



How to Heal the Trauma of an  
Abusive Relationship  
You're Not To Blame and It's Not Your Fault

# How to Heal the Trauma of an Abusive Relationship

You're Not To Blame and It's Not Your Fault

By GP Walsh

Published by OM School Inc.


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OM SCHOOL  
LOOK CLOSER. FIND HAPPINESS

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*"Here bring your wounded hearts,  
Here tell your anguish;  
Earth has no sorrow  
That Heaven cannot heal."  
- Thomas Moore*

*"There is no wound so deep that  
love cannot restore the heart to  
wholeness." - GP Walsh*

## THE FIRST RELATIONSHIP

**A**s a long time spiritual teacher and energy healer I have heard the worst stories you can imagine, of the most unthinkable cruelty we humans are capable of inflicting on one another.

People come to me for healing. They want to find some happiness. Oftentimes, that is something they have never really ever known.

I will spare you the details of these horror stories. From childhood neglect and unthinkable torment to emotional degradation and domestic violence, the tales assault the moral sensibilities of any felling person.

There are many varied aspects to the cause and the effect of these experiences in one's

life. In this little book thought, I want to focus on one aspect of it. That aspect is the first thing that must be addressed in order for any real healing to take place. And that aspect is...

### **The victim always blames themselves**

This is a recurring theme and it has its origin in the first relationships we all have, the relationship with our parents.

There is a simple fact that must be understood in order to truly grasp the kind of damage that is done by these experiences, and thus, by extension, the means to mend that damage.

You see, any sign of neglect, diminishment, belittlement, disinterest or any or the myriad forms that it may take, from the most mild dismissal to the most ugly abuse, it is inevitably taken personally by the child.

The little one cannot fathom parents being anything other than perfect. They are literal gods which hold in their hands the entire life of the powerless and infinitely vulnerable child.

And so, no matter what the parents do, "It is my fault" will be the conclusion drawn. This is a conclusion that is not in the mind but in the nervous system. More on that in a minute.

Parents have an impossible job. How does one become conscious enough to discipline the child, keep them from harm and prepare them for life, without imparting any sense of unworthiness or unlovable-ness. In other words, without inducing a sense of toxic shame in the helpless and dependent little on.

In order for that to happen, the parents must get beyond that in themselves. Raising

children and working towards conscious being are inseparable.

I could go on about how to stop the cycle of abuse before it gets started but most of my career as a teacher and healer has been dealing with it after it has already happened and is repeating itself in adult life.



## ORIGINAL SIN, IN THE BACK DOOR

**T**he whole law of attraction thing did not help matters. People, already beating themselves senseless for getting into the same situation time after time, could now embrace their guile on a whole new level. "You are attracting this into your life."

This is original sin, in the back door.

Once, I even heard a disembodied voice, speaking through a channel, explaining how it was the baby's vibration attracting the abuse. What a horrific and offensive idiocy.

I guess the dinosaurs attracted that meteor that put an end to their 50 million year reign (and opened the door for little furry things to eventually become us, I might add.)

There are emotional vampires who can smell that deep shame a mile away. Charming at first, they butter you up with compliments galore. But soon, they will be undermining your confidence, gaslighting and pushing that guilt button, playing you like a violin.

So how do you get over the trauma from an abusive relationship? I always start at the same place.

***"It is not your fault."***

For me this is an established fact. But for most, exactly the opposite is the unconscious assumption.

As the facilitator of healing, I am holding that truth of your faultlessness in myself. I never say that to the one I'm working with as a statement.. Instead, when the time is

right, I put it as a question, “*What if*, it’s not your fault?”

Just saying it, without first preparing the nervous system to receive it, would have zero healing effect. It may even have exactly the opposite of the desired effect. Even if the conscious mind could believe it, the traumatized energy, buried deep in the body is ***convinced*** otherwise.

So let me outline the process I go through when healing this deep aspect of shame. It is simple but highly effective.

I call it Inner Reconciliation and it is a simple, yet profound, healing method. It consists of three parts.

- Step 1: Invite
- Step 2: Inquire
- Step 3: Integrate

## STEP 1: INVITE

**T**he healer recognizes that none of this was a personal choice but was conditioned habits, buried in the body, that were programmed into the person through no fault of their own and without any participation on their part.

In other words, ***they are completely innocent.*** Holding that inner space, the healer becomes the enlightened witness to that Original Innocence.

They are creating a loving environment where any and all feelings are INVITED to come up and express themselves, with no fear of negative consequences.

They **validate** the person's experience which, although they know was wrong, they can't validate for themselves. This is partially

because they feel it was their fault, but we will get to that.

So the healer is literally INVITING the truth of the experience to come up and be acknowledged. And, in this loving, witnessing atmosphere, it does.

This inviting space, felt by the nervous system starts bringing up emotions, memories, reactions and often very strong emotions; anger, rage, hatred, resentment, bitterness, but also embarrassment, deep sadness and grief for what is lost.

But, most importantly, there is a sense of relief, a sense of being seen and acknowledged. This is the space in which the deep healing will happen.

Mind you this can take some time. The energy system has been so conditioned to expect more pain and punishment, it will be

slow to accept that a loving, accepting environment actually exists.

It is just like saving a rescue dog. It is slow to trust. But as that loving environment becomes consistent, so does the trust. It is then that you can open the door to an even deeper energy exploration.

## STEP 2: INQUIRE

**I**NQUIRING is the art of asking a question and then really listening. It is subtle and does take some time to master but it follows a very important pattern that, if adhered to will get results, even if you are very new at it.

It's an inquiry, not an affirmation, so it is ***always*** in the form of a question.

I emphasize ALWAYS because, the moment you assert anything that contradicts a deep energetic assumption, the defenses go up and the rescue dog runs off to hide.

In the INQUIRE stage there is never an affirmation. There are only questions.

- What are you feeling right now?

- When he/she did that, how did you feel?

There is always an emphasis on the feeling, keeping the attention anchored in the body and out of the mind's ideas about what is being felt, which are always distorted in some way.

It doesn't take that long to be able to get to the questions that start to bring about healing, which are:

- What if it wasn't your fault?
- What if you didn't deserve that
- What if you didn't attract that to yourself?
- What if you are lovable?
- What if it was them that was to blame and not you?
- Would that be OK?



The defensive mechanism of the nervous system (the most powerful of all the mechanisms) is stuck in the assumption that it was the suffering person's fault.

So, using questions, we engage in an INQUIRY that makes it safe for the traumatized energy to question those debilitating assumptions.

You can't convince it. It has to see it for itself. You can't tell the rescue dog it's safe. You have to make it truly safe and let the wounded animal discover that for itself.

Again I emphasize, INQUIRY is an art. The question gets formed in direct response to whatever rises to the surface as you are INVITING.

Just keep that loving, allowing space of inviting as a solid container of safety and

you will get measurable and reproducible results... sometimes even miraculous.

## STEP 3: INTEGRATE

**G**reat news, this is the easiest part of all. When the water comes out of the ground in the mountain, it doesn't need a GPS to find the ocean. It knows where to go.

The human nervous system is a miraculous mechanism of pure adaptability. Like water takes the shape of whatever you put it in, even so the energy system takes the shape of the container it finds itself in.

If container that is an oppressive, abusive environment, it will adopt a defensive posture and go into hiding. If however it is a loving, INVITING environment, an environment where, when an INQUIRY is made, there is a genuine welcoming of the

answer, it will adapt to that and naturally enter into a self-expressive posture.

When the abusive environment, and the self-blame that remains as a deep presumption, shifts to a loving one, the natural adaptive capacity of the system takes over. INTEGRATION is effortless, it just happens.

Why? Because that is the nature of life itself. From the outside we call that healing, but in fact, it is a return to what is, in reality, the natural state.

## INNER RECONCILIATION

**I** call this process of Invite, Inquire, Integrate, Inner Reconciliation. You are not fixing, repairing, reframing or transcending anything. You are ***reconciling***.

To reconcile means to:

- Restore to friendship or harmony
- Win over to friendliness; cause to become amicable (to reconcile hostile persons)
- Resolve or settle differences (a quarrel, dispute, etc.).
- Bring into agreement or harmony
- Make compatible or consistent
- Reconsecrate (something that has been desecrated)

We are not really fixing anything. Why? Because nothing was ever really broken. You never were to blame and so you don't need to find a way to become blameless. Instead, we are being vindicated of all wrongdoing.

You have been found innocent.

And so I say that...

### **Inner Reconciliation reawakens you to your Original Innocence**

This is a process that I developed over the last couple of decades and I have found it to be the most effective way of treating even the most severe of traumas. It consistently brings about an alleviation of suffering and eventually a total transformation.

I have adopted different kinds of healing modalities, like meditation, meridian tapping, body awareness, archetypes, voice

dialog and many others, but always within the context of restoring and reconsecrating what has always been true about you. Namely, it was not your fault and you are not broken.

## WRAP IT UP

**F**or a moment just imagine that all the guilt, shame, self-denial, self-hatred and blame was just gone.

- No more need for self-fixing
- No more self-improvement
- You are done
- You have passed
- All your efforts have come to fruition
- You are now spotless, pure, without blemish

What would that feel like?

Stop for a moment and try to imagine that.

What would it feel like to wake up in the morning and everything was just alright? No self-improvement exercises on the to do list.



It's not an impossible dream. In fact, as difficult as it may seem to accept, it is what is already true about you.

We just need to remove everything isn't you and bring you back to yourself, to the pure, pristine, original, blameless, innocent you, where all the gods, angels and divine beings will be there to welcome you home.

# Video of the This eBook

This little ebook was based on an episode of GP's weekly video/podcast.

Along with the co-founder and CEO of OM School, Lisa Berry asking questions as well as fielding questions from the viewers, there is a deep yet practical exploration of this significant and very misunderstood subject.

Just click on the picture below and watch the full episode on GP's YouTube Channel.



## ABOUT OM SCHOOL

*The mission of the OM School is to facilitate  
a new personal understanding of oneself  
through concrete lessons and an immersion  
in practice that creates healing experiences  
through spiritual illumination*

**G**P is a prolific writer and course creator. People are often amazed at the sheer volume of his output. He needed a place to house and distribute this large volume of work. This led to the founding of OM School with his producer, his student and now his business partner, Lisa Berry.

OM School is GP's online teaching platform. Here you will find dozens of courses, workshops, live events, meditations and books. All of his courses are always in response to the needs of his students. So his programs are always fresh, relevant and timely.

The flagship course series is called Inner Reconciliation™ and in that collection he covers in depth the whole nature of his way of not only revealing your trues self but also also how to heal numerous emotional, psychological and physical ailments.



**OM SCHOOL**  
LOOK CLOSER, FIND HAPPINESS

The motto of OM School is ***Look Closer ~ Find Happiness*** and that sums up its purpose which is a direct reflection of GP's extraordinary life.

Come visit us at [OMSchool.ca](https://OMSchool.ca), where you will not only find all his courses but you can also get help from GP's team. We have skilled counselors to help you choose the courses that are best

suiting for you. We also can give you referrals to facilitators that have been trained by GP or book a private session with GP himself.

Whenever you may be on your spiritual journey, GP is able to guide and encourage you on the path he himself has walked and now teaches to others.

May all beings in the universe end suffering and be happy.

## ABOUT THE AUTHOR

**T**he son of a schizophrenic mother and an absent father, GP's earliest memory is being tied to his bed to keep him from wandering. The years of abuse, neglect and emotional deprivation were offset by a natural gift for and love of truth as well as an unquenchable curiosity about how it is that people really heal and awaken.



*“My experience as a child made the search for truth and healing more than philosophical curiosity. For me, it was a matter of life and death.”*

At the age of 19, he was on the verge of suicide, addicted to drugs and at the end his hope. At this dark moment, GP had an extraordinary spiritual experience that was so penetrating that, within a few months, his entire life had turned around. He refers to that day as his “Night on the Bridge,” where he experienced, as he puts it, “Original Innocence“.

Since then, he has spent his life learning, studying, researching, experimenting, practicing and creating practices that liberate the soul from unnecessary and self-imposed suffering.

Author, Speaker, Master Spiritual Teacher, GP Walsh is known as the Irreverent Sage who delivers a delightful mix of insight, divine inspiration and humor where wisdom meets earthiness to help people with their ongoing spiritual growth and inner transformation.

*“GP Walsh is a master spiritual teacher full of playfulness and compassion. He is a dynamic storyteller, and his message goes*

*beyond self-help to deep and lasting spiritual transformation.” - Marci Shimoff, Bestselling Author, Happy for No Reason.*

GP is a Master Spiritual Teacher as well as an Author, Speaker and EFT Expert who delivers a delightful mix of insight, divine inspiration and humor.

In him, wisdom meets earthiness to help people with their ongoing spiritual growth, transformation and inner healing.

Other works by GP include “The Tao of Allowing”, “Tapping on the Buddha”, “The Healing Power of Touch”, “The Chakras - Archetypes of Consciousness”, “Just Allow It”, “Your 4 Amazing Powers of Creation”, “The Healing of Shame” and many, many more.

You can find all about all of those by visiting his web site [OMSchool.ca](http://OMSchool.ca).