

# The Missing Peace – 2 Chapters

## Introduction

Eileen Watkins Seymour was one of the first people to introduce Neuro-Linguistic Programming to the UK in the late 1970s. NLP is a theory of excellence. It looks for the 'difference that makes the difference' between people who are excellent in their field and the rest of us. It was based on modelling (copying exactly) therapists such as Milton Erickson and Virginia Satir who were having above-average results with their clients. Modelling involves identifying the way the model structures their internal universe (the ways in which they think, act and react), as well as how this is exemplified in their behaviour, and comparing this with other possible ways of thinking and behaving. This led to various understandings, such as the way each of us is made up of 'parts' which can sometimes seem to act independently of one another, frequently in conflict with one another, and often they seem to be totally unaware of the existence of one another.

NLP is good. It is more than good. It works quickly and elegantly. It can cure, resolve or alleviate many problems which can take years in conventional therapy. However, Eileen began intuitively to take the practice further. To take a computing metaphor, if NLP is working at the level of software, Eileen was making profound changes to the operating system.

She called her new way of working 'wholistic NLP', then the 'Ravenscroft Approach' (named after the therapy centre and road in which she was living and working with her partner, Clive), then the 'Ravenscroft Approach to Psycho-Spiritual Integration' – and hence RAPSI. The practice develops and becomes more elegant all the time as each new person begins the fascinating exploration of their own internal universe. However, after working with nearly 2000 clients, and having seen the successes that trainee RAPSI practitioners have achieved, Eileen and Clive are now in a position to explain what they do and how it seems to work.

One thing they have noticed is that clients tend to come to them 'when the time is right' for each of them to take significant steps in their development. If you are reading this book now, it is because your own system knows that it is the right time for you to make progress. Enjoy the journey.

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*That from which  
Through which  
In which  
May be found all things,  
Out of which all things come.  
Thus, the first of everything  
That may be visible in Earth,  
In Heaven, in Space,  
Is of that Light  
Is that Light*

**Edgar Cayce**

# Chapter One

## The human story

'Einstein showed that a human body contains enough energy trapped in its atoms to explode with a force of thirty of the largest thermo nuclear bombs'

From Bryson's A Short History of Nearly Everything

Everything is energy and comes from a divine source. There is a continuum of energy which vibrates at different frequencies from the most subtle dimensions to the physical world of matter. We too are made of this divine energy, some of which manifests as the physical body and some of which is vibrating at a different frequency, as part of the metaphysical dimensions.

As we go through our life, and lives, we have positive and negative experiences. While the positive experiences encourage us to radiate and express ourselves fully in the world, negative experiences initiate a withdrawing of energy. If the negative experience is intense enough, or if it is repeated enough times, our energy implodes and separates, and parts of us seem to shut down. In the place of radiance we have a fragmented energetic structure, which underpins and creates what happens to us in the physical dimension.

The intention is that if a part of us is shut down, it/we can't be hurt again. But although our system is trying to protect itself, and is therefore acting with entirely positive intent, the result is that we are not 'firing on all cylinders', we are 'not all here', and we are hurt by being less than we could be. Tension and struggle results.

And it is not just one part of us that shuts down. Over time at different stages of our lives, more of our energy splits off and becomes hidden, and each fragment covers itself with layers of protection. The result is that our energetic structure is like a multi-dimensional jigsaw puzzle which needs to be reunited so that it can radiate freely once again.

Sometimes we are conscious of what has hurt us in the past and we are aware that as a result we are shy, timid, fearful, self-conscious, lacking in confidence, lacking in self-esteem, unable to commit to a relationship, or that we compensate by over-eating, smoking, taking drugs, or

by being loud, aggressive, naughty, or whatever. More often we just assume that that is 'how we are' as part of our genetic inheritance without considering our deeper 'energetic inheritance'.

You do not have to have suffered serious abuse for this fragmentation to occur. If you've been born and had a childhood, then you've been affected, the question is just one of degree. And because everyone is in the same boat, there is unconscious collusion between us. A certain level of not-coping is considered normal and acceptable, it can even be seen as attractive by some – or reassuring, since we seem to be doing quite well in comparison with other people. But this syndrome is leading to dysfunctional individuals in a dysfunctional society, where more and more people are quite obviously yearning for what they don't have and they are acting out their unhappiness and suffering. The external universe mirrors the internal.

In days gone by you were just expected to get on with it. 'You've made your bed, now lie in it.' 'Pull your socks up.' Now some of us are aware that we need help. More and more are turning to therapists of various kinds, the self-help books are leaping off bookstore shelves, and the 'mind, body, spirit' section grows ever larger. Others are so overwhelmed that they have given up all sense of responsibility for themselves and look to the state or charities or litigation payments to bale them out.

The message of this book is that it doesn't have to be like this. There is a better way. The RAPSI approach is not only for people who know there is something wrong in their lives and are taking personal responsibility to resolve their issues, it is also for those who are materially successful and who want to achieve more, want to be whole. You do not have to have broken down before you set out on your inner journey, a journey which we believe all of us needs to take if we want to grow and evolve.

You can do some of this with other therapies. Some of them take years. Some may result in dependence on the therapist. Some can be quite distressing as they involve reliving traumatic experiences, sometimes repeatedly. Some though are positive and faster and seem to work. You may have experienced some of them. Each may bring you a piece of the puzzle. What is important is to discover the underlying structure, the origin of the problem, the big picture.

So what are you still looking for? What is the missing piece – your missing peace about? What does the RAPSI process provide?

Simply put, RAPSI is going for perfection, your wholeness. The reason why people don't seem to reach perfection with so many other methods is that they are limited by belief systems – theirs and others'. They don't believe it's possible. We do. We are going for '10'. We want all of us to be 100 per cent integrated and radiating now.

In practice, RAPSI involves exploring, discovering and releasing the structure underpinning our limiting behaviour, including the parts that have been covered over, often with several layers of protection. Beneath this protection, what has invariably been covered is our innermost essence, our source which manifests as light. Enlightenment is not a mystical term, it is literally about releasing and embodying the light, able to be and expressing all of our light, being 'en-light-ened'. It is how we are when we are living fully as human beings in this material world, radiating light and source, being whole.

The dark spaces, 'black holes', in our internal universe may suck in energy from the outer world, including the energy of other people, or we might try to fill the void with distracting or harmful experiences in order to achieve a feeling of 'aliveness', however simulated and temporary it proves to be. Freeing the light from the inside fills one with the true satisfaction which comes from moving towards wholeness of being. It also frees one from the need to indulge in destructive behaviour. Being able to radiate fully and freely is what we believe we are on earth to achieve. We are here to be the best that we can be, and to contribute fully to the vast tapestry of life. We believe that perfection is both achievable and desirable.

Before you read on, focus on yourself for a moment. Take a deep breath, close your eyes and ask the question: 'On a scale of 1 to 10, where 10 is all of me, how much of me is present here, now, to radiate?'

Go with the number that pops into your mind.

## THE HUMAN STORY ILLUSTRATIONS TO FOLLOW

If it's anything other than 10 – and it's likely to be because you are already engaged in a search for personal development – ask yourself, 'Where's the rest of me?'

It seems that we are not only releasing energy which has been hidden since we were born, but that the fragmented energy pattern can be, and often is, created before birth, while we are in the womb. Mainstream science is now beginning to confirm that energy forms can and

do interact with other forms of energy. The foetus responds to energy from its mother, from her body, her thoughts, her emotions and from the world around her. These influences can result in aspects of the energy of the foetus withdrawing, fragmenting and/or going out of body and building up layers of protection even before birth. This is the story told over and over again by people exploring their energetic structure.

After many years of experience helping people to explore their internal universe using the RAPSI process, we believe that our energy, our light\* travels through different lifetimes. Whether or not this is 'true' and whether or not you 'believe' it, acting as if it's true allows trapped energy 'from past lives', 'from our ancestral line' or even from other people (alive and dead) to be released and to radiate fully now. There are many case studies in this book where people have spontaneously discovered past lives, so you can judge for yourself whether these are real experiences or whether they are metaphors – and whether it matters. What matters to us is that the client is working towards wholeness

# Chapter Two

## The RAPSI 5Rs

The basic process of a RAPSI session is the facilitator or therapist asking questions of you, the client, and you giving spontaneous answers – from ‘that part of you that knows’. The process as described here is totally oversimplified, but it gives an overview and a structure to the examples throughout the book.

### Context

We start by setting a context for the process. Why are you here (in this session/reading this book)? What has prompted you to take the next step on your journey of self discovery? What emotional and physical ‘problems’ and ‘challenges’ do you have? What are the major circumstances of your life so far which might be relevant – those that you know about consciously at this stage?\*

We also introduce the concept of energy and the fragmented energetic structure which underpins dis-ease and poor performance.

### Present State/Desired Outcome

We check with people what their Desired Outcome is, both their life goal and their specific goals for the session/s, and then ask them to assess their Present State – on a scale of 1 to 10 where 10 is their Desired Outcome, how close are they to 10?

There are five main stages to the RAPSI process which we have come to call ‘the 5 Rs’: Recognition, Relationship, Reconciliation, Release, Radiating. Although this is the basic sequence for the release of each hidden ‘pocket’ of energy, the process is rarely quite as straightforward. Often more than one part will make itself known during the process, which involves back-tracking, and then making sure eventually that all loose ends have been tied up – or, more properly, ‘untied’. However the basic sequence is as follows:

### Recognition

\*If you want to answer some of these questions for yourself, go to the Wholeness Programme of exercises which starts on page 143.



On the assumption that you, as an energetic structure, are by definition fragmented, the first step is to become aware of the structure. There are lots of ways this structure and its parts make themselves known (see 'Ways In' on page 39). Once located, we enable the parts to become tangible as the client sees them (using inner vision) and acknowledges them. There seems to be a natural sequence here – we start by healing those parts of the structure which present themselves first, and as soon as one part is released, the next will surely make itself known!

Let go of any preconceived notions you have intellectually about the reasons for your current situation. If you could have solved this situation by reason, we assume you would have done it by now. We are working at a different level from reason – although after the experience, your intellect will also be satisfied.

Notice the actual words you use when describing your context, issues and desires. Notice any feelings in your body. Make contact with the words or the feelings by making them tangible – putting one part in one hand and the 'opposing part' on the other (literally, 'on the one hand I feel ... but on the other hand I feel the opposite'). Make the words/feelings visible by discovering their attributes: What colour is it? What might its name be? It may well be coming from an earlier time in your life, so ask it how long it has been there. How old were you when it came into being? How does it feel?

#### Relationship

As soon as a particular energy fragment becomes tangible, build a relationship with it. Say 'hello'. Always thank it for being there. (All parts of you are there for and with a purpose, doing the best job they can to help them protect the system.) Ask what its job, function or purpose is. If it doesn't know, ask whether it has a job. What is its positive intention? How long has it been there? Give it options if it doesn't know or doesn't 'answer' immediately. Since you were an adult or when you were a child? Before or after birth?

Go beyond what you first see. Use x-ray vision to scan, look inside or see through this part, to find anything hidden beyond it. Make a relationship with anything you find. Ask it how it feels about its role. If you get stuck, try taking a bird's eye view to give perspective or shortcut the process. Build relationships with any parts you meet.

#### Reconciliation

Check whether parts of the structure know about each other. Introduce them to one another. Facilitate negotiations between parts which seem to be in opposition. Ask them whether they know you, who is presumably, but not always, the adult person on the journey. If necessary tell them the date now and update them on your adult life and desires.

Keep looking through the parts, which are typically layers of protection which you meet one after another. Form a relationship and reconcile each layer with yourself and other layers, until eventually you find source, the pure light, where you need go no further. Have source see the body as its final home and see the rest of the light in the body (and beyond) and bridge the separation between them.

#### Release

With your intention, help the light shine through, dissolving each layer back into the light as it comes through, integrating it/you into 'you' so that all the energy is fully available to you. As you release light, you may find more parts of your structure, with which you need to build a relationship as before ... until you find the light within them which can also be released.

#### Radiating

Let your light radiate fully through you, into every cell and fibre of your being, including beyond your skin, releasing any other pockets of held light, so that you are radiating out into the world, into the universe, fully able to express your true nature.

If you think this sounds too simple, you're right. People don't usually work quite this neatly. We are complex energetic systems and we are each unique, having evolved from our unique experiences, often over many lifetimes. This is reflected in the process, where some parts may be released and reintegrated bringing resolution to the stated issue, while other parts make themselves known and lead off in seemingly new directions. Sometimes the process is almost instantaneous. At others there can be a fairly convoluted process of discovering parts within parts, parts blocking the discovery of other parts, parts resisting the process (ie by doing their protective jobs) ... as many variations as there are people. Throughout all of this it is the job of the facilitator to keep track of the different layers and dimensions being explored to make sure they are all given the opportunity to be integrated, as well as to watch and listen closely to aid the exploration of what is not being expressed overtly. The diagram is still oversimplified, but at least it gives the idea that there may be quite a lot of doubling back before reaching a clear sense of resolution.

Recognition

Relationship

Reconciliation

Release

Radiating