

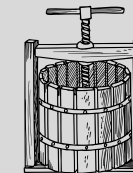
# KILOBY INQUIRIES: REPRESSION WORK



- **Map of Repression Work**
- **Supporting Documents:**

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*Appedix 2.* Regular Repression Inquiries  
*Appedix 3.* Vulnerability Inquiry Flow Chart  
*Appedix 4.* Vulnerability Inquiry Three Ways  
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# MAP OF REPRESSION WORK



## Possible pitfalls

### Shutdown

As you do the work, you might start to notice that you shutdown in relationships. When you notice the shutdown, use VI to pull you out of it. (Appendix 4)

### Identification with emotions

You might start to over identify with the emotions that rise as we come out of repression. Use VI to bring up and see the "I" thought. (Appendix 4)

### Emotional Energy Dysregulation

Dysregulation can happen as emotions come up. Use VI or other nervous system regulation techniques to release or regulate the emotional energies that stays in your body. (Appendix 4)

During or coming out of the repression work.

## Vulnerability Inquiry 3 Ways:

### 1.Repression.

- To help when in shutdown.
- As a regular Repression Inquiry.

### 2. When identified with an emotion.

### 3. To release emotional energy.

(Appendix 4)



Work with certified KI facilitators.

Watch the two repression inquiry videos. (Appendix 10)

## Daily Practice

Work on both doors each day.



**Resistance to feeling the contraction and pain.**

Detect the hidden resistance.

"I don't want to get rid of this"

"I don't want this to change"

(Appendix 1)



**Emotional Repression Work**



## Repression Inquiries:

- *Regular Repression Inquiry* (Appendix 2)
- *Rapid-Fire and Revving Up* (Appendix 5)
- *We-Space Inquiry* (Appendix 6)
- *Vulnerability Inquiry* (Appendix 3)
- *Stacking and Split the baby inquiries* (Appendix 7, 8)

As well as the above inquiries, carry on working with the following inquiries:

- *Deficiency Story Inquiry*
- *Trauma Inquiry*
- *Vulnerability Inquiry* (Appendix 3)

Narrow your inquiries down to a good and effective set that work with contraction and pain.

## Repression Commands

- Commands are running continuously behind the contraction and need to be discovered to be worked on skilfully. They are persistent and forceful, so work with them relentlessly, using tools such as Rapid-Fire inquiry.
- It is important to investigate if there is a resistance to the command itself. Work with tools such as metaphysical hands and stacking inquiry. (Appendix 9)

## DETECTING THE RESISTANCE TO CONTRACTION AND PAIN (*THE CARTESIAN SPLIT*)

RESTING WITH PAIN OR CONTRACTION  
KEEPS/CONTINUES THE RESISTENCE IN PLACE.

RESTING WITH IT IS NOT ACCEPTANCE.

YOU HAVE TO DETECT THE HIDDEN RESISTANCE.

Feel into the contraction or the pain and let it be.

Reverse Inquiry:

***“I don’t want to get rid of this”.***

***“I don’t want this to change”.***

See the objecting thoughts, might be more than one.

See the hidden thoughts.

## REGULAR REPRESSION INQUIRIES

REPRESSION INQUIRY IS ALL ABOUT REPETITION, RELENTLESS REPETITION.

COME BACK TO THIS INQUIRIES OVER AND OVER EVERYDAY FOR WEEKS OR MONTHS UNTIL YOU GET A “YES” OR A QUIETNESS.

1. Feel into the area where there is a contraction or pain and be present to it. Rest there.
2. Letting the sensation float freely, let it be exactly as it is in the open space, noticing the space around it.
3. Pull up mum and dad, or you might need to pull someone else up if the repression got started in a different relationship, but generally mum and dad are involved.
4. While you are feeling into that sensation in the body, say:  
***“I can feel and express \_\_\_\_ directly to them”***
  - If you don’t have a thought coming up, but the sensation is activated, ask:  
***“What does this sensation have to say?”***  
***“If it had a voice what would it say?”***
  - If a picture/image comes up, ask:  
***“What does this picture/image mean about me?”***
  - Sometimes you may just get a thought that comes up and says “No”. Be with the “No”, so you can translate it into what it is really saying:  
***“No, I can’t express \_\_\_\_”***  
***“No, I can’t feel \_\_\_\_”***
5. Be with the words, let it be there.
6. Feel into the sensation while you are staying awake to the words that came up. Rest with that. Let that be.
7. By allowing the words to be there it may start to fall away slowly.  
If that is happening stay with it all the way until it disappears.  
If the words are sticky, use tools such as tracing.  
Key on this level is welcoming, you will naturally resist the thoughts, see if you can make it stay by looking at it.

8. When it falls away, take three deep breaths. Fully stop. Pure awareness. The thought is gone. Recognize your true nature for one moment.
9. Contraction or pain will likely still be there, let it be there.
10. Repeat steps 1-3.
11. Repeat step 4 but change the inquiry to:  
***"It was safe to feel \_\_\_\_"***
12. Repeat steps 5-8.
13. Repeat steps 1-3.
14. Repeat step 4 but change the inquiry to:  
***"It was safe to express \_\_\_\_ to mum and dad"***
15. Repeat steps 5-8.

Notes:

- You will get a lot of "No"s, different version of "No"s, but keep going, keep bringing it up.
- Some thoughts take a while to resolve because it is a strong mechanism, it is repression, you will need infinite patience as you allow it.

## VULNERABILITY INQUIRIES FLOW CHART

**Anger** is up - hides vulnerability etc. - look at the person that provoked anger, feel in body.

Use the following one at a time:

- Vulnerability Inquiry: *I am not angry.* (words, pictures feelings come up, allow, open, welcome - as regular KI)
- Utility Inquiry (UI): *I don't get anything out of getting angry.* (words, pictures feelings come up, allow, open, welcome - as regular KI)
- Repression Inquiry (ReprI): *I can feel and express anger directly to that person.* (words, pictures feelings come up, allow, open, welcome - as regular KI)

**Fear** is up - under anger - look at the person that provoked fear, feel in body.

Use the following one at a time:

- Vulnerability Inquiry: *I am not afraid.* (words, pictures feelings come up, allow, open, welcome - as regular KI)
- Utility Inquiry (UI): *What do I get out of feeling afraid?* (words, pictures feelings come up, allow, open, welcome - as regular KI)
- Repression Inquiry (ReprI): *I can feel and express fear directly to that person.* (words, pictures feelings come up, allow, open, welcome - as regular KI)

**Sadness or hurt** is up - under fear - look at the person that provoked hurt, sadness, feel in body.

Use the following one at a time:

- Vulnerability Inquiry: *I am not hurt.* (words, pictures feelings come up, allow, open, welcome - as regular KI)
- Utility Inquiry (UI): *I don't get anything out of feeling hurt?* (words, pictures feelings come up, allow, open, welcome - as regular KI)
- Repression Inquiry (ReprI): *I can feel and express my sadness (or hurt) directly to that person.* (words, pictures feelings come up, allow, open, welcome - as regular KI)

**Shame** is up - under hurt - look at the person that provoked shame, feel in body.

Use the following one at a time:

- Vulnerability Inquiry: *I am not ashamed.* (words, pictures feelings come up, allow, open, welcome - as regular KI)
- Utility Inquiry (UI): *I don't get anything out of feeling ashamed?* (words, pictures feelings come up, allow, open, welcome - as regular KI)
- Repression Inquiry (ReprI): *I can feel and express my shame directly to that person.* (words, pictures feelings come up, allow, open, welcome - as regular KI)

**Guilt** is up - under hurt - look at the person that provoked guilt, feel in body.

Use the following one at a time:

- Vulnerability Inquiry: *I am not guilty.* (words, pictures feelings come up, allow, open, welcome - as regular KI)
- Utility Inquiry (UI): *I don't get anything out of feeling guilty?* (words, pictures feelings come up, allow, open, welcome - as regular KI)

- Repression Inquiry (ReprI): *I can feel and express my guilt directly to that person.* (words, pictures feelings come up, allow, open, welcome - as regular KI)

**Vulnerability** - under all emotions - look at the person.

Use the following one at a time:

- Vulnerability Inquiry: *I can be vulnerable to them.* (words, pictures feelings come up, allow, open, welcome - as regular KI)
- Utility Inquiry (UI): *I don't get anything out of not being vulnerable?* (words, pictures feelings come up, allow, open, welcome - as regular KI)



## THREE DIFFERENT WAYS TO USE VULNERABILITY INQUIRIES.

### 1. REPRESSION

- When not fully conscious of the anger that might be shutting you down.
- Anger is there but don't know how to feel or how it feels (because of repression).
- To acknowledge that the anger is there.
- To really see the thought *"I'm angry"*.
- To use as a Repression Inquiry itself regularly (even when not in shutdown).

Note: Changing terminologies can help, from anger to e.g. rage, hate, frustration.

### 2. WHEN IDENTIFIED WITH ANGER (BUT NOT SEEING THE "I" THOUGHT).

- To see the *"I"* thought, to acknowledge that *"I"* thought is there when the anger is coming up (when you are angry!).
- During or after repression work, the anger starts to rise, and it is identified by the *"I"*, but you don't see the *"I"*.

Note: May be useful in the middle of an argument, you are angry, but you don't see the *"I"* thought.

### 3. TO RELEASE EMOTIONAL ENERGY.

- To release the emotional energy that stays (not moving through) in the body during/after repression work/session.
- To regulate the energy that is coming up or staying around.

Note: Ask the energy to find out what emotion it is, it might be something different from what has been worked on (not necessarily anger if working on anger).

*This document uses anger as example however it applies to all repressed emotions.*

## RAPID FIRE FOR REPRESSION INQUIRIES.

*Active stories (repression commands) are running in the background continuously and they might be showing up as contractions and pains.*

FIND OUT WHAT YOUR REPRESSION COMMAND IS BY USING REPRESSION INQUIRIES AND THEN USE RAPID FIRE.

1. Feel into the energy in your body and say, *"I can feel and express anger to..."*.
2. Rev up the "No" by saying, for example, *"Yes, I can get really pissed at...!", "I can say whatever I want to and get angry at...!"* and/or *"I can always get really aggressive to...!"*
3. Keep arguing with the aspect "No!" by saying the opposite, let the "No!" repeat back to you as you rev it up.
4. Look for the words that respond back when arguing and re-feel those words.
5. If the command is *"(I need to) Hold back!"*, then you can keep arguing with it by saying *"I don't have to hold back"* repeatedly.
6. Now the command should repeat itself. Hear it repeating.
7. Allow it fully and observe.
8. Let this happen and watch from awareness until the command slows down or have more space between words.
9. Let the energy and command settle completely, and finally let them fall into silence.
10. After the energies and the words have settled down, it is important to rest, do nothing, just allowing and be in that space for a while.

Notes: If the command does not repeat very easily, you can say the command out loud, mean it when you say it, and keep repeating the words.

If the command does not wind down, you can change the words to something nonsensical like "hod bal".

Only do one round of this inquiry at first and let it settle. Wait for at least 24 hours to see how your system handles it before you start making this a regular practice to avoid overwhelm.

## WE-SPACE

"Our emotional shadows are our repressions"

Use the shadow principle to find an emotion or quality that you don't like- something you have a strong reaction to such as anger, sadness, fear, love, affection, arrogance, disrespect, shut-down, disconnection, sexuality, masculine, feminine, etc...

Use the following inquiries. Choose one person that brings up this shadow strongly in you and use that person throughout the inquiry process. Insert your shadow of choice in the blank space.

The process is energetic- observe reactions and objections to each inquiry on the level of body, mind(words/pictures), and emotion. Allow these energies to play out and soften within the space of awareness before moving on to the next inquiry.

***"They can feel and express \_\_\_\_ to me"***

***"I can feel and express \_\_\_\_ directly to them"***

***"We can feel and express \_\_\_\_ to each other"***

***"I love their \_\_\_\_"***

***"I love my \_\_\_\_"***

***"I love our \_\_\_\_"***

***"They are not \_\_\_\_"***

***"I'm not \_\_\_\_"***

***"We are not \_\_\_\_"***

***“It’s okay for \_\_\_\_ to be here in our relationship”***

Be curious and playful! You can include utility inquiry as needed when strong beliefs arise.

You can also play with stacking inquiries such as:

- *They’re not angry (RI) -> yes, they are angry (objection) -> visualize objection as words*
- *It’s okay for them to be angry (RI) -> no, it’s not okay because... (objection/belief) -> visualize objection as words*

Go through stacked inquiries using the other person, yourself, and the we-space.

## STACKING INQUIRIES.

IT IS REALLY USEFUL TO USE WITH VULNERABILITY INQUIRIES.

1. Vulnerability Inquiry: *"I'm not angry"*. > *"Yes!", "I am angry!"*.
2. While staying with that *"I"* thought.
3. Stacking Inquiry: *"It's OK to be angry"*. > *"No!", "It's not OK to be angry"*.
4. Let the energy of anger, and the thoughts *"I'm angry"* and *"It's not OK to be angry"* all be there as they are.
5. See and be with all if it (thoughts and energy) until settled or dissolved.

### Notes:

When the energy or emotions are overwhelming/strong, don't do stacking inquiries. Just do VI to regulate the energy and if the energy settles/calms then you can bring back the stacking inquiries.

Stacking inquiries can also be used to rev up the energy.

## SPLITTING THE BABY

IF THE UTILITY THOUGHT IS *"I HAVE TO REPRESS ANGER TO STAY SAFE"*.

THE THOUGHT CAN FEEL LIKE ONE THOUGHT.

1. Split the thought in to two, *"I can't get angry"* and *"I have to stay safe"*.
2. Bring the *"I can't get angry"* thought to your left-hand side in your mind.
3. Bring the *"I have to stay safe"* thought to your right-hand side in your mind.
4. Witness back and forth between the two thoughts, until they settle/dissolve.
5. Reverse inquire the utility *"I have to stay safe"*.
6. Carry on your inquiry.

## RESISTANCE TO REPRESSION COMMANDS

From the post “Major discovery in repression work (for me)” by Scott Kiloby.

“I’m nearing what looks like the end of any sign of repression. There are a few commands left. I experienced something quite interesting here at the end of this practice.

The Cartesian Split is not just a fancy saying. It kept healing out of reach for me. I wondered why, for almost two years, I would rest with the pain and there wouldn’t be any relief. In fact, it got worse. All that time, I wasn’t resting just with pain. I was resting with UNCONSCIOUS resistance which helped keep the pain here.

Sit quietly for a moment, and be present to an area of your body that is painful or contracted. With your mind fairly quiet, use this RI: ‘I don’t need to change or get rid of this’. Just take note of whether there is an objection, meaning whether there is evidence of unconscious resistance that you may not be aware of until you do that RI.

Ok, now put that RI down. I just wanted to see if you experience unconscious resistance also, to pain or contraction.

Without understanding the Cartesian Split, and without knowing why I was doing it, I remember that each time I would come down to feel the pain (after two years of not being with it skilfully), I would “make it stay” or use other somatic tools of ours that offer more than just rest. This is because in my default state, I wasn’t “resting with” the pain in acceptance. I didn’t put two and two together back then. I’m playing Monday morning quarterback now. But looking back, I must have known that just sitting quietly with the pain carried resistance with it.

That’s right, each time I came down to feel, I didn’t just feel or be present to it or rest. I felt into it with “can I make it stay” just be feeling it or I would use meta hands. These practices really, really helped dissolve the



pain. But as many of you are finding out, repression work takes a long time.

Here at the end of my repression work, I discovered not only unconscious resistance to the pain in the body but also the same resistance coming up with the repression commands. I would conjure up “hold back anger” and I could see that I was resisting or clinging to the command. I wasn’t resting with it even though my mind told me I was. I tested that out. While a command was up, I stacked the inquiry by saying “I don’t mind that this command is here.” There was a “yes I do mind.” That was the resistance.

Immediately I realized that all the time I had been doing repression work, there was major resistance to the commands. No wonder it took so long.

Instead, here at the end, each time a command comes up, I put metaphysical hands around the command and I try to hold the command - keep it here. This has allowed much more somatic movement and dissolution than I ever saw before while doing repression work.

My whole practice, then, if I were to start repression work again would be this.

Conjure up the command to “hold back” or use VI to say “I’m not angry.” In either case, when words arise, now that I can see the resistance, I would put hands around the words and see if I can make them stay. This actually feels like acceptance to me. Resting with sensation no longer feels like acceptance now that I’m aware of the unconscious resistance. And when I come down into the body, I would feel into the sensation and see if I can make it stay or use meta hands to make it stay.

This is by far the most skilful way to do repression work FOR ME.

This applies only when I’m working with pain or contraction via repression/trauma work. It works wherever there is a command. Join me in next week’s meetings to discuss whether you are experiencing

resistance that is slowing you down.

The practice is: put the command in meta hands and see if you can hold onto it or make it stay. Same with sensations. Meta hands and make it stay.”

- Scott Kiloby

## VIDEOS AND KI MEMBERSHIP WEBSITE

IT IS IMPORTANT TO WATCH THESE TWO VIDEOS THAT ARE AVAILABLE ON THE KI MEMBERSHIP WEBSITE BEFORE YOU START THE REPRESSION WORK.

- Chronic Pain/Contraction – An Experiential Guide to KI Repression and Trauma work:

<https://members.kiloby.com/c/repression-chronic-pain/chronic-pain-contraction-an-experiential-guide>

- A Map for KI Repression Work:

<https://members.kiloby.com/c/repression-chronic-pain/a-map-for-ki-repression-work>

There are many other useful videos and helpful posts in the #Repression/Chronic Pain area on the Membership website.

<https://members.kiloby.com/c/repression-chronic-pain/>