

## **Your Inner Self**

By Paris Drake

**Carl Jung called it the 'Divine Child'**  
**Emmet Fox called it the 'Wonder Child'**  
**Charles Whitfield called it the 'Child Within'**  
**John Bradshaw called it the "Inner Child"**

### **Some psychotherapists call it the 'True Self' - It is the Emotional Body**

Our personalities emerge as a result of our DNA, inherited characteristics, and our environment. Childhood programming that will last us for most of our lives, begins from the moment of birth when the soul enters the physical body.

Metaphysically speaking, we are also influenced by past and parallel lives - karma and karmic debts - as well as spiritual missions and connections to Entities in other realms.

The Inner Child is a combination of all these things that make us who we are. For the most part, many issues go back to childhood and what impacted our emotional and physical bodies at that time.

For a variety of reasons, parents may not be equipped emotionally, financially, and spiritually to undertake the responsibilities of raising a child. When your child within is wounded, or hurt and these issues have never been resolved, you will have repeated problems in your outer adult life.

When the needs of the child within are not met, from physical or emotional abuse, neglect, abandonment, cruelty, or lack of nurturing, the wounded child within becomes the source of many problems. When adults have temper tantrums, addictions, marital problems, get involved in damaging relationships, or become toxic parents themselves, it is often due to the contamination of the adult self by the wounded inner child. Hitler was chronically beaten, shamed and humiliated by a sadistic father. Much of the cruelty and violence in this world comes from wounded inner children doomed to compulsively repeat this behavior.

It is important to note that how each individual feels about their childhood is what is important. More over, it is not necessary to have the feelings validated by a sibling or parental figure. A lot of what we were told was "legitimate parenting", was actually abusive, hurtful behavior. Also, children in the same family are often treated very differently--the favorite, or the one that is always in trouble and being punished. Therefore, each sibling may have a very different view of the family and their own nurturing as a child, and may or may not necessarily agree on the same issues. Validation of the abuse or wounding of the inner child, can only come from within each individual.

The inner child remains with us all of our lives. We are all children at heart, forever searching for love, acceptance and meaning along our life journey.

Connecting with our inner child helps us learn why we do things to sabotage ourselves

and how to change that. This experience with our inner selves can improve our ability to communicate and express what is on our mind. It can improve relationships and intimacy. The frightened child in many of us needs to know that they are safe and loved.

Left unchecked, the inner child may effect adult relationships with friends, family, and spouses. When I perform life coaching for couples, and this issue arises, I like to reference the difference between the perfect adult and the inner child. Generally, when there is conflict among two or more adults, the conflict is among the “inner children”. The adult self usually does not wish to argue or take opposing viewpoints.

Another example of this is the “difficult” sibling. The difficult sibling is one who feels as though all the other siblings received more attention or material gain than they did. They usually demonstrate anger, a lack of desire to cooperate on a group level, and may even distance themselves from family.

The difficult sibling may even cause disturbances at family gatherings, and is rarely soothed or comforted on the emotional level.

To heal the present one must go back and heal the past. One must first begin by becoming aware that there is an Inner Child and the issues that need to be addressed. Whatever hurt the child needs to be acknowledged so the child can heal and move on from self-destructive behavior. We have to comfort and nurture our own inner child.

The Inner Child is the emotional self. It is where our feelings live.

It can appear as another aspect of your personality - always judging, condemning, criticizing. (This is not to be confused by messages from Spirit Guides or your soul.)

When we experience joy, sadness, anger, fear, or affection our Child Within is coming out.

When we are being playful, spontaneous, creative, intuitive and surrendering to the spiritual self, our Genuine Authentic Self, who we know deep within us, our Real Self is being welcomed and encouraged to be present. We all have an inner child and the wounds our inner child received can and do continue to contaminate our adult lives.

Our parents helped create this Inner Child part of us, society also helped with the creation. When this child self is not allowed to be heard or even acknowledged as being real, a false or co-dependent self emerges.

The gradual accumulation of unfinished mental and emotional business can lead to and fuel chronic anxiety, fear, confusion, emptiness and unhappiness through all of our life. Besides the Inner Child / adolescent part, we have many other selves which are trying to be heard and take control, without us really hearing the voices until we make an effort to do so. Initially, it is very important to tame the Inner Critic part of us.

That voice from the past often keeps beating up our Inner Child.

This voice invades whatever trauma and pain there was in our childhood.

The wise Nurturing Self part of us can learn to stand as a protector self for the Inner Child.

It's the job of the Nurturer to be loving and self-affirming.

This part of us can also teach the Inner Critic a new job of support instead of beating the Child self up, and can love the Inner Critic so that the Inner Child self can relax and not have to work so hard.

This is often where the internal battle begins. The Inner Critic has been keeping the Inner Child muffled and secluded.

Often, it is a case of transforming the Inner Critic to be a good internal parent, beginning to listen to the Inner Child and to allow it to have fun and be heard.

Denial of the Inner Child and the co-dependent self are particularly common among children and adults who grew up in troubled or dysfunctional families.

Through Inner Child Work we turn our feelings inwards and connect directly with that part of us that can offer comfort and support. We begin to deal with that part of us that nurtures through addictive patterns of overeating, drugs, alcohol, and abuse of others. This is called self-nurturing or re-parenting which allows us to reclaim that wounded child.

By re-parenting or reclaiming that wounded child, we uncover any conscious or unconscious mythology of ourselves and begin to re-evaluate and transform it. Linear time does not apply when we work internally and with the unconscious. It is possible to bring our present wise and loving self, to meet and help our young Inner Child and offer comfort and support and find a new joy and energy in living.

Through inner child healing one comes to understand their emotional child, their sabotaging and self-esteem issues, and eventually empowers themselves into freedom of body, mind and soul. One can own their power to make choices for themselves about their beliefs and values instead of unconsciously reacting to the old paradigms. Recovery is consciousness raising. It is en-light-en-meant - bringing the dysfunctional attitudes and beliefs out of the darkness of our subconscious into the Light of consciousness.

When examining the Inner Child -and discovering that there are dysfunctional problems - that lead to depression, self sabotage, illusions of grandeur, pathological lying, etc. - one must also address the fact that the person may have a chemical imbalance that is the root of the problems - and professional help and medication must be gotten.

In that case - it is the soul - as well as the Inner Child - crying out in pain - "Help Me! Guide Me! I can't go on like this!"

There are professionals who deal with Inner Child Therapy. Often they use traditional psycho-therapy, self-help spoken audio, hypnosis, and other methods to get to the root of the issues.

*Following is a collection of generalized examples of some of the 'children' you might find inside yourself...*

### **The Playful Child**

**That self that is naturally playful, creative, spontaneous and fun loving child. This self longs to play.**

**Many of us have forgotten how to do this without guilt or anxiety that as adults we must be doing something that is worthwhile.**

### **The Spoiled Child**

**That part of us wants what they want and they want it now, and if they don't get what they want, they throw temper tantrums.**

### **The Neglected Child**

**The child self that was always left alone without much nurturing and love. They don't believe they are lovable or worthwhile. They don't know how to love. They are depressed and want to cry.**

### **The Abandoned Child**

**This child self has been left in some way like divorce or adoption or just left because the parents were kept busy working. They are always fearful that they will be abandoned again and again. This part of the self is starving for extra attention and reassurance that they are safe and okay. This self is very lonely.**

### **The Fearful Child**

**This part has been overly criticized when they were small. Now they are anxious and are in panic much of the time. They need lots of encouragement and positive affirmations.**

### **The Un-bonded Child**

**This Inner Child never learns to be close to anyone. They are isolated. Intimacy feels alien and scary. Trust is a basic issue.**

### **The Discounted Child**

**This is a part of the self that was ignored and treated as though they did not exist. They don't believe in themselves and need lots of love to assist and support them.**

### **The Spiritual Child**

**This part of the self searches for answers from higher realms.**

**The final result of healing the Inner Child - is balance within Oneself and being able to give and receive LOVE.**

Paris Drake was trained in the art of hypnosis and life coaching at The Institute for Health Services in 1981. From 1981 through 2000, he maintained a part-time practice while managing a family business, and in 2000 increased his business to a full time practice where he now operates in Neenah, Wisconsin.

In addition to offering private and group hypnosis at his business and across the State of Wisconsin, he also has spoken audio CD's he sells at his place of

business and nationally through major book retailers.

For more information on Paris Drake, other recent hypnosis articles, or answers to frequently asked questions, visit his website at [www.parisdrake.com](http://www.parisdrake.com) or call his business (Xanadu New Age) at (920) 886-9436 LOCALLY, OR TOLL FREE 1-888-533-8284.