



10 Steps for a Safe, Deep Dive into Self-Healing

*This document offers a powerful protocol for repatterning recurring challenging dynamics and helping us understand what is going on inside of us. We encourage you to use this protocol with ongoing relationships that you care about, such as coaching clients, family, or friends. To do so, **read this document aloud to the other person and gently guide them through these ten steps.***

INTRODUCTION: Relationships present powerful mirrors through which we can look more deeply into our core wounds—the places inside of us that are unloved and in need of our care, healing, and compassion. If we don't do the work to bring consciousness to these issues and shift them, they tend to loop over and over again in different forms, indefinitely. Being willing to embark upon this internal journey is an act of courage and self-love, one that promises to bring more love and healing into your life!

The crux of this protocol is Step 3, which involves “inner child” work to calm, nurture, and reparent the vulnerable part of us that gets hurt, scared, or angry. Painful patterns usually stem from our childhood. When we are young, we make “holy vows” in reaction to events that don't meet our early development needs. Examples include declarations like the following: “I will never be like my Father.” “I cannot trust others, or the world around me.” “I will always be alone.” “I am not worthy.” “Daddy left because of me.” “My Mother never wanted me.” These decisions about who we are in the world, and/or how the world treats us, can become embedded in our subconscious minds. We often stuff our greatest pain, and find it reemerging over and over, throughout our lives.

If inner child work is unfamiliar, we suggest Emily's powerful (soon-to-be available) 60-minute introductory audio recording on the topic of accessing and loving our inner child, which she created with the support of internationally acclaimed musician/composer Raphael Sharpe. We will announce its availability soon.

HERE ARE THE TEN STEPS:

- 1. COMPLETE A CHALLENGING SITUATION WORKSHEET.** If you notice that you are especially triggered or stimulated, it's likely that *Veils of Past Pain* are coming up in you. Sometimes, “the treasure is in the trigger.” This is an opportunity to dive deeply into a triggering experience, for the purpose of healing.
- 2. REFLECT ON YOUR (EXTERNAL) TRIGGER(S):** Reflect upon what external experience triggered this person's emotional reaction. More than likely it was one or more of the following **six external triggers**:
tone of voice ♦ body language ♦ choice of words ♦ volume ♦ level of intensity ♦ field of energy
(An example of *field of energy* might be the “bad vibes” people sometimes feel when entering a room.)
- 3. CONNECT WITH YOUR INNER CHILD THROUGH GUIDED MEDITATION:** This step involves a self-nurturing meditation, undertaken in a safe container that can best support a deep dive into self. It offers us the safety and compassion we need to discover the old pattern, its origin, and how to transcend it. Imagine that Life is bringing your core issue(s) back to you again, offering an opportunity to learn how best to honor, manage and possibly heal it. Once you have done this meditation with guidance a few times, the goal is to learn how to create this container for yourself.

Notes for facilitator: When you are guiding your client through this process, make sure to stay attuned to them throughout the meditation. Let them know you will be there for them the whole time as their guide, to support them. Watch for any parts of their body that need some extra guidance and support to release. Reassure them that twitching, shaking, and emoting are natural parts of the release process. Keep them anchored to their breath throughout the meditation. GO SLOWLY, giving them ample time to connect to each part of the meditation. Let them know that whatever comes up for them is perfect. There may be parts that don't resonate, or that are hard for them to access—this is not a problem. Reassure them that old memories might surface, and encourage them to continue breathing into them. Allow the full expression of their emotions to surface and be felt in their entirety. At the end of the meditation, bring them back slowly. Encourage them to take their time feeling their body and returning to present time.

Find a comfortable seated position. Close your eyes and take a few deep breaths. Locate and connect with the place(s) in your body where you feel the upset. Simply feel the sensations and emotions stirring within you, without the need to fix, change, or heal them. Breathe into the discomfort, surrendering to it. Now imagine seeing the vulnerable child within you. Your inner child is a perfect reflection of your divine longing for your own care, attention, and compassion. Gaze upon him or her. What do they look like? How old are they? What do you imagine them feeling or needing? Gently observe: Is there anyone there? If so, what are they doing? Breathe into whatever may be coming up for you. Stay with any memories, sensations, or feelings that are alive. Know that you are safe. You are courageous to feel whatever is arising within you. Allow your adult self to observe them with curiosity, love, and kindness. Then approach them gently, and **ask them how they are feeling**. Allow your adult self to listen to their response and give them empathy and understanding. Then **ask them what they need**, listening and holding space with an open heart. **Ask them permission to give them what they long for**, (e.g., a hug, reassurance, or loving affirmations, such as “you are safe,” “I am here for you”). If they say no, **ask them how they would like to be supported**. If they say yes, gently give them what they long for. Listen to anything they might say, and acknowledge them for any feelings or needs they may have. Thank them for expressing vulnerably. Take a moment and appreciate them. As you feel the deep presence and connection you have created, **ask them what they like to do to have fun**. How do they like to play? Listen and watch how they respond. Validate their reply, and let them know they can have what they requested, that you would like to play with them and create a special time just for the two of you to do the things that make them happy and joyful. Let them know you are here to take care of them now, and that whenever they need you, you will not be far. Once you complete that activity (or have it firmly scheduled for a time in the near future), allow yourself to take a deep breath and let them go for now. Then when you are ready, come back and notice if you feel more centered, secure, and compassionate toward yourself. If not, spend some more time dropping in and giving care, compassion/empathy, and support to that child part of you.

4. JOURNAL ABOUT WHAT CAME UP AND REFLECT ON YOUR (INTERNAL) CORE ISSUE(S):

- Did you feel SAFE?
- Did you feel CONNECTED?
- Which childhood or past memories emerged?
- Did any Veils of Past Pain come up for you? Reflect deeply upon any old, familiar internal wound(s) from your past that were reactivated by the external trigger.
- It is your responsibility to manage your reactive responses and to bring healing to the underlying wound(s). To “own” the core issue(s), ask yourself:
 - How has this reactive behavior showed up in me in the past?
 - What veils of past pain might be affecting my present-time experience?
 - How is this wound coloring and exacerbating my present-time reaction?
- What activity(ies) did your inner child present to you for fun or play?
- How can you best continue to nurture that part of you (based on what you learned in the process above)?

Note for facilitator: Bring your client back into guided visualization. You can do Steps 5–7 all together, or you can break them up. Be attuned to them and their needs. Stay connected to your intuition. GO SLOWLY!

5. GIVE YOURSELF EMPATHY FOR YOUR UNMET NEEDS:

Using the Challenging Situation Worksheet you completed in step 1, write down the 2 or 3 primary unmet universal human needs/values/longings/desires that are most alive for you in this moment. Use this format: “I have such a deep longing for _____ [kindness, belonging, a sense that I matter, etc.]” Allow yourself to mourn, to really feel the sadness or heartbreak of these long-unmet fervent desires.

6. PURGE AND RELEASE THE ENERGY IN YOUR BODY:

- Close your eyes and take a few deep breaths letting out sound on the exhale. (3-5 times).
- Focus on the gentle rise and fall of your breath.
- Allow your body to relax and soften. When thoughts arise let them be a reminder to come back into the present time experience (feelings/sensations) that you feel in your body.
- Locate any places in your body that are painful or uncomfortable as you reflect upon your wound(s).
- Take some deep breaths.
- Lean into the uncomfortable feelings and sensations.
- Allow yourself to fully experience the pain or fear.
- Breathe and release the energy and emotions through sound/movement/breath.
- Allow your body to express itself as long as it needs, in order to discharge the energy.
- Feel and/or imagine that pain is being released *down your body* and into Mother Earth as compost and/or *up through your crown* and out into the atmosphere.
- You may notice that you start to twitch or shake. This is normal, as your body is letting go of stored up energy that is ready to release. This is your body’s way of resetting and rebalancing your nervous system.

7. BASK IN THE BEAUTY OF MET NEEDS

Next, I’m going to invite you to feel into just how delicious it would feel to actually have these needs beautifully met in your life. But first I’d like you to let me know how you might like to be supported right now. Would you like to keep your eyes closed and remain in a meditative state? Or would you like direct connection with me as your coach or friend, maybe looking into each other’s eyes? You might also want to review your Challenging Situation Worksheet, or the LCA Universal Needs/Values/Longings/Desires tool sheet.

- Place your hands on your body, feeling the space that has been created in you by your purging.
- Drop into the beauty of each need, remembering that all universal human needs are precious energies that we long for.
- I invite you to hold out your hands in front of you. Imagine that each value is a precious jewel in the palm of your hands. What do they look like? How do they feel? Allow yourself to feel any sensations or emotions that arise in your body as you experience the sacredness of these jewels. Take a deep breath. Slowly and with care, bring these precious jewels into your heart. Feel them now inside your heart. They now live forever inside you.
- Call to mind specific times in which each need was met. Take your time with this. Remember what it felt like in your body when the need was met.
- If the need has never been met, imagine what a relief and a joy it would be to relax into knowing that need is fully met in your life. Imagine what you WILL feel like when this need is met in the future.
- Visualize Source energy filling you with healing and love, and feel it grow and expand in your body.

8. APPRECIATE AND REASSURE YOURSELF: Consider how you can give yourself appreciation, perhaps for the courage, strength, and compassion you are cultivating within yourself. Or perhaps for your willingness to heal and choose love, even when it’s difficult. What soothing reassurance can you provide yourself?

- 9. CREATE A LOVING “I AM” AFFIRMATION:** Craft a statement that will replace the pain with love and healing. Examples: “I am love; I am loved.” Or “I am supported, heard, and understood.”
- 10. COMPLETION AND NEXT STEPS:** If you are still in a meditative state, gently return to presence. GO SLOWLY! Contemplate how you are feeling in present time, and know that all emotions are welcome! Contemplate what you need right now—perhaps you would like time alone to integrate? Or would you like to talk more about this process with me and receive more empathy and understanding. Don’t pressure yourself to overprocess; this has already been a lot. If parts of this process did not go the way you would have liked, that’s okay. Trust that you got what you needed from this exercise, and accept the presence of what IS. Then take these important next steps:
- Lock in what you learned about self- soothing, loving, and dialoguing with their inner child. Establish how you might maintain that practice throughout the weeks ahead. How can you make it a practice to regularly acknowledge your feelings and needs? Often when this part of us gets denied, it goes seeking to get its needs met in ways that are not life-affirming.
 - Make a new vow to run your new I AM affirmations regularly, and to call to mind memories or imaginings of what it feels like when your needs are met, especially when you find yourself looping in deficient thoughts or memories. Anchor these in by feeling them in your body.