

Soul Essence

Fact Sheet – The Inner Child

The Inner child is linked to our essence or core, it carries a lot of energy. It is spontaneous when it is happy and screams when angry, this is the energy of the inner child. Within the inner child is the key to our aliveness.

If it becomes wounded it loses its ability to express and becomes closed down, has no permission to say anything. We place things on us as a condition of worth, the potential then grows for anger to form and demand constant attention.

You can be born with an illusion already running, all you want is mature real love from your carers. Real love is not conditional on our behaviour.

As adults with a wounded inner child, we do not know how to receive or give mature real love. We were loyal to our parents even if they were abusing us. Therefore, as parents we then repeat pattern. Children are spontaneous, this often makes the parents angry, the child then becomes confused and freeze the emotion. That emotion then gets shut down.

As adults or children, we do not like feeling the pain of our wounding, so it becomes numb, when we become adults or parents we often project the pain to our children or others.

If we want to heal our core wounding, we need to feel the hurt we received as a child, re experience it so it can be healed.

Symptoms of Supressed Inner Child Emotions

- Poor health
- No energy or enthusiasm
- Un creative
- Supressed sexuality
- People who hate being around children
- Being a workaholic

Healing your inner child, opens up your knowing, improves your immune system, intuition, and consciousness. It is our images of the past affect us. By re-parenting or reclaiming that wounded child, we learn about ourselves and begin to re-evaluate and transform it. The process to discover and heal our Inner Child can be quite astounding.

By understanding and love we can learn how to form healthy and loving relationships by learning to love ourselves first. Because we have dysfunctional relationships internally we have dysfunctional relationships externally. Loving ourselves is about unconditional love which means no judgement or shame.

It is never too late to heal our inner child to have a happy childhood and adult life.

Rosemary Thomas D.S.E.H

New Eltham
London SE9 2EJ

<http://www.soul-essence.com>

Tel Home: 020 8859 4642
Mobile: 07711077485
Email: rosemary@soul-essence.com