

## Chapter 4

# The Benefits of Foundation Building

I have found that if we cannot exhibit some evidence of being kind and compassionate in our thoughts about our self, and if we are not reasonably trustworthy in keeping our word about our self-care, we will not have the necessary foundation for our inner family healing. So, while there are many benefits to doing Foundation work, it's also a necessity!

Without that foundation—without a commitment to growing in self-trust and self-care—the consequences of attempting inner family healing can be overwhelming, scary, and sometimes devastating.

### The First Major Benefit

Looking back, I knew my commitment to being a woman who kept her word was crucial to the success of my inner healing work. It started simply with two important commitments: my commitment to sobriety and to abstain from my eating addiction. By keeping my word about these two critical issues, I built a valuable substructure to continue developing self-care mentally, emotionally, physically, and spiritually. Without realizing it, I experienced the first major benefit! I increased my self-respect and stabilized my self-esteem, a day at a time.

To begin healing our history, I'm convinced that we first need to be committed to acquiring the qualities and attitudes of a healthy parent. An ideal parent values the Spiritual Principle of **Integrity**, of keeping their word, and places a high priority on their own self-care. Keeping our word about how we treat ourselves *is* the first Foundation piece necessary for inner family healing,

### Note:

A word can become a spiritual principle if it has the essence of kindness and love. For example, my definition of living from the Spiritual

Principle of **Respect** means, “I act and speak respectfully, whether or not you or I have earned it or deserve it.”

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At the end of the day when we lay our head down on our pillow, knowing we have acted with the Spiritual Principle of Integrity toward our self is a priceless feeling. When we have kept our word about self-care, it strengthens the energy of cherishing and valuing our self, and therefore, our younger selves.

Even before we stepped onto the path of inner family healing, our younger selves have been observing our behavior. When we commit to working toward becoming the parent they need, they will be even more intent on watching to see if it will be safe for them to share their thoughts, experiences, trauma and pain with us. I don't believe they expect **perfection**, just a sincere and continuous attempt to grow into the grandest version of our self, a person who relies on spiritual principles to guide their self-care; *that* will build their trust in us.

### **The Second Major Benefit**

The second major benefit of Foundation work is the miracle of becoming a competent, boundary-setting parent to our inner family. It's actually like getting to take a unique parenting course!

To become the parent our younger selves need, our Foundation work will provide a tune-up on our abilities to communicate with understanding and compassion. This is where a focus on learning to use spiritual principles to guide our daily living (speaking, thinking, etc.), comes in.

When our younger selves begin to communicate with us, being able to *listen* from the Spiritual Principle of Understanding and *respond* from the Spiritual Principle of Acceptance are two necessary and valuable attributes for parenting our younger selves.

As I attempted to embrace the attitude of using spiritual principles as guides for living, I focused on how to think, talk and act from a higher wisdom. I was showing my younger selves that I would find a way to become the parent they deserved. When we put an effort in our Foundation work, we can acquire the skills to communicate from spiritual principles.

A valuable and necessary companion tool for this inner parenting path is to become an *observer* of our internal chatter. This is where we start to recognize the different inner ages speaking to us (yes, they do start to communicate outside of meditation times), and, as the observer of that inner chatter, we need a *pause button*. Just as television and radio shows have a short delay in case there is profanity, we too can pause, mute, or interrupt what our younger selves want to say or plan to do in reaction to life's situations.

Once the pause button is hit, we can set boundaries from our wise adult self. We can ask, "Will this action enhance my self-respect or trigger self-loathing or remorse?" or "Will this verbal response feed my inner peace or inner upset?" or "Will I be proud of my actions, or will I regret these words and actions in the future?"

By pressing the pause button, we can respond to our inner five-year-old and let them know we hear and care about their concerns, whether fear or a need for comfort, but we will not let them be in charge of our behavior. Or if we hear our inner fifteen-year-old expressing their rage or upset about one of life's unjust situations, our response can be to honor their input, but assure them that we will have a response to that outside situation from our adult's wisdom, a response that leaves us with a sense of integrity. We will act from new, spiritually-sound guidelines and become a parent that allows for safety *and* integrity.

## **Note:**

No matter how proficient we get at compassionate communication, there is no guarantee that we will get any of our actual *outer* offspring to grow along the same emotional and spiritual lines that we choose. Each child we give birth to and/or raise will have their own lessons in life and their own struggles. We just want to be committed to living congruently with *our* inner and outer selves.

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### **The Third Major Benefit**

The third major benefit of doing Foundation work is where we get to compassionately understand how we arrived at our often immature or dysfunctional behavior patterns and attitudes. Looking back over our life with understanding and compassion can help lift any shame our younger selves might carry; they didn't know how to get their needs met with wise, mature skills or abilities. The Foundation work gives us a new point of view, and using this new framework, our younger selves are invited to find kindness, humanity, and humility. This gentle, humble understanding of our past is an invaluable benefit!

### **The Fourth Major Benefit**

The fourth major benefit of Foundation work is that eventually we develop an ability to more naturally and consistently respond and emote from our new beliefs and attitudes, both internally and externally!

By doing *observer* work, I was able to interrupt and replace old, negative internal chatter, whether directed toward myself or others, with new sane and sound self-talk. I learned to call these new, self-initiated communications, *Becky Says*. My *Becky Says* are a shortcut to my new spiritually-wise beliefs. In the Foundation work, Chapter 7, I describe the “(Your Name) Says” exercise that lets you convert your spiritual wisdom into your own self-talk. The more consistently we move our

focus to new beliefs, the more we spontaneously emote from those wise beliefs!

### **The Fifth Major Benefit**

The fifth major benefit of Foundation work is that it positively impacts our physical health! I feel this needs repeating; **our Foundation work positively impacts our physical health!!** When we successfully lay a stable, sane, spiritual foundation to live by, our overall health is typically improved in many wonderful ways!

Our body is like its own pharmacy; it creates its own chemicals based on our beliefs and emotions. If you think about a time when you experienced overwhelming fear or intense anger, you can probably recall the emotional hangover from those intense emotions coursing through your body. When we live chronically with negative emotions (fear, anger, self-pity, etc.), it has a negative impact on our immune system and can leave us vulnerable to major illnesses.

On the flip side, recall your physical experience of feeling the chemical impact of love, appreciation, gratitude and self-respect. Multiple studies have shown that when we have love in our life—love of self and others, loving what we do, and trusting the Universe—we have better health physically and emotionally.

When we put time, attention, and effort into our inner family healing path, thankfully, we no longer have to live with the negative impact of fear and critical judgment of self or others.

I finally understood the message in this Saint Augustine quote: “Resentment is like taking poison and waiting for the other person to die.” I believe this applies to all negative emotions.

In our Foundation work, we learn to meditate, to visualize, to tap into a creative inner world of healing. Learning to meditate is an additional component that positively improves our health. Best-selling author Dr.

Joe Dispenza explains the science behind meditation's powerful and positive impact on our body's health in his book, *Becoming Supernatural*. Additionally, he guides the reader toward accessing the creative, magical power from meditation. Creativity and better health, what a win!

### **The Sixth Major Benefit**

The sixth major benefit is an astonishing one! By doing our Foundation work and therefore, Inner Healing work on our history and our younger selves, we magically *change* our history! Well, sort of. The magic happens because we change our *understanding* of our history. When we reframe the way we previously interpreted our historical experiences, our history is changed because our perceptions have changed. We can experience a miracle where we don't regret the past or want to suppress or change aspects of it. Our whole inner family has found strength and wisdom, compassion and understanding from past wounds. Old wounds become a source of strength, much like scar tissue strengthening a broken bone as it heals. So, rather than seeing our history as wounds, our inner family magically begins to see our history as valuable!

### **The Seventh Major Benefit**

The seventh major benefit from completing both our Foundation work and Inner Family Healing work allows us to become a person who can weather any storm in life—any crisis—with grace, dignity and peace. Over the years, this has become a most precious gift to me.

These benefits finally let us become not only the parent that our younger selves have always yearned for, but also a person with the spiritual strengths to live with inner peace no matter the circumstances. Our younger selves learn to grieve and to understand that grief is a big part of life. We will have their trust in us and we will have acquired a trust in the Divine Order of the Universe, in a God of our own understanding. That special gift of self-admiration, coupled with spiritual faith that there

are no accidents in God's Universe, is a most cherished gift and the only real asset we can take to our grave.

I describe the miraculous results of my Foundation work as, "I get to be a woman I respect, who acts on her own behalf with grace and dignity; one who adds to life." That is the parent my inner family needed, wanted, and prayed for. That is the woman, if I knew she existed, I would have yearned to be.

**Note:**

If you suspect you might have some work to do on arresting any addiction—behavioral or substance-based—I highly recommend addressing that first. I'm a big fan of Alcoholics Anonymous; their literature has valuable spiritual wisdom and guidance. Also, if you think that eating problems might be undermining ongoing self-respect, consider reading my book, *The Becky L. Jackson Eating Addiction Recovery Model*. Having stable eating behaviors can help us achieve some solid self-respect before tackling the rest of this book.

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It's critical to know that if we are not connected to mature, spiritually-sound beliefs and behaviors to share with our inner family, a **breakdown, instead of a break-through** is possible. So, please don't take any short cuts on your Foundation work!