

RETURN TO SELF

A Companion Guide



Understanding your wounds.

Meeting your parts.

Coming home to yourself.

Elena Visionary

Awakened Woman Academy

A Note Before We Begin



This guide is not about making your parents wrong.

Your mother was doing what her mother taught her. Your father was carrying what his father never healed. They gave what they had. For most of them, that was not enough. Not because they did not love you. But because they were living in their own unprocessed debt, passed forward from generations that had no language for any of this.

This work is not about staying in the past. It is about understanding why certain patterns keep repeating in your present, and finally having the tools to change them.

You are not here to assign blame. You are here to take back what has always belonged to you.



Understanding Your Wounds

The Mother Wound

The mother wound lives in your inner world. It shapes how you relate to yourself.

If your mother was emotionally unavailable, critical, or needed you to manage her feelings, you learned early that your worth came from being useful. That love had to be earned through service. That your needs came last.

The mother wound shows up as:

- ♥ Guilt when you rest or receive
- ♥ Difficulty trusting your own feelings
- ♥ A relentless inner critic that sounds like her voice
- ♥ Giving until there is nothing left and calling it love
- ♥ Competition or distrust with other women
- ♥ Emotional exhaustion that never fully lifts

The Father Wound

The father wound lives in your outer world. It shapes how safe you feel being seen, taking up space, and receiving.

Your father was the first external world you ever encountered. If his gaze was absent, critical, or conditional, your nervous system wrote a program: the external world is not safe to fully arrive in.

The father wound shows up as:

- ♥ Fear of visibility and being fully seen
- ♥ Difficulty receiving money, love, or praise
- ♥ Shrinking in rooms you have every right to fill
- ♥ Attraction to emotionally unavailable or withholding people
- ♥ Undercharging, undervaluing, underestimating yourself
- ♥ A relationship with authority and men built on anxiety



You Are More Than Your Wounds

Most healing work focuses on the wounded inner child. And she is real, and she deserves your attention.

But she is not the only part of you.

Parts work understands that you are not one thing. Inside you there is the little girl who learned to survive. And there is also the higher self, the version of you that was never diminished by what happened, that never forgot who she was, that has been waiting underneath the exhaustion and the performing and the people pleasing the entire time.

Healing is not fixing the wounded part. It is introducing her to the part of you that has always known the way home.

Your Three Parts

- ♥ The Wounded Inner Child: the part that learned to survive. She carries the original pain, the unmet needs, the beliefs that were formed before you were old enough to question them.
- ♥ The Protective Adult Self: the part that kept you safe. She became the overachiever, the people pleaser, the one who performed fine. She was never the enemy. She was doing her job.
- ♥ The Higher Self: the part that was never broken. She is your intuition, your wisdom, your aliveness. She is the woman you are returning to.

The Return to Self meditation was designed to bring all three into the same room. Not to fix the first one. But to let her finally be held by the third.



How to Re-Parent Yourself

Re-parenting is not pretending you had a different childhood. It is giving yourself now what you needed then.

Your inner child is not asking you to fix the past. She is asking you to show up in the present. To be the steady, loving presence that nobody taught you how to be for yourself.

What She Needed Then

- ♥ To be seen without having to perform
- ♥ To feel her emotions without being told to stop
- ♥ To be held when something was too big for her
- ♥ To know she was loved without conditions
- ♥ To be celebrated simply for existing

What You Can Give Her Now

- ♥ Witness your own emotions before you override them
- ♥ Speak to yourself with the patience you would offer a child
- ♥ Rest without earning it
- ♥ Set boundaries that protect her, not just manage others
- ♥ Return to her daily, even for sixty seconds



Your Daily Inner Child Practice

This practice takes less than two minutes. It is the most direct way to signal to your nervous system that it is safe to come home.

Place one hand over your heart. Take three slow, deep breaths. Feel the weight of your hand on your chest.

Then speak these words, silently or aloud, to the younger part of you:

You are safe.

I am here with you.

I will breathe with you.

I love you.

I am sorry.

Please forgive me.

Thank you.

Do this every morning before you reach for your phone. Do it when you feel the old patterns activating. Do it when you are about to abandon yourself for someone else's comfort.

She has been waiting for you to come back. This is how you let her know you have arrived.



Journal Prompts

These prompts are not meant to be analyzed. They are meant to be felt. Write without editing yourself. Let what is true come forward.

The Mother Wound

1. What did love look like in my relationship with my mother? What did I have to do or be to receive it?
2. What emotions were not allowed in my home growing up? What did I do with those feelings?
3. Where in my life am I still giving more than I receive, and calling it love?
4. What would it feel like to rest without earning it? What comes up when I imagine that?
5. What does my inner critic say most often? Whose voice does it sound like?

The Father Wound

6. How did my father see me? What did I have to do or be to receive his attention or approval?
7. Where in my life am I still making myself smaller to stay safe or avoid standing out?
8. How does money feel in my body when I think about charging what I am worth, asking for a raise, or receiving a gift?
9. What patterns keep repeating in my relationships with men? What did my earliest experience with a man teach me to expect?
10. What would I do, say, or create if I knew my full visibility was completely safe?

The Higher Self

11. If the part of me that was never wounded could speak, what would she say to me right now?
12. What does the woman I am becoming feel like in her body? How does she move through the world?
13. What has she been waiting for me to stop doing so she can finally come forward?

14. What would I give the little girl I used to be if I could go back to her right now?
15. What is one thing I can do today that my highest self would choose?



A Final Word

You did not come to this work by accident.

Something in you has known for a long time that there was a deeper layer waiting to be touched. That the exhaustion, the patterns, the quiet ache of giving more than you receive, were pointing somewhere.

They were pointing here.

The little girl inside you did not need to be fixed. She needed to be found. And the higher self inside you did not need to be created. She needed to be remembered.

You are both of them. And the work of your life is not to choose between them but to let them finally come home to each other.

She has been waiting.

Now you are here.



With love,

Elena Visionary

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www.elenavisionary.com