



# WELCOME GODDESS

I'm so excited that you have chosen YOU today. You have said to yourself, "I matter, my health and happiness matter, I deserve to feel my best". And that makes my heart so happy!

I want you to know that it IS possible to find peace no matter how deep your wounds are. You deserve to, and absolutely must, learn to start choosing yourself over and over again.

With this self-study workshop, you will rediscover the wounded inner girl inside you that needs healing.

PLEASE NOTE: This is not a 'starter' self-healing tool.

It requires an ability to connect with yourself and your higher power and be able to manage your emotions as they arise. If your trauma is significant, please do not attempt inner child work by yourself.

If you have done inner child work with a therapist or coach in the past, this is a great template to help you remember how to do this work on your own.

As an intuitive healer I specialize in Sacred Feminine Restoration. One of the gifts I offer is to see and connect with people's inner child. If you need guided healing and support for inner child work, please reach out.

Let's get started. Grab a warm cup of tea, go to your comfy spot, breathe and trust in this journey. Please be sure you have watched the workshop video before beginning this workbook. I'm rooting for you!

Much love,

Joanna  


# WHAT IS THE 'INNER CHILD'?

The 'inner child' refers to that part of us that we can connect with, the girl version of ourselves inside, who likes to play and feel loved. It is also where we store our childhood wounds in our bodies energetically.

We can still feel that pain from our youth some days, or maybe it's there but we are disconnected from feeling it; either way, our personal triggers are created from having that trapped emotion or energy in our body.

Spiritually, the wounded inner child is within us. Split off, or frozen at the age when the difficult event happened that wounded us.

You may have a sad eight-year-old girl inside of you because that's the age when you moved away from your first family home.

Or maybe you're an abandoned ten-year-old girl that needs comfort from when your parents divorced. Or perhaps you're still angry about the divorce because you were never allowed the space to release it.

For some, the wounds were very traumatic such as abuse. It doesn't matter what the trauma was, just that it was significant enough to change how you feel about the world or yourself after that event.

Part of going through any spiritual awakening involves these childhood wounds coming up to be healed, whether you like it or not. You simply cannot increase your vibration significantly while carrying them.

# HOW DO I KNOW IF I HAVE INNER CHILD WOUNDS?

In short, most of us do. Our parents were doing their best with their own unhealed wounds when they raised us. They are human, and because they may not have healed, some of their own wounds were transferred down to us.

We all have reactions to current events that are based upon our unhealed wounds. For example, if you have a tendency to feel defensive when criticized, it is likely that you are viewing the situation through your personal lens of life, which includes a childhood wound of feeling betrayed.

Of course, this happens in milliseconds and subconsciously, so you are not always aware this is happening within you. It feels super true in the moment that it's the other person's fault and that they are attacking you.

That's why inner child work is so important, because it brings to your adult consciousness what is actually driving your childlike reactions. And, once you have the information and the process for healing, it gives you a chance to choose differently.

WILL I FEEL ANY DIFFERENT BY DOING THIS WORK?

With each memory, discovery, release and healing, you will feel lighter and closer to who you really are.

If emotionally disconnecting was your coping strategy to avoid the difficult feelings, then you will start to feel more connected to yourself. If you were using other ways to numb the difficult feelings (e.g.: eating, drinking) you will notice these urges for what they are and will gradually decrease your reliance on them.

Inner child healing will start to create a small amount of space between your typical automatic reaction (reach for food, yell at someone, etc.). This will become enough space for you to make a different conscious choice of how you want to respond.

Before my own inner child healing, I was very disconnected. It was a strategy I picked up during my childhood so I wouldn't feel any sadness or anger. But I learned that we cannot cherry pick which emotions we disconnect from.

If you are disconnecting yourself from the pain of an unhealed past, you are disconnecting from joy too. Healing is the only way to radical self-acceptance and to feeling the joy that grows with every layer healed.

Releasing any trapped energy is also beneficial because chronic emotional and physical ailments are often caused by the trapped energy of past wounds we store in our bodies.

# MORE ON THIS BEAUTIFUL HEALING MODALITY.

When you connect with, listen to and nurture your inner child you can find and heal the energetic roots of your 'issues' as an adult.

## THIS IS A TRULY SPIRITUAL, SACRED, AND REWARDING EXPERIENCE.

Examples of inner child wounds that I have been honored to support clients through are from abandonment (perceived or actual), verbal, physical or sexual abuse, and fear of lack (such as food, money or a place to sleep).

Most abused children perceive that these events were in some way their fault. They felt responsible to effect change at the time but were unable to. This is where they begin the, "I'm not good enough, I don't matter" type of core self-beliefs that damage their self-esteem as adults and lead to anxiety and depression.

There is evidence that these types of wounds are linked to addiction, because the desire to numb the emotion pain with food or other substances is so strong.

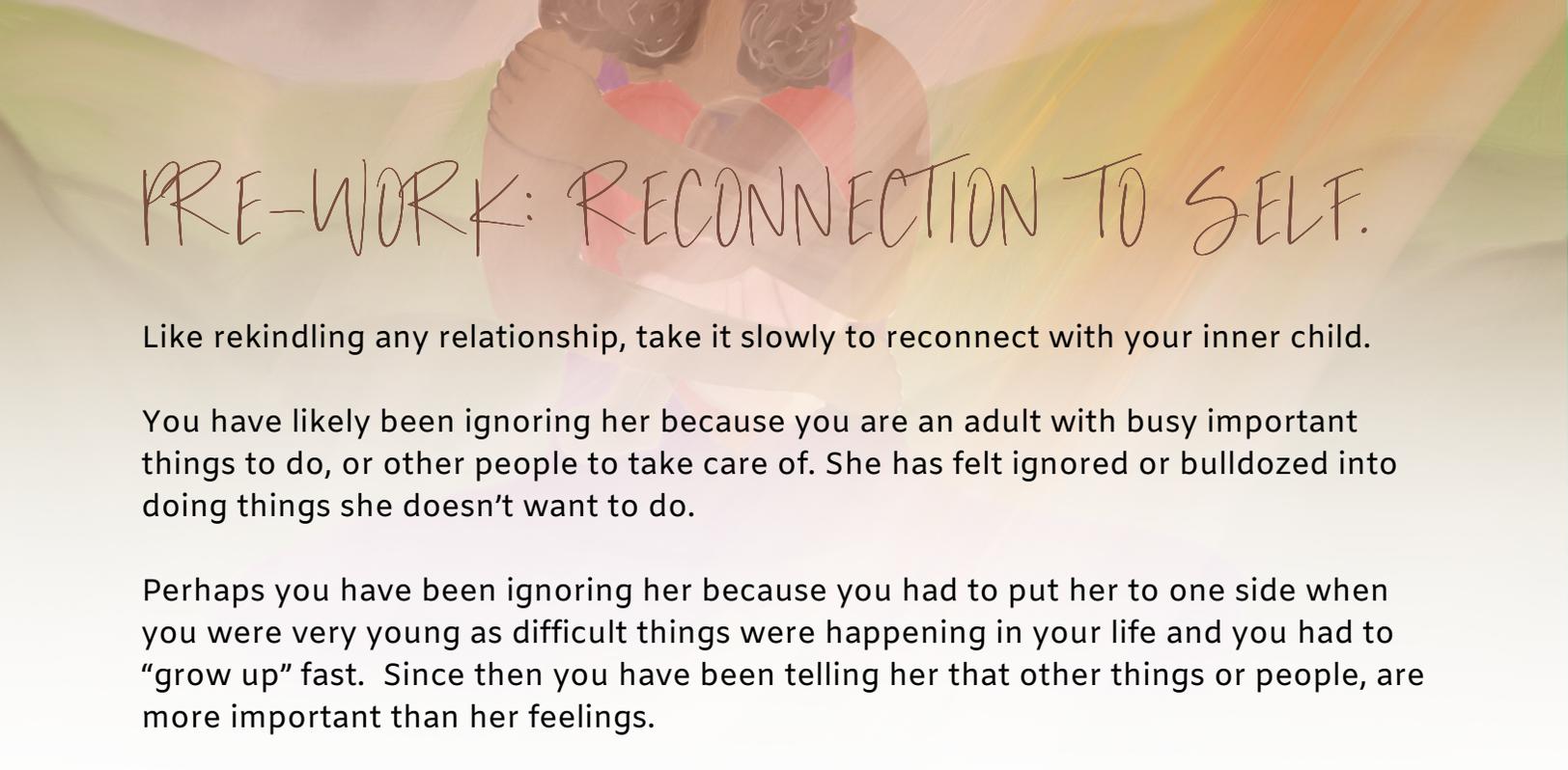
Other types of wounds are caused by parents reprimanding their children for being children, "Stop crying, you are so sensitive." or "I'm tired of you forgetting things, what is wrong with you?!"

This feels to the child like they are being shamed and criticized about the core of who they are, so again the "I am not good enough" wound is born. Likely the story the child makes up to make sense of it is "people don't like me when I'm myself".

These wounds and stories lay buried deep in our subconscious and feel very much like the truth. With work and support though, it is possible to bring the event into consciousness, soothe the inner child within, and in doing so, release the trapped energy the emotion is causing.

Once these beliefs become conscious, you can gain clarity on the real truth with your adult mind. You can decipher that a difficult thing happened, but it never had anything to do with your worth.

The release I personally experienced, and now get to see in individuals experience while coaching them, is truly a sacred and beautiful thing to be a part of.

A soft-focus photograph of a young child with dark hair, wearing a purple top, hugging a large, light-colored teddy bear. The child's face is partially visible, and they appear to be smiling. The background is a warm, golden-brown color with soft, glowing light rays emanating from the right side, creating a gentle and comforting atmosphere.

# PRE-WORK: RECONNECTION TO SELF.

Like rekindling any relationship, take it slowly to reconnect with your inner child.

You have likely been ignoring her because you are an adult with busy important things to do, or other people to take care of. She has felt ignored or bulldozed into doing things she doesn't want to do.

Perhaps you have been ignoring her because you had to put her to one side when you were very young as difficult things were happening in your life and you had to "grow up" fast. Since then you have been telling her that other things or people, are more important than her feelings.

This disconnection from self, typically creates a lack of happiness and joy as an adult. Let's get to work with that reconnection, she's missed you and you deserve to feel whole!

START BY LOOKING FOR A FUN MEMORY OF SOMETHING YOU ENJOYED DOING WHEN YOU WERE A CHILD, LIKELY A MEMORY WILL POP INTO YOUR MIND AND YOU WILL HAVE A POSITIVE FEELING AROUND IT.

Perhaps you remember running around free, or being silly, or drawing with crayons. Whatever it was, allow the memory to get more and more clear both in memory and feelings. Allow it to fill up your whole being and enjoy remembering what it was like to BE her. Say hello to her, tell her you remember feeling connected to her. Hang out a while. Hug yourself, and she will feel it.

Do this a few more times. Ask for help with your source if you are not finding that part of you. Honor her by doing a few things that make her happy. Get drawing or dance and sing into your hairbrush. Be free and enjoy her.

When you can access her easily, you can start to ask questions of that part of yourself. When this feels right, you can start the healing part of this workbook.

# READY TO HEAL - THE 6 STEP PROCESS

It's important to complete all of these steps each time you do inner child work. Please complete them in order and set aside enough time to do them all.

## STEP 1: SET THE SCENE

Create a space where you will be uninterrupted.

Get quiet.

Complete your favorite mindfulness exercise, first, to release any current day distracting thoughts and energy from your body.

Essential oils can help to open your spiritual senses (but aren't necessary, so don't worry if you don't have any).

Put your favorite, most loving crystals out if you have them. Pink opal and pink quartz are great for this.

## STEP 2: CONNECT WITH YOUR HIGHER POWER

The next step in the process is connecting with your higher power and asking for signals from your body (e.g. a memory) to get you started on what you need to remember and heal.

The more connected you are to your source and your body, the easier this process is.

I used to be extremely disconnected from both for a while, so don't be impatient or judge yourself if this doesn't come easily to you at first.

Listen carefully to your body. Remember, your soul can't send you an email, or text saying: "It was that time when Dad yelled at you, you felt so much shame because he belittled and shamed you. You internalized that you didn't deserve good things unless you were perfect."

You will more likely receive communication through sensations in your body, emotions and by memories resurfacing. You have to pay attention and trust what you are being guided to.

You may be more prone to seeing a vision from your past. Some can see their actual spiritual inner child running around or hiding from them, which are super fun spiritual gifts, but it's not typical.

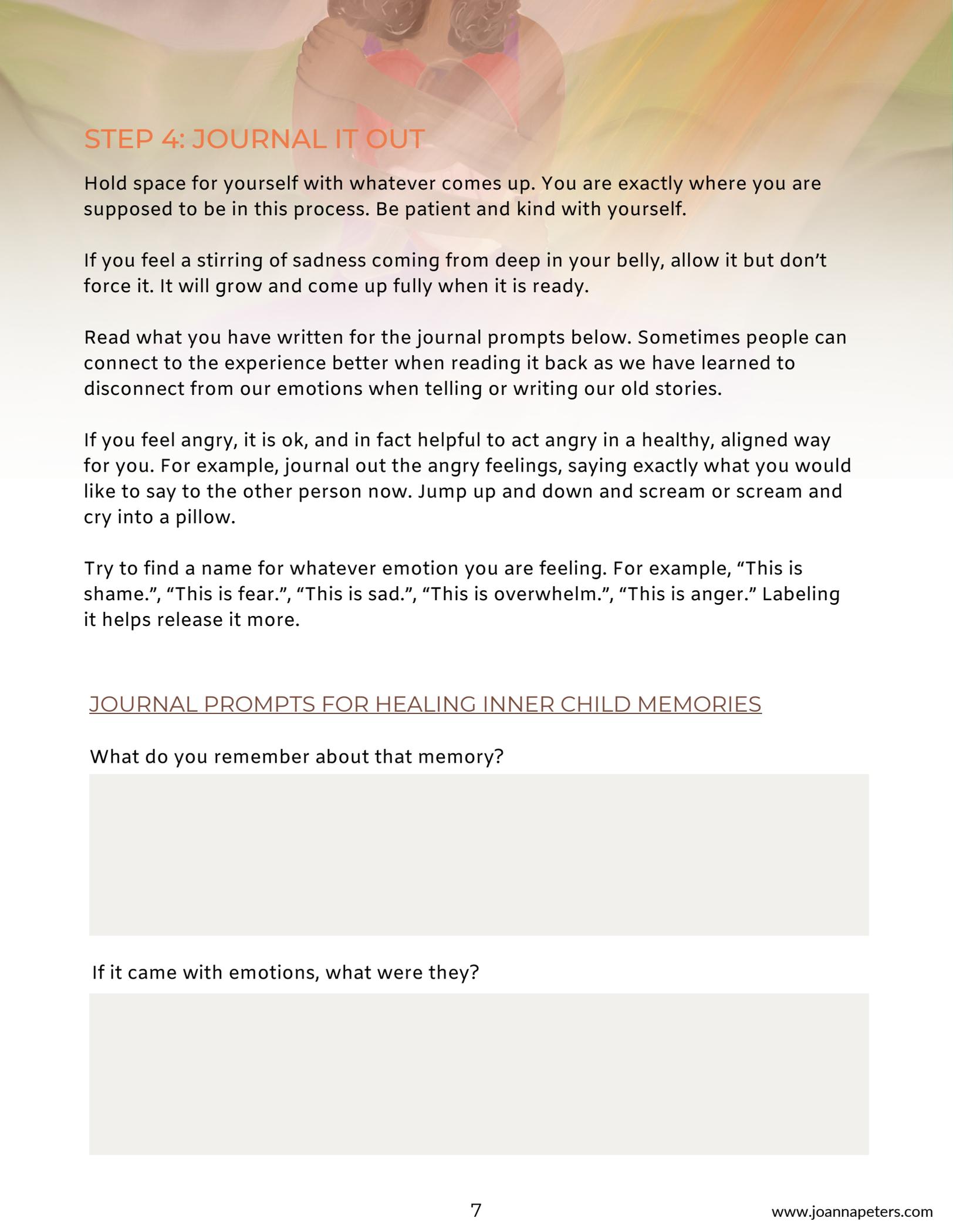
### STEP 3: ASK FOR HELP

Pray, ask angels, however you connect to your higher power, ask for spiritual guidance.

Here is a small prayer to get you started if you are having trouble:

"UNIVERSE, THANK YOU FOR BEING WITH ME AND SUPPORTING ME. I AM OPEN TO KNOWING WHAT NEEDS TO COME UP FOR HEALING. ARCHANGEL MICHAEL AND GUIDES, I ASK FOR YOUR HELP IN SHOWING ME. THANK YOU FOR ALWAYS LOVING AND SUPPORTING ME. HELP ME TO HEAR YOU."

If you are quiet and your mind is relatively still, you will get a memory or a flash of one. Don't discount it. Trust it.



## STEP 4: JOURNAL IT OUT

Hold space for yourself with whatever comes up. You are exactly where you are supposed to be in this process. Be patient and kind with yourself.

If you feel a stirring of sadness coming from deep in your belly, allow it but don't force it. It will grow and come up fully when it is ready.

Read what you have written for the journal prompts below. Sometimes people can connect to the experience better when reading it back as we have learned to disconnect from our emotions when telling or writing our old stories.

If you feel angry, it is ok, and in fact helpful to act angry in a healthy, aligned way for you. For example, journal out the angry feelings, saying exactly what you would like to say to the other person now. Jump up and down and scream or scream and cry into a pillow.

Try to find a name for whatever emotion you are feeling. For example, "This is shame.", "This is fear.", "This is sad.", "This is overwhelm.", "This is anger." Labeling it helps release it more.

### JOURNAL PROMPTS FOR HEALING INNER CHILD MEMORIES

What do you remember about that memory?

If it came with emotions, what were they?

How old were you?

What was happening around you at the time?

What did you really want to say to the adults around you at that time?

What did you need to hear at that time from your parents?

If you met a child now, as an adult, in this situation, what would you say to her?

## STEP 5: REASSURE HER

Start to talk to your inner child and tell her the reassuring words now that you wish you would have heard at the time.

Imagine yourself as an adult, seeing a little girl of that age going through that experience, what would you say to her?

Be gentle, reassuring, and kind to her. Remember, you are talking to a much younger version of yourself.

FOR EXAMPLE:

"I am so sorry he just yelled at you like that. You didn't deserve that. You are allowed to make mistakes and should be made to feel safe afterwards. I am so sorry you had to experience that. I see how much you try, and you care about others. I am sorry he doesn't see that side of you. You are beautiful and divinely loved. I love you. You deserve to be treated better."

Or you can reassure that 12-year-old that she is safe now, you can tell her how sorry you are she had to go through that alone. That she was so strong. That you are proud of her. That is was not her fault. She could not have done anything differently; she was too young. You can hold her and tell her that 'adult you' has this from here.

Most inner children need to be heard; their experience validated and to be reminded that they are safe now.

## STEP 6: PRACTICE SELF-CARE

Take breaks as needed.

Repeat this connection and reassurance process as often as needed until you feel a release, usually in the way of a big ugly cry that comes from deep inside.

It may affect your stomach or digestion as well. Be sure to look after yourself physically and drink lots of water.

Hug yourself often. You are being brave by standing up to your inner fears.

Pray and ask for help from Angels throughout this process. You cannot do this alone.

## REPEAT

Repeat in baby steps as often as needed, on your journey to becoming the healthiest version of yourself. The more you practice this tool, the more you are in active communication and awareness with your inner child, and the beautiful healing in layers will continue.

Again, I applaud you for choosing yourself over and over again. You matter!

