## Contents

THIS TYPEFACE is used to differentiate the chapters containing my personal story from those containing sections of the workbook and theory. Since the chapters all complement each other, it is recommended that the book be read in its entirety.

Foreword by Roy Martina	1
Foreword by Jean Thompson	8
Introduction	9
WHERE IT ALL BEGAN	13
Before you begin	18
The PresentChild exercise in the case of unpleasant behaviour	21
The Sensation exercise, pausing to reflect on your truth	28
A CHANGE OF TACK	30
Act according to what you know	3 3
PEACE OF MIND	38
Mirroring	41
Blind spots	45
Love or fear	49
THE SECRET CAVE	54
Wishing for what you really want	56
Learning to speak whole language	60
ONCE UPON A TIME	63
TREASURE FROM THE PAST	65
The PresentChild exercise in the case of good behaviour	67
COINCIDENCE OR CO-INCIDENCE	74
Invisible bonds	76
THE HEALING OF HIS BIRTH	81
MY REBIRTH	83
THE SOUL	86
Deeply connected yet individual paths	88
WHAT BLISS	91
FEMININITY	93
Sub personalities	96
THE GREAT SPIRIT	104
Novice and master	106
ON THE ROUNDABOUT	111
HIGH TIME	114
The PresentChild exercise when your child is ill	117

THE SPELL IS BROKEN	125
CHOOSING A MISSION IN LIFE	127
The relationship between parents	129
Family dynamics	141
THE BRIDGE IS BUILT	149
WITH LOVE	151
Insight or experience?	153
A CHILD IS BORN	155
Understanding children	161
MY LIFE IS MY ANSWER	165
A framework for the PresentChild Method	168
- Introduction	169
- Psychology: signals from the soul	171
-Philosophy	178
- Spirituality and religion	180
- Outposts of science	185
- Language and communication	189
- Other cultures	192
- Education and pedagogy	195
- In conclusion	198
Epilogue	199
Acknowledgements	201
Bibliography	204
Notes	206

<sup>&#</sup>x27;Roy Martina MD is a holistic doctor create optimal health and vitality maximum potential in an