



Inner Child Healing

Sargam Mishra

Your children will reflect your own shadows and unhealed inner child. It is important to heal your inner child to live a fulfilling life and raise happy and loving children. – Sargam Mishra

Who is the Inner Child? The Inner Child is your emotional self, who is responsible for deeper connections and intimacy in your relationships. It seeks comfort in love and connection throughout life. This is why the first six years of a child's life are highly significant because these formative years craft their personality. In these six years, the Inner Child forms the emotional belief system by experiencing the emotional intimacy with primary caregivers and silently absorbing the emotional environment in which it is being brought up.

In a nutshell, you can say that every child develops their psychological blueprint during the initial six years of their life, and this blueprint is what determines the emotional response of the child for the rest of their life. The child builds up the capabilities of handling life situations and develops a sense of 'self' during these initial years. The foundation of self-confidence, self-worth, good self-image and emotional well-being are all laid during this time.

If you have raised or are raising a child you would

have observed that a child does not learn what they hear, instead they learn by observing how the parents deal with their own life and situations and also how they behave with them. The behavior of the primary caregivers (parents) with the child determines how he or she perceives the world. The relationship with the parents and caretakers and their relationships with each other is the single most important connection a child establishes. This also transforms into their definition of love. This is what they seek out in their intimate relationships once they grow up. Based on these beliefs they start creating their reality.

Why Your Inner Child May Need Healing

If your emotional needs as a child were unmet you will most likely attract people and situations that reflect the unhealed aspects of you. This may bring in a recurring pattern in your relationships. You may have also developed traits that could hinder your success, career, love relationships and social relationships. Understanding your Inner Child issues gives you a deep insight into your life; you can better understand why you think, act and react in certain ways.

Signs That Your Inner Child Needs Help

Most of the time, people are unaware of their Inner Child issues. I connect with many people through



my workshops on manifesting success, healing relationships, etc. Often there are participants seeking help with career choices and relationships because they are unable to get along with certain groups of people. This inability mostly stems from unhealed Inner Child issues.

The wounded Inner Child will have some or all of the following traits:

- Low self-esteem
- Poor body-image
- Emotional imbalances
- Problems with setting and maintaining boundaries

The wounded Inner Child results in a certain lack of balance in the individual. Many people need healing to repair and heal the wounds caused by parents and others, who were unaware of their own issues and struggling with their own lives. Many of the issues they struggle with as adults stem from the unmet needs of the Inner Child, which is often the place of both early wounding and the most profound healing!

My Experience During the Inner Child Healing Sessions

In my sessions with various clients, I use Pranic Healing along with Psychotherapy and the Inner Child Healing process. In one session with a woman who is

The wounded Inner Child results in a certain lack of balance in the individual.

- Being too rigid or too weak
- Eating disorders
- Self-harming tendencies
- Psycho-sexual difficulties
- Being 'false' and wearing 'masks'
- Identity problems
- Being a rebel, hoarder, bully, perennial victim or a super-achiever
- Intimacy problems
- Commitment problems
- A general lack of trust in the self and others
- Criminal behavior
- Excessive lying
- Being 'overly-responsible' for others
- Being fiercely competitive and a poor loser
- Dependencies and addictions
- Lack of genuine friends
- Obsessive and needy behavior
- Fear of being dominated
- Being manipulative
- Being passive or being aggressive

These are some of the examples of traits; the complete list can be really long and exhaustive.

a senior healer and spiritual practitioner, the healing was performed for a long-term physical problem related with painful menstruation; she wanted help in identifying and healing any energy imbalance/blockage related to this issue. We started the Inner Child Healing process and in 30-45 minutes of healing there was a shift in the pain associated with this problem. She was able to feel a connection with her Inner Child and we could identify the root cause of the issue, which was related to an unhealed aspect of her past.

Another amazing Inner Child healing was done with a lady who had been subjected to a traumatic and abusive childhood experience and was facing issues with intimacy in her present romantic relationship. When we started working on the blockage we could identify self-worth issues and lack of self-confidence. Once the session began and she started moving into her safe zone, we connected with the Inner Child who was still living in the fearful state of her abusive childhood. Unknowingly due to these fears, she was attracting people and situations in her life that were mirroring and magnifying her Inner Child wounds. As I walked her through the process, in 45-50 minutes of



healing she was able to develop a bond with her Inner Child and relate how she had abandoned her own Inner Child to escape from pain; this was the reason for experiencing a deep pain and loneliness in life. The pain and loneliness could not be fulfilled from external relationships, as it was something she was creating within. I was touched by this healing experience. Once we completed the healing, there was so much love flowing from her that even I had tears in my eyes. These were tears of joy from both of us.

Another beautiful session was conducted with a businessman who was doing well in his life but wanted to move ahead and become more successful financially. The blockage he identified was procrastination. We had an interesting discussion around how and why people procrastinate even important decisions in life and then he opened up about his fear of losing money and also about the attitude and trait picked up from his primary caregiver (father) — procrastination. He had a fear associated with business and failure as he had seen his father struggle with debt due to procrastination. The life events he narrated happened nearly 40 years ago, but the emotional fear about losing money and the pain associated with it was still residing within him. After the Inner Child Healing session, he could feel a change in his attitude towards his business and success. Instead of fearing losing money, he was now able to identify his strengths and figure out how he could use them to create more wealth. Currently he is exploring new ways to enhance his business.

It is interesting how people unconsciously live on borrowed beliefs for years and years. We can learn how to meet, heal and 'comfort' this wounded Inner Child who still lives deep inside us. After all, you are the only person whom you can guarantee will never leave you!

The Inner Child Healing Approach

1. Center yourself

Sit in a quiet place where no one can disturb you

for 30-45 minutes. You can play some soothing music for 5-10 minutes and then take a few deep breaths to normalize your heartbeat and get in a rhythm and harmony with your being. Once you are at ease, imagine yourself connected with a huge source of energy (like an ocean of golden light) on the top of your crown chakra (top of your head) and imagine roots of light connecting you to mother earth through the soles of your feet. This is your circuit. Now breathe in through this source of energy and when you breathe out imagine your body relaxing and all your subtle bodies (aura) expanding. This exercise can be practiced anytime to relax; do it for 30-45 seconds until you feel at ease.

2. Identify the block (habit/pattern/psychological issue) that you want to work on

The first step is to identify the block you want to work on. This can be identified as a trigger that causes you to breakdown in tough situations. It can be a self-sabotaging belief that constantly tells you "You are not enough" or a habit or pattern that is no longer adding value to your life.

3. Understand the emotion attached to this block (habit/pattern/psychological issue) identified in Step 2

This step helps you to identify the underlying emotional response of your system. Taking this step may be accompanied with a discomfort in the physical body such as a sensation in the stomach (anxiety), a feeling of blockage in the back heart, a feeling of blockage in the front heart (sadness, fear of being lonely) or anger/resentment felt near the solar plexus area. Mentally scan your body from head to toe and see how you 'feel.' Do you feel any physical sensations in certain parts of your body?

Once you have experienced the emotion/feeling, be with it for a while so that you are aware of it.



4. Step 4 is where *everything* begins to change! Meeting your Inner Child

Once you understand the emotion and have been with it for some time, go down memory lane and remember the times when you have felt the same. The reason you felt this way might have been different, but the feelings and emotions are just the same. So, for example, a feeling of being rejected post-breakup can be as painful as when your parents rejected you because they were expecting you to behave in a particular way. These could be the early memories where you picked up the emotional response.


Now picture yourself as a small child and re-experience the event, showing compassion to this Inner Child who had the first experience with this feeling and does not like being in this situation. Try to hold this baby self in the same way a mother/parent holds a newborn baby. Picture the image of your pained child self; imagine wrapping him/her in a warm blanket, being held with very loving care closely to your heart, your chest, as you extend it very sincere compassion from your heart center. Just be with this child self until you experience feeling safe and secure.

5. Take your Inner Child to a safe zone

After step 4, once you feel secure and connected with your baby self, mentally (or verbally) say "I know that you have grown up and are capable of taking care of this Inner Child within you. There is no need to seek approval or to seek love outside. I am here to nurture you completely and to ensure that life is going to be all about following your joy. I promise to care for you and be with you whenever you need me."

To make this healing more effective you might consider adding Pranic Healing techniques like Cord Cutting, where you cut negative emotional cords with people and situations, to help in shutting off the source of the issue or the Master Choa Kok Sui

Forgiveness Technique, where you forgive people and yourself and learn to let go. These techniques can make this healing process even more effective.

Inner Child Healing can help people in letting go their subconscious fears, self-worth issues and can help tremendously in healing their relationships with themselves and others. We are all made in the essence of God and we are all meant to live an extraordinary life. 



Author Sargam Mishra can be found at www.SargamMishra.com.