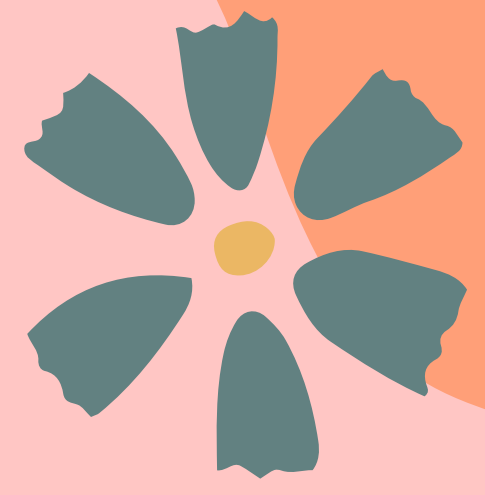


Inner Child Healing



RETURNING TO INNOCENCE

CHILD LIKE WONDER

HEALING WOUNDS

KINDNESS

IMAGINATION

AUTHENTIC

UNCONDITIONAL
TRUST

MOTHER/FATHER
DYNAMICS

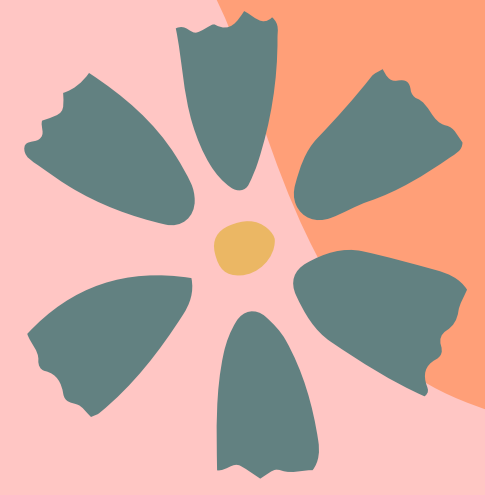
CHILD LIKE VERSUS
CHILDISH

SELF-NURTURING

RECEPTIVE

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Inner Child Healing

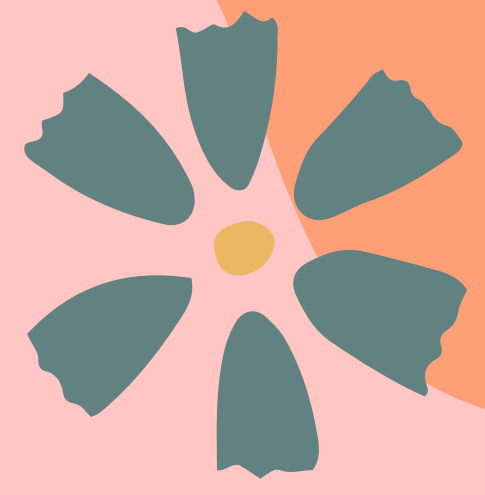


RETURNING TO INNOCENCE

As a collective, returning to innocence and once again embodying our childlike wonder & essence is key to healing this planet. The atrocities that have occurred on the planet, from the abuse, neglect, & trafficking of children, to the abuse & suppression of the feminine, to the raping & pillaging of Mother Earth, all stem from the lack of innocence within the collective.

The EGO mind strips us all of our childlike essence, and instead turns us into "adults". Cold, logical, lack of feeling, controlling, analyzing, judgment & powering over others.

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Inner Child Healing

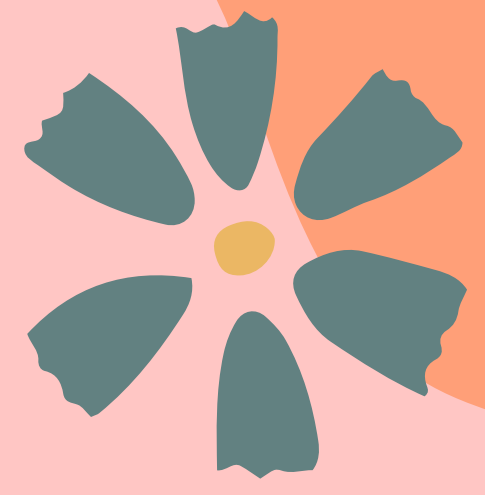
RETURNING TO INNOCENCE

In order to help the abused & suppressed souls on the planet we must first make space for the childlike essence and innocence. If there is no place for innocence in the world, innocence cannot be found.

We, as divine beings, must take the first step in healing our OWN inner child before seek to help the external world. By healing our own inner wounds & allowing our innocence back in, we create a space for healing that can trickle out and heal the entire planet.

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Inner Child Healing



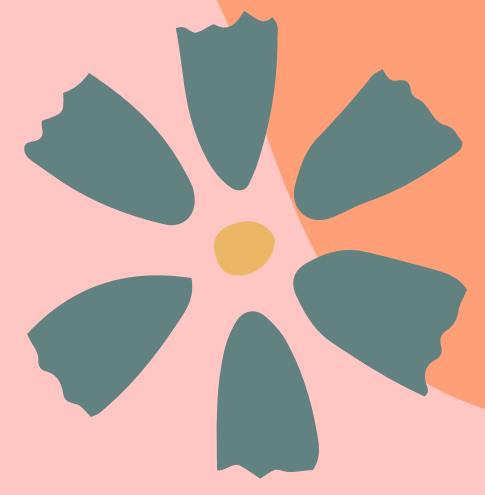
CHILDLIKE WONDER

Children are always in wonder and excitement. They see everything as new, interesting, and are filled with natural curiosity to learn, expand, and try new things. Only as adults do we become programmed to be robotic, routine, & to look at everything through the lense of past experiences.

We become hardened to the magic of living, and instead we become pessimistic, resentful, and fearful of life. We close ourselves off from new experiences because we always expect lower outcomes.

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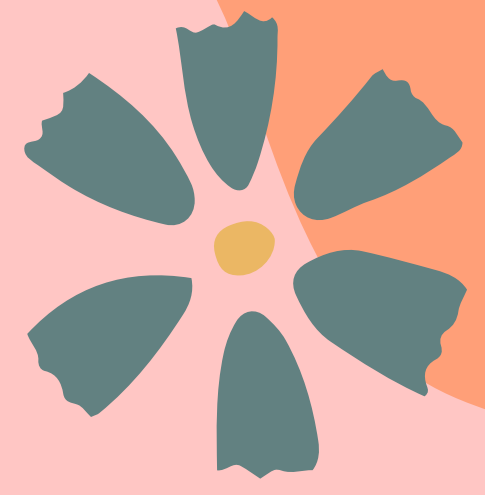
CHILDLIKE WONDER

To return to childlike wonder is to return to a state of inspiration and magic. It is to dissolve all of the belief systems which have created a fearful perspective of the external world.

Fear is what deprives us of our natural creativity, openness, and wonder. Fear and belief systems are the wall that is put up between us and the limitless possibilities that exist. As we return to child like wonder, we return to our organic sense of magic, miracles, & excitement for life.

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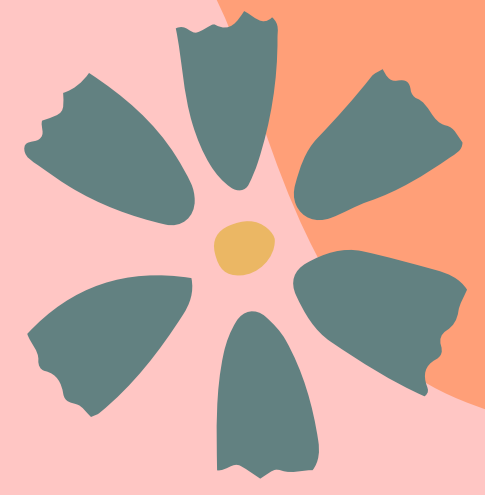
HEALING WOUNDS

All wounding stems from childhood. Due to the programming and deep belief systems, every child is ingrained with the EGO programmed mind from birth. Other beings also can experience traumatic events, abuse, neglect or abandonment as children.

Any rejection of self that was held within the parent, is inherited by the child. Parent's expectations, control, attachment, rejection, or judgment of the child cause extreme damage to the child's consciousness.

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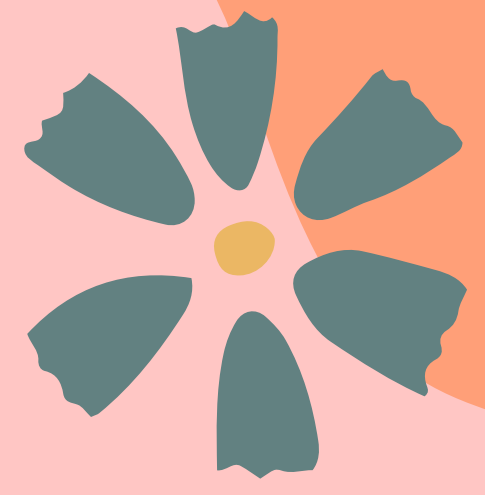
HEALING WOUNDS

In order to heal our childhood wounds, we must hold deep forgiveness for ourselves, our parents, others, and all experiences. We must make peace with our past as it was all divinely planned to help us arrive exactly where we are.

Once we let go of any underlying anger, resentment, attachment, regret, guilt, shame, etc., we are free to be the inner child again. We put down those walls and those blocks to opening our heart and we begin to truly allow ourselves to show unconditional love again.

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KINDNESS

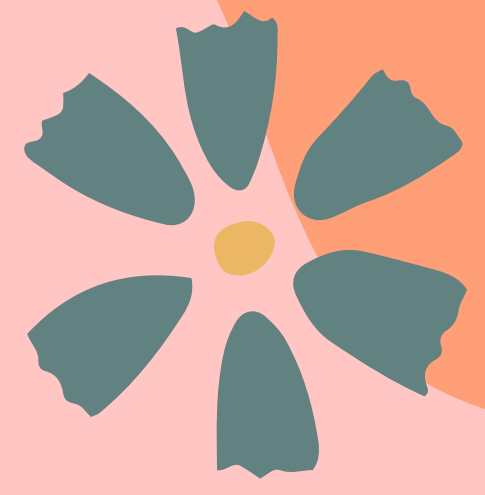
Children are innately kind and giving, as this is the nature of unconditional love.

However, as we get older, we are programmed into different beliefs such as, "kindness is weakness", "don't be too nice to people they can take advantage of you", or "treat people how they treat you."

These programmings take away our natural kindness for others and our natural urge to give to others and to help others. We become self-important, only focused on our needs, wants and desires and we become cold towards others.

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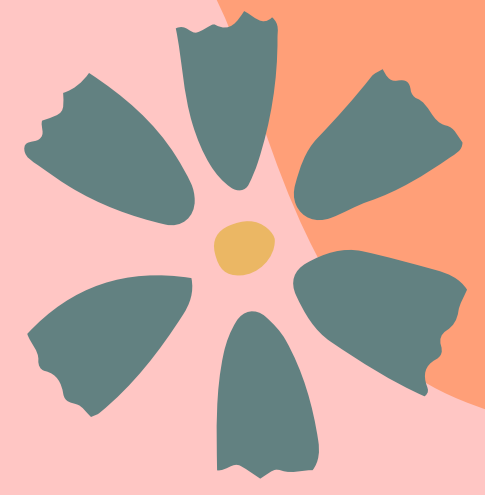
KINDNESS

Universal kindness is what unlocks the inner child within us. We have also become programmed to be unkind to ourselves. We judge ourselves, hold ourselves to high expectations, and beat ourselves up with guilt and shame.

When we change the way we treat ourselves, and show ourselves unconditional kindness, we begin to radiate this out to all other beings and we once again embody our true childlike nature. We give to others, we receive from others, and enjoy helping others.

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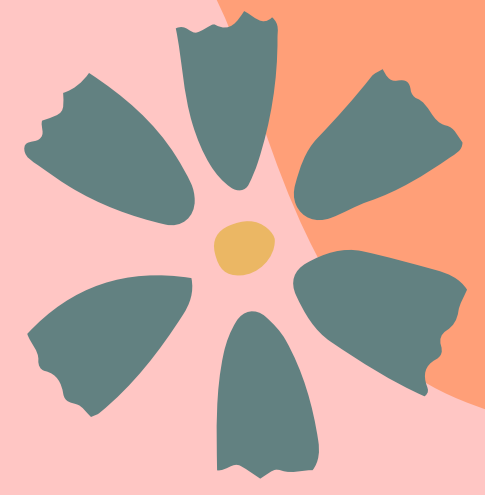
IMAGINATION

Imagination is our ability to access unlimited possibilities and to think of magical things! As children, we have not yet closed down our imagination, which is why children love to play. Play is our natural state. Play=creativity + imagination.

As adults, we are stripped of all imagination and told to "enter the real world" and to "be realistic." These are all EGO mind behaviors that keep us seeing everything in grey rather than bright colors.

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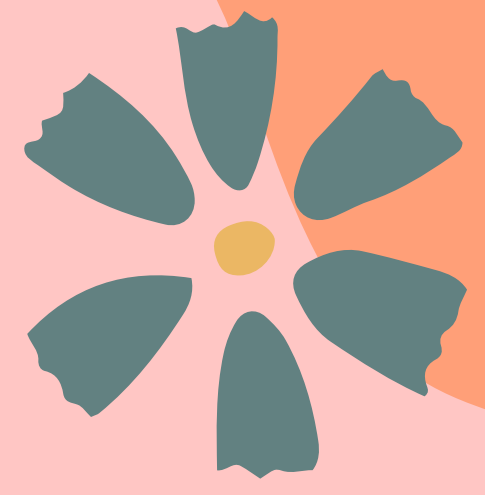
IMAGINATION

Many also confuse imagination with fantasy. Fantasy is often rooted in EGO wants, needs, and desires, whereas imagination is rooted in divine thought and love. Fantasy are thoughts and daydreams that never actually manifest, thus keeping us out of the present moment. Imagination is when we bring our divine thoughts and inspirations into reality through creativity, play, and expression.

When we use our imagination, we use it to dream for the highest good and for all of humanity, not for self.

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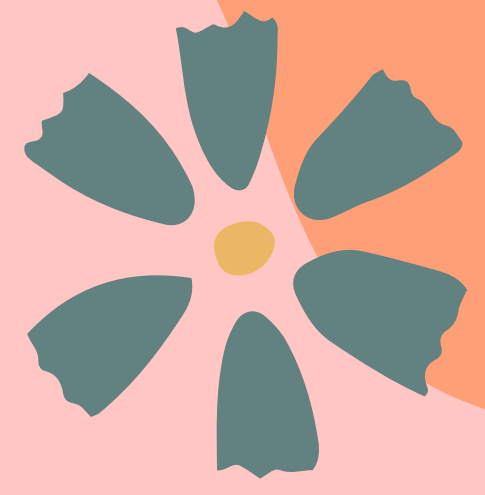
AUTHENTIC

Children are authentic, meaning they are their real selves. They have no concept of pretending to be someone they are not.

They are not yet conditioned to act a certain way or speak a certain way to please others. This comes later on, especially in traditional schooling.

This is when children are taught to "be quiet", "sit down", and "sit still." They are not allowed to express themselves freely anymore, and they become suffocated by rules and judgements that forces them into putting on a mask.

Inner Child Healing

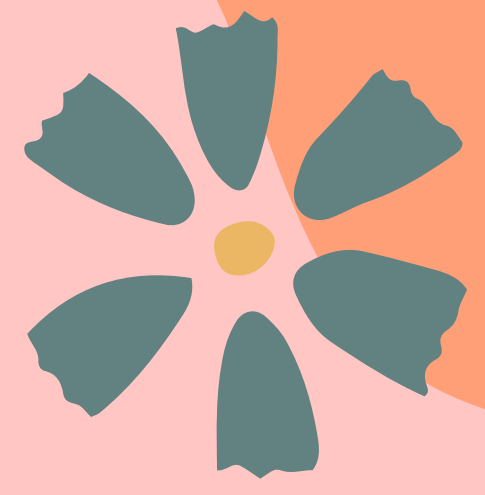


AUTHENTIC

Returning to our authentic selves is a process, as adults have many masks that we have worn for many years and even decades. When we imagine ourselves as children and how what we enjoyed doing, and how we expressed ourselves, that is our true self.

We can often see how we are so far away from who we were as children because we stopped being authentic. We started conforming to what other people wanted and what society told us we had to be. Becoming you authentic self takes courage & requires us to rip off our masks & let ourselves be seen.

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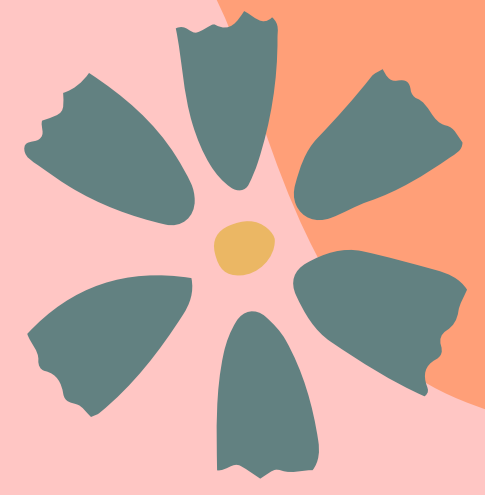
UNCONDITIONAL TRUST

Children naturally trust others, without fear. This is their innocence that is slowly taken from them as EGO's are always in fear of others. We teach children to be afraid to go outside alone, to talk to anyone that is not their parent, to never be outside at night, etc.

By the time we are adults, we hold so much internal fear of the outside world, not realizing that the external world is a reflection of our internal self. As we are now transitioning out of the paradigm of pain and suffering, we must return to unconditional trust.

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Inner Child Healing



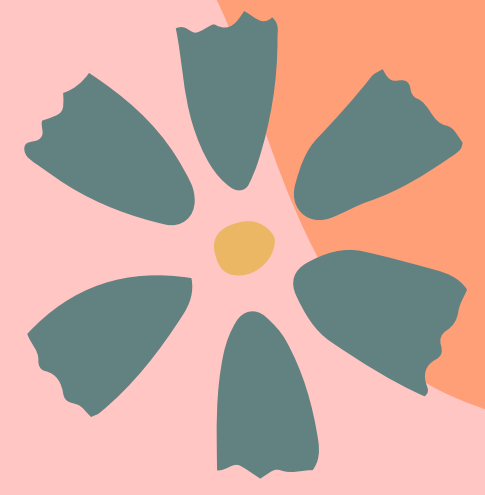
UNCONDITIONAL TRUST

Unconditional trust means that we trust God and we trust love, no matter what. We trust that Source is always looking out for us and wants the best for us. We trust our higher self is always orchestrating experiences that are for our highest growth, even if they seem uncomfortable or painful.

This level of unconditional trust overrides any fear we have of others and the external. What others choose to do is not up to us, and we cannot control it. By surrendering and fully trusting we take back our own power.

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Inner Child Healing



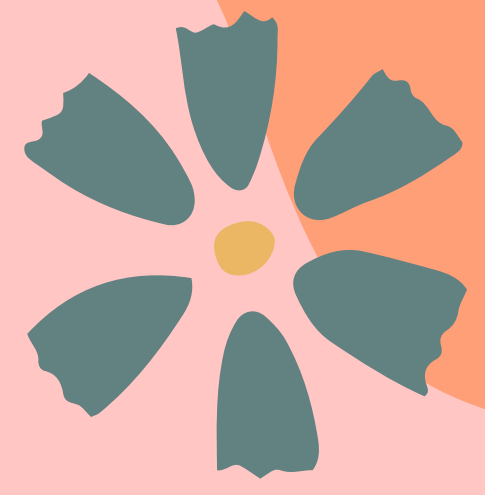
MOTHER/FATHER DYNAMICS

The dynamics and relationships we had with our Earth parents reflects the relationship we have with ourselves & others. Reflecting on those dynamics show us where we have Mother/Father wounds. If we have Mother wounds, we may reject our inner nurturing energy or we may cling externally to Mother figures in an attempt to fill that void.

If we had a fractured relationship with our Father, we may have trouble supporting ourselves or seek external support and become co-dependent.

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Inner Child Healing



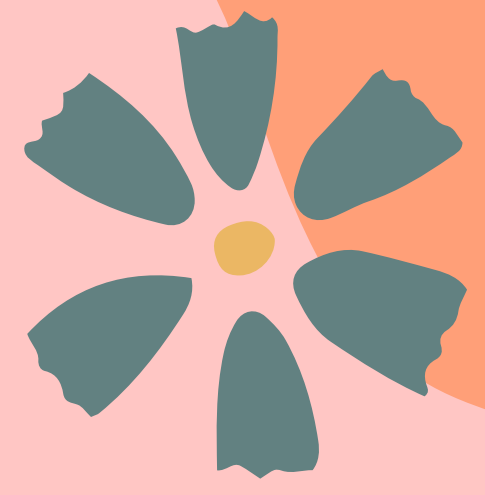
MOTHER/FATHER DYNAMICS

Healing the root of these dynamics means we take accountability for all choices and behaviors we have adopted and choose to cut chords with them. We forgive our parents for anything we feel has hurt us, and we forgive ourselves.

Part of gaining the inner child back is also the ability to parent ourselves. We are the child, the mother, and father, all within. We must not only embrace our innocence, but be able to nurture ourselves, hold compassion for ourselves, and also hold ourselves accountable and responsible for our lives.

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Inner Child Healing



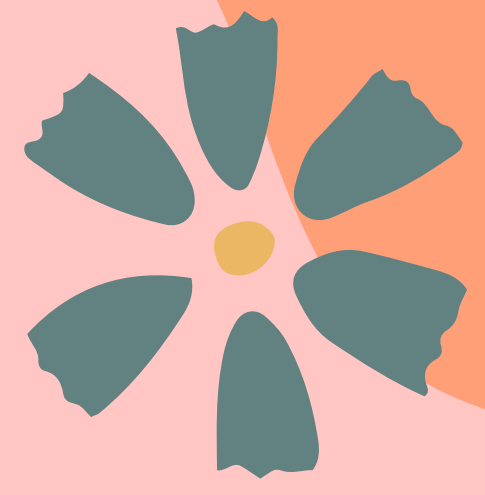
CHILDLIKE VERSUS CHILDISH

Childlike essences are often confused with childish. Childlike is very different from childish. Adults reject their own inner child because they see it as "childish", when in fact, it is not. We are often told to "grow up" or "stop acting like a child." This programs us to reject our own inner child and causes confusion within us.

Childlike is the essence of innocence, wonder, kindness, compassion, playful, and open. Childish holds the energy of entitlement, brat, immaturity, and lack of accountability.

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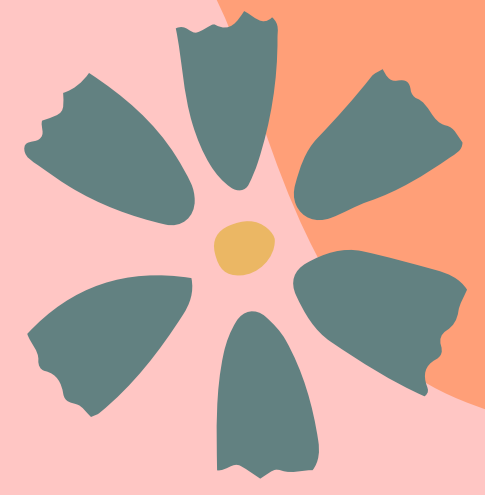


CHILDLIKE VERSUS CHILDISH

Because we, as a collective, have been stripped of our childlike wonder, we resort to childish behavior. This behavior is often enabled and even encouraged. In order to truly allow innocence to come through, we must dissolve our childish behaviors.

This is why it is important to not only embody the childlike wonder, but also the internal Mother/Father. This is the holy trinity and this energy exists within all of us. As above, so below. Once we allow all aspects of ourselves to come into embodiment, we transform the lower childish behavior.

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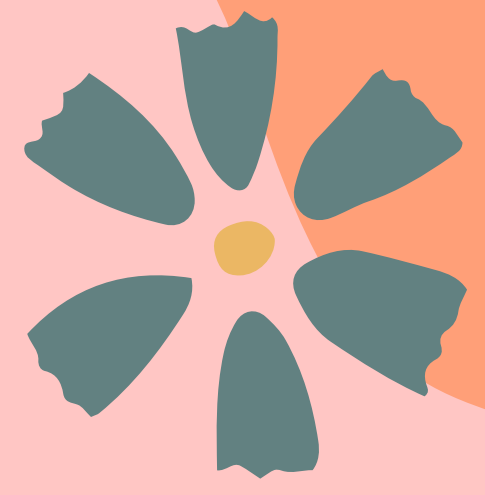
SELF-NURTURING

Children are by nature, self-supporting. When we are infants, of course we require support from our parents, however, we are internally self-nurturing. Babies with proper boundaries are able to self-soothe as well as play and entertain themselves without the need from external interference.

We learn lack of nurturing through our environment. If we are neglected, abandoned, or do not have those same nurturing qualities reflected to us, we do not learn to how continue to self-nurture.

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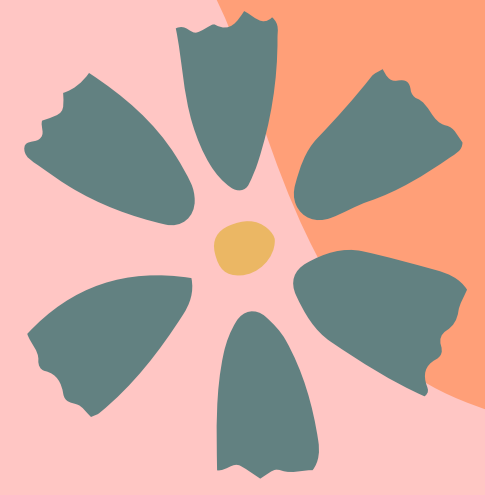
SELF-NURTURING

Nurturing your inner child means listening to that inner child. When we are the most deeply triggered, that is where we will find the child wounding. This is when we listen to what that inner child is telling us. By listening and holding space for that inner child to express, we allow that part of ourselves to heal.

We must be patient with ourselves, hold compassion, and hold space. Once we have acknowledged the rejected parts of ourselves, they begin to become whole again.

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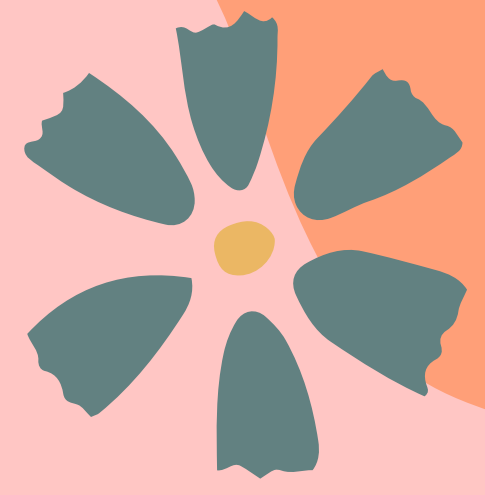
RECEPTIVE

Receptivity is a child's greatest strength. Children are open to everything! They are able to receive with open arms, they have no resistance to things, unless they have learned it from their parents. Children are naturally curious, which is why they often get into things we don't want them to, or they often make mistakes not realizing that what they did was wrong.

When you tell a child about Santa Clause or the Easter Bunny, the believe you! Because children are completely receptive to everything. They are open vessels to receiving any and all information.

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RECEPTIVE

This is why children absorb so much in their earliest years. They learn quickly and have the capacity to absorb information at a much more rapid rate than adults, because they are receptive.

As adults, we become defensive, hesitant, afraid, and full of doubts. We struggle to receive from others whether that be a compliment, a gift, a piece of advice, or a call out. We are filled with resistance.

By returning to innocence we once again become receptive. Embrace, accept and allow all things.

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