and a more positive energy flow.

In the IH-Model this equates the corrected energy flows between the Nurturing Parent (NP) and the Inner Child (IC); in this situation there will be a constant flow of heart-intelligence to the decision making centers in the brain.

Some of these neurological re-structuring processes can take place within a short period of time, others may take years. The resulting structural changes in the brain can be demonstrated through medical imaging techniques such as the positron emission tomogram (PET).

The human heart commands a unique form of intelligence, and it is to our greatest benefit to be as aligned with this intelligence as possible.

*

Developing Emotional Intelligence

The development of this heart intelligence begins with being loved in early infancy. An infant cannot thrive without receiving it. According to Breggin (1992), it is more basic than food or water, because the unloved infant may refuse both and die (this has been observed in some very sad cases of institutionalized orphans). A fetus in utero knows if they are loved and respond accordingly. An essential ingredient of love is empathy, which encompasses mutuality, sharing, a willingness to sacrifice, and a caring awareness of the condition of others. Where there is empathy, self-interest includes other-interests and needs. An immature expression of empathy can be observed in babies: they often respond to the crying of other babies by also crying. Infants of depressed or withdrawn parents respond by rejecting their parents, and through avoidant patterns of attachment, which can persist throughout life. Research over the last 70 years has shown that deprivation of maternal love in early infancy typically results in varying degrees of withdrawal, depression, psychosis, autism or death. Despair and detachment could also be seen in children two years or older even when parents were present but emotionally withdrawn or absent. If the mother is restored in time, recovery is possible.

Being loved is a prerequisite for the ability to love. Our environment in early childhood and the way we experience the different developmental changes strongly impact on the development of our emotional intelligence.

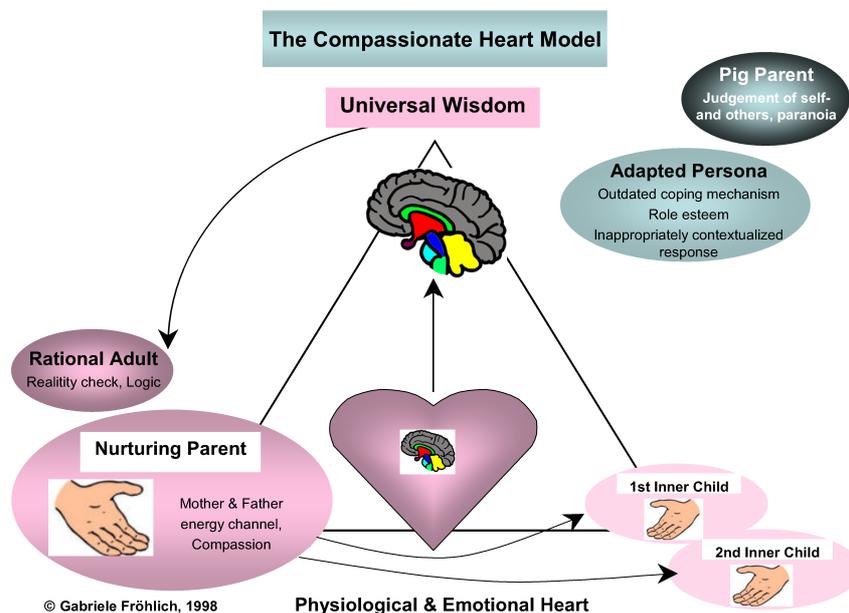
Early childhood imprints of nurturing parental care strongly benefit the development of our heart-intelligence.

*

The Compassionate Heart Schematic

The greater the energy flow from the Nurturing Parent (NP) to the Inner Child (IC) is, the more the heart chakra will be opened up, and the more emotionally and physiologically beneficial the effect will be on the IC.

This effect becomes even stronger, when compassion for another person's demise is involved:



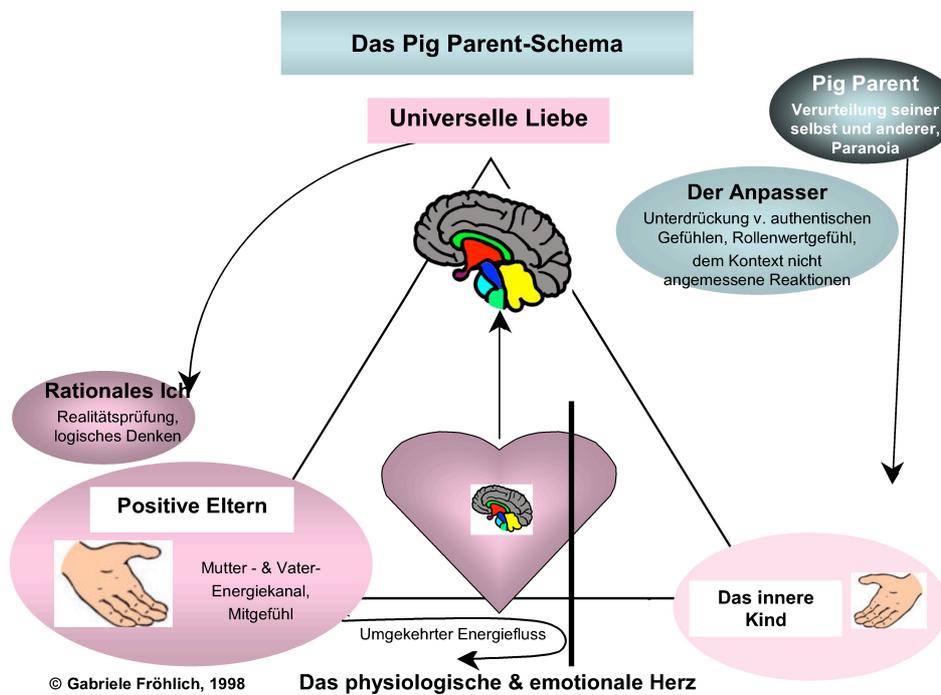
When there is compassion, the energy always flows from the Nurturing Parent (NP) first to our own Inner Child (IC) and from there to the IC of the other person.

This means:

True compassion is always based on self-love and requires that one's own emotional needs are met before those of the other party. This position is not based on egotism, but rather on the realistic evaluation of one's own emotional resources; it differs from that of the Adapted Persona -- which operates from fear – based avoidance.

On the other hand:

Perpetrator Dynamics in the IH-Schematic



Negative attitudes and behaviours, such as discriminating against other people, insisting on group loyalties at the expense of excluding outsiders etc., are never emotionally intelligent and have a negative impact also on the IC of the perpetrator, as well as the victim of such conduct.

Why is this so?

When this PP-energy is permitted to dominate the person's internal communication, the Inner Child (IC) perceives the (introjected) PP-energy as a perpetrator energy that is coming its way. This is also the case when the PP-energy is directed at another person, as there is no protective Nurturing Parent (NP)- energy flowing towards the perpetrator's IC then either.

If the NP had been doing its job here, Pig Parent could not have been in charge; it is always the Rational Adult (RA)'s job to ensure that the Nurturing Parent (NP) remains in charge and takes care of the Inner Child.

The IH-schematic enables us to recognize if our internal communication is beneficial to ourselves; this is the case when it is beneficial for our IC, regardless of any objections or opposing introjected messages on the Adapted Persona (AP)'s part.

When our Adapted Persona (AP) - or Pig Parent (PP) - introjects are particularly strong, this can create the erroneous impression that a particular attitude or behaviour is in our interest, when in reality this is far from being the case.

One example is the desire to take revenge on someone whom we may have felt hard done by in the past. This type of dynamic is demonstrated in the following example: The statement: "he was rubbing his hands in glee", suggests that the person felt smug about drawing energy from another person's demise.

The metaphoric implication of this body language further implies that the motivating emotional energy here is anger, which makes it even more obvious that such an emotional charge cannot be beneficial to our own inner states or those of any other parties.

The first question here always is: **who is doing the talking?**

Most people will identify the PP voice quite easily.

The next question is: **who should be in charge of talking and deciding?**

The healthy answer always is: The Nurturing Parent (NP) and the RA together!

What would they be saying?

*The answer is contextual, of course. The statement indicates that the person is taking advantage of someone else's demise (which constitutes **perpetrator behaviour**), regardless if the person has contributed to the other person's disadvantaged state or it is coincidental, and he's just gleeful about it.*

NP and RA would be concerned with the intactness of both parties' ICs.

If it feels too hard to look after the other person's IC when one is angry, it is sufficient to focus on one's own Inner Child.

Does one's own IC benefit when the PP is allowed to be in charge, for whatever reason?

Looking at the energy flow in the "Pig Parent-model", one can see that there is a very small, shrivelling IC visible there, as if he/ she had just been deserted by their good parent. Who is parenting them instead is actually their Pig Parent (indicated by the arrow).

How is a child likely to feel in such a situation?

Most people, regardless of nationality, cultural conditioning or their educational background are likely to intrapsychically respond to this question in a very similar way, provided they can overcome any Adapted Persona (AP):

”Yes but.....“

- objections; a reality check by the Rational Adult would reveal the AP energy involved here.

The job of the Rational Adult is to ensure that the Nurturing Parent remains in charge of the internal communication and takes adequate care of the Inner Child.

*

Codependency and the IH-Model

The term **Codependency** refers to any emotionally dysfunctional states and perceptions as a result of the emotional deficits and resulting imprints acquired in (early) childhood.

Examples of some Adaptive Processes from (early Childhood) Experiences and the typically resulting Perceptive Distortions

In Der Wahnsinn der Normalität (“The Crazyness of Normality”) Arno Gruen describes an “elemental power game” in early childhood. It deals with a child’s subconscious process of imprinting external non-verbal messages, based on parental needs and expectations. If the child was conscious of this process, she might say something like this: “I will become the way you want me to, so that you care for me. My adaptation to your will is my power over you, through which I force you to care for me.” (my translation from Gruen, 1998, p.48).

This is a good description of the development of the Adapted Persona (AP) in response to subconsciously perceived Pig Parent messages about the child’s alleged worthlessness. This is true even if the parents’ attitude did not match this perception, but where very difficult circumstances may have been present that **could** have inadvertently led to the child’s impression of not being loved or important in some way.

Such situations can result in classic “Poor me“- positions later in life, when the child has profoundly adapted to a real or seemingly unloving environment and perceives herself chronically in victim mode. This can even take on aggressive forms in some people: feeling or becoming dependent becomes the revenge for having been forced to adapt. The person may try to force the environment to “honor” and treat them them as a genuine victim to compensate for the original neglect they experienced in (early) childhood.

In situations where there are imprints of nurturing deficits from childhood, people are often affected by a mismatch between the origins of their feelings and their perceptions of internal reality.

For example, some people appear to “love“ others more than themselves. This is a double message to that person’s Inner Child (IC), as it only makes sense to speak of love when the loving energy first flows to the person’s IC and only then to the other person. As a result, the person’s own IC will perceive this external demonstration of love towards another person as a rejection of its own interests. Loving someone else more than loving oneself is then based on a distorted perception of the involved energies, which the authentic IC is acutely aware of (even if this awareness remains outside of the person’s waking consciousness). By definition, the person in question has a distorted understanding of what constitutes the ability to love (because in the case of the correct energy flow, their IC would be the first party to benefit from this loving energy), while trying to convey the external impression of loving someone else. The same situation applies when a mother who has deep doubts about her own value showers her biological child with love, while neglecting her own IC at the same time; the child will feel the perceptual mismatch and energetic distortions in his mother’s actions. This

situation even creates an unconscious competition between the child and the IC of the mother for the mother's love (NP).

The child's emotional reluctance in view of this energetically distorted situation, the pseudo-self-sacrificing, duty-bound "love" (all AP-motivated positions) on the mother's part can evoke the child's emotional rejection of her, thus further reinforcing her lack of self-esteem and deep doubts about her own value. She may feel as though she can never get it right for her child, however much she may try to do everything perfectly.

Certain actions may appear identical to other actions or behaviours on the outside, but they may differ in respect to the motivating force behind the behaviour: does it originate in the person's heart (IC) or is the behaviour motivated by the person's bad conscience or a psychological survival mechanism (AP)?.

According to Childres' and Goleman's research findings, authentic love that originates within the heart and is motivated by positive intentions has physiologically positive and stress reducing effects (in contrast to any AP-motivated input).

Developmental disorders originating in early childhood can result in distorted perceptions regarding the significance we assign to our experiences. The IH-schematic can be helpful in recognizing and correcting the involved energy flows.



Distorted Perceptions in Relationship Situations

Love and self-love are interconnected: self-love recognizes the potential of getting hurt in relationships.

The information that is contained within the person's energetic blueprint will attract such situations from the outside world that are a match to the person's own imprints. Hence the quality of a relationship that an individual is involved in serves as a mirror for the degree of self-love they are practising (or not). Like attracts like!

One example for this principle can be that of a battered women in a coercive relationship: her perceived helplessness and her sense of inferiority are interfering with a healthy expression of love in her life. Staying in the abusive relationship is not love because it respects neither herself nor her partner, but she may be afraid of taking responsibility for her own IC; she then feels "doomed to survive" those things that she doesn't like about her partner or that may even present a danger for her. Frequently, her view of her partner will be clouded by her hurtful experiences with her father or another source figure from childhood; she then transfers the resulting negative expectations onto her partner, often by pre-emptively reacting to him (based on her expecting him to be like her abusive father). The partner is likely to be offended by these assumptions about him being flawed in some way, and if he is quite immature in his own development, may feel helpless in the face of such accusations and react inappropriately, for example with physical violence (which does of course not make violent behaviour acceptable).

This leaves no chance to see what could become freed up in the partner if she found the courage to overcome her own fear of growing up and taking responsibility for her own autonomy. Only then is it possible to see the partner for who they actually are.

In this example, the woman (or man) is afraid of growing up because of an early internal decision she arrived at in childhood, whereby she can only ever survive in equally hostile and restricting

circumstances as those that she learned to survive in childhood. Feeling small results in her staying small; this is a classic Adapted Persona (AP) position.

When the person does not succeed in transforming these unconsciously imprinted perceptual patterns from difficult childhood situations over time, she is very likely to find herself repeatedly in relationships which she will unconsciously “poison” in this way.

The most likely scenario is the one where her prejudices against men will lead her to only be magically attracted to the types of potential partners who present the same personality traits as the source figure whom the woman was hurt by in childhood, often against all appearances to the contrary on a superficial level. At the same time, this offers the secondary gain of being able to hold her partner responsible for her care.

In my work as a therapist I have repeatedly encountered the situation whereby a woman insisted that her husband undergo therapy, only to regret it when her partner became more conscious of his own interactions and she was no longer able to manipulate her husband into his old caretaker position towards her. *Want the cake and eat it?*

There are 3 stages in the recovery from codependant relationships (those that suffer from entanglements due to introjected parental messages and expectations):

Initially, if there is a strong entanglement aspect, the situation can be perceived as a life- and death matter, affecting the person physiologically, with the risk of illness, suicide, or an accident.

In the second phase the person can see the situation more realistically; she is less identified with the introjects and has more access to her IC.

In the last phase she can act upon the reality check, the energetic bond lessens and she is able to act with greater autonomy.

Achieving the disentanglement can be difficult, because the AP sees it as its job to keep the status quo of the person's usual fear-based interactional dynamics going.

Relinquishing the emotional survival mechanism is perceived by the AP as risking the person's extinction!

There is a metaphor highlighting this dilemma:

If you had a shipwreck and are hanging on to a life raft, you are not going to be impressed with someone's suggestion that you should let go of the raft. Because of the strength of the survival imprints this can still be the case when the raft has already landed on the safe island. Due to these imprints, the shipwrecked person, unlike the observer, can't see that this is the case. Unfortunately, hanging on to a life raft with both hands will make it difficult to build a new life on the island. AP's lack of trust that a different kind of reality might be available to the person leads to a reliance on the old one.

Unfortunately this metaphor is a reflection of the situation that many people find themselves in:

Many people stay within the internal „straight jackets“ of their emotional survival mechanisms and don't realize that their current life situations bears no resemblance to the desperate situation of their childhood. As a result of the lack of trust in the possibility of a completely changed life situation, many people unconsciously rely on their old survival mechanisms. Sadly, because of this repetition compulsion, the person is likely to continuously recreate the old reality in the form of new scenarios.

The IH-schematic highlights the required emotional/ mental and energetic corrections for the transformation of our early childhood related emotional adaptation mechanisms, thereby supporting the corresponding neurophysiological re-structuring processes.

*

The Re-Parenting Process in the IH-Model

When we realize for the first time that we have been affected by parenting deficits in the course of our childhood, we will often be experiencing extreme anger about the abuse and neglect that we may have had to endure.

When this anger is not being transformed over time, we are likely to recycle it time and again.

As adults we are in a better position to recognize in which position our parents found themselves at the time when they were responsible for our lives. When we maintain a reproachful attitude towards them because of old hurts, and retrospectively expect them to have done it all differently, we are likely to ignore their own reality at that time that resulted in them doing things the way they did then.

While we are erroneously perceiving ourselves as our parents' victims, we are unconsciously still waiting for them to finally become the good parents that we have always been hoping for. We tend to maintain this expectation even in the face of the fact that we often have far better (psychological) resources available to us nowadays than our parents did at the time we felt betrayed by them.

In finding the compassion for the situation that our parents were affected by, internally and externally, through taking their Inner Child's reality into account, we are able to free up our own IC from the introjected PP-messages. The willingness to put ourselves into our parent's shoes and see them with compassion is at the same time a prerequisite for the resolution of any conflict situations, as this requires a solid energy flow between our Nurturing Parent and our Inner Child.

While unconsciously overrating our parents' negative aspects we tend to throw the baby out with the bathwater.

We often cannot imagine that we might be quite capable of getting on with our life in spite of the fact that our parents didn't do their job with us perfectly.

The wounds from traumatizing childhood experiences can indeed affect us on a very deep level and follow us around like a shadow wherever we go.

Yet our perception of our reality can adjust itself over time when we realize that our parents did the best that they knew how to do at the time.

It is also true that in the course of our life we are likely to have developed resources, and have at our disposal all kinds of assistance, for example in the form of psychological support, that may not even have been in existence at the time that our parents were struggling with their own psychological patterns.

There is always relief in the realization that our parents did not simply fail to care for us appropriately, but were in reality struggling with their own psychological survival.

Through this realization we can begin to appreciate in a new way what they have been able to do for us and let go of seeing ourselves as victims, and begin to apply the positive things they have passed on to us in the most beneficial ways for our own life.

Only then can we begin to freely orient ourselves towards our internal and external resources and energies, and to apply the positive things we have inherited from our parents in ways that are beneficial for the advancement of our life.

The energy flow from the NP to the IC is a prerequisite for the support and encouragement of the authentic Self (IC) as a counterbalance to the adopted negativ voices and messages (PP introjects), which affect every human being to a certain degree.

The consistent re-orientation towards the corrected energy flows is referred to as a process of “re-parenting“, since the IC can now receive the nurturing parental energy that had indeed not been available in sufficient quantities from our parents when we were children.

The fear-reducing and reassuring NP-energy flow to the Inner Child should be as active within us as possible, as the IC has in all likelihood been affected by **real or perceived** deficits in nurturing parental energy, often extending over a period of several decades.

While these perceptions may be entirely subjective, they are nevertheless absolutely real to the affected individual, irrespective of how “objectively” convincing these perceived deficits may seem to another person!

Be careful not to judge the subjective perceptions of another human being!

The IH-model enables us to put ourselves into the shoes of our parents' emotional reality and, through taking their difficulties into consideration, focus on our own emotional and spiritual resources and our re-parenting process, which normally requires additional emotional and energetic support from outside of ourselves.

*

Applying the IH-Model in Communication with Others

While consciously communicating with others, we are simultaneously affected by unconscious processes that go back to the memory imprints of our past experiences. On a conscious level, we are often oblivious to this emotional interference from another era in our life, but tend to become aware of it only when we find ourselves in the middle of an argument, or when our counterpart reacts in quite unexpected ways.

The quality of the communication flow between the parties generally depends on the degree of responsibility that each party takes for their conscious and unconscious input into the interaction, and it also depends on each person's ability to “negotiate” between their different internal personality aspects.

In the communication with others, the “mediator“ is not an external agent who mediates between two or more parties, but it is the Rational Adult (RA) part within us who mediates between the different personas within us on the one hand, and between us and the outside parties on the other hand.

In this mediation function, the Rational Adult (RA) has the role of correcting any irrational or transference perceptions, while it is the Nurturing Parent's role to send positive, supportive energies to the Inner Child.

In the case of a challenging situation, for example when we are affected by a Pig Parent attack via another person, or by an Adapted Persona impulse to react from older imprints, it is the job of the RA to prevent such an automatic reaction, even when the programming for such a reaction has been our default response for decades.

In interactions with others it always requires both parties to contribute to a positive and easy flow of communication;

But even in the case where one party is not acting in a cooperative way, the balanced intrapersonal communication of one party can make a huge difference towards a positive outcome in the interaction, and may prevent the complete breakdown of the communication.

The better balanced party practically serves as a role model for the other party through their successful intrapersonal communication.

In this case the more balanced party can function as a role model for the other person by virtue of their own successful intrapersonal communication. The other side now has the choice of modeling themselves on this demonstrated intrapersonal communication, which can in many cases result in the resolution of the conflict situation. When one partner acts or speaks in an aggressive manner, the other side still has the choice of responding in a balanced and rational way instead.

His counterpart can now model himself on this demonstrated intrapersonal communication which can often result in the conflict situation becoming resolved.

When one partner acts or speaks in an aggressive manner, the other side still has the choice of responding in a balanced and rational way instead. To achieve this, it requires a strong, reliable RA position (RI) that is capable of keeping the person's own Pig Parent- or Adapted Persona impulses in check, as well as adequately reassure their Inner Child (through the NP) when communicating with others.

The IH-model points us to ways, even in difficult situations with others, in which we can stay centered within ourselves as well as hold our energy, and in so doing even support our counterpart towards being able to communicate in a more balanced way.

*

In communication processes between groups or nations the same principles apply essentially, while there are additional aspects to be considered. These will be touched on in a later chapter.

The Spiritual Aspect in the IH-Model

The function of the spiritual aspect is an integral part within the IH-Model; it is referred to as Universal Love in a general sense and is independent of any religious belief system or dogma.

The spiritual source energy is available to replenish our Mother- and Father energy channels whenever the person's NP- resources are exhausted.

In a perfect world, the energy flow within us begins at the point of the source (Universal Love), in whichever way we may feel connected with it, and flows on, as indicated by the arrow in the IH-model to the Rational Adult (RA) and the Nurturing Parent (NP)- parts within ourselves.

As the energy reaches the NP and replenishes the Mother- and Father energy channels, it becomes possible for any previous negative introjects to be replaced with the new positive energies that fill up the space instead. Through prayer, meditation, guided visualizations, psychotherapy and by surrounding ourselves with a new nurturing environment with caring people, we can make contact with the spiritual realm. As the PE 'fills up' with energy from the spiritual Source, difficult situations from the past can still be remembered, but they are likely to have become more anecdotal in nature and to have lost their emotional "sting" from the past.

As this new, positive energy continues to flow on from the NP directly to the IC, the IC effectively receives "new energetic" parents that are able to provide for the IC in a way that our biological parents may not have been able to.

At this stage it becomes obvious from the IH-schematic that there is no point in getting upset with our biological parents when it comes to dealing with our childhood wounds.

Every person's wellbeing depends on the quality of their intrapersonal communication and the flow of beneficial energy that reaches their IC. This is an intrapsychic process that is independent of one's parents still being alive or not, or if they are available for discussions about their children's parenting deficits, or not.

As indicated through the arrow from the heart to the brain in the IH-schematic, the emphasis again needs to be on an open heart in order to energize the very brain centers through which we can be connected with the spiritual source energy.

As the energy flows from the Source to the NP and further via the heart energy to the IC, the IC is at the same time protected from any Adapted Persona (AP)- and Pig Parent (PP)- energies.

In my work as a psychotherapist, I have experienced several convincing situations where no intervention on a purely psychodynamic level in combination with medication had made any significant difference to a client's state of clinical depression, whereas the „introduction“ of the spiritual perspective with its corresponding energy flow (as per the IH-model) resulted in a dramatic improvement of their situation. It was almost as though the person's "spirits" had been awakened for the first time, and as a result they were gradually able to experience a completely different quality of life than ever before. As the energetic situation of the NP is improved through connecting with the Source, the energy flow to the IC vastly increases accordingly.

One man experienced the guided visualization which I took him through (purely on a mental level -- for the purpose of assisting the opening up of his spiritual channels) like a strong acupuncture treatment, as he felt the increased energy flow through his entire system as a strong energetic flow through the meridians -- a sensation he had previously only experienced in the course of acupuncture treatments. The possibility of achieving this enhanced energy flow purely via the mental access way opened up completely new possibilities for him, including opening up the pathways to his formerly suppressed spiritual life.

These processes can easily be followed in accordance with the indicated energy flows in the IH-schematic, and they are accompanied by parallel physiological changes, such as the formation of new neuron pathways and biochemical changes in the corresponding parts of the brain, as well as an improved energy flow through the chakras and meridians.

When the person is already connected to a particular spiritual tradition, the described experiences can often especially enhance the sense of trust in a higher power that goes beyond any ordinary concerns, and the sense that there is a way out of human suffering, as well as a new sense of hope and a more positive future.

As a result of such direct experiences, individuals with a strong Christian orientation are less inclined to perceive any traumatic life experience related self doubts as though God was abandoning them.

Practitioners of eastern spiritual disciplines, including meditation or Kundalini-Yoga, often feel validated by the additional cognitive understanding of the energetic processes involved in the increased energy flows through the chakras and meridians that they are so familiar with from direct experience.

The karmic laws of cause and effect as a basic tenet of Eastern spirituality can also be followed from the energy flows within the IH-model, as the quality of energy that one chooses to operate from will determine the quality of energy that the IC will be affected by (e.g. PP or NP).

The same applies for the Eastern spiritual concept surrounding one's intention, which is an integral part of meditation practices, and ultimately impacts on all our actions, consciously or unconsciously. In the most positive sense it equates the optimal energy flow from the NP to the IC.

The IH-model enables us to match, on an intrapersonal level, spiritual-energetic, as well as mental-emotional influences according to their correct functions and in accordance with our chosen intent regarding all our actions.