



Heal Your Inner Child
by
Jonathan Parker, PhD



Foreword

Whoever you are today is the outcome of your problems, strengths, habits and level of self-esteem. In every age, from birth to infant and child to adolescent, you have met distinct challenges. If the people around you raised you in a natural and healthy way, you will turn out into a well-balanced and strong individual. However, if your youthful experiences are filled with traumas and problems, these past incidents will extremely affect the way you are today. To understand this topic, you have to understand the concept of your inner child..



Healing the Inner Child

Chapter 1:

Introduction

Do you know what inner child is? With this guide, you will better understand your childhood and yourself. So, start exploring your thoughts and feelings through this guide.



Inner Child Defined

Psychology experts claim that your inner child is your childlike aspect. It includes everything what you have learned and experienced as a child before puberty. This inner child signifies a semi-independent unit that subordinates to your conscious mind. That is, it lives in your subconscious mind.

Regardless of your age, you have experienced several problems and heartaches in the past. Whether it was bullying, loneliness, insecurity or even lack of attention and affection from your family, all of these affect your current situation. These sufferings and heartaches can be healed.



The History

To take away bad memories and pains in the past, you need to understand the need for healing your inner child. Through your inner child work, you can heal your mind and feelings. You also have a chance to recover your self-confidence and release and forget the pain. As a result, you will live in a better and happy life.

To heal the inner child damage, most experts advise some form of expressive therapy. This includes the use of play, writing, music and the other techniques I will cover in Chapter 3. With this process, you can begin to release negative thoughts, sabotaging actions, and depleting emotions.

You can also express your desires and give yourself permission to experience real abundance in your life. In addition, through the use of positive affirmations, meditations, and inner child therapy, you can neutralize the negative effects of dysfunctional parenting.



Chapter 2:

How to Discover Your Inner Child's Innocence

Learning on how to discover your inner child allows you to experience a happy and balanced life. When you connect with the purity of your inner child, you are touching the qualities of your soul. For your guide on how to find out your inner child soul qualities, apply the following:

- **Use Your Imagination** – Your inner-child soul qualities includes being curious and creative. Allow yourself to be imaginative, both in your actions and thinking. Find creative activities that can kindle your imagination. Think about what sounds like it would be fun, even if you've never done it, and start doing it. Find some activities to make your life more interesting and exciting. You could start this off by taking a class or seminar on some new activity. You'll meet new people and open yourself to new possibilities.
- **Take Time to Laugh and Smile** – Everyone's life has challenges from time to time, but, that doesn't mean that you have no reason to smile. There is an ancient practice called the *Inner Smile*. This process relaxes your inner organs and gives you inner love. Close your eyes and have ever the slightest peaceful smile on your lips. Not a grin, but a gentle subtle smile. As you inhale imagine you are inhaling golden light as you hold this inner smile. Imagine smiling from your eyes. As you exhale send golden light down to your jaw as you separate your teeth slightly. Continue sending light down your throat to your heart and internal organs. Send the smile with love to each part of your face: Eyes, Nose, Sinuses, Ears, Scalp, Cheeks, and Mouth. Then, send it to each gland and organ.

- **Engage Your World Using Your Senses** – Look more deeply at everything around you and notice how the world seems brighter. Identify and say out loud the colors you see in your environment.
- Take time to appreciate the smells of everything around you. Become conscious of sensations as you enjoy foods and the textures of fabrics you wear. No longer allow the wallpaper to be unnoticed.
- Pay attention to the way everything works—how a door opens, how your chair functions, how packaging is made. In other words, don't take anything for granted. Become more mindful of each activity you do with your hands, from turning a faucet on, to writing with a pen, to touching.
- Take the time to watch an animal's behaviors and speculate on why they do it.
- Chew your food at least 10 times and describe the flavors. Explore nature by having a picnic where nature abounds.

With these simple steps, you can start discovering your inner child. If you have noticed that any of these activities are difficult, explore why that might be so, and find ways to enhance your senses.

Chapter 3:

Exploring How to Heal Your Inner Child

The emotional wounds you have suffered in your childhood may reveal themselves in your relationships with time. You will, no doubt, encounter people who are struggling with their dysfunctional past, and may be damaged adults.

Recognize that everyone experiences their life through the filters of their past, so rather than taking people personally, acknowledge their words and actions are coming from their inner pain and lack. This will help you to be more understanding, compassionate, and caring.

How to discover and Heal Your Damaged Inner Child

Step 1: Identify the primary issue driving your inner child. For instance, many have experienced rejection or lack of attention as a child, which has led to feelings of isolation, abandonment, and loneliness.

Others, may have been criticized a lot as a child and as a result feel nervous, self-conscious, questioning and doubting.

If happy times were few and far between, there is a playful child within you wanting to express free of stress or guilt.

Step 2: Earn the Trust of Your Inner Child - To heal your wounded inner child, you have to develop a trust. It means that your inner child needs to trust you. Your inner child should understand that you are there to protect and nurture it. You can best accomplish this through inner dialog. To start this process begin writing a letter to your inner child. Let the child within know you are in a much better place now and give the child the words of love and support your child longs to hear. After you write your letter, close your eyes and imagine yourself as you were when a child sitting

in front of you and ask your child what is most wanted and needed. Reassure your child with an accepting love embrace, and let the child know you are always there.

Step 3: Hold the Child's Extreme Pains – Like a frightened child, you have to help your inner child to be strong and move on. Let your inner child know you want to understand the grief of your inner child experiences, and you are here to give support and safety. This process enables you to access the subconscious patterns held by your inner child.

Step 4: Address Your Inner Child's Anger – Though it is natural to be angry at things that have happened, it doesn't mean that you have to stay angry. Most of the feelings that come up for you throughout the day stem from subconscious memories of childhood experiences. As you have reactions popping up throughout the day, take note of them and say to those feelings, "Thank you for letting me know your feelings. I forgive you for these feelings. I love you and bless you with forgiveness and healing." Through forgiving, you have a chance to heal your inner child.

Step 5: Treat the Loneliness – Feeling alone or abandoned is one of the most common feelings the inner child experiences. Ask yourself what you are feeling when you say the words, "lonely, alone, and abandoned." Make sure that your inner child feels accepted and recognizes the true self. Reassure the inner child you are always there. You have to help let go of any guilt and regrets.

Step 6: Listen to the Critical voices – These voices come in the form of questions that undermine your certainty and security, or doubt concerning your capabilities or worthiness. The importance of addressing the critical voices cannot be over-estimated, because they will undermine your efforts of growing into a totally positive person.

These voices stem from past disappointments, rejection, and not feeling supported. Each memory attached to the feelings should be addressed with understanding, perspective, forgiveness, and loving acceptance.

You can do this by talking to your inner child as if an actual child is sitting before you. These feelings matter a great deal and have an effect on your everyday experiences.

Know in advance that some of the feelings that come up can be quite strong. Acknowledge them with understanding and acceptance. Let the child speak to you what they are upset about, and acknowledge you are now, with the vantage point of passing years, able to forgive and release yourself from the pain.

Step 7: Re-parent Yourself to Heal – Because you are now older and wiser than when you were a child, you can bring the wisdom and maturity to the needs of your inner child. Make note of what was missing from your childhood and devise plans to bring it into your life. For example, if your birthdays or holidays were disappointing create how you would have liked them to be and invite your friends and let them know you are giving this to yourself for what you missed growing up.

Another way you can re-parent yourself on a daily basis is to complement yourself for whatever you are doing. Say to yourself, “You are a good boy/girl. You make me so proud.” You may think this sounds silly, but try it and you’ll see it either creates resistance or a wonderful feeling of acceptance. If you find resistance, forgive yourself, love yourself, and accept yourself.

Step 8: Empower Your Inner Child – There are some people who do not support your wonderfulness or goodness. You should minimize contact with those people if at all possible. If that is not possible, find your inner

voice to let them know the way they speak to you or treat you is unacceptable if they want you in their life.

Also, there are some things that may just make you feel uncomfortable. Don't feel you have to say "yes" to people who ask you to do them. Recognize there is great empowerment in saying "no."

Step 9: Encourage Playfulness & Fun – There is always room for more fun in your life. Give yourself permission to be playful. Sometimes the simplest things will be fun. Remember what was fun when you were a child and find ways to incorporate something similar into your life now. Decorate your room with whimsical things that are reminiscent of fun you've had. That could include putting up pictures from your childhood, getting out awards or trophies you may have won, or even getting toys like ones you had as a child.

You might even be able to start doing some things like you did when you were young and it will renew your youthfulness.

You could finger paint, take dancing lessons, go to an arts and crafts store, join a community chorus, check out a local recreation program, or start music lessons. Anything that will stimulate your creativity helps you to reconnect with the fun parts of childhood and fosters a healthier inner child.

With these simple tips on how to heal your inner child, you have a chance to embrace a new and exciting life. So, don't underestimate the power of your inner child. Are you ready to heal your inner child? Then, start treating it and you will experience its positive effects in your life.

Chapter 4:

Your Inner Child's Spiritual Connection

Introduction

Your inner child is the aspect of your awareness that at its core is innocent, pure, uncomplicated, loving, and playful. This also happens to be the characteristics of your true self or soul.

If you experienced dysfunctional behavior in your childhood, the purity of your inner child has been masked and is in need to recovery. As you clear away the pain you will return to your natural state which is peaceful and happy.

To effectively reconnect with your spiritual essence it will be necessary to devote some time to a proactive meditative practice that uncovers the painful stories and brings release and healing. It is not enough to merely talk about the issues, they must be addressed at a deeper level.

When you go into your meditative state you will want to be openly honest with yourself to determine the interpretations, blame, and other causes for your feeling hurt.

Once you have uncovered the underlying beliefs about what happened to you, you can then begin the healing process.

The good news is that you can actually re-parent yourself now and give to yourself the kind of childhood you would have liked to have had.

To help you more effectively do this process I am now going to outline some steps for you to follow in a meditative method.

A Guided Meditative Inner Child Process

You'll want to be relaxed as you do this as you slowly read the words and reflect on them.

As you relax and reflect on your childhood, move back in time to an early memory when you were by yourself soon after something painful or confusing happened.

Imagine you are able to be there with yourself and look into your eyes with an acceptant love and understanding.

Imagine you are now hugging your child and feeling what the child wants and needs. It could be something like feeling valued, important, supported, liked, appreciated, loved, or safe.

Whatever the need is say the words that you are there for the child and am giving that support and encouragement that is needed.

Most of all, let the child know it is never alone, and is always appreciated and loved unconditionally.

Allow the child to receive the forgiveness and healing into every painful issue that was ever experienced.

Allow your child to feel nourished by your very deep love and caring, and let the child feel embraced by your open hearted love.

At this point you can allow yourself to fully become that child feeling the love and acceptance.

Chapter 5:

Trusting Again



When we are first born we have a natural complete trust in those who take care of us. Over time we lose our ability to trust as people let us down and disappoint us. The worse you are treated the more difficult it is to trust, and you may have even developed a philosophy that it is just not safe to trust.

Learning to Trust Again

1. Recognize Trust is Good. We are social by nature and therefore most people do not live alone in total isolation. Trust enables you to have closer and deeper relationships.

2. Acknowledge Areas Where You Do Trust. If you were treated badly by someone it is easy to generalize that most or all people are

untrustworthy. Since everyone is human and does not always perform precisely the way you would like them to, they will sometimes fail your expectations, but this does not mean they are untrustworthy in all circumstances. Be careful not to over-generalize in this area. Observe how others regard them and how reliable they are with others.

As you heal your own childhood pains you will find that you are more acceptant of the shortcomings of others. You will also be more unconditional in your love and acceptance of yourself, which will help you extend the same to others. This does not cause you to be more vulnerable.

As you come to a greater understanding of yourself you will find your perceptions about others becomes more clear and you will understand in what ways you can trust them.

The most important person to deepen your trust for is yourself. Acknowledge you love, appreciate, and trust yourself. As you follow through with your decisions, keep your commitments, and become clear on your boundaries, you will develop self-trust.



Chapter 6:

How to Forgive Yourself & Others

Most people find forgiving and forgetting easier said than done. It is particularly difficult when someone has repeatedly taken advantage of you, or lied to you, or failed to come through as they promised. Despite the challenge it may present to you, it is something that is essential to do in order to heal your past and move forward.

1. Acknowledge the Reality – A crucial aspect of forgiveness is acceptance. Accepting the fact that people sometimes don't come through for you in the way you want them to. To help you forgive others it is often helpful to hear their side of the story before you leap to any conclusions. When possible discuss the matter with the person involved and let them know you are an understanding listener.

2. Ask for Forgiveness. If you have done something that offended someone it is important to apologize and ask for their forgiveness. Some people find this makes them awkward and therefore difficult to do, but it helps to rehearse it in your mind before actually talking to the person.

In some cases you may need to make amends to those you have wronged, and so explaining what happened to the best of your ability can go a long way to repair any damage that was done.

3. Practice Forgiving Yourself. Once you forgive yourself you will find it almost automatic to forgive someone else. In all cases, the key to success with forgiveness is to be deeply sincere and it should come from your heart as well as your head.

4. Be Accepting. All people make mistakes, so therefore, as you go through life it is necessary to recognize this and be spontaneously forgiving, patient, and acceptant of people the way they are.

5. Seek Help. Sometimes you may find yourself struggling with self-forgiveness or forgiving others, and at that point you should seek professional help.

Not being able to get past some negative situation puts your life on hold and presents a barrier to letting people into your life. So as you forgive you are able to move on. Forgiveness creates peace with your friends and relatives, and erases spiritual barriers.

Some people think God will never forgive them, and yet there is no basis for this belief. It stems from deep-seated guilt, but it is based on a flawed understanding.



Conclusion

Your inner child affects aspects of your life in numerous ways.

Your Thoughts, Memories, and Perceptions. Your inner child is always interpreting your present world and circumstances. Your inner child adds slanted opinions and conclusions to your experiences and especially in your relationships, love, and self-esteem.

Your Emotions. If you were criticized and devalued as a child, your inner child carries those fears as an adult. This can cause you to feel shy, afraid, unappreciated, and feel blocked in expressing yourself, or trusting in relationships.

Your Relationships. Your actions may be hampered or limited by beliefs, attitudes, and conclusions you came to as a child. This can affect how you relate to others on the job or with family or loved ones.

When your inner child is whole and healthy your life becomes more effective and happy. You'll get along with people better. You'll be more liked. Your personality will be more loving. You will live more heart-centered. At that point life becomes naturally happy and fulfilling.



Take Your Inner Child Healing to a Deeper Level

Almost everything we live with as adults is rooted in patterns established when we were children. It affects your romantic relationships, your friendships, your career, your moods, your spiritual life, your emotions, and how well you do in life in every way.

Through this ***Heal Your Childhood Wounds*** program you will discover how the patterns formed, and how to bring healing and resolution to your memories, pain, trauma, anger, fear and self-image issues. The meditations guide you through beautiful spiritual and soul connections to bring deep healing to the heart and emotional centers.

Program titles include:

Program 1: *Deep Inner Child Healing*

Program 2: *Releasing Birth & Life Trauma*

Program 3: *The Inner Child's Journey to God*

Program 4: *Audible & Subliminal Affirmations*

Here's the link to [Heal Your Childhood Wounds](http://www.jonathanparker.org/catalog/spiritual-growth-enlightenment/heal-your-childhood-wounds)

If the link doesn't work you can copy and paste this URL in your browser:

<http://www.jonathanparker.org/catalog/spiritual-growth-enlightenment/heal-your-childhood-wounds>