

The Emotional Healing Series – Book One

HEALING THE INNER CHILD

A Journey to Emotional Wholeness

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Introduction - Welcome to the Journey

Welcome to the beginning of a profound and transformative journey of reconnecting with your inner child—a journey towards emotional wholeness, self-compassion, and deep healing. The process of healing your inner child is one of the most powerful gifts you can give yourself. It allows you to uncover, understand, and release emotional wounds that have been carried deep within your subconscious mind since childhood.

As we grow into adulthood, we often believe that the past is behind us and that we've left our childhood experiences far behind. However, those early years play a pivotal role in shaping who we are—our beliefs, emotions, and behaviours are all influenced by the experiences we had as children. Whether positive or negative, these experiences live on in our subconscious mind, where they continue to affect our emotional reactions, relationships, and even our sense of self-worth.

In this journey, we are not looking to blame or dwell on the past, but to *heal* and *release* it with compassion, allowing ourselves the opportunity to step into a new version of who we are—an emotionally empowered and whole being. Healing your inner child isn't about erasing the past; it's about nurturing the part of you that was hurt, neglected, or unheard. By embracing your inner child with love and light, you create space for self-growth, joy, and peace to flourish.

My holistic approach to healing blends mindfulness, energy work, and emotional freedom techniques (MERIDIAN tapping), and it invites you to become your own healer. As we embark on this journey together, you'll learn that you have the ability to re-parent your inner child, address old wounds, and integrate a deep sense of self-compassion into your daily life. This practice is an act of empowerment, one that transforms not only your emotional landscape but also your overall well-being.

This journey is yours, and while I am here to guide you, the true healing comes from within. You are the key to unlocking the power of self-love and emotional freedom. Let's begin.

Understanding the Inner Child

At the heart of your emotional world is your inner child—a vital and sensitive part of you that holds the memories, feelings, and beliefs formed in your early years. The inner child represents your authentic self, the one who experienced life's joys, pains, and disappointments without the filters and defences you may have developed as an adult. This part of you still holds the emotions of your younger self, including both the playful, creative, and joyful aspects as well as the hurt, fear, and confusion you may have felt when your needs were unmet.

When we talk about healing the inner child, we're not just dealing with the past; we are addressing how the unhealed wounds from childhood show up in your present-day life. Unresolved childhood wounds often manifest in adulthood as feelings of unworthiness, self-doubt, or fear of rejection. These wounds can affect your relationships, your ability to trust others, and your capacity to set healthy boundaries. They may even be the root cause of recurring anxiety, stress, or emotional triggers that you can't quite understand.

My holistic approach recognises that these emotional patterns are not just mental but also 'energetic'. Energy from your past—whether it's from trauma, neglect, or simply unmet needs—can create energetic blocks in your body. These blocks can disrupt your emotional and physical health, leading to imbalances in your energy field. By combining 'mindfulness', 'energy healing', and 'emotional freedom techniques' (MERIDIAN tapping), we can address these blocks holistically and help you clear them, creating space for healing to occur on all levels—emotional, mental, and physical.

Through mindfulness, we learn to become present with our emotions and observe the patterns without judgment.

Mindfulness is about being aware of how your inner child's wounds are influencing your current experiences. It teaches us to create a safe space within ourselves where we can listen to and nurture our inner child without fear or suppression. This awareness is the foundation for deep emotional healing.

With 'energy healing'—through methods like 'Reiki' or 'chakra balancing'—we work to clear the energetic residue of childhood trauma, helping to restore balance and harmony to your energy body. When we address the emotional and energetic layers together, we create a powerful healing synergy.

In our sessions, we will also use 'Meridian tapping', a practice that combines cognitive restructuring with acupuncture points to release emotional blocks. By tapping on specific points, we can shift the energy that has been holding painful memories or beliefs in place. This will allow your inner child to release the fear, sadness, anger or any emotions it may be holding onto, creating room for new, positive beliefs to take root.

Healing the inner child is not an overnight process, it is a journey that requires patience, gentleness, and commitment. Through this holistic approach, you will gradually reconnect with your inner child, offering it the love, validation, and care it has always needed. You'll learn how to soothe emotional triggers, reclaim your worth, and create a new, empowered narrative for your life.

As you continue this journey, remember that every step you take towards healing brings you closer to emotional freedom and peace. You are worthy of love, and the child within you deserves to be heard, to be nurtured, and to be healed.

Welcome to the path of 'self-compassion' and 'wholeness'. Your inner child has been waiting for this moment.

Before You Begin: *Download Your Healing Journal* As you embark on this transformative journey of healing your inner child, I encourage you to download and print the *Healing the Inner Child Journal* that accompanies this eBook. This journal is designed to guide you through each chapter, offering reflective prompts, exercises, and space to capture your thoughts, emotions, and breakthroughs. By engaging with the journal alongside the eBook, you'll be able to fully immerse yourself in the healing process and track your progress as you reconnect with your inner child. Take your time, use the journal as a safe space, and allow yourself the freedom to reflect deeply.

You can download and print the journal - [HERE](#)

How to Use this book

This book is a companion on your journey to healing your inner child and reconnecting with your emotional wholeness. As you explore the practices and tools shared here, it's important to remember that healing is a deeply personal process and looks different for everyone.

To help you navigate the exercises and rituals in this book without feeling overwhelmed, here is a suggested approach:

Start with Awareness: Begin by reading through the chapters to familiarise yourself with the concepts and tools available. Allow yourself time to reflect before diving into the exercises.

Choose One Practice at a Time: Focus on one exercise, ritual, or chapter per week. This will give you the time and space to integrate what you're learning into your daily life. For more details about EFT tapping or inner child healing, see the glossary at the end of the book

Set a Gentle Routine: If you're also working on EFT tapping or daily rituals, try dedicating just 5–10 minutes a day at first. Gradually increase this as it feels comfortable.

Pace Yourself: Healing can bring up deep emotions. Listen to your intuition and take breaks when needed. It's okay to return to certain sections when you feel ready.

Reflect and Revisit: Keep a journal to track your thoughts, emotions, and progress. Revisiting exercises can deepen your understanding and healing over time.

This step-by-step approach will allow you to fully embrace the healing process without pressure, helping you build a sustainable practice that fits your unique needs.



Chapter 1

Understanding the Inner Child

What is the Inner Child?

The inner child is a part of your subconscious mind that holds the memories, emotions, and experiences from your early childhood. It represents the core of your emotional being, where the foundation of your beliefs, responses, and self-perception was shaped. Think of it as the most vulnerable and authentic version of yourself—the part of you that once experienced the world with innocence, curiosity, and openness, but also with sensitivity to emotional pain, unmet needs, and fear.

As we grow up, we often develop coping mechanisms or emotional defences to protect ourselves from pain, rejection, or disappointment. These protective barriers can cause us to disconnect from our inner child, leaving its wounds unhealed. Yet, even as adults, the inner child continues to influence our behaviours, beliefs, and emotional reactions.

When the inner child is nurtured, healed, and embraced, it becomes a source of creativity, joy, and emotional resilience. However, when it's wounded and neglected, it can lead to self-sabotaging behaviours, limiting beliefs, and emotional blocks. For example, a child who was often criticised may grow into an adult with a persistent inner critic, constantly feeling “not good enough.”

By reconnecting with and healing your inner child, you can uncover the root of many emotional challenges, release old patterns, and restore emotional balance. My holistic approach combines mindfulness, energy healing, and MERIDIAN tapping, guiding you to listen to your inner child's voice, acknowledge its needs, and release the emotional blocks it has been holding onto.

Signs Your Inner Child Needs Healing

Your inner child often communicates with you through emotional responses and unconscious behaviours. Here are some common signs that your inner child may be wounded and in need of healing:

- ***Fear of Rejection***: A deep fear of being rejected, abandoned, or unloved can be rooted in childhood experiences where your emotional needs were unmet. This may manifest in adulthood as a tendency to avoid vulnerability in relationships or seek approval from others.

- ***People-Pleasing***: If you frequently put the needs of others above your own or struggle to say no, it may indicate that your inner child learned early on that love and acceptance are conditional, based on how well you meet others' expectations.

- ***Emotional Triggers***: Intense emotional reactions, such as anger, sadness, or anxiety, in response to certain situations often point to unresolved childhood wounds. These triggers are a signal that your inner child is still holding onto pain from the past.

- **Low Self-Worth:** Feelings of inadequacy, self-doubt, or a constant inner critic can stem from experiences where your inner child did not receive the validation, love, or encouragement it needed. This lack of self-worth often shows up as a fear of failure or feeling “not enough.”

- **Trust Issues:** Difficulty trusting others or forming close relationships can be rooted in childhood betrayals or unmet emotional needs. If your inner child experienced abandonment or betrayal, it may struggle to trust that others will be there for you.

- **Perfectionism:** If you strive for perfection to feel accepted or valued, this may be your inner child trying to prove its worth in response to criticism or high expectations during childhood.

- **Avoidance of Emotions:** If you tend to suppress or avoid your emotions, it could be a sign that your inner child learned early on, that expressing emotions wasn't safe or acceptable. This avoidance can create emotional numbness or detachment in adulthood.

Each of these signs points to an area where your inner child may be seeking attention, love, and healing. By recognising these patterns, you can begin the journey of addressing the wounds that caused them, releasing their hold on your present life.

The Role of the Subconscious Mind

The subconscious mind is a vast reservoir of stored experiences, emotions, and beliefs formed during your early childhood. This part of your mind is like a sponge in your formative years, absorbing everything you experience without the critical reasoning of your adult self. It is in the subconscious mind that your inner child lives, holding onto the beliefs, emotions, and memories that continue to shape your present-day life.

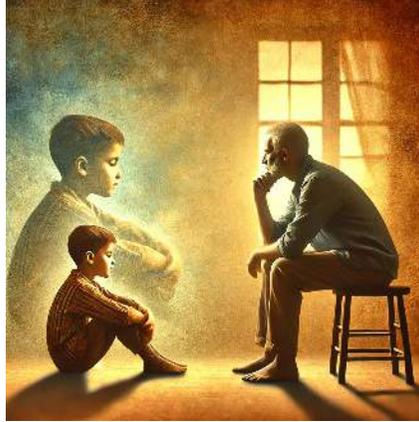
In the first seven years of life, children operate primarily in the theta brainwave state, which is a deeply relaxed, hypnotic state. This is why childhood is such a crucial period for emotional and mental development. During this time, your subconscious mind is forming beliefs about yourself, the world, and your place in it based on the emotional responses you have to your environment. If you experienced love, support, and security, your subconscious is likely to hold positive beliefs about self-worth and safety. However, if you experienced trauma, neglect, or criticism, your subconscious mind may hold onto beliefs like "I'm not enough," "The world is unsafe," or "I have to earn love."

These early experiences create patterns that influence your thoughts, feelings, and behaviours throughout adulthood. For example, if your subconscious mind learned that expressing emotions leads to rejection or punishment, you may grow up avoiding emotional vulnerability or suppressing feelings altogether. Similarly, if your subconscious absorbed the belief that you must be perfect to be loved, you might find yourself constantly striving for perfection or fearing failure.

Because the subconscious mind operates below the level of conscious awareness, these beliefs and patterns can feel automatic and difficult to change. However, by working with the subconscious mind through techniques like hypnosis, MERIDIAN tapping, subliminal messaging, and visualisations, we can access these deep-rooted beliefs and rewire them with more positive and empowering ones.

In our work together, we will use mindfulness to bring awareness to the subconscious patterns influencing your emotional reactions. By practicing self-awareness, you'll begin to notice how these old patterns play out in your daily life, and through energy healing and MERIDIAN tapping, we will release the emotional energy stored within these beliefs, creating space for new, positive experiences to take root. Through consistent practice, you can reprogram your subconscious mind to align with your conscious goals of emotional well-being, self-compassion, and inner peace.

In Summary: Your inner child represents the emotional core of your being, holding the key to many of the patterns and beliefs that shape your current life. By recognising the signs that your inner child needs healing and understanding the role of your subconscious mind in shaping these beliefs, you can begin the transformative process of healing. Through mindfulness, energy healing, and emotional release techniques, you can reconnect with and heal your inner child, freeing yourself from the limiting beliefs of the past and stepping into a future of emotional wholeness.



Chapter 2

Recognising Childhood Wounds

**To continue your healing journey,
download the full version.**