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BEYOND MAINSTREAM THERAPY

A TRANSFIGURATION WORKBOOK



by Heather Moore, LMFT

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Welcome

I am glad that you have decided to invest in yourself and do the necessary work to decrease your struggles and increase your joy and fulfillment in life.

There are four exercises in this workbook that are meant to help you understand yourself more and start to deconstruct and map your experiences to that of your family patterns.

Do the best you can with them. These exercises will not be graded or critiqued, these are simply to help you organize your life's narrative. Any aspects that you find difficult or unsure of can be discussed with me in session.

Sections of this workbook are:

- 1) Protection Re-Programming/ Intention Setting
- 2) Digging Deeper with Journal Prompts
- 3) Family-of-Origin Assessment
- 4) Transfiguration Letter Writing Process

Take your time and enjoy the process of getting to know more about yourself.

Best of Luck!

Heather


Section One

RE-PROGRAMMING
PROTECTION
PROMPTS

OPENING YOUR MIND TO THE
POWER OF HEALING

RE-PROGRAMMING PROTECTION

It is crucial, when you begin your processing of viral patterns in your life, that you enable a protection system, just as you would upload a protection program to ward off viruses on your computer. Essentially, you are asking this protection “software” to protect you from invisible threats while you attempt to get your mind “online.”

This protection program asks for an optimum grace period, a pause in the struggle, so that you can be allowed to do the internal work necessary to “clean up” your viral patterns for a more joyous living experience. Without this “software” programming, much of what starts to be illuminated can cause more stress and struggle, so it is vital that you ask for that grace period.

Read through the various options listed below and find one that resonates with you. You can replace words to better fit your personal dogma; these are just examples of how to program this grace period into your psyche. This prepares your mind to take on new thought forms for healing.

Instructions: Use this protection before you start your day and at the end of your day. Use this protection when you experience anxiety or depressive symptoms and anytime in between. This protection program is designed to ground you and align or connect you with your Optimum Program Function.

RE-PROGRAMMING PROTECTION

Direct Translation of Lord's Prayer

From Aramaic to Modern English

The current version that most people know was translated from Aramaic to Greek to Latin to Old English to Modern English. The multiple translations throughout history have given to considerable mis-interpretations.

"O Cosmic Birther of all radiance & vibration. Soften the ground of our being and carve out a space within us where Your presence can abide.

Fill us with Your creativity so that we may be empowered to bear the fruit of Your mission. Let each of our actions bear fruit in accordance with our truest desire that You set in our hearts.

Endow us with the wisdom to produce and share what each being needs to grow and flourish.

Untie the tangled threads of destiny that bind us, as we release others from the entanglement of past mistakes. Do not let us be seduced by that which would divert us from our true purpose, but illuminate the opportunities of the present moment.

For You are the ground and the fruitful vision, the birth, power and fulfillment, as all is gathered and made whole once again."

A-men

RE-PROGRAMMING PROTECTION

Lord's Prayer (Christian Version) with interpretations

Our Father, who art in heaven (operating system)

I seek to combine all aspect of myself: my inner child, my present self and my optimum self, under one operating system.

Hallowed be thy Name.

I allow space within my current programming system for new, more optimum experiences, thought forms, and perspectives.

Thy Kingdom come.

I ask that only the optimum pathways be reprogrammed within my mind.

Thy will be done in earth, As it is in heaven

And that these optimum pathways are reflected not only in thought but in feeling and experience, as well.

Give us this day our daily bread.

I am provided the opportunity to grow and heal my struggles, my past and that which weighs me down and this opportunity will always be provided because I am responsible for how I construct my current perspectives.

And forgive us our trespasses, (same viral pattern that I'm letting go of the personal pain and/ both under the same operating system)
I forgive myself for not knowing what negative viral patterns I was subconsciously repeating within my own life and I let go of the pain of the viral patterns of the past that were perpetrated onto me.

RE-PROGRAMMING PROTECTION

Lord's Prayer (Christian Version) with interpretations

As we forgive those who have trespass against us.

I forgive those who have caused pain, struggle and judgment in my past because I see that they too were functioning from the same subconscious corrupt programming.

And lead us not into temptation,

Now that I am aware of these patterns and faulty programming, I will move forward with a new lens and only seek experiences that are smooth, easy and optimum.

But deliver us from evil.

I ask for time and space to reprogram my current operating system so that I may experience a better, higher and more optimum life.

For thine is the kingdom,

So that I may update my default operating system, changing the program structure for generations to come.

The power, and the glory,

I will overcome my struggles and pains because I deserve to live my most optimum life filled with joy, peace and love.

For ever and ever.

Amen.

I give thanks to myself for being brave and deciding to heal these faulty programs that I operating from so that I can experience a more optimum life.

RE-PROGRAMMING PROTECTION

Neutral Alternatives (less religious)

Alternative 1

My power is your power, to be transfigured into creation.

My will is your will, and it will be done.

May I clearly see all the signs that you lay before me,
To deliver myself and others, including earth.

Alternative 2

Heavenly Source of One of All-

I love you! Thank you for this day, and thank you for your divine
guidance and protection,

I know that you have a plan for me. Please help me to let go of the
things I thought I had to do, and instead, notice your works first.
Make me into your vessel to be used for the highest good of one
and all.

Please help me to transfigure myself through forgiveness,
understanding prior judgments, and overcoming apathy.

Grant me the grace period to access whatever is necessary to
transform myself, turning my lead to gold, and finding all of the
blessings in disguise in my life.

I welcome your love and joy and shall forever and always be
connected to this divine energy

And so it is.

Interpreted by Zipprea Arbuckle

RE-PROGRAMMING PROTECTION

Neutral Alternatives (less religious)

Alternative 3

I call upon all of creation and the forces therein to hear me now. It is my will to humbly join and dedicated my entire being and all that is connected to it to the Will of the Optimum Program that serves on and all in all directions of time, space and dimensions.

Alternative 4

God (or your preferred term), Guide me in every way today and everyday. Overwrite my limited thinking with what you optimally intend for me today. Help me to achieve beyond my imagination.

help me to connect to those that will reciprocate my attentiveness, thoughtfulness, faith and direction. Thank you for brightening up my day in all ways and for aiding me to meet and exceed my challenges. I love you God and put you first to do Your Will through me, A-men.

Alternative 5

I give any judgments to my higher power, to Holy Spirit and I command my everything to follow the divine guidance delivered to me clearly through the repetition of signs and epiphanies. I ask that God help me to maneuver along this path with ease and integrity and pray for my angels to help me delineate between fearful, wishful or sinful desiring and that which God intends for me to hold as vision to serve and be served. A-men.

RE-PROGRAMMING PROTECTION

Computer Science / Quantum Mechanic Interpretation

I seek to combine all aspect of myself: my inner child, my present self and my optimum self, under one operating system.

I allow space within my current programming system for new, more optimum experiences, thought forms, and perspectives.

I ask that only the optimum pathways be reprogrammed within my mind.

And that these optimum pathways are reflected not only in thought but in feeling and experience, as well.

I am provided the opportunity to grow and heal my struggles, my past and that which weighs me down and this opportunity will always be provided because I am responsible for how I construct my current perspectives.

I forgive myself for not knowing what negative viral patterns I was subconsciously repeating within my own life and I let go of the pain of the viral patterns of the past that were perpetrated onto me.

I forgive those who have caused pain, struggle and judgment in my past because I see that they too were functioning from the same subconscious corrupt programming.

RE-PROGRAMMING PROTECTION

Computer Science / Quantum Mechanic Interpretation

Now that I am aware of these patterns and faulty programming, I will move forward with a new lens and only seek experiences that are smooth, easy and optimum. I ask for time and space to reprogram my current operating system so that I may experience a better, higher and more optimum life.

So that I may update my default operating system, changing the program structure for generations to come.

I will overcome my struggles and pains because I deserve to live my most optimum life filled with joy, peace and love.

I give thanks to myself for being brave and deciding to heal these faulty programs that I operating from so that I can experience a more optimum life.

Section Two

DIGGING DEEPER JOURNAL PROMPTS

IT DIDN'T START WITH YOU

Digging Deeper: Exploratory Journal Prompts

*The following family history journal prompts are to help you dig deeper into not only your experiences, but the family experiences that you were born into. Research has shown that trauma and negative feelings/emotions are actually passed down from one generation to another through DNA. This is called Epigenetics. We can discuss this further in session.
(Questions Adapted from Mark Wolynn, 2022)*

Who died early?

Who left or abandoned the family?

Who was abandoned, isolated, or excluded from the family?

Who was adopted or chose to give a child up?

Who died during childbirth?

Who had a terminated pregnancy (intentional or natural)?

Who completed suicide?

Who committed a serious or violent crime?

Who experienced a major trauma or catastrophic event?

Who experienced a loss of home or possessions?

Who fought in a war?

Who suffered in a war?

Who suffered, died or participated in a historical event (9/11, Holocaust, Rwanda genocide, etc)?

Who was enslaved or owned slaves?

Who was murdered?

Who murdered someone else or felt responsible for another's death?

Who cheated or betrayed someone?

Who took advantage of another person?

Who profited from the loss of another?

Who had been wrongly accused?

Who spent time in jail, prison or other institution?

Who had a disability (physical, emotional, mental)?

Who was deeply hurt by another?

Who deeply hurt someone else?

Which parent or grandparent had a significant relationship before getting married? What happened?

Did your mother experience anything traumatic when she was pregnant with you?

What difficulties did your parents have in their relationship during pregnancy? (violence, arguing, drinking, cheating, unsure they'd stay together?)

Did you experience a difficult or traumatic birth? (Were you born premature, reversed position, forceps used?)

Did your mother experience depression after your birth?

Were you separated from your mother after you were born?

Were you adopted?

Did you experience any trauma or separation from your mother as an infant or young child?

Did your parents leave you for any extended period of time when you were young? (vacation, work travel?)

Were you ever sent away to visit relatives?

Were your mother or father separated from you due to a hospitalization or other purpose where you were forced apart?

Did your mother experience any trauma or emotional stress during your childhood or infancy?

Did your mother give a child away or lose a child or pregnancy before or after you were born?

Was your mother's attention pulled away from you due to a trauma involving one of your siblings? (miscarriage, still-birth, medical emergency?)

What is your worst fear?

What is the worst thing that could happen to you? (This is probably something you have felt your whole life)

It is important to understand that behind our parent's hurtful behavior is often their own trauma that blocked the love and attention that they could give to us. Having compassion for the small child within our parent's heart, it is crucial to ask:

What happened before you were conceived?

What happened to your parent's when they were small?

What was the quality of love and attention your parent's received from their parents?

What happened when you were small that may have blocked your ability to trust your parent's love?

These answers can help lay a foundation to deeper healing.

Extra Note Space

Extra Note Space

Extra Note Space

Section Three

FAMILY-OF-ORIGIN ASSESSMENT

IDENTIFYING CORE FAMILY
PROGRAMMING AND
LESS THAN OPTIMUM PATTERNS OF
EXPERIENCE

Let's Get Clear on Your Values

Values play an important role in the healthy relationships we have with other people and ourselves. The more clear we are on what our values are the easier it is to identify our boundaries and when things do not feel good to us.

Use the following list to identify your values.

Choose your top 10-15 values and then from that list, identify your top 5 "DEAL BREAKERS."

Deal Breakers are those values that if crossed or violated are not tolerated.

ACCEPTANCE	FREEDOM	REFLECTIVE
AUTHENTICITY	GROWTH	RESPECT
ACHIEVEMENT	HAPPINESS	RESPONSIBILITY
ACCOUNTABILITY	HONESTY	SECURITY
ADVENTURE	HUMOR	SELF-RESPECT
AUTONOMY	HARMONY	SERVICE
BALANCE	INTEGRITY	SPONTANEOUS
BEAUTY	JUSTICE	SPIRITUALITY
BOLDNESS	KINDNESS	STABILITY
COMPASSION	KNOWLEDGE	TRUSTWORTHY
COMMUNITY	LEADERSHIP	TRUTH
CREATIVITY	LEARNING	UNIQUENESS
CURIOSITY	LOVE	WISDOM
DETERMINATION	LOYALTY	-----
FAIRNESS	MONOGAMY	-----
FAITH	OPENNESS	-----
FIDELITY	OPTIMISM	-----
FAMILY	PEACE	-----

Let's Get Clear on Your Boundaries

Boundaries play an important role in the healthy relationships we have with other people and ourselves. Boundaries teach others how we want to be treated.

Healthy and strong boundaries are a foundation to healthy relationships. Boundaries are also the parameters of what we will and will not allow in our lives. **Use the core values you identified in the last exercise to create boundaries.**

There are three (3) important components to a healthy boundary: 1) state and rebuke the behavior that you want to see changed, 2) state the behavior that you want to see instead, and 3) set the consequence if the behavior is not changed.

Example:

1) It doesn't feel good to me when a person talk over me and not listen to what I am saying.

2) I would like for others to listen to me and respect what I am saying. 3) If they continue to talk over me, then I will stop the conversation and walk away.

Now you try!

1) It doesn't feel good to me when a person

2) I would like for others to

and 3) if they continue to

_____, then I will

1) It doesn't feel good to me when a person

2) I would like for others to

and 3) if they continue to

_____, then I will

Keep Practicing on Your Boundaries

1) It doesn't feel good to me when a person

2) I would like for others to

and 3) if they continue to

_____ , then I will

1) It doesn't feel good to me when a person

2) I would like for others to

and 3) if they continue to

_____ , then I will

1) It doesn't feel good to me when a person

2) I would like for others to

and 3) if they continue to

_____ , then I will

Creating A Timeline of Your Life

The very first step in mapping patterns is to create a timeline or narrative of your life's events, circumstances and adversity. For the following exercise, write out any experiences that you consider a major event that you still hold negative feelings or memories of. For example, maybe you had a scary accident when you were eight years old or maybe you had a divorce when you were 25 years old. Make a list or outline of your life experiences so you have a place to start mapping your viral patterns. We will then create timelines for your mother and father (as best you can).

Birth to 5 years old:

6 years to 10 years old:

11 years to 15 years old:

16 years to 20 years old:

21 years to 25 years old:

26 years to 30 years old:

31 years to 35 years old:

36 years to 40 years old:

41 years to 45 years old:

46 years to 50 years old:

Your Mother's Timeline of Your Life

Next, create a timeline for your mother's life experiences. This may require you to have a conversation with your mother if you still relate to her. This may require you to talk with family members to learn more about her story if you are not able to ask her directly. Some circumstances will require you to have limited or minimal knowledge of your mother's experiences. Just do the best you can to gather as much information as you can about your mother's life experiences.

Birth to 5 years old:

6 years to 10 years old:

11 years to 15 years old:

16 years to 20 years old:

21 years to 25 years old:

26 years to 30 years old:

31 years to 35 years old:

36 years to 40 years old:

41 years to 45 years old:

46 years to 50 years old:

Your Father's Timeline of Your Life

Next, create a timeline for your father's life experiences. This may require you to have a conversation with your father if you still relate to him. This may require you to talk with family members to learn more about his story if you are not able to ask him directly. Some circumstances will require you to have limited or minimal knowledge of your father's experiences. Just do the best you can to gather as much information as you can about your father's life experiences.

Birth to 5 years old:

6 years to 10 years old:

11 years to 15 years old:

16 years to 20 years old:

21 years to 25 years old:

26 years to 30 years old:

31 years to 35 years old:

36 years to 40 years old:

41 years to 45 years old:

46 years to 50 years old:

Family of Origin Patterning

The goal of this exercise is to connect your current life struggles with patterns of experience within your family-of-origin. In the space provided, list aspects of your life that you struggle with then try to identify which parent/caregiver share the same or similar struggles. For example, money struggles may remind you of father issues or experiences or relationship struggles may bring forward mother experiences. Include a few words or a description that comes to mind when you think of the struggle in relation to your parent/caregiver.

Your Current Struggle

Caregiver Connection

Family of Origin Patterning

Your Current Struggle

Caregiver Connection

What Did You Learn From This Section?

How Did This Section Make You Feel?

Extra Note Space

Section Four

TRANSFIGURATION LETTER WRITING PROCESS

FORGIVENESS IS KEY TO RELEASING
YOUR PATTERNS

Before You Start

The process for beginning this healing is fairly simple. It does not require expensive equipment or hours at the book store looking for the perfect self-help book. You do not even need to leave the comfort of your own home. All you need is a pencil and paper (or a computer if you're more technologically minded), a quiet space, plenty of time to really sit and write and the courage to delve deep inside your wounded ego/inner child.

The typical letter writing process can be found in any mainstream counselor's office. Writing letters is a healthy and constructive way to get thoughts down on paper and out of your mind. It is also a great way to organize your thoughts and memory timelines. With the letter writing process you will learn here, I will take you one step further than traditional therapy/counseling provides. Here you will learn the true art of forgiveness. Only when you can purely forgive the pattern that was perpetrated onto you, can you find real healing and a lift to the block that keeps you stuck and stagnant in life.

You will want to start with a one letter to your Mother/Mother figure in your life and one letter to your Father/Father figure in your life. When I say Mother/Father figure, I mean any person that you identified with in that role. This could be Aunt/Uncles, Grandmother/fathers, Step Mother/fathers. Anyone who was a parental influence on you growing up. I advise doing the Mother and Father letter separately from each other.

Depending on how much you resurrect and are triggered by, I would wait for a period a week to two weeks before writing the letter to the other parent. After you write the parent letters, you will then write a letter to anyone who you still have strong negative emotional reactions to, if any. This could be an Ex husband/wife/boyfriend/girlfriend, this could be an uncle who touched you, or a teacher who embarrassed you in school and you never forgot her, this can even be the best friend who slept with your boyfriend in high school.

Once you write letters to these crucial people, there is usually cycles of memories that will illuminate other people that may need letters.

Important Preparation

Before you start your writing, it is important for you to protect yourself and ask your higher programming system or your version of Universe/God/Source for a grace period while writing your letters so that the emotions and past experiences are not allowed to infect your current reality.

This is a crucial step!

These protection programs and prayers can be found in the first section of this workbook.

3-Step Letter Writing Process (4th part Speaking)

When writing these letters, it is important that you include all the sections that you will read about. Each part of the letter process is meant to build a foundation for healing and meant to be built upon for true forgiveness. Follow each step of the instructions.

Step One A: Playing Victim-

This is what is usually experienced in a mainstream counselor's office. In this section you get to play victim. You get to say all the things that you never were allowed to say or got the chance to say to the person. You get to tell them how much they hurt you, or how pissed you are at them. You get to yell, cry and cuss. You can dissolve all your filters and be raw with your emotions.

Write this in first person: *"I am mad at you for not allowing me to share my feelings or have an opinion of my own..."*

Step One B: Restore What You Thought You Lost-

This is where you get to restore everything that you feel you were denied, robbed of and kept from using "I am" statements.

"I am worthy of sharing my feelings and I will express my feelings by using my authentic voice in a tactful and diplomatic manner that is serves myself and all around me for our highest..."

Step Two A: Playing Perpetrator-

This is where some people get stuck. In this step, you will write about how you perpetrated the same behaviors from step one onto others. What we judge in others we will automatically upload the urges to act out the same behaviors. This is your opportunity to understand that what you are playing victim to, you have also perpetrated the same injustice/abuse/pattern on to someone else. This is where you take responsibility for your own actions and behaviors.

"I am also guilty of repressing my own voice and not speaking up when I felt I needed to."

Step Two B: Forgiveness-

Ask for forgiveness from others. You will also need to forgive your former perpetrator because you are in their shoes now. Forgive yourself. Understand that you had no control to change it even if you were aware of the patterns. It still repeated because it couldn't be extinguished without forgiveness. This will help you to forgive your perpetrator because you and that person are now equals in the same sense. You can now see it was a viral pattern and that neither you nor your perpetrator knew how to fix it or knew how to shift it. Forgive them as you are learning to forgive yourself. Remember, every person that we attract into our reality is a reflection of ourselves.

"I forgive you for silencing me when I was younger just as I forgive myself for not speaking authentically as well."

Step Three: Purpose and Perfection-

There is the saying out there that "what doesn't kill you makes you stronger" and this couldn't be more true. In this section you are to write about why everything you endured as a child and in reoccurring adult experiences was perfect for your growth and who you are today. Find the blessing in disguise and understand the gifts and abilities that were created from "surviving" your experiences.

If your life had not played out EXACTLY as it did, you would not be who you are today. You will also want to give thanks to your Divine Source (Universe/God/Higher Self) as well as the person this letter is written to, as they ultimately assisted you in your soul growth. What a blessing!

"It was because I was silenced as a child that I have learned to use my voice to teach and inspire others to express themselves authentically and boldly and to honor their truth."

Step Four: Witnessing-

This step is CRUCIAL. In order to shift these experiences, you must read it out loud to a trusted loved one/or counselor. If reading the letter to the person you wrote it to is not possible, read it as if that person is sitting in front of you. It is the witnessing between you and the listener that will shift your experience from painful to understanding. You also must read it with as much emotion and energy as you had when you were experiencing it. Its ok to weep, weeping purifies and cleanses the soul.

Letter Writing Template

Use the following template to guide you in the writing of your forgiveness letters. You may add or change lines to fit your letter writing flow. This is just meant as a start point for those who find it difficult to write a letter.

Dear _____;

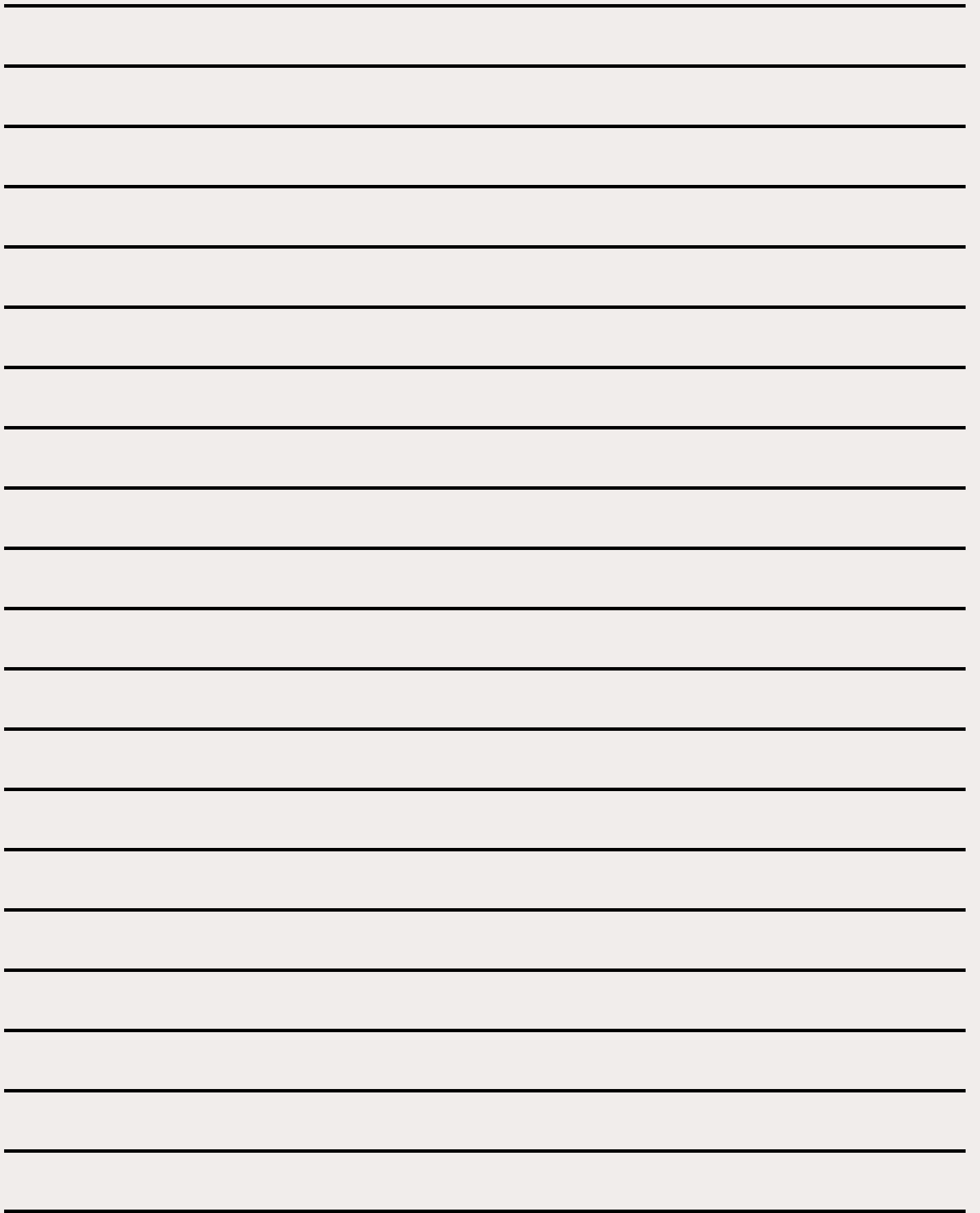
I am writing to express my hurt and struggle because of the experiences and patterns of my past. When I was a child, your behaviors and beliefs really affected me. I was hurt when you _____ as it made me feel _____. Also, when you did _____, it made me feel _____. I did not like when you _____ because I felt _____. When you _____, it hurt me because _____. Because I felt like I did not have _____ as a child, now I will _____ in an authentic and tactful manner.

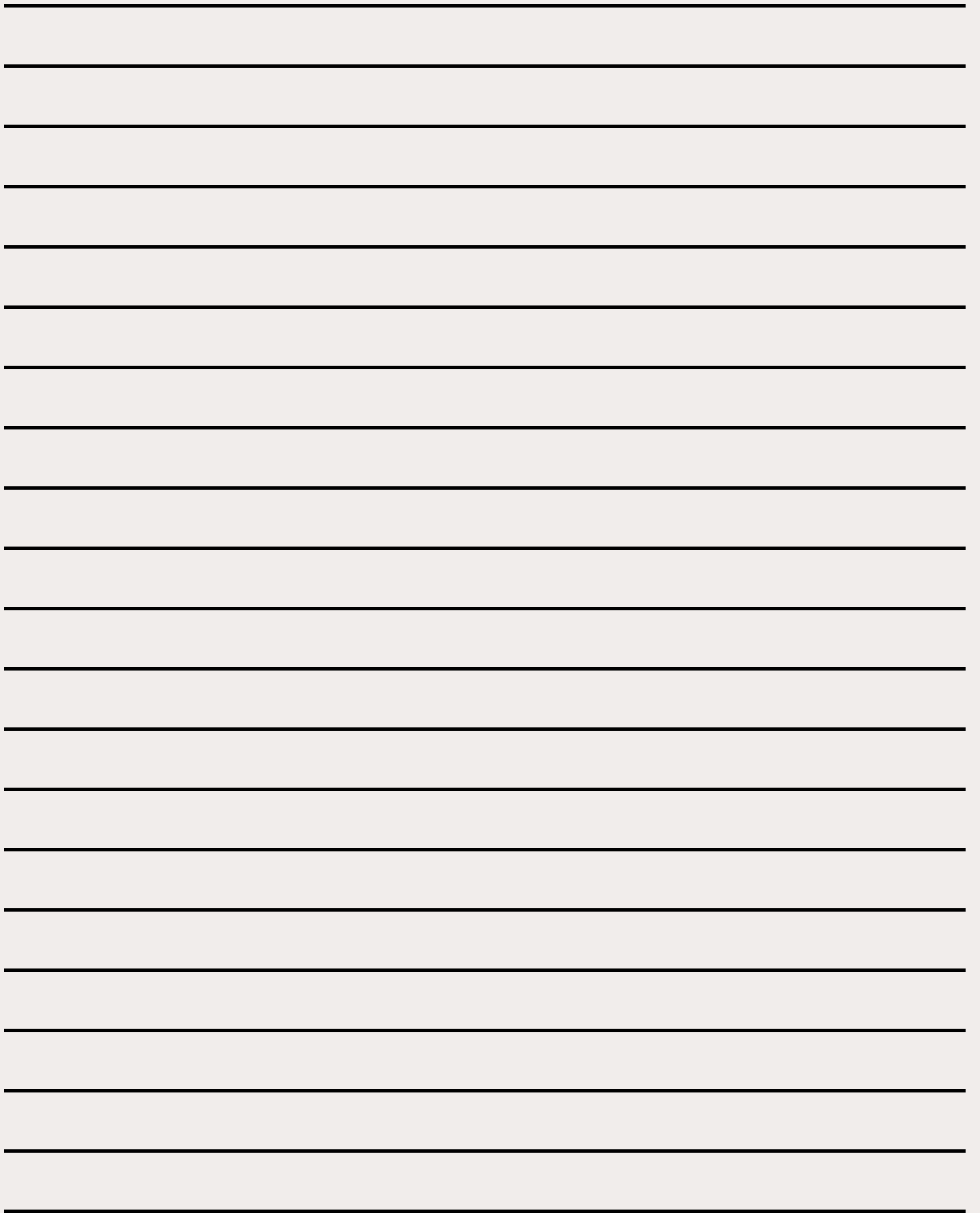
I know that patterns repeat until they are healed. I see that I have perpetrated these same behaviors on to others as well. I am guilty of _____ where I had repeated the same pattern as you. I also am guilty of _____ because that is what I had learned growing up. I have also repeated the pattern of _____ and _____ by doing the same to others by _____.

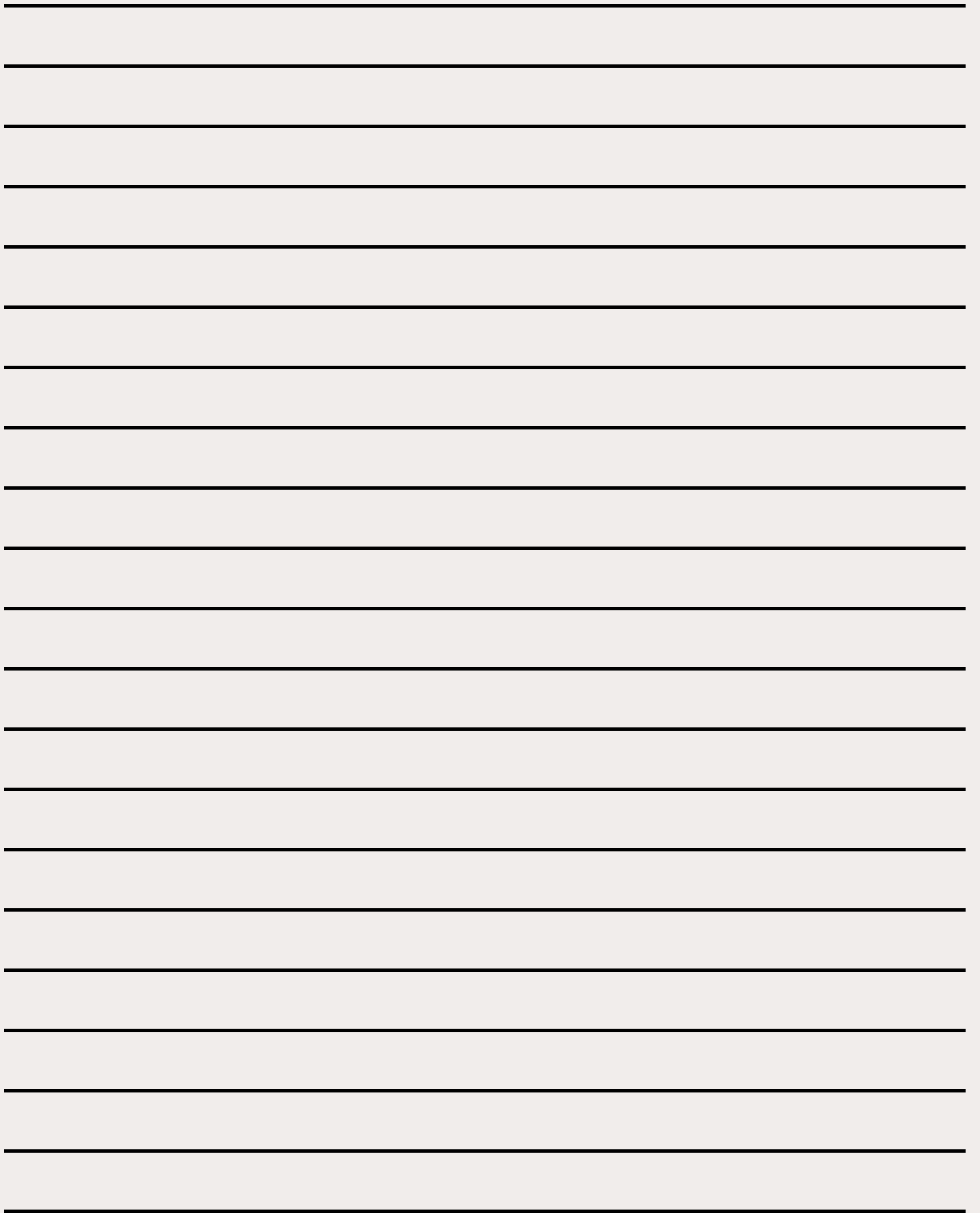
I forgive myself for not knowing that I was repeating the same patterns as you did to me. Because we are both guilty of the same behaviors and beliefs, I can forgive you for unknowingly perpetrating the patterns of _____ on to me because you were also a victim of this pattern by _____ when you were a child too.

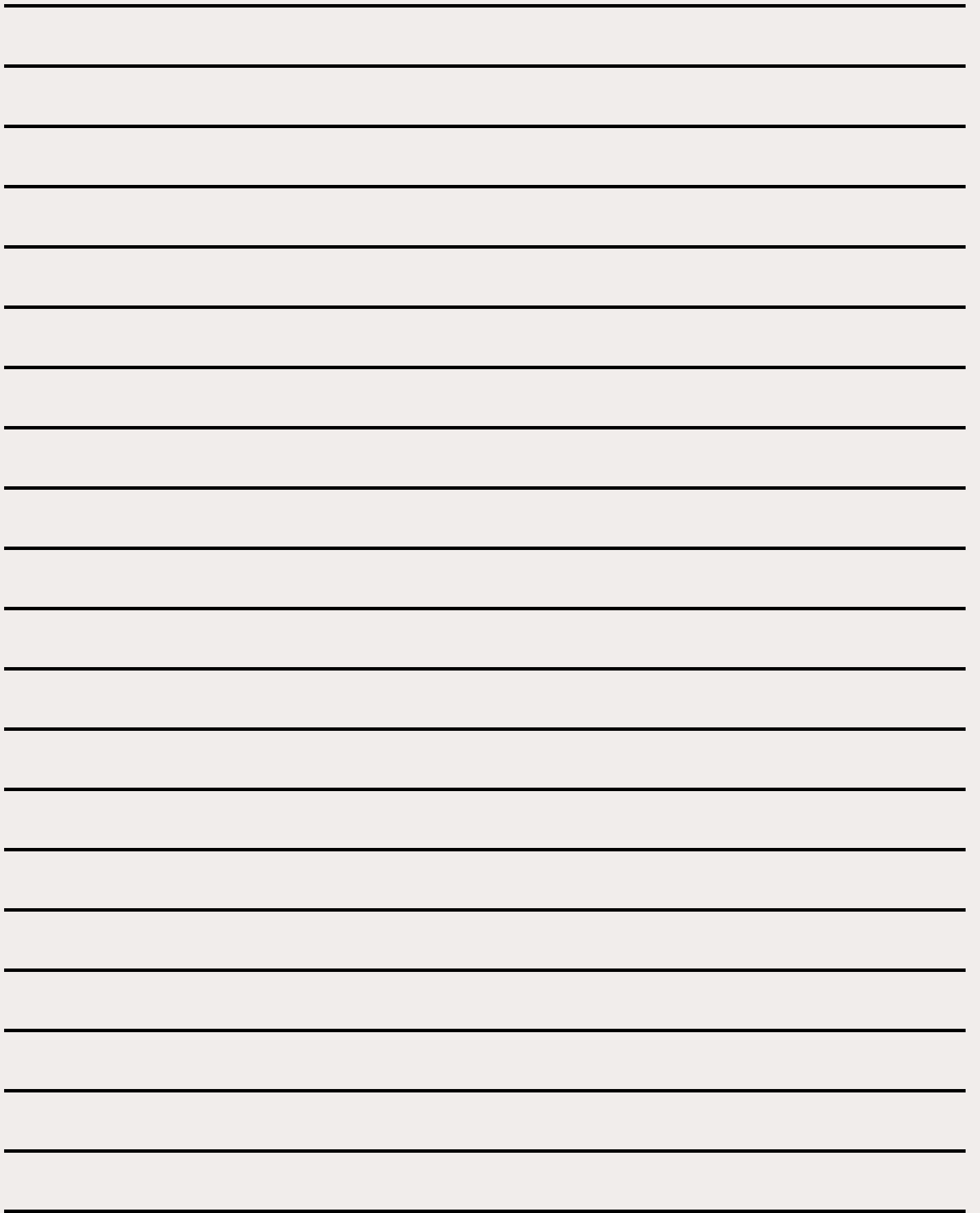
I know that all that I have endured is Divine and purposeful; because I had to experience _____ from you, as well as, perpetrated the same onto others, I have gained the knowledge of _____. I am grateful for having to suffer the hurt and pain that I did, because from it I learned _____ about myself. I can see now that I had to experience _____ because it made me who I am today by _____. I appreciate the opportunity to gain valuable insight about myself by having to experience _____ from you.

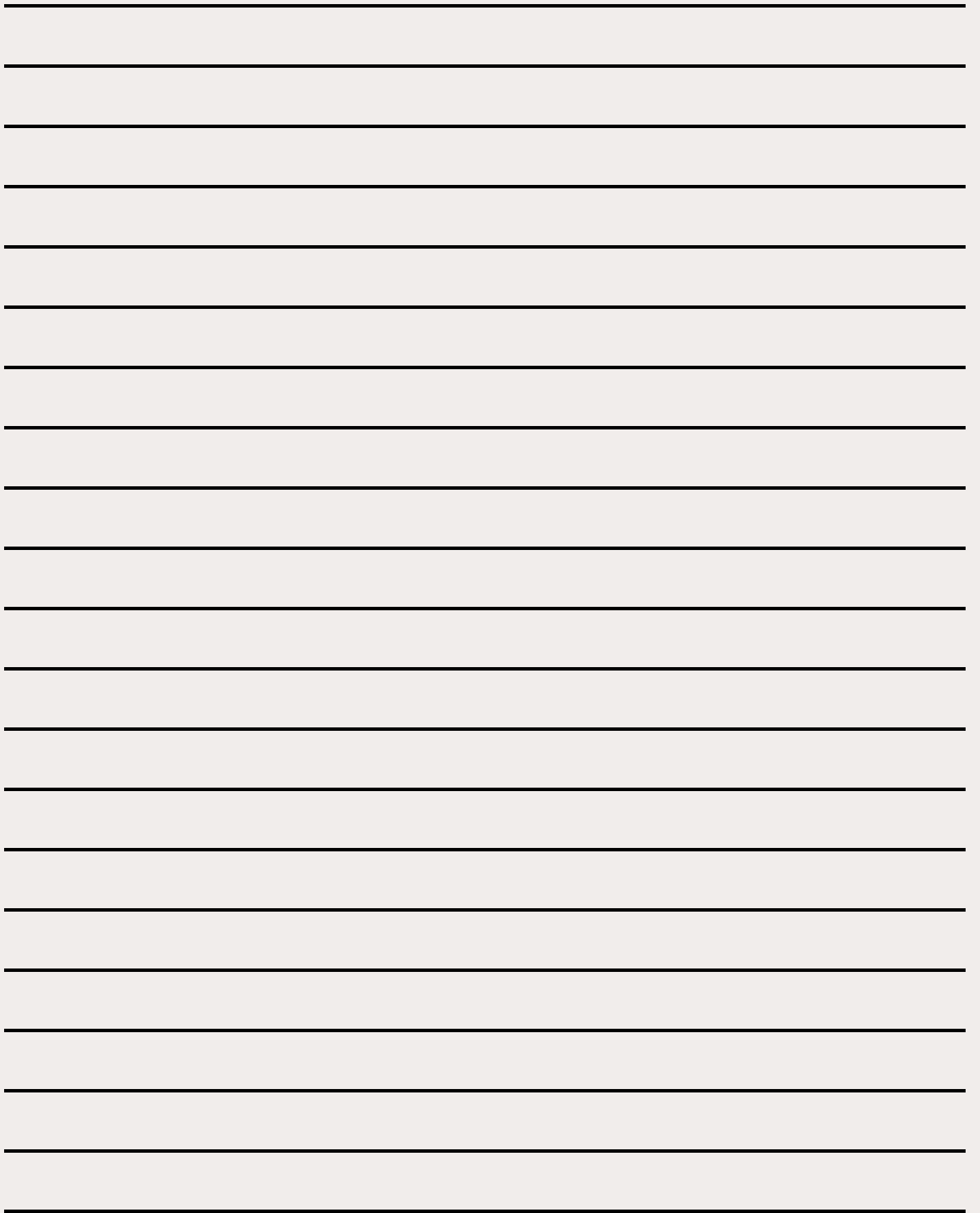
With forgiveness and understanding, _____

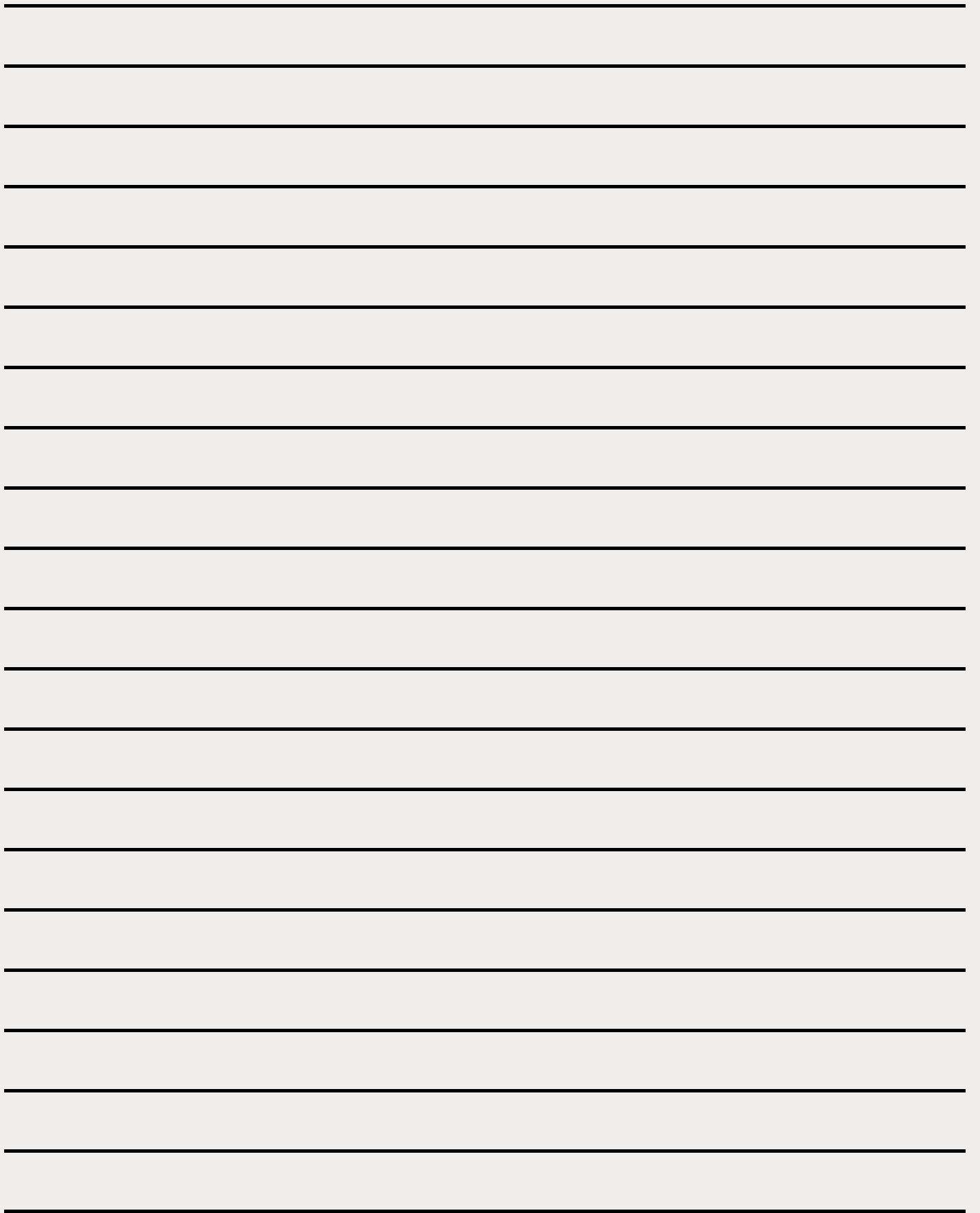


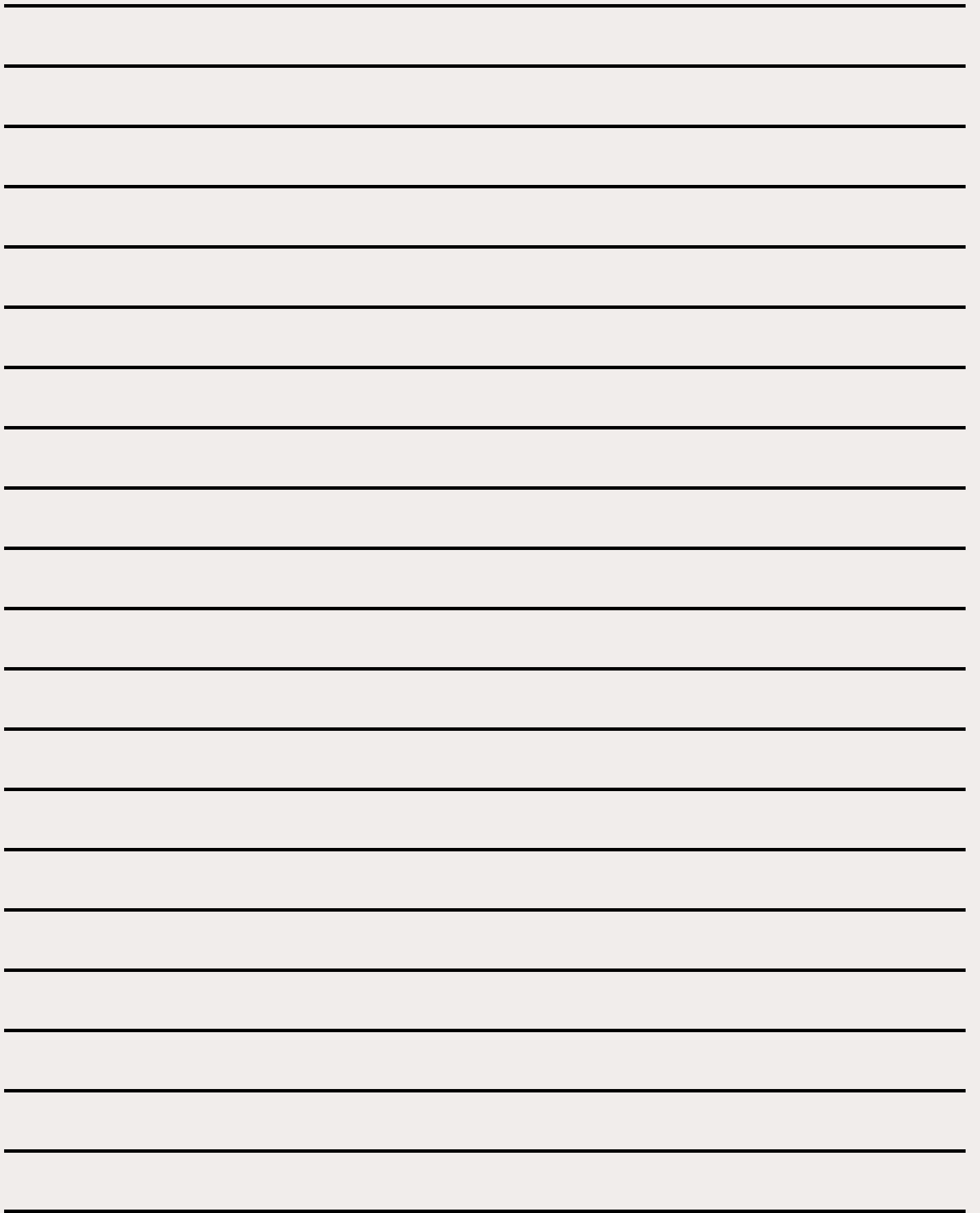


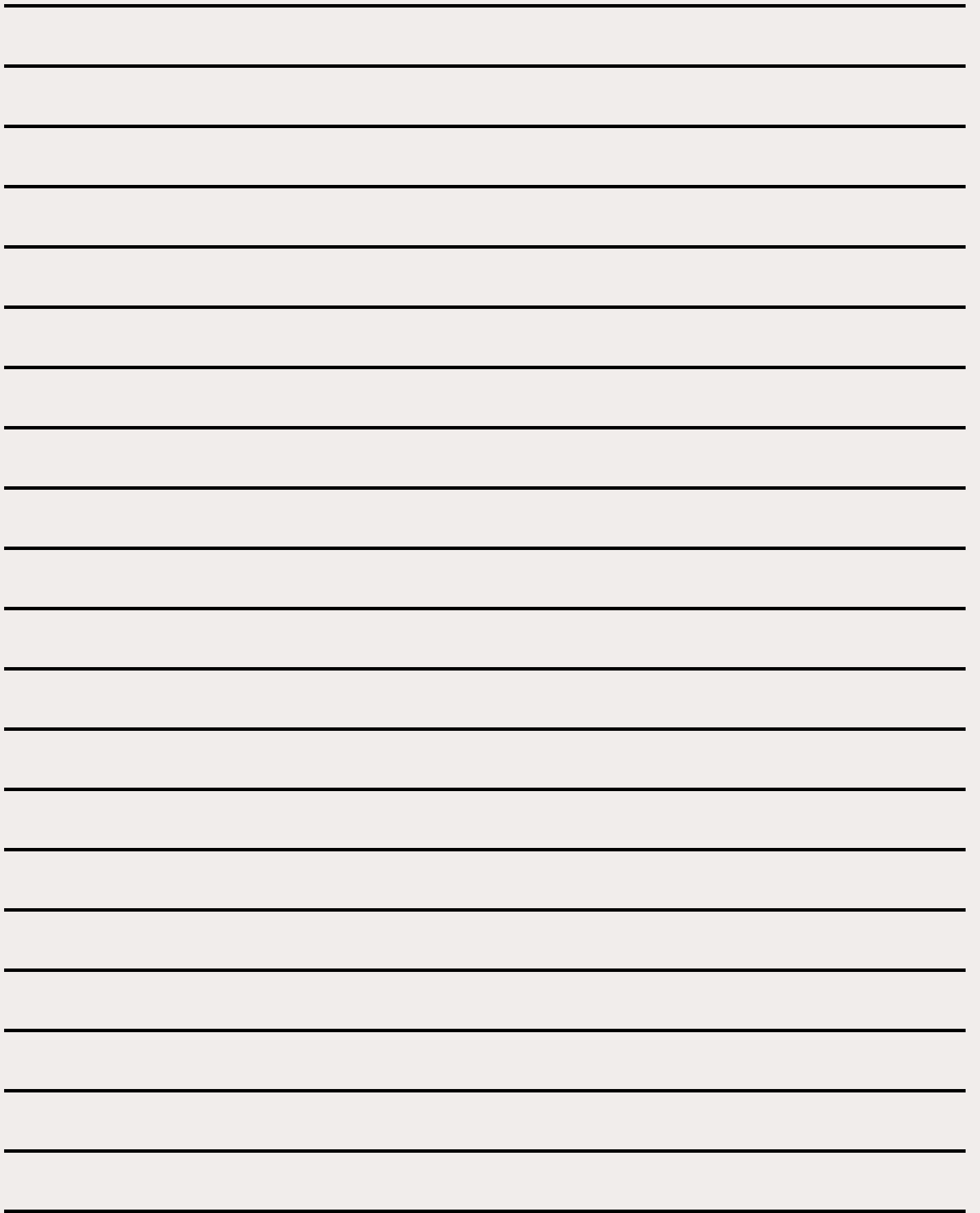












This concludes the workbook, If you need more space for letter writing, you may use a notebook or your computer.

Once you are finished with you first letter, you may bring it into session with me and I will have you read it as if you were reading it to the person the letter is to,

You may also read the letter to a trusted person in you life.