

Inner Child & Reparenting

Reprogram Your Subconscious

From the time we are an embryo in our mother’s womb to the age of 18, we absorb our parent’s energies, thoughts, and beliefs. Before we are even conscious, we are like sponges that absorb the energies in our environments from our primary caretakers. We can absorb stress, anxiety, and fear before we are even aware of what emotions are and where they came from.

Nature & Nurture

You were born perfect, unique, and divine. You came here with a soul blueprint that gave you a very specific mission to fulfill. Only you can do this. In this lifetime, you are faced with challenges, learning experiences, and karmic lessons to grow and evolve as a soul.

Growing up, you may have had limiting beliefs or negative, false thought patterns programmed into you. Maybe a parent, teacher or coach told you that it would be nearly impossible for you to make it as a successful singer, athlete, artist, _____. Maybe you were taught that you had to grind, hustle, and push until you get what you want. Perhaps, someone told you that you were unloveable or insignificant.

Maybe your family has a very strong identity such as being outdoorsy, being refined and wealthy, being poor and proud, or they are very proud of their country and its culture.

How can you nurture your nature and release what doesn’t serve you?

Finding a Balanced Identity

TOO EXTERNALLY BASED	UNSURE OF WHO YOU ARE WITHOUT COMPARING YOUR- SELF TO OTHERS FEELING LOST	UNABLE TO ENJOY TIME ALONE YOUR PERSONALITY SHIFTS BASED ON THE PEOPLE AROUND YOU	YOU GO WITH THE FLOW TOO MUCH YOU LET OTHERS NEEDS COME BEFORE YOUR OWN
INTERNALLY BASED	YOU KNOW WHAT YOU WANT & VALUE YOU ENJOY SPENDING TIME WITH YOURSELF YOU HAVE HOBBIES	YOU FEEL THAT YOU HAVE FRIENDS & RELATIONSHIPS THAT ARE AUTHENTIC & SUPPORTIVE YOU PUT YOURSELF FIRST	YOU STAND UP FOR YOUR BELIEFS YOU LOVE & ACCEPT YOUR- SELF

Inner Child & Chakras

Each stage of development corresponds with a chakra. In this stage of physical and psychological development, there are different factors that impede or encourage full growth and maturation of each chakra and stage of life.

The first 7 of your life correspond to the seven chakras respectively, from root to crown. Then, your life is comprised by 7 year cycles from your sacral on. You can read up on all the details here (or check out the resources section):

<https://malavikasuresh.wordpress.com/2012/09/22/chakras-7-year-development-life-cycles/>

Reprogramming & Self-Inquiry

Think about your early childhood from being in your mother's womb up until being in Kindergarten. If it helps you to meditate or close your eyes to see things how they were, please do that. Observe what you feel, hear, touch, and taste. What does the energy feel like to be there? Is it peaceful or stressful, etc? Heal and transmute any dischordant energies and/or limiting belief patterns or thoughts that you may have picked up by overhearing or observing your parents, caretakers, family members, etc.

*Bonus: Rewrite your family's history and future to promote further healing and clearing.

1. Rate the statement: I am in tune with my inner child and know how to parent myself.

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When you are in-tune with your inner child, you are able to be gentle with yourself and see yourself as Spirit or a child of God/The Universe/The Divine. In essence, we are all big kids. We have the shared universal experience of being children. In truth, we don't ever really "grow up" fully into adults. Sometimes, we need to feel like children, we need to feel held, tantrum, cry, nap, eat a cookie, etc. Write out what it looks and feels like when your inner child needs some TLC.

How do you "parent" or treat yourself when your inner kiddo is having an episode? What are some triggers that push your limits and induce times when you need extra self-care?

Reprogramming INNER SELF

Let's take an intuitive scan of where you feel your biggest blocks and fears are. There is a very good chance that they originated in childhood and came from one of your primary caretakers. Do you struggle with self-worth, self-love, abundance, anger, perfectionism, fear of change, trust, faith, or taking action? Write out what your blocks are and trace them back to where they came from. Ex. Do you settle for less in love, because someone told you that soulmates don't exist, that you're not pretty or that you aren't loveable?

REPROGRAMMING AFFIRMATIONS:

I am fully myself and proud.

I do not let the past define me.

I create my future with joy.

I am free of the past and feel light.

I create every day with love, joy, and enthusiasm to grow.

I am my own biggest fan.

I am authentic, accepted, and unique.

I fully appreciate myself and my best relationships that fuel me.

When I am fearlessly me, I am the most supported by the Universe.

It is easy to open myself up to the world and receive.

Everything is working out for me perfectly.

2. Rate the statement: I can see what limiting belief patterns that have caused me stress and affected my behavior. I can see where they came from and how they are false.

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Can you decipher which limiting beliefs have held you back, led you to self-sabotage or kept you playing small? Rewrite these limiting beliefs into positive, self-supporting ones that feel expansive and limitless. Can you forgive the people who passed this programming onto you? What do you want to program into yourself now?

3. Rate the statement: I am the infinite creator of my life and know that I can design my life and create whatever I want to.

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How powerful and capable do you feel? Notice where you are feeling insecure, small, or scared. Write this out and transmute these limiting beliefs. You are amazing and have it in you to create!

REPROGRAMMING & HEALING

1. **Meditation:** Sit up straight with your eyes closed, cross-legged and breathe in for 4 and out for 4. Picture yourself as a child at an age that was confusing for you or when you picked up a lot of funky programming or energy from your environment or primary caretakers. Sit with this time and feelings and observe yourself gently and with compassion as you see what actually occurred. Allow yourself to reparent your child self then - to give her a hug, tell her that it isn't true, to give her whatever she needs to heal and transmute that time. By doing this, you are time-travelling to heal and transmute past wounds to free yourself now. Pretty cool!
2. **Be a kid again!** Sometimes it's nice to feel like a kid again - carefree, innocent, easily amused. Eat a meal that makes you feel like a kid - PB&J, chicken nuggets, chocolate milk. Treat yourself to something that feels nostalgic and let your inner child wake up and enjoy that moment too. What feels like wholesome, fun to you?
3. **Salt Bath.** Taking baths feels like a very child-like thing to do. Taking salt baths is very cleansing, healing, and relaxing. Even if you feel weird or awkward about taking baths, I would encourage you to at least try it once. The after-bath high that I feel from taking epsom salt baths is enough for me to keep coming back for more. This after-effect is a physical and energetic one. The salt bath helps you clear physical toxins via sweating and heavy energies that are clouding your energetic field.
4. **Look back at photo albums and yearbooks.** Dive into yester-year and take a look at old family albums, photos of yourself as a child, yearbooks, or watch home videos. We often forget who or what we were like growing up. By observing ourselves with fondness and compassion, we are also cultivating self-love and acceptance. As we look at or watch other family members, we can often start putting pieces together, filling in gaps, or making sense of things that we may have missed while we were children.
5. **Call your mom.** Or any family member that you feel particularly close to. Let yourself chat with someone who wants to hear you vent, can relate to certain things you're going through, or who can make you laugh while they support you. On the flipside, if there are certain issues or revelations that came up for you, you could also call them to talk about that to heal and transmute.
6. **Play outside.** Go for a walk, to a park, feed some ducks, go fishing, skip rope, go for a swim, go on a bike ride, catch a butterfly, take a nap under a tree, go out for a picnic, catch fireflies, etc. Get outside and in mother nature and play to lift your vibe and express your inner child.
7. **Go back to school.** Sometimes being a student can be fun. Are there any classes that you've been wanting to take whether it's a new workout regime or a pottery class? We never stop learning and being a lifelong learner will help your mind, body, and spirit stay young and nimble.