

INNER CHILD & THE CONNECTION TO EVERYTHING

When we are children we are extremely vulnerable and receptive, we are like sponges absorbing the external world, which creates inner programming. We are a clean slate. You are forming who you are.

Our brain is forming and our subconscious programming is mostly in Childhood as we have what you can imagine a fresh clean receptive plate. Our brain remembers what it consciously wants to remember/know and then what it doesn't want, it puts into the subconscious mind. However our subconscious mind navigates our life. What we are attracting in our life is a reflection of our subconscious. So as adults our external is a mirror to what is being held in the subconscious & conscious.

The great news is though, through inner child healing and reprogramming the subconscious we can shift what we are attracting in our life.

Because childhood is the first part of our life and our first memories in the conscious and subconscious mind (which is essentially the body) we are then vibrating at that – so everything then is us attracting what we are holding in the subconscious (our bodies).

Therefore if we want to shift a pattern, a behavior, what we are attracting if unwanted – we need to go to the core (which are the first memories and imprints in childhood & early years and also blue print of ancestral trauma.
(This is what was passed down to us)

Dry Flower theory in healing – Imagine your life is a dried up plant. The dried leaves of the plant represent teenage years & adult years, the roots are childhood. If the leaves are dried up and flower is dying you don't just pull off the dead leaves/ care for the dried leaves and expect it to heal and thrive, you need to take care of the roots and heal from the core.

So; yes you pull off the dead leaves to create more health (heal the older years), but then you treat the soil and water the roots (go to the childhood core wounds).

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Let's talk about our personality;

We are born as whole beings into a world that is split and fragmented. We then become fragmented.

We have many fragmented versions of ourselves within ourselves, through our life experience.

In the first years of our life – 0-7 , 0-10 & teenager years our personality is forming which is actually made up as so much of our survival mechanisms and what we subconsciously have picked up as a 'safe way' for us to act and show up in the world as.

So, you could say so much of our personality is a survival mechanism from trauma & navigating the outside world.

When we are children we receive so much different pain.

To tune into yourself deeper & understand inner beliefs in regards to who you are, how you show up and child hood. Ask yourself the following;

When I was a child I received love when..... (fill in the blank)

When I was a child I was accepted when..... (fill in the blank)

When I was a child I was rejected when.... (fill in the blank)

When I was a child I didn't receive love when... (fill in the blank)

How do these show you your fears about how you show up in the world today as an adult?

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Re-parenting

Re parenting is going back into your internal inner child (and subconscious) and seeing her, hearing her and being with her the way she needed to be held, seen, loved, accepted and felt.

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They say that parents / people can only love others, the way they love themselves. They cannot love you in the ways they don't love themselves.

(e.g., When I began started working with sacred sexuality and Yoni healings, that was really triggering for my parents as they had so much unresolved sexual wounding's, so they couldn't love me in that, celebrate me, accept me in that path straight away as they couldn't love / accept themselves as sexual beings.

Or another example; A mother who indirectly puts her child's weight down, or tries to control the way they look. This isn't because she is 'bad', but she can't accept her own body or looks in certain ways, so she cannot totally accept that in another. This is not their fault, it is just a lack of deep healing, self-acceptance and self-love.

This does however create trauma for the child – feeling unaccepted, not good enough, not worthy, or unlovable.

So as adults we can go back into our inner child and reparent her – accepting and loving her the way she needed to be. This creates safety and an anchoring within yourself.

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Attachment styles from Child hood ;

The way we received love, care and the outside world in our child hood then creates our attachment styles.

For example, if we experienced emotional or physical abandonment, we may become anxious attached (fear of abandonment and anxiously afraid to let go and will go to extreme measures to not experience that pain of abandonment again)

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Avoidant; someone who was overly loved, or smothered, may then grow up to associate love as smothering so they are afraid to connect as they are afraid of feeling responsible for the other or smothered.

There are more attachment styles and we can swing between them depending on the childhood trauma and the relationships. For example, I was both smothered and abandoned as a child. I noticed depending on the relationship I was attracting I would either show up as anxious attached or avoidant until I worked deeply on these wounds consistently)

(I highly recommend you look into your attachment styles and how they play out in your life)

We will go into this deeper as the training unfolds.

Extras:

“The majority of your subconscious programming is formed during childhood because your subconscious was accessible and adaptable to change during this stage of your development. As you get older, the subconscious mind hardens and becomes tougher to adjust.”

Reference :

<https://oursubconsciousmind.com/does-the-subconscious-mind-remember-everything/>

Recommendations:

<https://www.youtube.com/watch?v=uPup-1pDepY> - Childhood

I advise you to read the book; Myth of Normal

Attachments styles basics:

<https://www.youtube.com/watch?v=23ePqRkOKtg>