

Lesson 2

Meeting Your Wounded Inner Child

Your wounded inner child is the part of the psyche that took all the hits of childhood and made up irrational stories so that scary or confusing events would make sense. Those irrational stories became irrational beliefs before the age of eight, and now play over and over again in your subconscious mind. These subconscious irrational beliefs are the basis of 95% of all your adult decisions that you make every day of your life. So, think about that for a moment...people that are governing us are actually making decisions based on subconscious irrational beliefs formed before the age of eight. Pretty concerning if you ask me. When you're dealing with adults who are acting like children, their wounded inner child has just emotionally hijacked them. When you're acting like a child, it's your wounded inner child who has just emotionally hijacked you.

This lesson will focus on how to stop allowing your wounded inner child to drive your bus, you need to put them at the back of the bus and direct them to play with their toys, while you, the adult professional take the driver's seat and proceed with life in a more controlled, adult fashion. So, settle in, it's time to meet your wounded inner child.

Relationships And The Wounded Inner Child

The awareness of our wounded inner child will work wonders in relationships if both partners become aware of their wounded inner children. When we first go out on a date, we send our representatives, our adult selves. As the relationship grows in the first four to six months, all is well as the adults are the

ones at the dinner table. Around the fourth to sixth month the wounded inner children show up and it appears as if there are now four personalities at the dinner table. And those inner children begin to become very testy with each other. This is when disagreements arise. When hurt feelings are made. The fights break out. Both partners notice that something has changed, and it has. Your wounded inner children now take over the conversation and each inner child triggers the other. That is, of course, if you don't acknowledge their involvement. If you do, great discussions will ensue and the relationship has a great chance of turning into an amazing partnership. This inner child work is not only great for personal growth, but works amazingly well when couples embark on this journey together into the subconscious. So, let's get going on identifying your wounded inner child.

Triggers

We start by locating the triggers that set us off. Triggers are any words that are spoken to you, or behaviors witnessed that cause you to lash out, cry, or shut down. All triggers lead us to what, or who we are angry at. Anger is a response to being hurt. First you get hurt and in 1/500th of a second you get angry. Our "hurt" is our way of bringing our subconscious irrational beliefs into our conscious awareness. Our subconscious irrational beliefs live with our wounded inner child. Each of us has at least one, more often a few. They are the breeding ground for our insecurities. Usually, you will find that you have one main irrational belief that morphs into others.

Goal To "Uplifting"

The exercise we use to find irrational beliefs and get rid of the negative energy associated to it is called "Uplifting." Through this exercise we will uplift

negative energy that is trapped in our bodies and replace it with positive pure energy. I want to give you a heads up that the first time you do this exercise it may be very emotional. So be prepared for some tears. It will be sobering. The more often you repeat this exercise the less emotional it will become. As a matter of fact, the more uplifting you do, the lighter and less burdened you will feel as your emotions will make more sense to you. You will get to the point where you will understand and be able to control all your triggers. This is the exercise that will allow you to self-partner.

I have been doing uplifting for over thirty years and at this point I don't often get triggered, but when I do, I am able to identify the trigger and deal with it, absent of any negative response. I no longer experience any emotional hijacking. If, for some reason I'm not paying close attention and I do get triggered, I feel a little twinge, I know exactly where its coming from, I take a deep breath, tell myself I'm all good, and move through my day in a state of well-being. That is your ultimate goal.

There has been a lot of talk about self-partnering, with little understanding of what that actually means. Self-partnering is essential if you want to clear your mind for greatness. It's accepting and loving yourself with all your warts. Accepting the good, the bad, and the ugly. Understanding that everything in your life has happened *for* you not *to* you, in an effort for you to learn about yourself and grow into the amazing and glorious individual you were meant to be. The reason I know this is because God doesn't make junk! Think about that for a moment. We come from pure energy and it is to that which we will return. We are all spiritual beings having a physical experience. All of our experiences are an illusion that we give

meaning to because we asked for this adventure. We agreed to feel all emotions, not just the good ones, we wanted the full human experience, and that's exactly what we got.

We Are All On A Journey

This exercise is not about blaming primary caretakers for being lesser than. Your parents have wounded inner children, their parents have them, and so on, and so forth. It's about acknowledging that we are all having a physical experience of our choosing. It answers the question why do I behave like that? Why does that affect me so much? Why can't I shake this feeling?

The fact that you are taking this course means that you know you could be better than you are today, that you want new techniques to deliver to your clients, and new techniques you will get as you go on this journey of self-discovery with me. Trust me, you will be glad you did! And you are doing your future clients a service, because if you want to be able to deliver these tools and methods to clearing a mind for greatness, you need to have understanding of what your clients will be experiencing, you have to have gone on this journey yourself. So, let's do it.

Gaining Access Into Your Subconscious

A written script of this exercise can be uploaded at the end of this lesson. You will start by remembering the first time you were ever scared, confused, or hurt as a child. You will do a releasing exercise to identify the hurt and locate the negative energy that is trapped in your body. Once you have located the negative energy you will go to the very first time you ever felt it and begin removing that negative energy that is trapped in your body. Once the negative energy is removed you will replace it with positive energy. At that point you will invite your wounded

inner child to show up. You will soothe your inner child by letting them know they are safe, understood, and loved. This is the beginning of self-partnering.

Let's Uplift!

We begin the uplifting exercise by focusing on the last time you were triggered. The last time you lashed out, cried, or shut down. Bring that experience into your mind, remember what was said or done to you and remember the feeling you had. I want you to locate where that negative energy is stored in your body by slowly scanning your body with your hand. Take your hand, placing it about four inches above the top of your head and slowly run it down the front of your body. As your hand passes your face, your neck, your chest, your stomach down to your hips, you will, at some point, feel a strong pull as you feel the negative energy in one particular area.

Holding your hand over that part of your body that is storing the negative energy, record the strength of the energy on a scale from one to ten, ten being the strongest. Acknowledge the particular negative emotion, the hurt. and write that down. You may feel very angry, it's not the anger I want you focused on, it's the underlying hurt that is the key for this exercise. For example, are you feeling disrespected, abandoned, not seen, lesser than, embarrassed, not important, not good enough, etc.?

Keeping your hand on that part of your body, ask yourself, "How old is this feeling?" In other words, when was the first time you felt that emotion? You will find that it may go back to elementary school or even younger, it could even be before the age of five. We are looking for any age prior to eight years old. If you

can't remember events that far back, don't worry, the exercise itself will remind you of prior events.

Now relax, and take three deep breaths and close your eyes. Recalling the event from the very first time you had that feeling, bring its negative energy into the core of your body and have it spin. Now scan your life from that young age all the way to present day, pulling the negative energy from like events of the past into the core of your body and have that negative energy spin. You are scanning your life for other events that made you feel that level of pain and negativity. As you recall those events you will pull the negative energy of those events into the core of your body gathering up the negative energy. You can imagine it like dirty clothes spinning in a washing machine but without water.

When you have gathered up all the negative energy, have it shoot out the top of your head and watch as it is broken apart, cleansed, and absorbed into the universe. A hose goes into the top of your head and vacuums up any leftover pieces of negative energy. Once you are sure all the negative energy is out, have the hose recede out of your head.

Visualize rays of pure energy from the heavens in the form of bright white light pouring into the top of your head, filling you up with warmth, love, acceptance, acknowledgement, abundance and joy.

Your wounded inner child stands off in the distance. Wave that child over to you. Your wounded inner child stands in front of you now. You put your hands on their shoulders and say, "I'm sorry for allowing the poor behavior of others to affect us in a negative way. Please forgive me." Your wounded inner child is the one that took all the hits.

You slide your hands down to his/her hands and say, "I love you, thank you." It's your wounded inner child who believes it's their job to protect you and up to this point that is exactly what's been happening.

You fill your wounded inner child up with the bright white rays of light from your body by pouring the excess light from your body into the top of your inner child's head. You wrap their arms around you and pull them into you until you both become one. Now, take a deep breath and open your eyes. Register how strong the pain feels after this exercise? Note, how it is considerably lower. Congratulations! You have just self-partnered with your wounded inner child.

Monitor Your Triggers

Keep a record of this exercise every time you do it by recording:

- The negative emotion associated to the trigger. What is the hurt?
- Where in your body are you holding the negative energy?
- The strength of the pain before the exercise.
- The strength of the pain after the exercise.

You will continue to do this exercise every time you are triggered. You will find that less and less things will trigger you as you remove more and more of the trapped negative energy.

Centering Yourself Begins When...

Obviously, you do not have a split personality, your wounded inner child is that part of the psyche that holds the negative energy of the hurt experienced in childhood. It's the part of the psyche that believes its his/her job to protect the organism (you) at all costs. That is why sometimes you feel you must fight for your

life, when afterwards you think, “Did I overreact?” Self-partnering allows us to acknowledge the childhood hurt and misunderstandings brought about by our caretakers, family members, teachers, clergy people, neighbors, and anyone else in our lives who have hurt us. Whether on purpose or by default. It’s when we are able to ask our inner child to forgive us for having allowed the poor behavior of others to affect us in a negative way. It is our inner child that took all those hits. And it’s the inner child that needs to be calmed down and understand that you are no longer in jeopardy. You now have options as an adult and you will use them to keep you and your inner child safe.

At this point it will become very clear why you react poorly in certain instances and can’t seem to stop yourself. Your knee jerk reactions will begin to make sense and it’s at this point that the body will begin to center itself. The moment you bring your subconscious into your conscious awareness you rid the trigger of its strength and you become calm. Knowledge is calming; understanding allows you to sit in a state of well-being, and eliminate guilt, self-punishment, regret, and sadness.

In keeping a record of your triggers, the strength of the pain before and after uplifting you will notice that certain triggers will show themselves more often than others. You will even notice how all triggers will begin to point to the original trigger that most often catches you by surprise. The more you acknowledge these triggers and uplift, the less they will have an effect on you.

With your understanding of triggers, how to identify them and extinguish them from your subconscious, it will become increasingly apparent that everything you have been taught was a lie. Your rationalization of events will point to your

irrational thoughts about everything, not to punish others for having their part in us developing them, but rather enabling you to understand why we do the things we do. Knowing that our caregivers were taught the same lies, and are living with their own childhood trauma and triggers. Once we bring our subconscious irrational beliefs into our conscious awareness, they will lose their strength and not misguide our forward motion. It is through this uplifting exercise that we will self-partner with our wounded inner child. Our higher adult self will now lead the way, not our insecurities that were based on years of lies and misinterpretations.

We Have Been Taught Lies

These lies and misinterpretations get their fuel from the fact that we all have been taught to look at what's going wrong in our lives and fix it, rather than looking at what's going right and enjoy it. We have been brought up with statements like, "You can't have it all;" "Be careful for what you wish for;" "Wait till the other shoe drops." We drank the kool aide. The underlying notion is that life hurts. This is not a reality. Allow me to show you your reality.

What's Going Right?

Let's make a list of all the things that are going right in your life. Start with the fact that you have hot, clean water to take a shower in, cause most of the world does not, am I right? List things like you have a house with a roof that does not leak, windows that you can see through, shoes...yeah how many shoes are in your closet? And do they have holes in the bottom of them? Do you have heat and air-conditioning, a mattress to sleep on? Sheets to put on your mattress, a blanket that keeps you warm at night? A car? Money to put gas in your car? People that love you? Legs you can walk with, arms you can hug with, ears to hear, eyes to see,

glasses if you need them? You get the point. Now make that list and make note of how many things are going right in your life. I had a woman who listed 113 things in her life that were going right, after she told me her life sucked. Well, that changed her perspective rather quickly.

After you have been triggered, and do the uplifting exercise, ask yourself what is going right with the issue you were triggered about. If you were triggered about money, ask yourself what's going right with you and money? If you were triggered regarding a family member, ask yourself what's going right with that relationship? That is how you spin the negative energy surrounding the trigger to positive energy. Remember, you always want to be sitting in positive energy. Quantum Physics states that like attracts like. Positive energy will attract positive people, positive opportunities and positive outcomes.

Developing Your New Normal

Early on in our clients' program you will be emphasizing that this program will allow them to develop their New Normal and you will begin to do so with them. I like to use our experience with the pandemic to provide reflection. Creating in their minds what their future could look like. The first thing to do is ask them pointed questions to get them to focus on what they learned. The pandemic didn't happen to them, it happened for them, what did they learn about themselves? I ask them these pointed questions which you can use or develop your own.

Pointed Questions

1. What went right in the quarantine that you want to keep in your new normal?

Most clients have responded with the fact that they spent more quality time with their families. For those that lived alone they responded with the fact that they got to do things they never had time to do before. Many responded with the discovery that they hadn't had a balanced life and now moving forward they intend on keeping that in their lives. Whatever their answer is, the point to this exercise is to get them to start building their new normal in their minds.

You can continue with questions like:

2. What was the smartest decision you made in the quarantine?
3. What was the greatest lesson you learned about yourself?
4. What is your biggest piece of unfinished business?
5. What was the biggest risk you took?

This question lets your client discover what is most important to them.

6. What did you learn about yourself as a result of the quarantine?

Building A New Normal

I then have them start building their new normal by telling them to imagine that we are filling up a Genie lamp as we start putting things in it to build their new normal. I ask them questions like:

1. What will you take into your New Normal?
2. What advice would you like to give yourself?
3. What issues would you regret if you didn't address them in your New Normal?
4. What are you most committed to changing and improving at work?
5. What are you most committed to changing and improving at home?

6. What are you most committed to changing and improving in your relationship?
7. What did you realize brings you the most joy and how are you going to have more of it?
8. What will you let go of to improve your life moving forward?
9. What one word would you have as your theme for your new normal?

Your Theme Word

Run yourself through this exercise and discover the one word you would use as the theme to your new normal. Write it on a post-it and put it on your computer. For the next year, all your decisions should be based on that one word. So, for example, if your one word for the theme of your new normal is “fun”, when you need to make decisions, you will look at your theme word and make sure that your decision includes you having fun.

You have now just taught your client how to build their new normal, and hopefully you have done it for yourself as well.

Fear And Worry

Now we are ready to deal with the one obstacle that prevents all of us from going after what we truly desire, and that is the “twin sisters” of your mind: fear and worry. That is your next step in clearing your mind for greatness as we move forward to lesson three.

Let’s Add A Chamber

- Name your wounded inner child, it cannot be your name, or a name that others refer to you as.

- Download the pdf file for Uplifting and use it every time you are triggered.
- All your triggers are based on the lie that you are not enough on some level, so write on your bathroom mirror, “I am enough!” and repeat it to yourself every single day until you believe it.

Take-A-Ways For Lesson Two

You’ve done a great job with lesson two! Let’s review some take-a-ways:

- When your blood pressure jumps you have been triggered.
- Your triggers are based on subconscious irrational beliefs formed before the age of eight.
- Uplifting the negative energy of your triggers will help you remain in a state of Eudaimonia.
- This is not about blaming your primary caretakers, it’s about understanding behavior, your behavior.
- By bringing your subconscious into your conscious awareness you rid your triggers of the emotional charge they have on you causing you to have knee jerk reactions that do not serve you.

If you’re ready to move on to the next lesson where you meet up with your twin sisters, fear and worry, let’s get going. These two, in combination with your wounded inner child sure can mess you up... as a matter of fact, when these three team up, paralysis is sure to ensue. So, let’s move forward and get them in check!