

1: How To Heal And Re-parent Your Inner Child | Life Labs

The Self-Parenting Program provides a proven pathway for healing your Inner Child, defined as a deeper, more conscious awareness of the interaction between your Inner Parent and Inner Child. Subscription form.

Self-Parenting practitioners understand this fundamental truth, whether in the public eye or not. You can play paddy-cake all day with your Inner Child. You can do wonderful meditations and guided imagery, and you can blab all day about how much you love and care about your Inner Child. It was designed as a structured introduction to making changes in your Self-Parenting Style. The yellow book presents the starting guidelines. It introduces you to the personalities of the Inner Parent and Inner Child and the process of Self-Parenting as a non-stop daily mental activity. These key principles had never been laid out before, anywhere, by anyone. Yet, even today most people are unaware that they Self-Parent themselves all day and all night, day in and day out, from the cradle to the grave. There were some inklings before that the Inner Child was a part of us and that we should nurture it. This new awareness spread quickly. Yet this new interest in the Inner Child was still one generation behind the reality of Self-Parenting. If I could give you a brand new Inner Child, one perfect in every way, in six months you would create the same type of Inner Child you have now. If I could give you a perfect Inner Parent for 6 months, you would have a positive and loving Inner Child in three months, regardless of the Inner Child you have now. However, I CAN give you all the training and guidelines you need to achieve this goal for your own self. So sign up, learn, and apply. If this was negative in your experience, then you will have to work through this programming in order to change your Self-Parenting Style from negative to positive. I have been testing and teaching Self-Parenting for over thirty years. I still do my sessions every day. As far as I know, I am the only person teaching in this field who has ever done so. If you are serious about improving your Self-Parenting style as an Inner Parent it can happen here. When you begin to practice regular half-hour sessions, I will be there to support you. Yours in Positive Self-Parenting,.

2: 12 Steps to Self-Parenting | OGORMANDIAZ

According to John Bradshaw, author of Home Coming: Reclaiming and Championing Your Inner Child, the process of healing your wounded inner child is one of grief, and it involves these six steps.

Your Inner Child is the echo of the child you once were. We each have our own history and we have all been influenced by our environment, events and the significant people around us. Our inner child has stored those memories, and their impact upon us. It therefore makes sense that we should revisit the experiences of the child we once were, and to find out what our own script says about our life and the unfolding drama we have been re-creating and repeating. Not doing so will result in our playing out of the same unexamined script and drama over and over again. We cannot change the script by talking about it, or by conscious effort alone. We may try to silence these deeper longings with alcohol or drugs, by promiscuity, gambling, over-spending, over-eating, work-a-holism, self-harming and other ways of avoiding the real and deeper needs we have. Where does it begin? As small children we will have been absorbing a great deal from our extended families, our caregivers, friends, pre-school and early school years, and religious institutions. This all creates the pool in which we float, or sink. Inevitably, the water will be a bit dirty - or it may even be like thick mud. In this pool resides our self-esteem, body-image, family trauma, shame and secrets even if not spoken about - as they all affect the quality of the care our caregivers are able to show to us. We will sink down into this pool, or mud, whenever we are overwhelmed by our negative thoughts, emotions, self-doubt or self-loathing. In therapy the aim should be to sensitively lift out this dirt and mud, bit by bit, until we are left with just a stain of what was once there. It is the stuff that brings people into psychotherapy. It is always about the unmet needs of the Inner Child - the place of both our early wounding and the most profound healing! What can we do to help our wounded Inner Child? After all, you are the only person who you can guarantee never to leave you! It is often easier to feel compassion for other people than it is for yourself and you may have been rejecting and ignoring the yearning of your Inner Child - who has been calling out to you, over many years, for your interest, attention, compassion and love. The sensible competent Adult part of you should be able to set fair and sensible boundaries around this, so that you do not over-indulge yourself, or use any rewards as either a distraction or as a cover up for your deeper pain. I want to heartily encourage you to re-parent yourself and your inner child by lovingly caring for her and by doing these things as often as you can these apply to both boys and girls None of what happened to her was ever her fault. She was just in the wrong place and had no means of escape - but she is now free at last! Tell them how proud you are of them She needs to feel respected. Notice loving mothers who are caring for their babies and absorb that loving energy between a mother and child Reassure her that you will be alongside her either to speak up on her behalf, or to support her when she speaks up Agree upon a symbol of her freedom This might be as some of my own clients have imagined a ladder, a floating bubble, a sci-fi teleporter, a hot air balloon Imagine sitting alongside that little girl, putting your arm around her shoulders and gently pulling her close to your heart. She has a home in your heart that she will never have to leave. She is safe with you now If she wants to cry let her cry, and be there as her new mother to wipe her tears and soothe her pain or fear. Be patient with her Remember that healing happens in different ways and time-frames. Promise to do your best to bring her the joy that has been missing from her life - and this will be profoundly healing for you both. Show respect to your body - the home of your inner child. Keep it clean and toxin free. Keep it safe and happy Keep the wound free of further contamination. Avoid toxic people and environments. Be sure to make a big thing of her birthdays and Christmas, holidays and achievements Set up creative activities for your playful inner child to enjoy! Bouncing, dancing, crafts, finger painting and anything else that takes her fancy. Be proud and show it! Sing songs from childhood whether you could sing well back then or not. Release any shame dumped on you for your singing ability - and instead enjoy stretching your vocal chords and making your own sounds that come from your heart and reach out into the world Encourage her to loosen up and allow physical and emotional intimacy this will enhance your own sexual intimacy too. She must feel safe and unconditionally accepted to be able to do this. She may doubt her ability based upon her mistakes in the past. Please remember that your

SELF-PARENTING : HEALING YOUR INNER CHILD pdf

inner child is a real part of your sub-conscious mind – a wounded child who needs your love, care and compassion Your Life Company Ltd. As a MIND HEALER I specialise in helping women to recover from a troubled childhood and toxic parents, to heal and transcend their emotional wounds, re-parent their inner child, and make peace with their past. This enables and empowers them to become better parents, partners, professionals - and all round happier calmer people:

3: 6 Steps to Help Heal Your Inner Child

Certainly, the notions associated with healing your inner child are not always universally appealing, but in that moment I instinctively knew that there was some deeper truth and value there, something powerfully healing.

Step 2 Find hope in the belief that recovery is possible through faith and an acceptance of the fact that we are never really alone. Step 3 Learned to let go of compulsive self-reliance by reaching out to our Higher Parent. Step 4 Made an honest assessment of our strengths and weaknesses and accepted the impact our childhood had had upon us as adults. Step 5 Learned to share our self-parenting issues with others without self-recrimination or shame. Step 6 Become ready to change by giving up the demand to be perfect. Step 7 Learned to embrace our uniqueness and connectedness to others in a spirit of love and humility. Step 8 Learned self-forgiveness and made amends to our inner child. Step 9 Healed our inner child by realizing the promises of self-parenting in our daily life. Step 10 Practiced daily self-acceptance and learned to live in the present. Step 11 Allowed the divinity in us to shine forth by surrendering to our Higher Power. Step 12 Having had this spiritual awakening, we reached out to others in the spirit of giving, love and community. Your inner child is the center of your love, your feelings, your spontaneity, your curiosity. It is the part of you which is exquisitely alive, vital, creative and from which you draw your energy. It is the part of yourself that feels your pain, that needs love and support and feels hopeless without it. Your Higher Parent is the center of your inner wisdom, your intuitive knowledge. This is your problem-solving self, the part of you that will in healthy families gently and lovingly guide your inner child. This is also the part of you who protects your inner child. Your higher Parent is the part of you unaffected by your ego or your feelings. It is the transcendent part of yourself, a direct channel to your Higher Power. Vulnerable Cores Living in an abusive family can traumatize the vulnerable cores of your being. And when traumatized, your inner child, deprived of the wisdom of your Higher Parent, may develop defenses that result in what we call compulsively dependent and what others call a co-dependent orientation to the world. The Compulsive Dependent Self With compulsive dependency, our inner child is locked away for fear that her spontaneity will cause embarrassment, humiliation or worse, overwhelming pain. The compulsively dependent self that emerges is often controlling and needing to rescue others, or in turn to be rescued by them. Or due to their compulsive dependency, they will turn to other things in their search for completeness, such as overeating, compulsive sexual activity, compulsive spending, or working excessively, all in an attempt to be filled up. The Promises of Self-Parenting Self-Parenting is about freeing your inner child and releasing the voice of your Higher Parent, about accepting and nurturing yourself. The promise of self-parenting is that you will be able to live in the present and leave the past behind and learn to unconditionally love yourself. It is about learning to nurture yourself through self-forgiveness. It is about letting God in your life and learning to reach out for love. It is about letting go the baggage of the past healing old wounds, and learning how not to recreate these painful patterns in your present. It is about allowing your inner child to be spontaneous, joyful, alive, free. It is about allowing your Higher Parent to guide you with your inner wisdom. It is about learning to join your Higher Parent and inner child in a healthy manner, making true intimacy with others possible, allowing you to break the bonds of isolation and compulsive or co-dependent behavior. It is about learning through healthy self-parenting to use our Higher Parent as a beacon of light to guide us through the storms and dark times, while your inner child releases the healing energy of love and makes it available to you and those around you. All of these constitute the total process of recovery. Self-parenting is about the long road home – the road from loneliness and self-doubt, to self-validation, unconditional self-love and intimacy. The road from the pain of the past to the joy, unconditional self-love and fullness of the present. Testimonials Being a fireman was all I ever wanted. But after the fire that took two of my buddies, I lost the desire to be a firefighter. It was all mixed up for me with what happened and all the bad memories.

4: HEALING THE INNER CHILD: Venturing into the territory of suffering | The Mindful Word

On this video, Alan Robarge, Relationship Coach and Psychotherapist, talks about specific approaches to engaging the process of Self Re-Parenting and Inner Child Healing work.

On the past month the inflammation has come back just really subtle and so I was asking my body: So I asked little: So I just wanted to have a conversation with you guys. How you can heal your inner, how you can heal yourself by talking with your inner child. So how do you talk with your inner child? Again, if you guys have questions about these, put those in the comments, hopefully, I can answer them. How do you talk with your inner child? How do you evenâ€”and what is the inner child? We should start there. So the inner child is an aspect of yourself, usually has wounding from when you were younger so anything unresolved in your current life, any trauma, any suffering, any pattern that keep showing up, anything that keeps showing up that is unresolved generally has a lot to do with the inner child and an aspect of you that is not unhealed. So what is required to connect with your inner child is a space of quiet within your mind. So if you are having a hard time accessing it for yourself, you can always hire someone to help you out with that, but generally the idea is to get in a quiet space within yourself, so that you can quiet your mind and access that, to listen that smaller voice of the inner child. So deep belly breathing and just allowing your body to become more and more relaxed and call forth your inner child. So for me, I call it little Susie and like: How do you start a conversation? So it might be helpful to get a pencil and paper and just start some automatic writing when you ask your inner child questions if there is anything he or she has to say to you. If you are good at getting in that meditative state and just sitting still and silent asking the questions and looking to see what answers come forth. Grabbing your phone and then opening the memo or the notes or whatever, like the audio recording thing on your phone and ask the questions and then just start talking and see what comes out. And then you have a recording of it in case something really juicy comes up and you can remember it. So it really is about setting the intention that you want to connect with your inner child, letting your inner child know that you are available and making some commitments. So when I first had my inner child healing experience, my friend Windy Rose helped me with that and she took me through this process and then I ended up making some promises to little Susie I said: So that has been so helpful in having. In achieving self-healing for me, in healing the wounds of the past, you know how I grew up, the lack, not getting enough love whatever. Going to the hot springs. Those are some things that I love, but findingâ€”going outside and making mud pies that could be nurturing to inner child and the adults, so learning how to play yay! Get some thumbs up for that. So whatever you do to nurture your inner child, whatever you do for play, then if its both your inner child and your adult self. And this is a very powerful self-healing tool, is working with your inner child. Thank you for joining me today. If you want more support with accessing your inner child, you can get a one on one session or you can join us in the creation temple as a master creator because we meet every week in person or online through videos, we get to have that nice deep connection and we get to do our shadow work together sometimes laugh and play together too. So the first question is here in the comments. Susie experienced her Spiritual Awakening on December 13th, Since that time, she has developed into a Spiritual Guide and Transformation Coach, teaching others how to do what she has done in her own life. Are you going through a spiritual awakening? You may enjoy relating the stories of other like you:

5: Recovery of Your Inner Child - A Complete Course in Re-Parenting the Self by Lucia Capacchione

Self-Parenting is about freeing you inner child and releasing the voice of your Higher Parent, about accepting and nurturing yourself. The promise of self-parenting is that you will be able to live in the present and leave the past behind and learn to unconditionally love yourself.

Robert is the author of the Joyously inspirational book *Codependence: The Dance of Wounded Souls*. Included are quotes from *Codependence: Inner Child Healing Techniques* "When we are reacting out of old tapes based on attitudes and beliefs that are false or distorted, then our feelings cannot be trusted. When we are reacting out of our childhood emotional wounds, then what we are feeling may have very little to do with the situation we are in or with the people with whom we are dealing in the moment. In order to start be-ing in the moment in a healthy, age-appropriate way it is necessary to heal our "inner child. The Dance of Wounded Souls It is vitally important to start paying attention to our inner children. It does not work, it is dysfunctional, to deny that our childhood wounds have affected our lives. Our emotional wounds have been dictating our lives and keeping us from Loving ourselves. We have been an abusive parent to ourselves. It causes the abandonment of self, the abandonment of our own inner child - and that inner child is the gateway to our channel to the Higher Self. The one who betrayed us and abandoned and abused us the most was ourselves. That is how the emotional defense system that is Codependence works. It is very important to start getting in touch with these parts of ourselves and building a Loving relationship with each of them. Anytime we have a strong emotional reaction to something or someone - when a button is pushed and there is a lot of energy attached, a lot of intensity - that means there is old stuff involved. It is the inner child who feels panic or terror or rage or hopelessness, not the adult. We need to ask ourselves "How old am I feeling right now? When we get that answer then we can track down why the child was feeling that way. To learn to ask for help and guidance from people who are trustworthy,. That means counselors and therapists who will not judge and shame you and project their issues onto you. Until I started doing my inner child healing I believed that who I really was at the deepest, truest part of my being, was that person who wanted to die. Now I know that is just a small part of me. When that feeling comes over me now I can say to that seven year old, "I am really sorry you feel that way Robbie. You had very good reason to feel that way. But that was a long time ago and things are different now. I am here to protect you now and I Love you very much. We are happy to be alive now and we are going to feel Joy today, so you can relax and this adult will deal with life. I know that now because of my recovery, and I can lovingly parent and set boundaries for those inner children so they are not dictating how I live my life. By owning and honoring all of the parts of me I now have a chance to have some balance and union within. We need to learn to be nurturing and Loving to the wounded parts of us. We can do that by actually working on developing a relationship with those wounded parts of us. The first step is to open a dialog. I believe that it is important to actually talk to the children inside of us. At first the child will probably not trust you - for many very good reasons. Eventually we can start building trust. If we will treat ourselves with one tenth as much compassion as we would an abused puppy who came into our care - we would be Loving ourselves much more that we have been. We are feeding the monster that is devouring us. We need to take responsibility without taking the blame. We need to own and honor the feelings without being a victim of them. STOP them from driving the bus! Children are not supposed to drive, they are not supposed to be in control. And they are not supposed to be abused and abandoned. We have been doing it backwards. We abandoned and abused our inner children. Locked them in a dark place within us. It is the wounded child in us that wants instant gratification. We need to set boundaries for the wounded part of us that wants to go unconscious or indulge in things which are abusive in the long run. The ways in which I learned to protect myself from that pain and nurture myself when I was hurting so badly were with things like drugs and alcohol, food and cigarettes, relationships and work, obsession and rumination. The way it works in practice is like this: I am feeling fat; I judge myself for being fat; I shame myself for being fat; I beat myself for being fat; then I am hurting so badly that I have to relieve some of the pain; so to nurture myself I eat a pizza; then I judge myself for eating the pizza, etc. To the disease, this is a functional cycle. It is a lot of work and it takes

time, but it is worth it. It can create the freedom to be able to let go, to be happy and Joyous in the moment, no matter what is happening in our lives. It leads to empowerment, serenity, and the ability to have a more Loving relationship with self. Nothing you do in your life will be more rewarding or have more far reaching consequences than healing your wounded soul - which is what your wounded inner children represent. We are - you are, I am - Lovable and worthy.

6: 7 Steps to Heal Your Inner Child - Beyond Blue

Much of the inner child work promoted today is based on the teaching of speaking to your inner child, in other words, being identified with the parent role and then speaking to your inner child.

Part of the process of dealing with the inner critic and the chaos it causes is to re-parent our inner child, showing it that it no-longer needs those mechanisms and the protection offered by its family of critics. What will your response be? Sometimes, the personality type and self-beliefs of a person may hinder healthy development and lifestyle of the person. Faulty upbringing need not necessarily be a result of abuse, intentional neglect or wrongdoing of parents. However, this becomes a very prominent issue when a person has been a victim of child abuse in any form, or has been a part of a dysfunctional family. Even in cases where the parenting techniques are wrong, the same parental pattern goes on for generations until someone realizes their mistake. But just knowing the problem is never enough. One way of doing this is by re-parenting. Adult, Inner Child and Parent. Reparenting the Inner Child The feelings and beliefs that the inner child carries have two different causes. The pain that the critic causes in the present is bad enough but it also aggravates the inner child and makes that pain worse, ultimately strengthening the inner critic. Your inner child has been hidden for a long time, so you have to bear in mind that your inner child may not know how to express certain feelings. Those are the first essential elements in original pain work. After shock comes depression and then denial. Sadness After anger comes hurt and sadness. We must grieve our unfulfilled developmental needs. Loneliness The deepest core feelings of grief are toxic shame and loneliness. And that shame leads to loneliness. Online therapy is, in my experience, effective for treating a number of major conditions. Are you having issues that you need to talk through? I have a range of plans that can help you get the help you need.

7: self-parenting Archives - Create Heaven on Earth

Your response to the above situation is a reflection of your inner, self-set pattern of behavior. This behavioral pattern has been formed and reformed over the years, starting from your birth, through reinforcement and suppression, mostly by parents or other significant people, and has now become a part of your personality and self-beliefs.

Celebrating our 12th Anniversary! If you follow this program from beginning to end, you will be able to heal your relationship with yourself and with others. And finally feel good about yourself. This places impossible pressure on others and dooms the person to disappointment and can be a cruel form of abuse. Usually hidden under our grown-up personas, the Inner Child holds the key to intimacy in relationships, physical and emotional well-being, recovery from addictions, and the creativity and wisdom of our inner selves. Those who have raised or educated children with awareness know that the creative arts are the natural language of the child. Given a healthy environment and the guidance of nurturing adults, children spontaneously express themselves through the arts. No one has to tell young children that creative expression is fun, and that it makes you feel good about yourself and the world. Pre-schoolers and kindergartners draw and paint, play with clay, build and construct, act, dance and sing with great enthusiasm. When I was training teachers, my work included observing young children in classrooms throughout the United States, from inner-city ghettos to rural farm areas. These were children of all races and socioeconomic backgrounds. No matter where these children were or what they looked like, they all had one thing in common: In fact, art therapy is used with children who cannot verbalize their feelings. What cannot be spoken can often be expressed more safely in art. And even when a child is articulate, sometimes words are not enough. Who can translate into words the precise meaning of a bold, black scribble? Watching a child release bottled-up rage or fear with crayons or clay is a profoundly moving experience. It is no accident, then that the Inner Child also expresses its feelings and needs more easily through art. In my workshops drawing has been one of the most direct and enjoyable ways of reaching the Inner Child. Drawing gets people out of their rational, analytical, adult minds and immerses them in the Child state. We know that drawing comes predominately from the right hemisphere of the brain. What we often forget is that young children, by their very nature, are predominantly right-brained. However, your enjoyment of right-brained, multi-sensory activity gets shut down through restrictive parenting and a left-brain school system that places an inordinate emphasis on verbal logic and memorization. Recovery of Your Inner Child is the only book that shows you how to have a firsthand experience of your Inner Child - actually feeling its emotions and recapturing its sense of wonder. Healing our Inner Child is a major part of our recovery. Lucia Capacchione is a master at gently guiding you through this process. Love yourself enough to recover from the past. Right brain journal and art activities, include work with the non-dominant hand. Capacchione presents her ground-breaking approach to reparenting the self. Readers explore all aspects of the Child Self as well as the Inner Parent the nurturing and protective as well as the critical parent. It is being used in treatment centers worldwide, especially with survivors of child abuse and those recovering from addictions. Practical, helpful, and easy.

8: 7 Things Your Inner Child Needs to Hear You Say

Healing the Wounded Child Within: Heal Your Wounds, Change Your Life Self Parenting: The Complete Guide to Your Inner Conversations in INNER CHILD SELF-HELP.

April 5, Drawing by Tighe Moore, age 7 In each of us, there is a young, suffering child. We have all had times of difficulty as children and many of us have experienced trauma. To protect and defend ourselves against future suffering, we often try to forget those painful times. The wounded child is always there, trying to get our attention. The wounded child asks for care and love, but we do the opposite. The block of pain and sorrow in us feels overwhelming. That inability to see is a kind of ignorance. This child has been severely wounded. She or he really needs us to return. Instead we turn away. Ignorance is in each cell of our body and our consciousness. That ignorance stops us from seeing reality; it pushes us to do foolish things that make us suffer even more and wound again the already-wounded child in us. The wounded child is also in each cell of our body. There is no cell of our body that does not have that wounded child in it. We only have to look deeply and we can be in touch with him. The suffering of that wounded child is lying inside us right now in the present moment. But just as the suffering is present in every cell of our body, so are the seeds of awakened understanding and happiness handed down to us from our ancestors. We just have to use them. We have a lamp inside us, the lamp of mindfulness, which we can light anytime. The oil of that lamp is our breathing, our steps, and our peaceful smile. We have to light up that lamp of mindfulness so the light will shine out and the darkness will dissipate and cease. Our practice is to light up the lamp. The practices of mindful walking, mindful sitting, and mindful breathing are our foundation. With our mindful breath and mindful steps, we can produce the energy of mindfulness and return to the awakened wisdom lying in each cell of our body. That energy will embrace us and heal us, and will heal the wounded child in us. Listening When we speak of listening with compassion, we usually think of listening to someone else. But we must also listen to the wounded child inside us. Sometimes the wounded child in us needs all our attention. That little child might emerge from the depths of your consciousness and ask for your attention. If you are mindful, you will hear his or her voice calling for help. At that moment, instead of paying attention to whatever is in front of you, go back and tenderly embrace the wounded child. I went away from you. Now, I am very sorry. I am going to embrace you. I will take good care of you. I know you suffer so much. I have been so busy. I have neglected you, and now I have learned a way to come back to you. Whenever you need to, you can sit and breathe with the child. Only then can healing take place. Embracing your child tenderly, you reassure him that you will never let him down again or leave him unattended. The little child has been left alone for so long. That is why you need to begin this practice right away. If you know how to go back to her and listen carefully every day for five or ten minutes, healing will take place. When you climb a beautiful mountain, invite your child within to climb with you. When you contemplate the sunset, invite her to enjoy it with you. If you do that for a few weeks or a few months, the wounded child in you will experience healing. With practice, we can see that our wounded child is not only us. Our wounded child may represent several generations. Our mother may have suffered throughout her life. Our father may have suffered. This practice is not a practice for ourselves alone, but for numberless generations of ancestors and descendants. Our ancestors may not have known how to care for their wounded child within, so they transmitted their wounded child to us. Our practice is to end this cycle. If we can heal our wounded child, we will not only liberate ourselves, but we will also help liberate whoever has hurt or abused us. The abuser may also have been the victim of abuse. There are people who have practiced with their inner child for a long time who have had a lessening of their suffering and have experienced transformation. Their relationships with their family and friends have become much easier. We suffer because we have not been touched by compassion and understanding. If we generate the energy of mindfulness, understanding, and compassion for our wounded child, we will suffer much less. When we generate mindfulness, compassion and understanding become possible, and we can allow people to love us. Before, we may have been suspicious of everything and everyone. Compassion helps us relate to others and restore communication. The people around us, our family and friends, may also have a severely wounded child

inside. Go back and take care of yourself. Your body needs you, your feelings need you, your perceptions need you. The wounded child in you needs you. Your suffering needs you to acknowledge it. Go home and be there for all these things. Practice mindful walking and mindful breathing. Do everything in mindfulness so you can really be there, so you can love. The Energy of Mindfulness The energy of mindfulness is the salve that will recognize and heal the child within. But how do we cultivate this energy? We can divide consciousness into two parts. One part is mind consciousness and the other is store consciousness. Mind consciousness is our active awareness. We want to be mindful as we drink our tea or drive through the city. When we walk, we want to be aware that we are walking. When we breathe, we want to be aware that we are breathing. Store consciousness, also called root consciousness, is the base of our consciousness. Store consciousness has the capacity to learn and to process information. Often our mind is not there with our body. Sometimes we go through our daily activities without mind consciousness being involved at all. We can do many things by means of store consciousness alone, and mind consciousness can be thinking of a thousand other things. For example, when we drive our car through the city, mind consciousness may not be thinking about driving at all, but we can still reach our destination without getting lost or having an accident. That is store consciousness operating on its own. Consciousness is like a house in which the basement is our store consciousness and the living room is our mind consciousness. Mental formations like anger, sorrow, or joy, rest in the store consciousness in the form of seeds. We have a seed of anger, despair, discrimination, fear; a seed of mindfulness, compassion; a seed of understanding, and so on. Store consciousness is made of the totality of the seeds, and it is also the soil that preserves and maintains all the seeds. The seeds stay there until we hear, see, read, or think of something that touches a seed and makes us feel the anger, joy, or sorrow. This is a seed coming up and manifesting on the level of mind consciousness, in our living room. Now we no longer call it a seed, but a mental formation. A marker pen is a formation; my hand, a flower, a table, a house, are all formations. A house is a physical formation. My hand is a physiological formation. My anger is a mental formation. Varieties of seeds can manifest as mental formations. Anger is just one of them.

9: Tools and techniques for healing your inner child/child within

You are healing now and as you grow in love for yourself and your life you won't want or allow anyone close to your inner child if they don't align with that self love and a conscious caring relationship.

Because we had no tools for reprogramming our egos and healing our emotional wounds culturally approved grieving, training and initiation rites, healthy role models, etc. Codependence allows us to survive physically but causes us to feel empty and dead inside. Codependence is a defense system that causes us to wound ourselves. It is vitally important to stop listening and giving power to that critical place within us that tells us that we are bad and wrong and shameful. That "critical parent" voice in our head is the disease lying to us. This healing is a long gradual process - the goal is progress, not perfection. What we are learning about is unconditional Love. Unconditional Love means no judgment, no shame. Any time we judge and shame ourselves, we are feeding back into the disease, we are jumping back into the squirrel cage. We grew up in environments that were emotionally dishonest, Spiritually hostile, and shame based. Our relationship with ourselves and all the different parts of our self: We got to an age where we were supposed to be an adult and we started acting like we knew what we were doing. We went around pretending to be adult at the same time we were reacting to the programming that we got growing up. We tried to do everything "right" or rebelled and went against what we had been taught was "right. In order to start being loving to ourselves we need to change our relationship with our self - and with all the wounded parts of our self. The way which I have found works the best in starting to love ourselves is through having internal boundaries. Learning to have internal boundaries is a dynamic process that involves three distinctly different, but intimately interconnected, spheres of work. I need to make the point here that Codependence and recovery are both multi-leveled, multi-dimensional phenomena. What we are trying to achieve is integration and balance on different levels. In regard to our relationship with ourselves this involves two major dimensions: In this context the horizontal is about being human and relating to other humans and our environment. So a Spiritual Awakening is absolutely vital to the process in my opinion. Changing our relationship with ourselves on the horizontal level is both a necessary element in, and possible because we are working on, integrating Spiritual Truth into our inner process. These three spheres are: Inner Child Healing 3. Grieving Because Codependence is a reactive phenomena it is vital to start being able to detach from our own process in order to have some choice in changing our reactions. We need to start observing our selves from the witness perspective instead of from the perspective of the judge. We all observe ourselves - have a place of watching ourselves as if from outside, or perched somewhere inside, observing our own behavior. Because of our childhoods we learned to judge ourselves from that witness perspective, the "critical parent" voice. The emotionally dishonest environments we were raised in taught us that it was not ok to feel our emotions, or that only certain emotions were ok. So we had to learn ways to control our emotions in order to survive. We adapted the same tools that were used on us - guilt, shame, and fear and saw in the role modeling of our parents how they reacted to life from shame and fear. This is where the critical parent gets born. We need to start saying no to the inner voices that are shaming and judgmental. The disease comes from a black and white, right and wrong, perspective. It speaks in absolutes: We may never be a success according to our parents or societies dysfunctional definition of success - but that is because our heart and soul do not resonate with those definitions, so that kind of success would be a betrayal of ourselves. We learned to relate to ourselves and all the parts of our self - emotions, sexuality, etc. Whenever life gets too good we get uncomfortable and the disease jumps right in with fear and shame messages. The critical parent voice keeps us from relaxing and enjoying life, and from loving our self. We need to own that we have the power to choose where to focus our mind. We can consciously start viewing ourselves from the "witness" perspective. It is time to fire the judge - our critical parent - and choose to replace that judge with our Higher Self, who is a loving parent. It is almost impossible to go from critical parent to compassionate loving parent in one step - so the first step often is to try to observe ourselves from a neutral position or a "scientific observer" perspective. This is what enlightenment and consciousness raising are all about. Owning our power to be a co-creator of our lives by changing our relationship with ourselves. We can

change the way we think. We can change the way we respond to our own emotions. We need to detach from our wounded self in order to allow our Spiritual Self to guide us. We are Unconditionally Loved. The Spirit does not speak to us from judgment and shame. One of the visualizations that has helped me over the years is an image of a small control room in my brain. This control room is full of dials and gauges and lights and sirens. Whenever I feel anything too strongly including Joy, happiness, self-love the lights start flashing and the sirens start wailing and the elves go crazy running around trying to get things under control. They start pushing some of the old survival buttons: To me, the process of recovery is about teaching those elves to chill out. Reprogramming my ego-defenses to knowing that it is ok to feel the feelings. That feeling and releasing the emotions is not only ok it is what will work best in allowing me to have my needs fulfilled. We need to change our relationship with ourselves and our own emotions in order to stop being at war with ourselves. The first step to doing that is to detach from ourselves enough to start protecting ourselves from the perpetrator that lives within us.

Punishment and deterrence. Sir Kenelm reads in bed A manual of lake morphometry I Want My Dollar! Stages of senior care The wit and wisdom of Yogi Berra Wrestling Superstars Reading clinical trials Sign a ument with javascript Self storage and other stories Socrates: a source book Indians in wartime Art in society research essays A Most Unconventional Courtship (Harlequin Historical Series) Back to the New Country Proceedings of the Sixth Asian Logic Conference Reordered love, reordered lives 2.4 Factors affecting water caused Soil Erosion Cpt professional edition 2017 Advanced Epitaxy for Future Electronics, Optics, and Quantum Physics Closing the cash processing function Les amants du Pont-Neuf The lovers of Pont-Neuf Wendy Everett Death And Decay Pamphlet The convergence of science and governance Hollister family of America Economic survey of pakistan 2011 12 Is Bill Cosby right? Fields of thunder I want ice cream (The story box) Pictures in patchwork Empress of Elsewhere The 2007-2012 Outlook for Chocolate Cookie Candy Bars in Greater China Adsorption engineering Parkinsons Disease Questions and Answers, Third Edition (Questions Answers) Cooperative Meeting Management Parents Anger Management The story of the Edinburgh Burns relics, with fresh facts about Burns and his family Legend of the holy drinker Christmas morning montage Guidelines for Baseline Ecological Assessment