INNER CHILD HEALING

2023 Natalie Edwards
https://divinelotushealing.wixsite.com/divinelotus-coaching

All rights reserved.
The content within the workbook is provided for informational purposes only. Use of the content does not constitute health or medical intervention. It is merely a tool that can aid in maintaining health & wellness. If you are experiences concerns with your mental health, it is advisable to seek medical or therapeutic advice from a professional.

Please subscribe to Divine Lotus Coaching email list to receive free content & access to new materials.
Sign up now at: Divine Lotus Coaching.

CONTENTS

contents

1. Who is my inner child?
2. You deserve to heal
3. Meet your inner child
.... Meditation
....Write a letter
4. Re-parenting
5. Re-write your beliefs
.... Self-Talk
6. Adventures
7. Keeping on track
.... Journal Prompts
8. Affirmations
9. Personal notes

WHO'S MY INNER CHILD?

Saying Hello

You have an inner child.
I have an inner child.
We all do.

Your 'inner child' is the part of your subconscious that holds memories, emotions and beliefs from childhood, as well as your hopes and dreams for the future. Carl Jung first recognised the inner child as a unconscious sub-personality. This sub-personality manifests itself through our behaviours in our adult world. Some of these behaviours stem from the trauma, pain and emotional and psychological neglect we experienced as children. We try to protect ourselves from our suffering by burying these unresolved emotions deep within our unconscious mind.
Despite how well we bury them, they show up disguised as passive aggressiveness, fear of abandonment, addictions, anger and much more! Your inner child is like an anchor. When it feels unsafe, as adults we feel insecure, disconnected or disorganised in life. When our inner chid feels safe, our anchor is deeply rooted, We feel comfortable, confident and a sense of deep inner peace. Thich Nha says "Running away from our suffering doesn't end it, it prolongs it."

Here is a good place to start..

YOU DESERVE TO HEAL

You deserve to heal. You deserve peace and the freedom that comes with it. What you did not deserve was your trauma. Whatever that was for you, you did not deserve it. Every child deserves to be loved unconditionally. Loved without pain, judgement or shame. This was your basic right and to you i am sorry.

When we experience trauma as children, we attempt to understand the experience in a way our little brains can comprehend. We create beliefs such as 'i am not lovable.' Although this is far from the truth, it becomes so ingrained that it impacts every aspect of who we are. Working with your inner child allows you to find the root cause of your beliefs and learn to heal each one. Setting yourself free from the harmful story. Whilst we work on healing, we focus on love. We carry love for our inner child for carrying their trauma and surviving. We carry love for them because that is what they deserve.

We carry love for ourselves because it is what you deserve.

When using this pocketbook, work at your own pace.
It takes as long as it takes. The key here is just to spend time with your inner child and gain an understanding of what they and you need.

This book has been set for you to use over 5 days. Each day completing the activities, journaling what comes up for you and practicing your skills.

Call it ground zero for your own healing journey.

I hear you. I see you. You are safe.

MEETING MY INNER CHILD

Now you know who your inner child is, it's time to work on meeting them. Connecting to and building trust with your inner child can take time, stick with it. You deserve to heal. It is important to remember that communicating with your inner child, is not about right or wrong. It is not about judgement or guilt. Treat them with kindness and love, remember they are survivors but are also vulnerable.
A lot of people struggle with this part the most, attempting to connect with something you cannot see. Especially if you are new to healing, the idea can seem quite silly. It's okay to laugh at yourself, it's okay to feel like it's not for you. Just go with it.
Life isn't suppose to be boring all of the time right? So just enjoy it and lean into the silliness.

So let's say hello say we?
On the next page, you will find a meditation to help you meet your inner child. Even if you have never sat and attempted to meditate before, that's okay. Again, it's not meant to be hard. There is no right way to meditate, you are not trying to shut off your thoughts, just slow them down and observe.
Meditation is like a muscle, the more you use it, the easier it gets. Give it a go and see what happens for you.

MEETING MY INNER CHILD

Meditation

You can do this meditation for 10 minutes everyday.

Create a safe space where you will be free from distraction and get comfy. You can do this laying down or in a seated position. Before getting settled, make sure to move your body, stretch and move the energy through you. Once seated, take a few deep, long breaths, settling into the peace.

When you are ready, you are going to close your eyes and continue focusing on your breath. slowly in and out.
Feel your chest rise and fall naturally.

Imagine your childhood bedroom or place that is significant to you during that time. Don't force it, it will come to you.
Lean into the memory, seeing your younger self.
Going slowly, place yourself next to your child self.

What do they look like? Focus on their face, their body language. What are they saying?
Respond with positive phrases; 'Your'e safe, you're loved, I got you.'
If it feels right, hold them. Repeat your positive words, you are the adult they needed. That you needed.
Spend sometime just comforting them, talking to them. Holding a safe space.
Be here as long as you need to be.

When you are ready, come back to noticing your breaths, the natural rise and fall of your chest.

MEETING MY INNER CHILD

Letter writing

Use this technique to reach your inner child.

You can start your letter by acknowledging your inner child's
suffering and pain so it feels seen and heard.
Next, focus on clearing any shame or guilt they may be feeling by reminding them it was not their fault. Their experiences were not theirs to bear and their needs deserved to be met.
It may be useful to imagine yourself talking to your inner child whilst writing. Imagine you holding them, or speaking to them at eye-level, actively engaging in conversation. Channeling this kind of loving energy through your words will make your inner child feel safe.

As you come to ending your letter, thank them for their vulnerability, strength and bravery. It was this strength that meant you survived. Share your love for your inner child and reassure them of your loving presence in their life.
Assure them that things will be different now, you are here to protect, love and help them heal.
You, as the adult, have got them.

RE-PARENTING

'You are the parent you needed.'

Re-parenting the inner child focuses on making sure it feels the value, love, and protection it lacked during childhood. As you become more in touch with your inner child, you will be able to recognise the signs of unhealed wounds and how they manifest into your adult life. From here, you can gradually start to move through each wound and heal. Throughout the process of re-parenting ourselves, we have to accept the our care-givers were defined by their own issues. They were repeating the same habits and patterns they learnt and operating from a wounded space. It is not saying their behaviour was acceptable but rather accepting that they themselves, lived in a state of unprocessed emotion. It's important to understand that parents can only parent from their own level of awareness.

Re-parenting is the act of giving yourself what you didn't receive as a child.

When we come from a childhood of dysfunction, where our needs were not met, it becomes our responsibility to provide this to ourselves now. We must learn how to practice emotional regulation, discipline, joy & self-care. We must now parent ourselves in learning healthy habits and how to take care of ourselves so that we may heal our own unhealed wounds.

There are 4 pillars to re-parenting, these are:

Discipline - Creating healthy habits and committing to ourselves. Make one small promise each day that you will keep, regardless of the little voice inside.

Joy - Find your joy in play, connection & hobbies.

Emotional regulation - recognise our thoughts, practicing meditiaion and breathwork.

Self-Care - Sleep, Nutrition, connection to nature & movement.

RE-WRITE YOUR BELIEFS

Self-Talk

Have you noticed how you talk to yourself? That little voice that whispers to you? Your conscious thoughts, what do they say?
Spend the day observing these thoughts, what they are saying and when and note down any patterns.
Often our negative thoughts will say things like 'you're so stupid' they will criticise and judge. It is these conscious thoughts that erode our self esteem and provide evidence for the negative self beliefs we hold about ourselves, hidden deep within our unconscious.
However our thoughts can be controlled.
We can control the way we view ourselves and the words we use.
If we can practice speaking to ourselves with love and kindness, we can move mountains.
Our brains love repetition. They are hardwired for it.
In simple terms, change your thoughts, change your wiring, change your life. Sounds so simple right? Well yes but also no.
It takes time and conscious effort but it absolutely can be done.
With staggering results. Make this commitment to yourself now.

Useful tip..

Find a photograph of you as a child and place this somewhere you can see it throughout your day.
This could be your bathroom mirror or your phone background.
Wherever you decide, make sure it is somewhere you can see it frequently.

Now each time you catch yourself speaking or thinking a negative thought about yourself, look at the child picture.
It is them you are talking to.

That child version of you deserves your love, your kindness and your compassion. You deserve your love, kindness and compassion.

This is a great practice to really understand and feel the emotions behind the words you use and a great step in healing.

BE A CHILD!

Adventure

Invite your inner child out to play, allow curiosity and wonder to flow through you.

Feel childish and silly without judgement and enjoy the process!
Many of us were unable to express ourselves freely during childhood. Here's your chance. Think of activities, food, TV, books, absolutely anything that will allow your inner child to explore and play safely. You could even make a day of it! Find your joy.

Examples - Climb a tree, go to the cinema, cuddle a toy.

1.
2.
3.
4.
5.
6.
7.
8.
9.
10.

KEEPING ON TRACK

Checklist

Inner Child Activities - Daily

- [ ] Journal. Use the prompts below
- [ ] Play! Do something that brings you joy
- [ ] Inner child meditation (10 minutes)
- [ ] Practice affirmations/mantras
- [ ] Self-Talk Activity

Journal Prompts

- [ ] Describe a time you felt unsafe as a child.
- [ ] 'As a child, my biggest dream was..'
- [ ] What was your safe place?
- [ ] When was the first time you felt afraid/alone?
- [ ] What one thing would you change about your childhood?

The words we use create our beliefs, these beliefs determine our reality.
It would make sense then that in order to change our reality, it has to start with our thoughts.
The use of affirmations and our language essentially re-wire our brains by creating new neuron pathways.
Your brain is like a sponge, responding to what you input.
By taking steps towards healing, you are changing the input, re-wiring your brain & creating your own reality.
One of safetly, love & freedom.

The wound is not my fault, but the healing is my responsibility.

I am safe

I am protected

I am worthy

Today, I will love myself.

I fully accept myself as i am now & i know healing is possible for me.

I am safe to express my emotions.

I will treat myself kindly,
with compassion
and empathy.

Notes

Notes

Notes

Notes

Notes

Notes

Notes

Notes

LIFE FREE
LIVE FULLY

Firstly, i want to congratulate you on taking the first step in your healing!
Celebrate yourself when you show up.
Re-parenting your inner child is hard work, acknowledge the courage it takes.
Celebrate you!
There will always be good days when you feel as though you can take on the world.
There will also be days where you feel just getting out of bed is impossible. That's okay, cut yourself some slack!
There is no race. Just you in your life.
Keep at it. Keep finding joy wherever you can and keep moving forward, one tiny step at a time.
Welcome to the start of something incredible!

I hope this pocketbook has helped you in demystifying your inner child and work towards the healing you deserve.
Please join Divine Lotus Coaching mailing list to be informed of any new content releases, workshops and informational content to guide you along your journey.

As always, I send you nothing but peace & love.