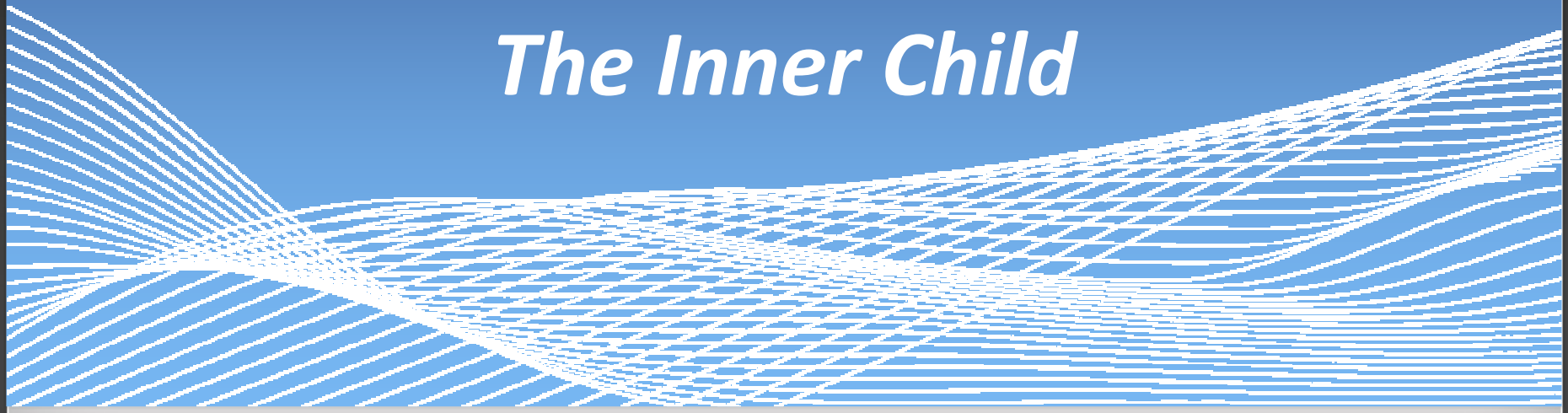




Module 1

The Inner Child





Introduction...

- Welcome to Conscious Transformation Part 2!
- Format of modules
- How to approach the programme



The Inner Child

Is the gateway to...

- Spontaneity
- Playfulness
- Joy
- Love



The Inner Child

When we are not in touch with we experience...

- Hardness and rigidity
- Self-sabotage
- Stuckness and laziness



Parts...

Carl Rogers – *“I realise that to face life as a whole person, I need to find those missing parts of me”*

- We all have the experience of different parts of us being conflict at different points
- Just like we as individuals are part of a community/family unit, we are each also made up of a community/family unit of different parts of ourselves
- By creating more harmony, understanding and cohesion, our lives become easier, happier and more functional



Examples...

- Part of you wants to eat a piece of food you know is not good for you, and part of you knows you should not
- Part of you is really angry at someone and wants to rage at them, another part feels compassion and understanding for them
- Part of you knows you can do something challenging, another part is terrified you will fall apart if you do



Resistance

- What we resist will persist
- You can't heal what you don't feel
- 90% of the pain and suffering we experience in our lives is not what happens to us, it is our resistance to what happens to us



Communicating...

Small children don't respond to:

- Logic
- Harshness
- Bribery
- Being told they have to wait



How to survive...

To survive our childhood, we have to learn to contain, and usually repress our Inner Child, and so we do through a number of different styles...

- Just ignoring it
- Getting angry at it (we tend to model how our parents are relating to us)
- Trying to rationalise with it

But, when we do this, we don't get rid of it, we just create a lot more pain and suffering for ourselves, and we experience many of the kinds of issues we have been talking about



Inner Critic?

The Inner Child and The Inner Critic tend to have a complicated and difficult relationship!

- The Inner Critic is a major source of the repression of the Inner Child
- To free up the energy of the Inner Child, we need to create space and distance from our Inner Critic
- As the Inner Child starts to free itself and emotions, the Inner Critic also tends to have a lot to say about this!



Working with...

- Like many of the other areas we have looked at such as the Inner Critic, Beliefs, Personal Power etc, this is a lifetimes work and development, but we have to start somewhere, and that is where we are!
- Give yourself space, be kind to yourself, and give yourself permission to get it “wrong”
- The way you start to reengage with your Inner Child is critical. If we try to communicate with it in the same we did that cause the conflict, we are just going to recreate it!



Parenting 101

- Love and tenderness

vs

- Boundaries and holding

Allowing feelings and emotions without acting them out or throwing them at other people



Exercise

1. Where in your body do you experience your Inner Child?
2. How do you currently feel towards it?
3. How does it currently feel towards you?
4. What does it need from you right now?
5. What happens as you give that?



Day to day...

- Practice the exercise
- Would you treat a real child the way you are treating your Inner Child?
- Give it space, observe it, be with it



Homework Questions

1. How are you doing in yourself?
2. How did you find this module, what questions/feedback do you have?
3. What general questions do you have?
4. What are you hoping to get from Conscious Transformation Part 2?