

Permission Slips for Transformation

I have used “Permission Slips” with my clients for many years as a tool for personal transformation and deep change at the inner child level. Permission Slips can be extremely and immediately effective in changing fundamental belief systems, paradigms, habits and behaviors. This tool addresses a particular part of our consciousness known as the “inner child, basic self, or the young one.” This aspect of our consciousness stays young, around five to ten years of age in its emotional development, depending upon the individual. No matter how old we are, the inner child remains the same age. But he or she can be trained and healed of patterns that no longer serve you.

Remember yourself at the age of eight for example; at that age, you needed to ask permission to do almost everything you wanted to do. The young ones wait for permission to be granted, even the rebellious ones, before being willing to change. We simply give them that permission with this tool for change.

Effective Permission Slips Are: (see next page for an example)

- Always, always in writing and address only one behavior or goal per slip.
- Simple in form and content and use the vocabulary a young person would use.
- They are fun to look at and short (if possible), if you can put stickers on them, use colorful paper and colored pens, anything that a child would enjoy. This kid-like format is not mandatory, just helpful.
- Always include your name, signature, and the date you started.
- To be read aloud as many times per day as possible until you notice the desired changes taking place. They are NOT to be read in a dull, trance like rote manner. Read them doing something different with your body each time you read them to wake up that nervous system and “inner kid.” Stand on one foot, read them in the shower, read them in a Mickey Mouse voice, flap your arms as you read it. Keep it fresh, keep it alive and awake! Read them with the intent to **lovingly help** your inner child allow change; no one likes to be forced to do anything.

I was working with a client who was at her wits end trying to quit smoking. She was not an addictive personality type in other aspects of her life. She had tried everything, including hypnosis, to stop this habit. She started working with a permission slip and, in only four days, she had quit cold turkey and never smoked or felt a craving again.

She explained that on the third night after reading her permission slip several times each day, she had one of those, “It-seemed-so-real” lucid dreams. She saw her inner little girl standing in the kitchen of her childhood home. Her hands were on her hips and she had a very angry look on her face! The little girl was screaming at her (her now grown up self), “But Mommy smoked!” She was devoted to her mother and a very good girl, and because she saw her mother doing this behavior, she *believed* that she must be a smoker too! This belief was so strong in her that it canceled out all her heroic actions to stop smoking for over twenty years. When given the authentic permission after a loving chat with her inner child self, my client witnessed in her lucid dream; the little girl threw down the cigarettes and stomp all over them. The little girl then said emphatically, “*I hate those smelly things!*”



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Example Permission Slip

Make it fun and appealing to your inner kid!



I, Jennavieve "JJ" Joshua, on this date, September 4, 2015, give myself full and happy permission to be **mightily strong** in every way! I give myself permission to be consistent in my strength training exercises and to only eat the food that makes me even stronger. I give myself permission to get stronger every day in every way and stay strong. I love being strong! I give myself permission to get stronger, more flexible, more loving and happier every day of my strong and happy precious life!

Signature

Date



After reading your permission slip properly, take three potent minutes to **deeply feel**, emotionally and physically, what it would be like to have already achieved this goal. Then spend another minute being grateful for it, **as if it has already happened!** This final technique will connect you beyond your subconscious mind, into the quantum field of all possibilities! This last "feeling" action will greatly magnify the effectiveness of giving yourself permission.



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