



**YOUR
INNER CHILD
JOURNEY**

Connect with your inner child

THE INNER CHILD JOURNEY

The journey of self healing starts with the most vulnerable part of you. Your Inner child. Your inner child represents the first original self that entered into this world. Your inner child contains the innate wisdom and ability to experience the wonder, joy, innocence, sensitivity, and playfulness of the reality that you reside in.

Inner child work can be seen as a process where you begin to connect, understand, embrace and eventually heal your inner child aspect of self. Yet the world today forces us to repress our inner child and "grow up." How many of us have had to seek refuge in growing up so fast that our childhood seems to be a blur?

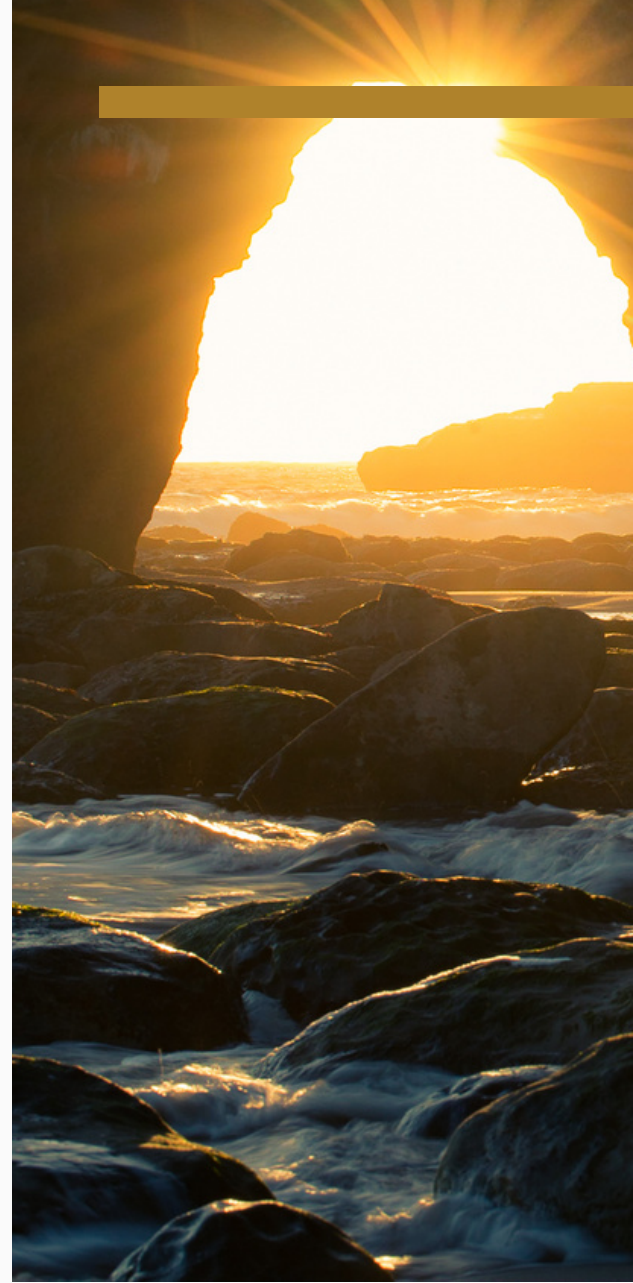
The truth is most of us as adults have physically aged and grown yet we have never met emotional, psychological and spiritual adulthood. This leaves us with a world filled with children stuck in adult bodies. And so we have so many repressed emotions such as fear, anger, self worth issues and underlying traumas that have been embedded in our bodies and subconscious minds for many years.

Cumulative psychological baggage is the result of not healing or allowing your inner child to voice/express itself. This results in us as "adults" to experience problems such as mental illnesses, physical ailments, and relationship dysfunction both with ourselves and others

.There is a complete separation from the innocence that was once us. This work is focused on reconnecting with that innocence, with that aspect of self. So that the baggage can be left on the side and you can take your inner child's hand, together exploring the mysteries of life

YOUR INNER CHILD NEEDS TO BE TREATED LIKE ANY OTHER CHILD. THESE PROCESSES CANNOT BE INTERROGATIVE, YET GENTLE, FILLED WITH PRESENCE AND AWARENESS OF THE SMALLEST SHIFTS. LOOK DEEPLY INTO ESTABLISHING SOME FORM OF UNDERSTANDING SO THAT THE RATIONAL MIND WORKS WITH YOU.

THE QUESTIONS BELOW WILL HELP START TO SEE THE SIMILARITIES THAT YOU BOTH SHARE.



"The cave that you fear holds the treasure that you see". A quote by Joseph Campbell.

- What qualities do you share with your inner child? You can frame it as the person you were as a child, aspects that carried through to now.
- What did you do as a child that brought you utmost joy?
- I challenge you to do something you used to do as a child today. Once you do it, journal about it, how you feel, what came up.
- If you could ask your inner child one question what would it be?
- What does fear mean to you?
- What did you fear as a child? And Why? Elaborate
- What do you fear today? And Why? Elaborate
- Am I able to simply sit with my core fears, understand them, befriend them and release them?
- What does forgiveness mean to me?
- How am I loving myself when I hold onto resentment, shame, guilt, anger, frustration? Go through each one.
- Am I serving myself when I do not forgive myself? How?

Tip

BE PATIENT AS YOU CONTINUE JOURNALING

1. Be Patient with yourself
2. Yes, this can be overwhelming, but like with any skill it takes time to master.
3. Sometimes frustration can arise, that is good, it is a sign that you are expanding
4. Even something as simple as journaling 20min a day on your thoughts and feelings can make radical shifts in your life
5. Don't forget to be compassionate, this is YOUR journey

HERE'S A GREAT VIDEO TO GAIN A DEEPER UNDERSTANDING OF THIS WORK



TOOLS

Steps to Forgiveness

- Find compassion - The best way to frame this is by imagining that the person that you are dealing with is a little kid. One that has NO IDEA on how to deal with their emotions, they are scared and fearful. This reframe can give you a lot of clarity.
- Make the Decision to Rather be Happy than be Right - This is applicable to a situation where you have someone that SHOULD HAVE done something, ie followed through on a promise, tipped a car guard etc. The question you can ask yourself is "What do I have to do or not do, or think or not think, right now, to be happy?"
- Lose YOUR Shit - Not going to sugar coat it. Go find a pillow, do the embodiment exercise except you just release the anger. Scream shout and get all that energy out so that you are super tired. Then if need be apply one of the above practices.

Mirror of Love

- I WOULD LIKE TO INVITE YOU TO STAND IN FRONT OF A MIRROR. LOOK YOURSELF IN THE EYE AND SAY " I LOVE YOU".
- IF THIS IS TOO DIFFICULT, YOU CAN SAY " I WISH I COULD LOVE YOU", THAT'S A START.
- NOTICE HOW YOUR BODY IS FEELING AT THIS MOMENT, ARE THERE ANY DENSITIES, AREAS OF DISCOMFORT? DOES YOUR VOICE CHOKE UP? DO YOU LOOK AWAY?
- THIS IS SO IMPORTANT, THE PRACTICE OF DEVELOPING LOVE OF SELF.

RIGHT NOW WE ARE JUST SHIFTING PERSPECTIVE AND UNCOVERING LAYERS SO THAT YOU CAN BEGIN TO SEE YOURSELF IN A DIFFERENT LIGHT

Listen to our Podcast



AFFIRMATION

With every breath I take, I am sending love, gratitude and healing to every single cell in my body. And So it is.

I release the belief that I will never recover from this!

I release fear

I release all my feelings of isolation!

I release grief

I release trauma

I release terror

I release any ways I feel guilty

I release any ways I feel responsible

I release worry

I release disgust

I release anxiety

I release all these feelings of being sick to my stomach

I release all these unrelenting, painful thoughts and emotions

I release all the tension and pain of holding on too tightly

I clear all the ways I feel I have been deceived

I release all my feelings of injustice, it's just not right or fair

I clear all the ways this should not have happened to me!

I clear all the ways I feel completely devastated

I clear all the ways I have nowhere to turn.

I clear all the ways I feel so alone

I clear all the ways I am completely crushed!

I clear all the ways I struggle just to find a little relief

I clear all the ways I am completely devastated

I clear all the ways my world has come crashing down

I clear all the ways nothing is as I thought it was

I clear the pain of having been lied to

I release all these feelings of helplessness

I release all these feelings of panic

I clear all the ways I feel vulnerable and unsupported!

I release the belief that I have lost everything

I release the belief that I am not safe in the world

I release all these feelings of loneliness and isolation

I release all these feelings of desperation

I clear all the ways I feel I have no one to turn to

I clear all the ways I dwell on painful memories

I clear all the ways this pain and torment just goes on and on

In this moment I have cleared my body, my cells, my mind, my energy system, all is being filled with divine light.

And so it is.

"TRAVELLER, THERE IS NO PATH.THE PATH MUST BE FORGED AS YOU WALK"

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