
FRONT COVER:

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Foreword

Whatever you are today is the outcome of your problems, strengths, habits and level of self-esteem. In every age, from birth to infant and child to adolescent, you have met distinct challenges. If the people around you raised you in a natural and healthy way, you will turn out into a well-balanced and strong individual. However, if your youthful experiences are filled with traumas and problems, these past incidents will extremely affect the way you are today. To understand this topic, you have to understand the concept of inner child.. Get all the info you need here.



Healing the Inner Child

What You Need To Know About Spiritual Emotional Freedom

Chapter 1:

Introduction

Synopsis

Do you know what inner child is? If not, then, you are on a right path. Understanding what inner child is not a complicated task. With this guide, you will know everything about this topic. So, start exploring your ideas through understanding the following guide.



The Basics

Inner Child Defined

Inner child is your friendly, joyful, emotional, feeling, playful, excitable, and feeling side. This condition varies depending on your mood and energy level. Sometimes, you will feel indifferent depending on the current situations of your outer life. Similar with outer child, your inner child is normally happy, blissful and adventurous. Inner child is also known as the lower third of an extensive model of the human psyche called “Three Selves”.

Psychology experts claimed that inner child is the human’s childlike aspect. It includes everything what you have learned and experienced as a kid before puberty. This inner child signifies a semi-independent unit that subordinates to your conscious mind.

Tips on How to Discover Your Inner Child

Learning on how to discover your inner child allows you to experience a happy and balance life. For your guide on how to find out your inner child, simply take the following as your guide:

- **Stop Restricting Your Actions** – Always consider how impulsive you are now compared to your childhood. Instead of ignoring, try to listen to the voice that tells you to try something new. It is also best to change your current schedule for one week.

- **Use Your Imagination** – Always allow yourself to be imaginative, both in your actions and thinking. You also need to find creative activities that can kindle your imaginations.
- **Take Time to Laugh and Smile** – Everyone has a problem in life. But, it doesn't mean that you have a reason to smile. Find some activities to make your life more interesting and exciting. Depending on your choice, you can play with children, listen to your favorite music or watch hilarious movies.
- **Engage your World Using Your Senses** – Simply recall how the world seemed brighter. It means that you should take time to appreciate the smell and colors of the things around you. You also need to enjoy the foods, fabrics and a lot more.

With these simple steps, you can start discovering your inner child. If you have noticed that your inner child is damaged because of your past experiences, take time to heal it.

Exploring How to Heal Your Inner Child

The emotional wounds you have suffered in your childhood may develop with time. As time passes by, you will become emotionally susceptible and dysfunctional adults. This is the reason why you have to live the past. If not, you will never find the real happiness and contentment in your lives.

However, treating inner child is not too fast and easy. For your guide, here are the different steps you may follow to heal your shattered inner child:

Step 1: Earn the Trust of Your Inner Child - To heal your wounded inner child, you have to develop a trust. It means that your inner child needs to trust you. Your inner child should understand that you are there to protect and nurture it.

Step 2: Hold His Extreme Pains – Like a frightened child, you have to help your inner child to fight and move on. Try to understand the grief of your inner child and learn to embrace it. After embracing the pains of your inner child, you are one step ahead for great healing.

Step 3: Take Away Your Anger – Though it is natural to be angry, it doesn't mean that you have to be mad at all times. Through forgiving, you have a chance to heal your inner child. Forgiveness takes a huge deal of love and care for others.

Step 4: Fight the Loneliness – This is also one way of treating your wrecked inner child. Make sure that your inner child feels accepted and recognizes his true self. You have to help him to drive away the guilt and dishonor out of him.

With these simple tips on how to heal your inner child, you have a chance to embrace a new and exciting life. So, don't underestimate the power of your inner child. Are you ready to heal your inner child? Then, start treating it and you will experience its positive effects in your life.

Chapter 2:

The History of the Healing The Inner Child Movement

Synopsis

Regardless of your age, you have experienced several problems and heartaches in the past. Whether it is bullying, loneliness, insecurity or even lack of attention and affection from your family, all of these affect your current situation. These sufferings and heartaches are not easily healed. Like others, you will carry these feelings even at present days.



The History

To take away bad memories and pains in the past, you need to understand the healing of your inner child. Through this inner child medication, you can heal your mind and soul. You also have a chance to recover the self-confidence to forgive and forget the pain. As a result, you will live in a better and happy life.

To heal the inner child movement, most experts advise the expressive therapy. This includes the use of play, writing, music and non-judgmental mediums. With this process, you can easily release negative thoughts, sabotaging actions and depleting emotions. You can also express your desires and permit the demonstration of real abundance in your life. In addition, through the use of positive affirmations and mediums of inner child therapy, you can block out and alter the integrated beliefs of your outer parenting. It is also easy for you to release all outside judgment and formation through the use of inner child therapy.

As time passes by, there are various procedures on how to heal your inner child. Apart from mediums and expressive methods, some experts offer a perfect guide like eBooks and programs. With these guides, they understand everything about inner child. In addition, asking help from experts is also observed by various people. Whatever types of healing process you desire, it doesn't matter at all. Just make sure that you follow its steps and your condition becomes even better and effective.

Chapter 3:

Carl Jung's Contribution

Synopsis

Professional psychologists have always had the complete understandings about human mind. These thinkers have revolutionized and give various contributions. One of the best psychologists in the world is Carl Jung. To know him and his great contributions, simply read the succeeding paragraphs as your reference.



Who is Carl Jung?

Carl Gustav Jung, also known as C.G. Jung, was a Swiss psychotherapist and psychiatrist. He was born on July 26, 1875 in Kesswi. On June 6, 1961, he died after having a short illness. With his experiences and wide studies, he proposed and improved the concepts of introversion and extroversion. He also gave wide ideas about collective unconscious and archetypes.

His work plays a huge role in psychiatry and in the study of philosophy, religion, archeology, literature and other related fields. Compared to other psychiatrists, he is known for his work with the development of the psyche and personality types.

What are the Contributions of Carl Jung?

Carl Jung discovered the following:

- He believes that the human psyche was divided into two distinct parts – the conscious and unconscious mind.
- Human dreams are produced by the unconscious mind. The unconscious mind possesses undoubted works and wisdom.
- He firmly believes that the meaning of symbolic dream language can be easily understood and specific.
- Humans have four psychological functions – the thoughts, intuition, feelings and sensations.
- Humans have both introverted and extroverted attitude in life

Above all, Carl Jung is the originator of the idea in his Divine Child archetype. In fact, Emmet Fox called it as the “Wonder Child”. He also founded a school of psychotherapy called Jungian psychology and analytical psychology.

His theories include the following:

- The concept of extraversion and introversion
- The ideas of the complex
- The concept of collective unconscious with archetypes
- Synchronicity as the scheme of relationship that is not fundamental

According to Carl Jung, the core of the human psyche should not be measured the individual’s ego. He claims that the center is the SELF. It means that it contains more than the conscious content. The SELF is the conclusion of the human psyche after developing their psychological functions. Based on his studies and knowledge, the main dream symbols that appear in human’s dream are:

1. **The Persona** – This is the character that the person presents to the world. The person would reflect their social position, profession and standing.
2. **The Anima** – This is the representation of a perfect type of man for a woman. It is an idol, but can represent a true person of the human’s environment.

3. **The Shadow** – This is the human psyche part that is undeveloped. The shadow contains both negative and positive characteristics, depending on someone’s personal development.

Carl Jung claimed that every dreamer who prefers to explore the content existent in their own psyche can make a trip to the SELF. He also proves to the world that human dreams follow a sequence. With his great contributions, most people admired him.



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