

COMING HOME

A Companion Guide



Understanding your wounds.

Meeting your parts.

Coming home to yourself.

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A Note Before We Begin



The inner child's work is very intimate and vulnerable, so please approach this with a lot of self love and self compassion.

This work is also not about making your parents wrong. We were born into an emotionally and spiritually illiterate generation. 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. It's about bringing back to the surface and witnessing the story that you've been living with, and re-writing a new story.

You are not here to assign blame. You are here to heal, rise and reclaim yourself. And you have the power to turn your wounds into wisdom and your pain into purpose.



Understanding Your Wounds

The Mother Wound

The mother wound lives in your inner world. It shapes how you relate to yourself, to your heart, to your body. 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 pleasing others. That your needs came last.

Some examples on how the mother wound can show up:

- ♥ Guilt when you rest or receive
- ♥ Difficulty trusting your own feelings and intuition
- ♥ A relentless inner critic that sounds like her voice
- ♥ Giving until there is nothing left and calling it love
- ♥ Constantly fixing your body and face through diets or procedures
- ♥ 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, having confidence and honoring boundaries. It impacts your relationship with men and with money.

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

Some examples on how the father wound can show up:

- ♥ 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 partners
- ♥ 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 just to rescue your inner child but also to finally meet and connect with your Higher Self.



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

- ♥ Mirror work: look into your eyes in the mirror every morning and tell yourself I love you.
- ♥ Bring back activities you loved to do as a child, i.e dancing, painting, baking, riding a bike
- ♥ Take yourself out on a solo date to your favorite cafe, museum, park, jazz concert
- ♥ Put your childhood picture as a screen saver on your phone as a reminder
- ♥ Witness your own emotions and rest when needed
- ♥ Speak to yourself with the patience you would offer a child
- ♥ 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. Open up your jaw slightly, spread out your hips gently, breathe, connect, feel the emotions, notice if there's any tension in any part of the body, send breath to that part and visualize light melting the frozen emotions away. Feel, see, visualize your inner child within.

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.



Release Writing

For this exercise, you can start by creating a sacred space, light a candle, rub essential oil like rose or lavender on your wrists and temples, and play soft music. Write a letter to your mom and dad expressing all that you feel, whether it's anger or love, resentment or gratitude. Keep writing all that you feel and all that you never could say to them in person. Write till you feel complete in all that you want to say. Forgive them and forgive yourself. Burn the letters to release and transmute any negative energies. It's recommended to hand write this for at least 15-20 minutes to be able to reach memories and emotions from the deeper levels of your subconscious mind. Keep writing these

letters without sending them (or rereading them) till the day when all you have left to write is a gratitude letter to your parents for giving you life and being the teachers for the lessons you needed to learn in this lifetime.



Journal Prompts

These prompts can help you start writing release letters or can be used in a separate exercise for self reflection. 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?



An Honest conversation with your mother

As an additional exercise. If your mom is alive and you are on speaking terms, I invite you to have a conversation with her asking about the times when she was pregnant with you and the first 7 years of your life. You can also ask these questions from a family member, if they would know.

- Did something traumatic happen while your mother was pregnant with you? Was she highly anxious, depressed, or stressed?
- Were your parents having difficulties in their relationship during the pregnancy (unsure they'd stay together, violence, arguing, separating, drinking, infidelity, etc.)?
- Did you experience a difficult birth? Were you born premature? Forceps? Did your mother experience postpartum depression?
- Were you separated from your mother after birth?
- Were you adopted?
- Did you experience a trauma or a separation from your mother during your childhood or infancy?
- Did your parents go on a vacation a lot when you were young?
- Were you sent away to visit relatives or grandparents?
- Were you or your mother ever hospitalized and forced to be apart (maybe you spent time in an incubator, or had your tonsils removed or some other medical procedure,
- or your mother needed to have surgery or experienced a complication from a pregnancy, or you were sent to stay with grandparents or other family members, etc.)?
- Did your mother experience a trauma or emotional turmoil during your childhood or infancy (death of a parent, grandparent or sibling, a separation or divorce, alcoholic or unfaithful husband, etc.)?
- Did your mother give away a child, or lose a child or pregnancy before or after you were born?

- Was your mother's attention pulled to a trauma involving one of your siblings (a late-term miscarriage, a stillbirth, a death, a medical emergency, etc.)?

These questions can shed some light as to why you have a mother wound. If you need help understanding how her answers could have impacted you, you can book a private session with me.



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 anger, the grief, 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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