Transforming Family of Origin Wounds

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Hi I’m Melanie Tonia Evans,

The reason I have created this Program - Transforming Family of Origin Wounds - is to assist people who wish to specifically target and release wounds from childhood.

Many people within the New Life Community have successfully used the Narcissistic Abuse Recovery Program (NARP) in order to heal and recover from an intimate partner relationship.

Some people have also used NARP in order to heal from a relationship with a narcissistic parent or family member, rather than an intimate partner, and there are people who have targeted and released wounds from both intimate partners and family members with NARP.

It truly is important on our healing journey, to set the foundation of first working with releasing the trauma of the narcissist that is in our present life now, or who (even if we haven’t seen him or her for any amount of time) we are still suffering emotional pain about. By doing so absolutely we are doing the deeper re-programming work on our initial younger wounds.

By doing so you can heal and disconnect from the intense injustices and hooks which create obsession, addiction and withdrawal symptoms (after-shock) with this person. NARP also provides powerful specific healings to deal with separation, legal or custody battles with the narcissist.

This grants you the best chance of maintaining No Contact (or Modified Contact if necessary), staying away and reclaiming yourself. Once you have secured your emotions and life then you can start working on your Family of Origin inner subconscious programming.
The two Healing Modules, which are in this Course, takes the healing process regarding Family of Origin to a much more specific and targeted level than NARP.

The intention of these Healing Modules is to clear the wounds, scars, pain and generational patterns and transform your subconscious (Inner Identity) back to the connectedness of solid and healthy Female and Male Energy between yourself, Source Energy and Life.

The Healing Modules were created by myself with the healing intention of delivering you back to Source Level Female / Male Energy.

I thoroughly recommend these Healings even if your role models are / were not narcissistic and regardless of whether or not you have suffered narcissistic intimate partners or narcissistic family members, bosses or acquaintances.

As you read on you will understand why...

Please note that this Program can be used in regard to a family member such as a sibling – or any other relative or authority figure who was impactful or absent during your childhood.

How These Healings Have Worked In My Life

These particular Quanta Freedom Healing shifts were ones I channeled for myself – and the results have been incredible. That is why I knew I needed to share them with the narcissistic abuse recovery community.

The relationship with my non-narcissistic parents changed immediately, and I mean immediately from the moment onwards of completing these Healings. The change didn’t unfold
over time – it *just was*. And I promise you there had been previous lifelong stuff before this happened!

My mother and I, before working on Healings with her, did not have a loving connected mother and daughter relationship – we only ever used to ‘connect’ when I was ‘broken’ but never when I was ‘well’. As far as my father was concerned, I always used to feel very engulfed by him. His presence brought us much anxiety for me, and I always tried to keep him at arm’s distance.

After working with Female Energy, Mum and I now are connected. We love each other dearly, and there is none of the brittleness and feelings of underlying resentment and competition (big, deep, ancient DNA stuff with that one).

Likewise, a week later after completing my Healings with Dad, I went from feeling anxious and on-guard around him, to being totally at ease and feeling him grant me energetic space so much more respectfully (massive ancient DNA stuff with that one too).

For the first time in our lives, my energy with my parents flows easily, and I can truly say I feel a deep love and connection with both of them.

Both of my parents now call me and ask “How are you?” and loving conversation takes place, rather than hearing “Now listen have you done (fill in the gap...)?” So many other shifts, great feelings and real life evidence that are glorious to live have also emerged.

My parents are elderly – so truly please know once you shift your energy people do change around you regardless of how old they are (if they are non-narcissistic) – absolutely! And of course, the truth is *I am completely different with them* as well. I show up energetically in The Field with them as a completely new person, without the fears and pain and without the defenses.

It is astounding, beautiful and priceless that I found these shifts for myself. My only regret is that I didn’t find them much sooner – not just to gain the wonderful connection with my parents that I had always yearned for, but also because this would have made a huge difference
in my intimate partner relationships (which of course were reflected my unhealed wounds with my parents).

Of course – as we know – we DO discover these things when we are meant to, which generally means when we have had enough of the horrific pain!

I know that regardless of the dysfunctions I had with my parents, I am very fortunate my parents are not narcissists. I totally understand that your parent(s) or certain other family members may be narcissistic, and if this is the case, it is not necessarily about healing your relationship with these people – this is about healing yourself.

This inner healing work is also ABSOLUTELY about healing your present and future intimate relationships which always reflects wounds with your parents / family members, if unhealed.

These Healings are also about (and this I am VERY passionate about) – cleaning up the generational patterns so that our future generations don’t keep these wounds going. PLEASE, PLEASE understand, you have no ability to help your children heal if you DON’T heal yourself. We have to lead the way – we have to be the example. We HAVE to take responsibility to break the cycles, not just for ourselves but for the future of our world.

We need to make the unconscious dysfunctions conscious and bring them up and into the light to transform them. The ONLY way we can do that is one person at a time by taking full responsibility to heal and up-level our own shadow parts. That is the ONLY power we EVER have.

What you will profoundly discover is that when you take 100% responsibility to heal yourself that your children will naturally evolve with you. Without you trying to force, fix or change them.
What I also discovered after performing these Healings on myself is how much better I was able to connect to loving and nurturing myself and applying greater self-care (Female Energy) and how much more solid, confident and independent I felt in making decisions and creating projects and forward direction in my life (Male Energy).

I also noticed that relationships with other women and men became more connected, much safer, more loving and not as fraught with anxiety or fear.

The truth of the matter was these Healings created an integration of the male and female parts within myself. This is the Divine Inner Marriage. This is what these Healings are fundamentally all about – and the healing potential and results of them are undoubtedly life-changing.

**For Narcissistic Parents / Family Members**

I have often been asked by individuals to do more specific work for narcissistic parents and narcissistic family members. Most definitely this Course targets this.

We know that the wounds of narcissistic abuse are immense and certainly need a great deal of work at a deep Inner Identity level to heal. These Healings will address this for you if you have suffered or are still suffering narcissistic abuse emotionally and / or literally from a parent or family member.

As a result of claiming your Female and Male Energy and solidness, you will be able to create healthier boundaries, be far less susceptible to being hooked into trying to gain approval or love. Also, you will be able to emotionally detach much easier, and not feel guilty if you decide to do firm Modified Contact or even No Contact.

Additionally the old painful obsessions, injustices and other assorted painful thoughts and emotions will all dissolve away.
You will know what it is to firmly honour yourself, and have the inner space to expand forward into your life, because this is what we do when we become whole.

Before people start working with energetic healing and shifting their subconscious, they want to know the practical suggestions as to ‘what to do’ in order to handle narcissistic parents and family members.

Please know, and I really need you to understand this (if you have been working consistently with NARP, you already will) - if your Inner Identity is still hooked into painful subconscious abuse programs, no amount of practical suggestions are going to help you.

ALWAYS the most powerful way to sort out, understand or manage anything in your life is to work on and shift the inner programs within yourself that are attached to and playing out the pain and ‘less than’ circumstances – regardless of what anyone else is or isn’t doing.

Your power is within you – it is not as a result of gaining ‘outer’ information or practical suggestions, and you certainly can’t control other people. As an energetic spiritual being having a physical experience, if you become your own healer, by accessing and shifting your inner defunct and painful ‘stories’, the doing and creating or what does serve you will become automatic and most importantly authentic.

Truly, it isn’t until we start releasing the painful emotions within us, that we can start to get clarity, empowerment and the ability to see and create clear directions.

This is true for everything in your life which you have emotionally struggled with, and due to the damage narcissistic abuse creates within your Inner Identity, it is essential as a recovery process from narcissistic abuse.

Always, always, always don’t go ‘into your head’ trying to work out ‘what to do’. Because when the inner programs are still generating pain and abuse you only ever have access to the thoughts that match those painful body chemicals. If we want to evolve ourselves we need to
get out of thinking about our pain (where our ego latches into the pain and beats us down further), and SIMPLY take the pain to a Healing Module instead.

That is the fastest and surest pathway to break free.

For Non-Narcissistic Parents / Family Members

These Healings are also very applicable if you had a co-dependent parent. Please understand that my definition of ‘co-dependent’ means anyone who is not as yet a ‘solid source to self’.

This means this person is susceptible to poor boundary function and handing their power over in order to try to gain from the outside the filling of unresolved inner wounds and insecurities.

According to my definition – it is a rare individual who is not co-dependent (before working on themself) simply because society did not teach or promote healthy inner self-development.

A simple formula is: if you have experienced narcissistic abuse somewhere in your life, your parent(s) or role models were either narcissistic or / and co-dependent. It is not just the wounds of the narcissistic parent which require shifting – it is also the enabling and poor boundary function of the co-dependent parent as well.

As an example, you may be amazed at how much pain you have stored regarding a parent who did not protect your wellbeing from the other parent, or did not know how to respect and value themselves - which can severely affect your own ability to be a solid source of valuing yourself.

What is for sure is, from your childhood, you absorbed some painful messages which affected your Inner Identity story about yourself, life and love, and these inner ‘stories’ have played out in your adult love and life experiences since this time.
It is *these* subconscious messages that we really want to clean up.

**How Our Subconscious ‘Stories’ Happen**

Please understand... nearly *everyone* is emotionally damaged to some extent – and is either co-dependent or narcissistic.

Because you have accessed my material, you are a part of this community wanting to heal, recover and become empowered. We weren’t amongst the children who were brought up with enough healthy mirroring from our role models to just ‘be’ healthy self-love, unconditional self-acceptance and the creators of self-value, self-worth and healthy boundary function.

We did not naturally grow up as *empowered and whole*. Our parents and family members, regardless of whether they were co-dependent or narcissistic, were stuck in their own versions of ‘survival’ simply trying to do the best they could. Our parents were also *victims of victims*.

We absorbed and took on *our family’s messages*.

Before the age of approximately 8 – 9 years old we were information sponges. Children don’t have a developed logical / critical mind. This means messages are easily absorbed directly into the subconscious, as the logical / critical mind is not blocking this pathway.

This is why children learn new skills, talents and even different languages incredibly easily. This ‘learned’ information becomes a *way of being* remarkably effortlessly.

As children we experienced certain repeated thoughts and feelings about ourself, others, life and ‘love’. Because they were repeated thoughts and feelings, and often with powerful emotional charges accompanying them, they became deeply *accepted belief systems* which took hold in our Inner Being.
Little did we know that these accepted beliefs, created from our repeated perceptions of our environment and role models, were going to play out powerfully in our adult future.

The truth is adults do not learn new internal programs easily. The reason is because the logical / critical mind blocks the pathway to the subconscious mind.

As adults there are two ways we can learn a new way of being. One way is through repetition - doing something over and over again until it becomes the new internal program.

The second way is when we have a ‘trauma’ or ‘highly ecstatic’ episode. When an event is powerfully emotionally charged, everything else fades into the background, the logical / critical mind shuts down, and the new message bypasses the logical / critical mind and goes straight into the subconscious.

When we understand how we really learn, we can understand important things. As children we emotionally learnt how much we were or were not worth love, value and care, and we absorbed these messages directly as our truth.

The subconscious did not define these messages as ‘wrong’ or ‘right’ (it has no preference). It simply agreed with our emotional ‘decision’ at the time.

As adults, when we receive experiences which are highly traumatic and painful, our subconscious also directly accepts these messages as ‘truth’. These messages add significantly to the painful ones which already existed from our childhood.

Because our life is following the scripts of our already accepted belief systems as children, they are likely to be more of the same messages.
There is something else about the subconscious which also explains a lot. Our subconscious mind is a primitive survival mechanism. As a survival instinctual mechanism it is highly resistant to change and holds firm the existing inner programs which already are.

It very difficult to learn new and healthier messages, and therefore no matter what you think you should or should not be doing – you can’t stop giving in to the old internal programs which are running your life. Your subconscious rejects the new ideas of your logical/critical mind and sabotages your chances of creating positive change.

You can’t learn how to be different through your conscious mind; it does not reach your subconscious. Repetitive action may assist, such as repeating affirmations consistently, however this path often takes enormous effort and willpower to produce real and solid results.

Additionally when our Inner Being is already clogged up with fear, pain and trauma there is no room for the new healthier messages to be absorbed, and this is why clearing the painful junk out is necessary in order to get real powerful change.

When we understand the deeper truths about our life (which unfortunately we weren’t taught by our teachers, role models or mental or emotional health authorities), we can realise why we haven’t been empowered and whole, and why we have been unconsciously following our painful childhood scripts.

We also need to realise that we can’t turn back the clocks and have a different childhood, different marriages or different love partners.

All of that is done – but we can as adults now take responsibility, commit to these inner parts of ourself which aren’t ‘empowered and whole’ and heal them. We can work directly on our ‘inner’ – on the subconscious – in order to produce powerful and real change.

That is exactly what this Program will do for you!

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Great luck with these Healings, and I know that you, like myself, will adore the benefits of this Healings – which will create incredible and enormous changes in your life, and well as with your loving relationships present and future.

Additionally, if you are a parent, you now have a powerful tool to change the generational toxic patterns for your own children and liberate them, as well as yourself, to new and glorious, empowered and loving relationship patterns and experiences.

THAT is powerful motivation for all of us to do this work....

We must BECOME the change we wish to see in the world...

Much love

Melanie xo