

The basement of your childhood *Clean it up with PRI*

*To be a calm, self assured, loving parent, who doesn't want to be like that?
Giving your child boundaries without getting angry, to be there for your child without being
stressed. That's all very nice but how do you do that?*

To be more balanced in life, which parent doesn't want that?

Unfortunately our behaviour is determined by our feelings and thoughts. Almost always this happens unconsciously. When it is about negative emotions for instance, these emotions have the tendency to take over instead of you being the one behind the steering wheel. Psychologist Ingeborg Bosch shows in her latest book 'PRI and the art of conscious living' how to get the steering wheel back into your hands. She describes a process through which you can learn to take your own steps that will lead to less anger and stress and through which you will enjoy more to be a parent.

PRI stands for Past Reality Integration®. This program is based on the notion that the cause of a lot of painful feelings and thoughts is the suppressed pain belonging to our childhood. Almost every day, according to Bosch, we will find ourselves in situations that will unconsciously confront us with painful events from the past. Thus determining our responses in the Now without us even knowing it.

Nobody has received what he needed

According to the author nobody of us has received what we needed when we were a child. Because no parent will be able to fully fulfil the needs of his or her child. Not just because the needs of the little fragile child are very, very big, but also because parents have their own difficulties in daily life. And because of this we all had to suppress painful events. And to safeguard us against that kind of pain, we as a child, developed five defence mechanisms. Whenever we are in a situation that resembles the old suppressed pain, our defence mechanisms become active to make sure that we won't feel this pain. When we were a child this was absolutely necessary. As an adult however, these defences right now are the causes of our suffering and imbalances in our daily life.

False power and false hope

Because of this we can get very angry with our child when it doesn't come when we call him. This kind of response is the defence called 'False Power'. And this defence makes us believe that somebody else is to blame for our unpleasant feelings. Or we'll do our utmost best to get people to like us but feel very tense all the time while doing that. 'False hope'. This defence will make you puzzle over everything, things going through your head over and over and may cause many different complaints of stress because we unconsciously still believe by doing our utmost best we still can conceive what we needed as a child.

We look at the mess in our house and start to think: this is too much. And we will feel depressed, heavy, without energy. That is the Primal Defence being activated and that will mirror to us the illusion that feeling depressed is our own fault. Feeling guilty is part of this defence. The defence 'fear' can be activated in situations that for us, as adults, are not dangerous at all. Like speaking or presenting something to a group or being afraid to fly. Fear will give you the illusion that there is danger 'now' and by doing that it keeps the danger of 'then' well hidden. And try to make unpleasant and nasty feelings become less, we withdraw from contacts with the help of a glass of wine or a bar of chocolate. Through this defence, 'denial of needs', we won't feel that something has hit us at all.

Your own pattern of defences

Everybody has his own pattern of defences.

Ingeborg Bosch explains to us how we can recognise these patterns and next dismantle them. She shows us how to walk the path of PRI by giving us a concrete roadmap, build up in three phases which altogether will take nine weeks that will lead us into a balanced emotional existence. After those nine weeks you have gained an instrument to free yourself again and again of these undesired feelings and thoughts.

These steps will eventually lead to the development of a more loving attitude towards yourself and to the people surrounding you. A mother tells her story: "I am doing PRI for years now and it is true what Ingeborg Bosch writes: PRI, if applied as it is meant to, really works! Because my defences are distracting me from the right path all the time, this is actually the condition for success. The true art is, I have discovered, to just go back and try again. By trial and error and continue to apply PRI, it will eventually lead to less defences: I do feel hundred percent better than when I started with it. I get less angry, less stressed and I withdraw myself less. This is a blessing, not only for me but also for my family."

Clear away first

In this book Ingeborg Bosch is also writing about spirituality. To be able to climb the stairs to spiritual consciousness you have to start at the bottom. "if you don't cleanup the basement of your childhood first," so she says, "you risk to keep on searching the rest of your life for fulfilment of those needs you didn't get as a child. This will keep you unconsciously living in the past."

Through patient and persistent dismantling of our defences we will give ourselves the opportunity to learn to live in the Now. And because of this we will be able to shape our lives according to our wishes. Not determined by the unconscious needs of the child we used to be, but arising from the conscious adults that we are now.