

Are You Tired of Big Brother Living Inside Your Head?

An invitation from Ina Backbier, K.I. emotional repression inquiry trainer & mentor

Do you feel the weight of oppression, injustice, and control? The fight for freedom often seems external — against governments, media and corporations. But what if the true source of oppression lies within, rooted in emotional repression carried since childhood?

This is why even if you choose to ignore the politics, shrug off the establishment and focus on creating parallel systems, you may still suffer in other areas of your life. Perhaps you feel a sense of dread in your gut, a heaviness in your heart or a weight on your shoulders — as if Big Brother is always looking over your shoulder. It's because we are ignoring the "deep state" of unconscious programming controlling us from within.

We Are Our Own Worst Gaslighters

As children, we learned to censor emotions to stay connected to caregivers. "Be good." "Don't cry." "Be strong." These "safe and effective" commands taught us that expressing our feelings could lead to rejection or punishment. Over time, this survival mechanism became a lifelong bondage to emotional repression, keeping us "safe" in relationships but disconnected from ourselves and others.

I know this because I lived it. My name is Ina Backbier. For years, I poured myself into fighting

external injustices — working in international organizations, promoting sustainable energy and pushing for a more compassionate world. However, self-inquiry revealed that, in part, my noble pursuits were driven by buried hurt and anger. The injustice I'd experienced as a child — and the emotions I couldn't feel or express — stayed trapped in my body, showing up as contractions, chronic tension and eventually an autoimmune disease.

By facing my repressed emotions, I reclaimed my health, shifted toxic patterns and discovered true freedom — the ability to feel, express and live authentically.

End Your Self-Gaslighting One Self-Inquiry at a Time

This workshop is more than introspection about how Dad yelled at us for leaving our bike on the front lawn. It's an introduction to self-inquiry techniques based on modern science and ancient spiritual practices.

This approach will ignite a revolution against decades of emotional repression which is controlling, restricting and belittling you every hour of the day.

Stop giving your power away and dismantle the inner tyrant. Join me at the Inner Freedom Workshop and take the first step toward reclaiming your inner authority and true sovereignty.

See reverse for testimonials...



THE INNER FREEDOM WORKSHOP

THE
**PEOPLE'S
RESET
2025** MX

WITH INA BACKBIER AT
THE BEST WESTERN HOTEL
(ACTIVATION ROOM)

Part 1: Friday, January 31, 8:00-9:30 am
Part 2: Saturday, February 1, 8:00-9:30 am

“...come out of the prison of emotional repression...”



“Ina is one of the most earnest, intuitive and skilled mentors I've had the pleasure to have worked with. Her commitment to her own and others' deepening and freedom is apparent in every session. I'd highly recommend working with her to anyone looking to skillfully deprogram and **come out of the prison of emotional repression** and into their authentic selves again. Ina will take you there because she's gone there herself.”

—**Dan McLintock, co-developer of the Kiloby Inquiries (K.I.), Florida, USA**

“I particularly love working with Ina as she goes deep and also knows how to keep me there. I am so grateful for her support to help me break through where I am getting stuck.”

—**Lydia Meyssen, Belgium**



“Ina and the K.I. helped tremendously to stop escaping myself. The change has been profound: I no longer feel obligated to please others or let myself be taken advantage of. My connection with my wife is stronger than ever.”

—**David McLintock, US Navy (ret.), USA**

“As a K.I. mentor, Ina's skill is very apparent. She was highly adept at helping me bring my unconscious programs into awareness and gently guiding me where I was stuck or in avoidance. In a short space of time, I have gone from an 'I can't attitude' to an 'I can attitude.' Nothing seems insurmountable anymore.”

—**Caroline Oliver, UK**

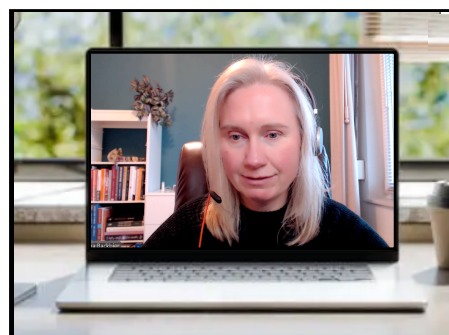
“I have the utmost respect for Ina, as she embodies self-inquiry. It's obvious that she's done the work and 'walks the walk.' Ina knows where to go and has the skill to help get you there.”

—**Deborah Salz, Certified Life Coach, Florida, USA**



“Free of any woo-woo, Ina's approach to uncovering subconscious programming made me aware of emotional chains I never knew existed.”

—**John C.A. Manley, author of All Humans Are Sleeping and Much Ado About Corona, Ontario, Canada**



Can't Attend The Inner Freedom Workshop?

Book a free virtual clarity session with Ina at:

kiloby.com/ina



KILOBY INQUIRIES

Ina Backbier is a certified mentor and trainer in the Kiloby Inquiries with backgrounds in transpersonal psychology and international project management. After a health crisis in 2013, she embarked on a healing journey that led her to deeply explore trauma and emotional repression. Through somatic inquiry tools, she's not only reversed long-buried emotional patterns but also discovered a joy and vitality which fuels her passion for helping others.