

"Sometimes you have to grow up before you appreciate how you grew up."

Daniel Black, author of Perfect Peace.



Significance of Age and Decisions

According to sociologist Dr. Morris Massey, we each go through major development stages. Within these stages, role modelling is something that humans do unconsciously from the time they are born. Think of what was happening in your life during these periods, who you may have been modelling, what surroundings, education, group affiliations and significant emotional events influenced you toward or away from certain habits and value systems. Within the science of NLP ([Neuro-linguistic Programming](#)), developmental periods are recognised as follows.

Imprint Period: from birth to age 7; you're a sponge; 20 Billion Synapses are created.

Modelling Period: 7-14; who you are is largely due to who you modelled at around 10 years of age.

Socialisation Period: 14-21; here you take your model out to socialise it, try it on in front of others.

Career Period or Business Persona: 21-35; here you model who you relate to in the business arena.

There's no doubt that we are all shaped by our experiences in life. While the Dr Massey/NLP model offers us a tool for understanding in broad terms, developmental psychologists have written volumes on how and why human beings change over the course of their life. I'm no psychologist, but from my experience, what can affect a person lifelong is often as basic as the unconscious decision or belief created at a young age.

We are routinely approached by people who have spent years in therapy with the "talkie doctor" and/or explored multiple therapies to change the direction of their life and well being...but not really achieving what they want. In my opinion, one of the reasons can be due to not going deep enough to reveal some hidden decision or belief created at a young age.

As of February 13th 2021, we have completed 3,348 [Free Discovery Sessions](#). In these discovery sessions we commonly identify [energy blockages](#) in the body, [hereditary patterns](#), [entrapped emotions](#) and list significant ages. The wording we use is, *"although your health may in part be a result of age, trauma, or genetic factors, experiences in life can create limiting aspects that aggravate or even manifest health conditions. Significant ages where events, emotions, or limiting decisions were locked into your energy systems and continue to affect you are ..."*

Most commonly people will acknowledge a specific event, or series of events in regard to a particular age. But just as often there is no immediate recollection of any particular experience. However, when we dig down in a [healing session](#), we often find a limiting belief or decision was made at an early age. There may not be any traumatic event to be explored, but simply a decision or belief formed due to the environment surrounding the child in the imprint periods as described by Massey.

When working with a client, it's important to explore the emotions and mental attitude present once we identify a particular age, even if no specific experience is present in the conscious memory. Commonly, the client will list a number of emotions they were feeling in that period of their life, before stating "that's it...there's nothing else". When this occurs, we push the client to go deeper and explore their feelings again. We do this to the point of going past what is described as *two blank spots*. When the client say's "that's it...nothing else", that's a blank spot. We push the client again, at least twice. I'm not going to describe our technique in how we do this, that's not the point. The important thing is that the most impacting emotion is often the deepest or most hidden.

Then the really, really, really, important question to ask is..."having experienced all that at such a young age, did you form a belief or make decision, at all?" There are many possible answers, all unique to each individual. Some common answers are: I didn't feel loved; I will never be loved; It was my fault; I never felt safe; You can't trust anyone; and the list goes on. It's these decisions and beliefs that can impact a person their whole life and have the potential to grow over the years to limit a person emotionally, mentally, and physically. Remember, there may not be any significant trauma or experience involved and the client may even describe their childhood as idyllic. However, if you dig down, there's often something to be revealed that is linked to their unwelcome situation in life.

Yes, limiting decisions and beliefs can be created at anytime in a persons life. What is not commonly recognised is that these limiting aspects can grow to be all controlling. We're now getting into the realms if [inter-dimensional interference](#) that can limit, distort or openly disrupt the life experience or behaviour of a person. These aspects of a person can grow into an energetic being in their own right and is a topic for another time.



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