



Self Healing Sequence



For more resources, guided group sessions, and an excellent self-therapy community:

www.inner-chemists.com

This sequence can be used with a partner, by printing it out and reading the script to them. Neither the one undergoing the Self Healing Sequence, nor the one playing the assistant, needs to be experienced or knowledgeable about self-therapy!



You can use this regularly, as a proactive psychosomatic cleansing routine, or you can apply it situationally, when having negative feelings or thoughts:

- That are triggered by something external that happened, but the reaction seems disproportional
- That are bubbling up as a result of previous shadow work or emotional work, or after a growth spurt ("ego backlash")
- That are coming up for no apparent reason, but simply changing your state by doing exercise or active meditation hasn't worked, and your sleep and nutrition are on point
- That you want to work on, because you intuit that there is progress to be made by overcoming this

Any of these four reasons are indications that what is coming up, is ready to be healed.

The parts that want to be healed already know how to guide us through it.

So just get curious.

There are steps, but it's an intuitively guided process.

Trust your own intuition. If it wants to go off course, follow it.

If you're by yourself, you can use my [guided audio](#) to help you, or you can do this on your own using your intuition.

If you're doing this with a partner, have them read the below script to you, feel into the questions, and say what comes up.

Incorrect frame: "How do I fix this part of myself so that it can go away forever?"

Correct frame: "There are parts within myself that are wounded, **stuck in these moments that they weren't able to process**, and are in repeat, stuck in this loop. As a compassionate caregiver, I go back and help these parts."

Preparation

1. Container: pick a spot in the house where you feel safe, enclosed by furniture.

Make sure that you feel free to express yourself: no one will disturb you or hear you and judge you. Create a situation where you feel totally safe. If need be, even your parked car is a pretty good sound-proof studio.

2. Blindfold
3. Water
4. Tissue paper
5. Purge bucket
6. Mattress to hit
7. Music (optional)
8. Blankets, pillows, cozy things
9. Pen and paper



If you intuit that what you are working on might have its roots in an experience way, way back in time (think birth or before), put on heartbeat sounds as a background track.

For an example case study of me and Maria using this process to permanently heal my morning crankiness, watch:

How We Cured My Morning Grumpiness in Just Two Sessions

DOWNLOAD the exact Self Healing Script we used: <https://www.erikjongbloed.com/cheatsheet-download>

 <https://youtu.be/JVhIFdDS6FI?si=E4-BzmMywqi6WlrA>



Feeling Like Life Is Passing Me By (REAL Emotional Release Breathwork Example)

How feeling like life is passing me by and not feeling ready to fully participate in life, connected to not feeling ready to wake up and being grumpy and triggered in the mornings, which was rooted in birth trauma where I was forced to be born before I was ready.

 <https://youtu.be/SIRUKADNzX8?si=8SZ-6lutvk-Fayjq>



Script

1. Decide what to work on. Either you have a trigger, negative thought or feeling in mind already, or ask: "What parts needs the most attention?"

Trust that everything that comes after that, is valid!

2. Sit with the sensation or negative thought.

- a. Get curious: where do I feel it in my body?
- b. What is the actual sensation? Sit with it for a few moments

3. Then, ask yourself a starting question. Here are two excellent ones:

- a. ***When did I first feel this way?***
- b. ***Where did it start?***

Instead of thinking really hard and trying to answer it right away, just hold the question in your mind, as you go into step 4.

3. With that starter question in mind, do **5-10** minutes of circular breathing. No music needed. This will put you in an open state that makes this work much easier. **Circular breathing is explained at the bottom of this page.**

4. Sensation might bubble up in your body and get really loud. Follow it.

- a. You may have a memory popping up
- b. You may have a figure presenting itself to you.
For example, an inner child asking for help by showing up.

5. Go into it, and use breath to soften the body. Float in the middle of the sensations. Let it unfold.

- a. If it's a visual, check: how does it make me feel in my body?
Get good at just being with sensation.

6. After you've spent some time fully feeling the sensation, ask it a question.

- a. If it's a sensation, ask again: *"When was the first time I felt this way?"*
- b. If it's a Part (when it feels like a person, for example an inner child presenting itself to you, a version of you stuck in time, or another figure), ask: *"How long have you been feeling this way? Show me any memories that you have for me."*

7. Get a memory and let it come to you.

8. Play out the scene from a first person perspective.

Feel it fully. Stay with it as long as it needs you to stay with it.

9. The part keeps showing you what hurts the most, where the pain really lies. You help this part finally process these feelings that were just too big for that smaller part to handle. Now you are an adult, and it's helpful to remind yourself that you are setting the container. That you are an adult. It is not happening right now, but you have the maturity now to be able to go back and feel it fully.

10. Unmet need presents itself.

Or ask: what did you really need?

Change the scene. Bring in what it needs. You have the Godly power to bring in whatever is needed.

- a. Were you alone in this? Bring in a caregiver, or be his/her caregiver
- b. Did you need your spirit animal? To raise an army of warriors to protect you and fight off the aggressor? Did you just need a hug and for someone to make you feel safe? A group of warriors to protect you? Or just to be carried away to safety?

11. Give it that. Play it out in your imagination, and feel and see how the unhealed part reacts to you being there and taking care of its needs.

More sadness/grief might arise to process, because you know that didn't really happen.

But we are giving the nervous system a different experience - a *reimprinting* - which does have lasting healing effects.

12. Check with the part to see if there is anything else it might want to show you, or it might need.

13. Ask yourself: *How would I be a good father or mother to this part, if it were my child?*

Play that out in your mind.

14. Come to and end. Thank it.

Be Patient

It's not meant to be dealt with all at once, so don't worry if you didn't get to all of it.

It's like healing (and peeling) layers of an onion.

Spit, Don't Swallow

If you find yourself coughing, spit into the purge bucket rather than keeping it inside.

This could be your body's way of getting rid of what you want to let go of.

Be Gentle

Afterwards, be gentle to yourself.

Drink lots of water. Have some good nutrition.

Give yourself what would make you feel the most nurtured, whether that is being under a blanket, making yourself hot chocolate, taking a nice walk, or spending time with a pet, whatever it is.



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Circular Breathing Explained

Lay on your back and put your right hand on your belly, and your left hand on your chest.

Imagine that there is a plank between those two points, belly and chest, and you try to keep it horizontal. Therefore, when you breathe in, both hands should go up together, keeping the invisible plank horizontal, and when you breathe out, both hands sink down roughly the same distance.

Put the blindfold on.

Start **circular breathing**. Circular breathing means: no pauses between breaths. When your hands have reached their low, they immediately turn around and start rising. Then, when you have breathed fully in, and both hands have reached their high point, they don't wait and immediately start journeying back down.

It's not important to breathe fast. Don't hyperventilate. And if you are prone to hyperventilation, keep the tempo extra low just so you don't have to worry about that.

What matters is to not have a break between in- and out breath, and not have a break between out- and in breath. Your in- or out breath itself can take between 2 and 10 seconds, take the tempo that you are naturally comfortable with.

Breathe in to your max - this is important. Breathing all the way out is not necessary, it can be halfway.

Music

Depending on the intention, you can add music to intensify the experience. For beginners, I recommend starting with silence, or just some shamanic drumming.

Here's a playlist for when the intent is healing and feeling:

<https://open.spotify.com/playlist/2g6RDBJKeiJbapZF1vNX4F?si=0673e50de1ee45a0>

Here's music for if your intention is to find the deep root of a feeling or pattern:

WOMB SOUNDS and HEARTBEAT to Put Baby to Sleep (8 Hrs)

1 Selling Sound Machine so your baby sleeps through the night!!: <https://amzn.to/3DMOrnr> Best White Noise Machine for Under \$20: <https://amzn.to/3xihhtp> Womb...

 https://www.youtube.com/watch?v=wk4qT4J_NUM&t=126s



Womb Sounds, Pink Noise & Heartbeat for 10 hours - Ad Free Black Screen for a good nights sleep

Womb Sounds, Pink Noise & Heartbeat for 10 hours - Ad Free Black Screen for a good nights sleep This is a video that me and my beautiful wife created for our ...

 <https://www.youtube.com/watch?v=VZSzHGtOETI>



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Disclaimer



Even though this exercise is safe for people with no underlying health conditions, you remain responsible for your own health. Erik Jongbloed, his company and his staff are not medical professionals and can not be held liable for any harm, caused directly or indirectly by following their instructions. If you have doubts about underlying health conditions, or whether an exercise is safe for you to do, we recommend you consult your doctor beforehand.

Side Effects

During the circular breathing, you will take in slightly more oxygen than you normally would, while exhaling more carbon dioxide from your body than you normally would. This puts you in the slightly altered state we need, in order to access what we want to access.

However, this can also cause the muscles in your face, hands, arms and belly to tighten, leading to the so-called "dinosaur pose" (forearms lifted up, hands closed)

It is important to note that this *can be uncomfortable, but is not harmful*. It is not a sign that you have to stop, it is only a sign that you are doing the breathing correctly. It also does not generally get worse the longer you keep going.

Side effects that are normal and mean that you're doing it right, include tingling, lightheadedness, muscles cramping and passing out for a few seconds.

However, you are free to stop whenever you want. If some side effect scares you, it can be a good thing to just stop and notice how you come back to normal. Practicing a couple times to go to this point and back, can help get over this anxiety.

I or my company are not responsible for what happens when you try this exercise. Consult with a doctor when in doubt.