

you - those other 'sparks' - is self-energising and self-restorative. People working together through the tensions and rhythms of contraction and expansion, holding and letting go - whether in learning situations, personal relations, body therapies, or writing and other arts - are essentially being creative: they invariably recognize the quality of that. Periods of dispiritedness are lived through: the work is continual.

We 'professionals' who initiate the work also risk getting stuck: holding and held in it and by it, clinging to techniques, self-images or concepts that we need to outgrow. I've found in time that my own humility, my own process, is enabled by my contact with those qualities of the human spirit that reveal themselves tentatively, courageously, passionately - and sometimes silently - in the people I meet everywhere. Though I may offer to lead, your direction guides me; we share a journey together.

So I approach every session with another person or people, whatever its name, with as much open-ness as I can to their being, the current quality of their energy and feeling as it expresses itself through their presence, their words, movements, ideas, dreams, writing, drawing. They may have many questions: I may have some answers. The major part of our work together will be in establishing - 'holding' - the questions-and-answers for a while in order to let them go; and living through the transition, the confusion, until we arrive at new answers and questions and feel free enough and strong enough to live with them.



Adele Pickering

REARENTING

The purpose of my presentation is to assist people in living a happier more fulfilling life. Rearenting is a process that will promote the unification of your spiritual wholeness with your physical beingness. It will support you in letting go of your resistances and defences,

by opening you up to your inner loving source of wisdom and guidance. I shall refer to this source of wisdom and guidance for the rest of my article as inner knowingness.

Writing about my presentation is an interesting exercise as I know I shall only be clear on the complete form it will take at the actual time of the presentation. I shall then allow myself to be intuitively guided by my inner knowingness, in whatever way it feels to be most beneficial. I know now that at least half of my presentation will be experiential. This will be in the form of a guided journey where we will go deep within ourselves, for our own transformation and mastery of life.

I would like to share with you a little about the development of my work and the effect it has had on my life. Two very important influences on my work have come from my training in reparenting and regression therapy, and in hypnotherapy.

The term reparenting first came into my awareness in 1972. Reparenting therapy at that time was being practised in California with people who had very extreme reality structures, and had been given a variety of schizophrenic diagnoses. Many had been hospitalised for five years or more and were felt to be beyond help by the majority of doctors. Between 1976 and 1978 I worked in Los Angeles with psychiatrist Dr. Thomas E. Wilson. He was able through his own form of reparenting and regression therapy, to assist these people in releasing their pain and living contented meaningful lives. The treatment was long and costly but led me to believe that as it was possible to transform the severe pain within these people's lives, there must be an easier quicker and less costly way to transform the pain that so many of us experience.

This pain takes the form of physical illness, fear, depression, insecurity, anxiety, guilt, jealousy, etc. etc. At that time in my life, I was very caught up in and attached to many of these painful feelings. With all my training and working experience as a teacher social worker and therapist, I still found myself unable to love myself, feeling unhappy and alienated within.

In pursuit of my own inner peace and happiness as well as that of my clients I became interested in hypnosis. In 1978 I trained at the Hypnosis Training Institute in Los Angeles as a hypnotherapist. I learnt a great deal from the training. I discovered I was not interested in using hypnosis in its traditional sense. I became deeply aware

that the only way we can truly transform is by uniting with our own powerful inner source of knowingness. I began to see how most of us are deeply hypnotised by our family and society and that we need to dehypnotise ourselves from our conditioning. Another important gift I received from my training as a hypnotherapist was the ability to deeply relax. As I learned to relax I learned to safely let go and open up my mind to greater awareness. I discovered that within me, as in all of us, was a vast store of knowledge that had always been there, but of which I had chosen not to be aware. Since 1978 I have become increasingly aware of my inner knowingness, allowing it to guide me through life. This inner knowingness often communicates to me through intuition and feels very much like an energy of love, power and wisdom. By following my inner knowingness, my life has greatly transformed. I feel a growing sense of joy and creativity, and experience my connectiveness to the universe as it nurtures and supports me. I feel deeply fulfilled and yet know my life is forever expanding.

My work gives me the opportunity of being in contact with people from many backgrounds. Some of the people I have met find it helpful to view their inner knowingness as being akin to the scientific theory that we are only using about 10% of our minds' power. They see the inner knowingness as representing the other 90% of undeveloped potential. Although I feel this is a useful analogy, I myself believe that our inner knowingness cannot be measured in percentages as it is infinite. The more we know, the more we are able to see, and the more we are able to expand and evolve.

My inner knowingness usually feels like a very wise and loving friend. It often makes me aware of simple truths and then shows me through intuitive guidance ways of incorporating my awareness into practical living. To illustrate this my mind goes back to the years when I felt unhappy with myself and my life. I remember being told by a number of people, that I needed to grow up. They would tell me that I would never be happy unless I realised that I would never have the parents I had always wanted. I remember being told that you have to give love to yourself, that nobody else is going to give it to you. I remember wanting my relationships to give me the love I was unable to give myself, the love I felt I never had. Looking back now I wonder how I could expect someone to love me when I did not love myself.

It was through my inner knowingness that I learnt that, by knowing that I was missing love, I was acknowledging that I must have an awareness of love within myself, by recognising its absence. I was shown that as I knew what I wanted from my parents, I had the ability

to reparent myself and give these qualities to myself. I discovered the process was easy as I had all the love I had always wanted already within me. I no longer had to suffer, change my parents or manipulate others.

There are many things I have become aware of through communicating with my inner knowingness. I now know that my parents were perfect for me spiritually even though from a physical reality I would never have rationally chosen them. I now understand how through their personalities they gave me the perfect opportunity to evolve and grow. This enabled me to recognise my true creative nature, that as belonging to an infinite universal energy which I call God.

The reparenting journey is a way of developing your inner knowingness and reuniting with your inner creative nature. In the journey you will have the opportunity to relax, and go back through your childhood and safely experience the way it was. You will then allow your inner knowingness to recreate your life in the most loving creative way possible. By doing this you transform the programmed limitations of your mind. By focusing on the love and creativity of your inner knowingness you allow yourself to build within you a powerful loving authority and teacher who will guide you wisely through life. You will be able to leave the presentation with the ability to use what you have learnt easily on your own, and to experience a difference in your life in a very short space of time.