



ComPASSIONate Connections



What is the Inner Child?

Your inner child is the aspect of your consciousness that is naturally innocent. Qualities can include being playful, uncomplicated, and an approach to life that is simple and straightforward.

It is also a part of you that has an easy sense of connectedness to spirit; where spirit and you are not separate from each other, but an integrated whole.

We all have experiences in our past as a child where we didn't get the safety, love, and care that we wanted or needed. This creates injuries/wounding.

Did you experience dysfunctional behavior on the part of the adults in your childhood? Do you have painful childhood memories? If so, it is important to **get in touch with your inner child in order to understand yourself more fully. Ideally, we can restore our consciousness to its natural state. This can be a wonderful resource within you.**

If you were raised in a dysfunctional family, you may have had to **leave your innocence in order to keep yourself safe.** Here are a few examples of how your inner child may have been injured from the past:

- You may have had to look out for your physical needs, such as feeding yourself, instead of playing with your friends.
- A younger sibling got more affection and attention from the parents than you did. You felt lonely, unloved, and abandoned.
- You might have had to learn to care for siblings instead of having free time to simply be.
- You may have had to parent your parents, because they could not sufficiently take care of their needs.

- You might have had to develop an acute attunement to the emotional state of the adults around you. This might have been necessary to ensure that you would not be abused.
- You may have taken on the grief, shame, and or depression that you parent(s) suffered in your attempt to show love and care for them. (sub-conscious)
- You may have had older siblings that were abusive.

The important thing to realize is that it is **never too late to honor & manage the child-part of yourself so that it can become a source of strength within you.**

- When your inner child is restored to its joyful being, it can bring you simple joy, delight, and creative insight.
- **Instead of reacting with defensive patterns, it becomes easy to be present with what is actually happening in the moment.**
- You develop a freedom in being yourself, unhindered from many knee-jerk reactions that are sourced in the past.

Why is this relevant in present time?

Notice when we have trouble with core uncomfortable emotions and unmet needs in present time. That is usually pointing to a challenging trauma or experience of the past that. Often, we were not “parented” with the skills and tools to effectively manage and cope with the pain of the past. Resurfacing patterns come up as treasure for us to unravel. We can then learn to honor and manage those parts of ourselves that were injured from the past.

- You become free of the grip of reactivity;
- You don’t take things as personally;
- You’re able to better cope and stay self- connected when triggered;
- **You develop an awesome friendship with the pristine kick ass kid that lives inside of you!**

Why is self-soothing the inner child so important?

We all get scared, angry, hurt and sad. When we feel these powerful emotions it is an opportunity to turn toward our younger parts to take care of them. To love our inner child, so that they get the safety, attention, compassion, and understanding they are longing for. I call this Re-parenting.

- We dialogue using our inner wise parent (higher-self) to care for the feelings/needs of our inner child (or other sub-personalities);
- This builds a strong container within us of self-love and self-empathy which is empowering. This helps us to avoid projections, enmeshment or co-dependent behaviors with others. Scott and I have observed that most projections onto others is connected to childhood wounding.
- This practice fulfills all 3 primary needs to be self-sourced:
- **Connection to Source;**
- **Connection to Safety;**
- **Connection to Self-love/Self-Esteem.**