



**MICHAEL JACKSON: 5 HEALING LESSONS THAT
CAN HEAL – OR SAVE - YOUR LIFE**

By Caryl Westmore, the “*Break-Free Fast*” Coach

© Copyright 2009 Caryl Westmore

ALL RIGHTS RESERVED. No part of this report may be reproduced or transmitted in any form whatsoever, electronic, or mechanical, including photocopying, recording, or by any informational storage or retrieval system without express written, dated and signed permission from the author.

DISCLAIMER AND/OR LEGAL NOTICES:

The information presented herein represents the view of the author as of the date of publication. Because of the rate with which conditions change, the author reserves the right to alter and update his opinion based on the new conditions. The report is for informational purposes only. While every attempt has been made to verify the information provided in this report, neither the author nor his affiliates/partners assume any responsibility for errors, inaccuracies or omissions. Any slights of people or organizations are unintentional. If advice concerning legal or related matters is needed, the services of a fully qualified professional should be sought. This report is not intended for use as a source of legal or accounting advice. You should be aware of any laws which govern business transactions or other business practices in your country and state.

**FEEL FREE TO SHARE THIS E-BOOK WITH YOUR
FRIENDS AND NETWORK**



YOUR COMMENTS ARE WELCOME



DIRECT MESSAGE (DM) ME AT TWITTER @Breakfreefast

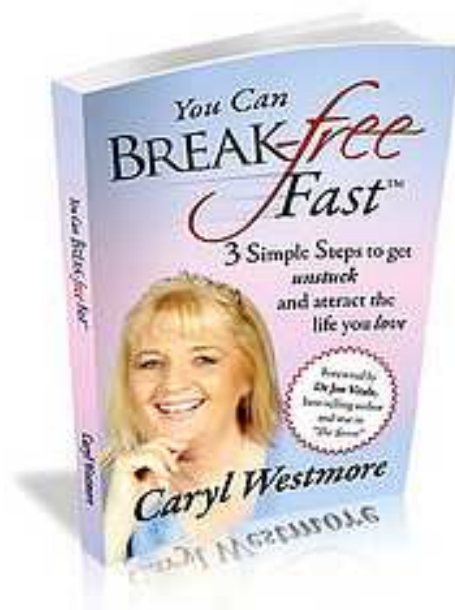
PLEASE RETWEET

www.BreakFreeFast.com

Hi there! I'm Caryl Westmore, the Break-Free Fast™ Coach and Writer.

Why did I write this **Michael Jackson: 5 Healing Lessons** report?

Because when you discover a secret that changes your life from despair to happiness, loneliness to love –you want to shout it from the roof-tops and help others to break free! Michael Jackson died in June 2009, the same month I published my book ***You Can Break-Free Fast - 3 Simple Steps to Get Unstuck and Attract the Life you Love***, now available on Amazon. I began to watch re-runs of his TV interviews and media reports and video clips of his songs. And the connection between my book and healing system and Jackson's lost and damaged childhood struck a nerve that kept inspiring me to write blogs and articles in a rush of compassion and understanding.



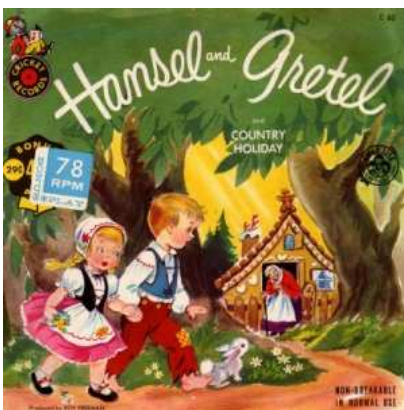
I've now compiled them together into this E-book. What's in here, plus the information I write about in my book are insights I wish I'd had to guide me when I was in my 30s and 40s and especially when I went through the hell of my own mid-life crisis when everything blew up in my face and I felt my life was over.

www.BreakFreeFast.com

INTRODUCTION

“We are all products of thousands of years of failed parenting... because the human species has not yet evolved to the point that it knows how to raise its young without injury.” Harville Hendrix

“We will never cure the epidemic of child abuse in the *outer world* until we stop abusing the Child in our *inner world*,” Lucia Capacchione, *Recovery of Your Inner Child*, Simon & Schuster, 1991.



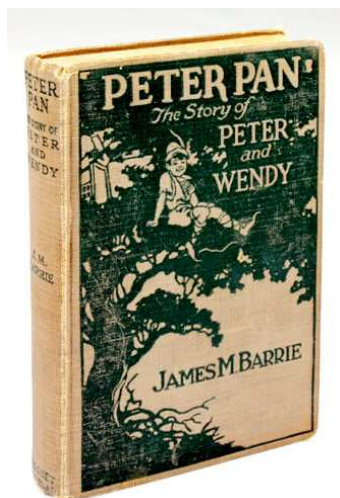
Myths & Fairytales: The Child Within

Harry Potter, Hansel and Gretel, Cinderella, Little Red Riding Hood - all of these have one thing in common - child heroes threatened by ogres and demons. In books and movies they hold our rapt attention.

Why do they tug at our heart-strings and have such universal “pulling power”? Because, as Psychologist Carl Jung and mythologist Joseph Campbell explain, all humans have one

thing in common - we start out life as vulnerable, dependent infants.

Whether you look at Greek or Roman mythology, religion, or fairytales, the “vulnerable child” is embedded in our universal unconscious. Deep inside we resonate with such helpless, misunderstood, threatened or abused children. We want to rescue them and take vicarious pleasure in their journey of recovery and overcoming the odds.



The Fantasy

Michael Jackson demonstrated a yearning to heal the world and make it a better place, especially for children. He expressed this longing in his fascination with Peter Pan, a character created by Scottish novelist and playwright J.M.Barrie (1860–1937).

A mischievous boy who can fly and magically refuses to grow up, Peter Pan spends his never-ending childhood adventuring

on the small fantasy island of Neverland.

Jackson created his own fantasy playground at Neverland Ranch to fulfill his heart-felt



longing to regain and reclaim his “lost childhood” which he frequently talked – and sang – about in his lifetime.

The Reality

Jackson’s planned concert come-back shortly before his death on June 25, 2009, aged 50, would no doubt have rocked the world, considering his innate brilliant talent and creative genius. Instead reports show he was almost broke, despite once having being a multi-millionaire (some say a billionaire). He was striving to make a come-back to rectify his situation – but from a place of low energy, painfully thin and addicted to massive doses of prescription drugs. Having

subjected himself to countless plastic surgery operations his face was ageing in a bizarre way with his nose crumbling, hampering the “the breath of life” flowing into him and forcing him to wear a false nose in public.



I get cold shivers when I think of Michael Jackson dying at 50 – the same age I “died” to my former self and am truly grateful that I was given a “second chance at life.”

Finding and rescuing my own Abandoned Inner Child - and then later as a coach and healer, helping clients to break free from their pain, has been my passion and a key theme in my life as I explain in my book “***You Can Break-Free Fast – 3 Simple Steps to Get Unstuck and Attract the life you Love.***”

www.BreakFreeFast.com

I identify with Michael Jackson in four main ways:

- We were both **Baby Boomers** – of the generation born after World War 11
- We both had **fathers** that made our childhood a living nightmare
- We were both what is now recognized as **Highly Sensitive People** with intuition, creativity and compassion for the vulnerable.
- We were drawn to addictions to mask our shame and pain and a feeling of being different as a result of our dysfunctional childhood.



ADDICTIONS

Any dependency is an addiction – and who of us does not have some addiction?

Consider these, all fuelled by our consumer society and often part of our social activities: food, sugar, chocolate, alcohol, coffee, cigarettes, marijuana, cocaine, prescription drugs, pornography, sex, relationships, shopping, television, videos, computers, internet, Twitter, Facebook, extreme sports, accumulating money,

spending money - so many inexhaustible sensations and stimulations in the world.

An addiction is an attempt to find happiness, peace, love, enchantment outside ourselves. This can't ever happen – but we don't know where else to look or we're too lazy or addicted to look elsewhere. The trouble with addictions is that they cause progressive damage as we continue to indulge. We need more and more to satisfy our needs. In the end, one way or another they kill – kill our bodies and minds and smother our ability to access the happiness, peace, joy, love and enchantment which are only ever found inside us.



Michael Jackson: 5 Healing Lessons

*Note: In all of these healing tips there is reference to the “inner child” a concept coined by many self-help experts in the 1960s, 1970s and 1980s. Most note-worthy are authors John Bradshaw who wrote many books including **Healing the Shame that Binds** and Charles L. Whitfield, author of **Healing the Child Within**. Transactional Analysis, a term originated by psychiatrist Dr Eric Berne, and expanded in the book **I’m OK – You’re OK** by Dr Thomas A. Harris, explains it in a nutshell as follows:*

Imagine inside you are three parts or “selves”:

- **Parent Self** - who sets out the rules and regulations with “shoulds” and “oughts”.
- **Child Self** - who feels and reacts emotionally, irrationally
- **Adult Self** - who has the wisdom to think, make decisions and solve problems

All three parts co-exist and to lead a balanced, happy healthy life we need to ensure there is peace – not war – between Parent and Child with a caring wise Adult presiding.

HEALING LESSON #1

Heal YOU before you focus on healing OTHERS.



In his lifetime Michael Jackson often gave his heart and soul – and millions of dollars in donations – to helping charities focused on vulnerable children and to use his own words: “to heal the world.” This was indeed praiseworthy and yet it’s a known fact that people who become “addicted” to serving, saving and helping others – often at a cost to their own sanity and well being, are in fact “co-dependent” because they pay a high price by neglecting their own needs.

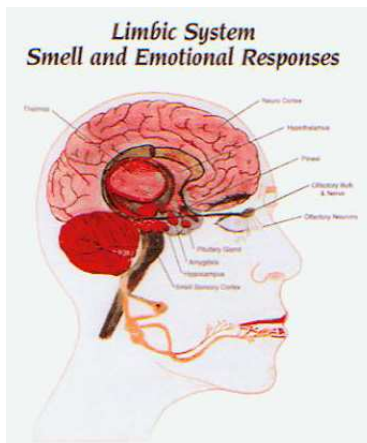
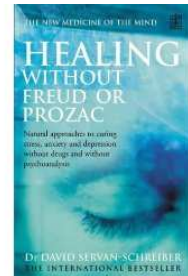
This is a common trait in children who were subjected to emotional or physical abuse or excessive control by their parents or care-givers while they were growing up. They go numb inside and stop feeling their true feelings.

In effect, they are suffering from “Post Traumatic Stress Syndrome” and unless they get the right kind of help to heal, they can become addicted to one or other substance such as, in Michael’s case, prescription drugs for pain and anxiety.

This addictive attempt to “numb out” can also be to an activity like gambling, shopping or reckless over-spending (despite earning millions in his lifetime, Jackson ended up virtually broke).

Over the years the addict needs more and more of the activity or substance to alleviate the original symptoms.

Alternative therapy based on ancient wisdom, including Chinese meridian energy healing is one approach that works well to heal traumatic memories. In Chapter 4 of my book “Your Brilliant Brain” I describe how psychiatrist Dr Servan-Schreiber, author of *Healing Without Freud or Prozac*, describes the workings of our two brains – the “thinking brain” and inside that, the “emotional brain” which stores intense events and memories.



The technique called “Tapping” or Emotional Freedom Techniques (EFT) is one tool which I use in my “Break-Free Fast” 3-step formula to release negative intensity of memories stored in the emotional brain.

In my book I give numerous case studies of clients who successfully sourced their addictive behavior to childhood pain or memories buried in their unconscious – and who then stopped being victims of their past.

If you – or someone close to you – are showing addictive symptoms, don’t wait until it’s too late – take action today to break free.

In the Healing Tip #2 I’ll share how your “inner child” is alive inside you and must be set free.

HEALING LESSON #2

Find the "frozen child within" and set him or her free.



Why? Because if you DON'T you risk that irrational, emotional child-part of you running – or ruining - your Adult life. Unconscious programs and beliefs set up before you are five to six years can hijack your life NOW...keeping you frustrated or in pain. Michael Jackson was clearly in deep pain (emotional and physical) by the time he died.

Having helped hundreds of clients to break free with the Break-Free Fast Formula and heal from substances or activities they felt helpless to stop, I can say that a single traumatic memory buried in the unconscious can set you up for failure and escalating addiction that can cripple or hijack your adult life, no matter how much **willpower** you summon.

In addition to fast clearing of the traumatic memory with a “break-free-aha”, I highly recommend ongoing support in the 12-step programs – such as Alcoholics Anonymous, Overeaters Anonymous and Narcotics Anonymous, as well as Co-Dependents Anonymous and Adult Children of Alcoholics (also for Adult Children from dysfunctional families). These 12-step fellowships are proven life-savers for millions of people and they offer free spiritual and emotional support that often works miracles.

www.BreakFreeFast.com

HEALING LESSON #3

Lovingly re-parent Your “Creative, Spontaneous Inner Child”



Michael Jackson said: "What we need to learn from children isn't childish".

We can take that to mean his genius and brilliance came from a creative spontaneous place inside. This will remain a legacy to the world, a staggering tribute to a soul born with breath-taking talent and gifts which he showered on the world. He loved pageantry, dramatic visuals and dance. His proposed come-back into the spotlight may have dazzled us yet again. But we will never know.

Painfully thin, his body ravaged by what some called an eating disorder, his addictions to prescription drugs out of

control, Jackson faced mid-life physically depleted of life-force and emotionally battered by financial wrangles and legal proceedings against him for child molestation, for which he was acquitted.

The wear and tear on the body and nervous system after times of high stress can take its toll unless you take extra pains to build it up again in a healthy way. Taking huge doses of prescription drugs as Jackson did is NOT the way to go.

Nurturing your body by choosing energizing whole foods rather than sugar, caffeine and junk food is a vital way to build up whole being as well as rewarding your “Creative Spontaneous Inner Child” with fun , laughter and play. Ignoring this vital source of inspiration, beauty and love can bring frustration, pain, and even early death.

HEALING TIP #4

Embrace your “Dark” Side

A month after Jackson died, the term most searched on Google about him was:

“How did Michael Jackson whiten his skin?”

Over the years in television interviews with Oprah, Barbara Walters and others, Jackson repeatedly denied he was having plastic surgery to change his skin color, face shape or nose. “It hurts to hear the lies,” he told Oprah. “I have a skin problem called vertiglio.”



Jackson also revealed in interviews how he was deeply scarred by taunts from his father and others that he had a “big nose” and suffered acute embarrassment as a teenager with acne.

Does his ongoing skin-whitening, face-changing, nose-sculpting obsession suggest attempts to escape his essential looks and “black” self? More likely it signifies attempts by his hurting Inner Child to obliterate the pain and humiliation of the past.

Our wounded self is our dark or shadow side, not because it is bad but because it lives in the darkness of fear and the heaviness of false beliefs instead of in the light of love and truth.

Jackson’s story reminds us to look within at our own “dark side” of denial and addictions. Addictions are merely a symptom of our repressed “shadow.”



In the Star Wars movie, *The Return of the Jedi*, the emperor, who was the epitome of darkness, was trying to get Luke to join the dark side. He knew if he could just get Luke angry enough or frightened enough, he would want to kill his father, Darth

Vader, and then the emperor would own Luke as he had owned Luke's father. The emperor knew that anger and fear were the doorways to darkness.

Debbie Ford in *The Dark Side of the Light Chasers* explains how, consciously or unconsciously, we hide and deny our “dark” sides, rejecting these aspects of our true natures rather than giving ourselves the freedom – and gift – to live authentic lives with all parts of us, dark and light, integrated into a more powerful persona.

When we recognize and reconcile with our rejected parts we find they have rich treasures and gifts to reveal to us. For instance perhaps the Lazy Lout part of you is just thirsting for the Workaholic Warrior you present to the world – to take a much needed break.



So embrace your dark side - the disowned parts of yourself – trusting that each aspect you hate or deny can either lead to ruin – or hold a gift of golden wisdom and insight to propel you forward to happiness, love and true wealth.

HEALING LESSON #5

The Gift of the “Highly Sensitive Person” (HSP)

Our society does not readily honor 20% of its population who are deemed “Highly Sensitive People” or HSPs.

Was Michael Jackson one?



Like many brilliantly creative and original people, Jackson displayed the characteristics of a Highly Sensitive Person (HSP). This trait, first pinpointed in the 1990s by Dr Elaine Aron in her best-selling books [The Highly Sensitive Person](#) and [The Highly Sensitive Child](#) is not a disorder but a combination of recognized “traits” that are applicable to one in five people. People with these traits are often deemed “gifted” but the downside is that they might grow up feeling “different” and not fitting in, especially if they have non-sensitive parents or teachers who belittle, bully or badger them about being daydreamers, shy or “too sensitive”.

Anyone can read between the lines when it comes to Jackson’s childhood and assume from his remarks that his domineering father fell into the latter bullying category.

Like many HSPs, Jackson showed a wonderful imagination, creativity and meticulous, conscientious dedication to his work. He once told Oprah he was intuitive – a sure clue that a person is Highly Sensitive. He was also caring and compassionate, artistic, aesthetic and appreciative of music and the arts, as are most HSPs.



Pearl S. Buck, (1892-1973), recipient of the Pulitzer Prize in 1932 and of the Nobel Prize in Literature in 1938, once referred to creatives as “abnormally, inhumanly sensitive”, something that could easily apply to Jackson:

"The truly **creative** mind in any field is no more than this: a human creature born abnormally, **inhumanly sensitive**...add to this cruelly delicate organism the overpowering necessity to create, create, create - so that without the creating of music or poetry or books or buildings or something of meaning, his very breath is cut off from him. He must create, must pour out creation. By some strange, unknown, inward urgency he is not really alive unless he is creating." Pearl Buck.

My Life as an HSP

It took me many years to discover there was a name “Highly Sensitive Person” for the acute sensitivity which colored my childhood, teens and adult years. Once you have a name for your experience and an understanding that you are not alone, you no longer fall into the trap of trying to please others and exhausting your resources in the process.

When lights are too bright, noise, music or people “too loud” or sights on TV or the movies too violent, you can stop and say NO! Protect your sensitive nervous system and you can be happy, peaceful and productive rather than frazzled and prey to addiction.

As a healer, I often help clients wracked by low self esteem, despair and rejection to break free and honor their birthright to be a Highly Sensitive Person instead of shameful outcasts. As children, they often suffered deeply from comments and gibes from care-givers, siblings and kids at school which shamed them into feeling inferior.

Painful experiences are felt more deeply by a sensitive person, especially as a child.

- Painful experiences lead to beliefs about who we are and what is possible for us in life.
- The tendency to replicate these beliefs and feelings and illnesses gets passed on down through the generations of a family.
- The fear of confronting the powerful feelings stops us from beginning a healing journey.

The [Break-Free Fast Formula](#) with EFT is a wonderful tool for sensitive people. It can focus right in on the experiences that have hurt us so deeply, and dissolve both the pain and the beliefs we came to have about ourselves as a result. The more specific we can be with our memories of hurt, the more likely it is that we will have good results.



TO SUM UP



Could Michael Jackson's inner demons have been healed – and his life saved?

Yes, I believe so - with the right guidance and therapeutic approach plus a willingness and trust on his part. The wonderful thing about emotional-energy tools like “tapping” is that you don't even have to believe they work – they work anyway, at any stage and with any issue. All you have to do is submit to the seemingly strange but simple ritual of tapping and talking while thinking of a problem in the way I describe in the “Break-Free Fast Formula.”

There is a saying in the self-help movement: “*Everyone* is guilty – but no one is to blame.” This means our parents were passing onto us the lessons and behaviors they learned growing up – many toxic and damaging. We have a choice to dig deep and heal the damage or risk staying “victims” of the past with progressive self-destruction and wasting of our “golden years” like Michael Jackson.

May Michael Jackson RIP.

Get free chapters of my book “You Can Break-Free Fast” at

<http://www.breakfreefast.com>



www.BreakFreeFast.com