

# *Soul Essence*

## *Fact Sheet – Who is the “Inner Child”*

It is the little you who: -

- Desired to be nurtured, cared for, and loved. This child still resides within you as an adult.
- Is emotional and sensitive, whom you have channelled, controlled, and silenced and who is still living within you.
- Is creative, imaginative, and artistic you who has been moulded, structured, and organised, who still resides in you and is needing to be set free.
- Is hurt, pained, neglected, frustrated, abused, and ignored you whom you have masked, hidden from view, and denied the existence of. This child is always just below the surface, causing you to be anxious, worried, and fearful of mistreatment.
- Is fun loving, happy, frivolous, joyful, humorous you when you were young and unsophisticated; that person you have replaced with a sophisticated, mature, serious, task-oriented demeanour.
- Whose childhood you have lost or forgotten; yet it still resides in you, dwelling in your subconscious.
- Knows how to have fun and play for play's sake, who can help you prevent burnout and manage the stress in your life.
- Who could be as an adult if you lightened up, let go of your seriousness, overcame your fears, and accepted flexibility and change in your life.
- Needs healing, support, and help so you can be given new life, health, and a chance for your own personal growth.



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