

The Emotional Healing Series – Book One

# HEALING THE INNER CHILD

A Journey to Emotional Wholeness

BY: Susette Jarvis

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# Table of Contents

Introduction

Chapter 1: Understanding the Inner Child

Chapter 2: Recognising Childhood Wounds

Chapter 3: Reconnecting with Your Inner Child

Chapter 4: Nurturing Self-Compassion

Chapter 5: Healing Through Emotional Release

Chapter 6: Rebuilding Self-Worth and Confidence

Chapter 7: Inner Child Play and Joy

Chapter 8: Reparenting Your Inner Child

Chapter 9: Building Healthier Relationships

Chapter 10: Embracing Your Whole Self

Conclusion

## 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.***

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***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.

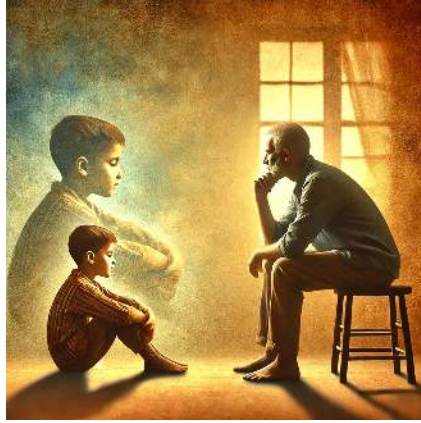
In the first seven years of life, children operate primarily in the theta brainwave state, which is a deeply relaxed, hypnotic state. This is why childhood is such a crucial period for emotional and mental development. During this time, your subconscious mind is forming beliefs about yourself, the world, 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

## Types of Childhood Wounds

Our early experiences in childhood form the foundation of our emotional well-being. When core emotional needs like love, safety, or validation are unmet, they leave wounds that carry into adulthood. These unhealed wounds are often the source of pain, anxiety, or limiting beliefs we face as adults. Below are common types of emotional wounds:

- **Neglect:** Emotional or physical neglect happens when a child's basic needs are not met. This can result in feelings of worthlessness, as if their needs don't matter. In adulthood, neglected children often become people-pleasers, sacrificing their own needs to gain approval from others.

- **Abandonment:** This occurs when a child feels emotionally or physically abandoned, either through neglect or absence. Children who experience abandonment may grow into adults with a fear of being left behind or rejected, often leading to clinginess, dependency, or difficulty maintaining close relationships.

- **Rejection:** Feeling rejected by parents or caregivers can deeply impact a child's self-esteem. Rejection wounds often manifest in adulthood as low self-worth, fear of vulnerability, or avoidance of emotional intimacy.

- **Betrayal:** Betrayal involves a breach of trust, whether through infidelity, broken promises, or deceit. As adults, those with betrayal wounds may struggle with trust issues, becoming overly suspicious or avoiding close relationships out of fear of being hurt again.

- **Control:** Children who grow up with overly controlling parents may develop a wound centered around the loss of autonomy. This can result in adults who either become controlling themselves or struggle with feelings of powerlessness, often becoming passive or indecisive.

*Each of these wounds impacts how you view yourself, others, and the world. When left unresolved, they create emotional patterns that block you from living a life filled with joy, peace, and confidence.*

## How Unresolved Wounds Manifest in Adulthood

Unresolved childhood wounds are stored in the subconscious and often manifest as emotional challenges, self-sabotaging behaviours, and dysfunctional relationship patterns. Here's how they typically show up in adulthood:

- ***Anxiety and Depression:*** Childhood wounds, particularly those involving neglect or rejection, can leave a lasting imprint on your self-worth. These deep-seated feelings of inadequacy and abandonment often translate into chronic anxiety, depression, or a pervasive sense of sadness in adulthood.

- ***Relationship Difficulties:*** If you have unresolved wounds of betrayal or abandonment, you may struggle with trust, often fearing that others will let you down. This leads to relationship instability, either by avoiding emotional closeness or becoming overly dependent on others.

- ***People-Pleasing and Lack of Boundaries:*** Those with rejection or neglect wounds often grow up seeking validation from others, resulting in people-pleasing behaviours. These adults find it difficult to set boundaries, prioritising others' needs over their own in an attempt to avoid rejection or gain acceptance.

- ***Fear of Failure or Success:*** When control wounds from childhood remain unhealed, adults may fear failure, perfectionism, or even success. These individuals often avoid taking risks or making decisions, out of a deep-rooted fear of being wrong, failing, or not meeting high expectations.

- ***Anger and Resentment:*** Unresolved wounds often result in suppressed emotions, particularly anger. Adults with childhood wounds might carry resentment towards parents or authority figures, which can cause frustration or outbursts in their relationships or work life.

***Through this journey of healing, you will identify and release these emotional wounds, allowing you to create new patterns that reflect your self-worth, love, and empowerment.***

### ***Starting Small: Balancing Your Healing Journey***

As you begin incorporating the practices in this book into your life, remember that healing isn't about doing everything at once it's about consistency and self-compassion.

Here are some tips to help you find balance:

**-Prioritise What Resonates:** If an exercise or ritual feels especially meaningful, start there. Trust your instincts to guide you.

**-Give Yourself Permission to Pause:** It's okay to take things slowly. Healing is a process, not a race, and it's important to honour your emotional limits.

**-Blend with Your Current Practices:** If you're already engaging in activities like meditation, EFT tapping (see glossary), or journaling, consider integrating one practice from this book into your existing routine.

**-Set Realistic Goals:** Start with short sessions (5–10 minutes) and gradually build from there. Small steps lead to lasting change.

***Remember, this book is your guide, but you are the one writing your own healing story. Take your time, trust the process, and be kind to yourself along the way.***

# Exercise: Identifying Your Core Wounds

## Creating Your Emotional Timeline:

### A Reflective Journaling Exercise (see glossary for details)

To begin healing, it's essential to identify the specific wounds from your childhood that still affect your present life. This reflective Journaling exercise will help you uncover and bring awareness to these core wounds. By revisiting key moments from your past, you can start to recognise patterns and emotions that shaped your current beliefs and behaviours.

#### *1. Reflect on Your Early Childhood (Ages 0-7)*

- **Question:** Can you recall any moments where you felt particularly vulnerable, scared, or unloved as a child?
- **Prompt:** Write about a time when you felt emotionally disconnected from your caregivers. What happened? How did you feel?

- **Example:** Perhaps you remember feeling ignored when you tried to express your feelings. Did this lead to beliefs like “My feelings don’t matter”?

### *2. Exploring the Middle Childhood Years (Ages 7-12)*

- **Question:** Were there experiences where you felt rejected, controlled, or betrayed during these years?

- **Prompt:** Reflect on any moments when you felt abandoned or betrayed by someone you trusted. How did this shape your view of trust or relationships?

- **Example:** You might recall being let down by a parent or friend, leading to difficulty trusting others in adulthood.

### *3. Navigating the Teenage Years (Ages 12-18)*

- **Question:** Were there moments in your teenage years where you felt misunderstood or unloved? Did you begin developing coping mechanisms like withdrawal, people-pleasing, or perfectionism?

- **Prompt:** Journal about an experience during this time where you felt pressure to conform or please others at the expense of your own happiness.
- **Example:** Perhaps you constantly sought approval from others, trying to avoid rejection or criticism.

## Identifying Emotional Patterns in Adulthood

After reflecting on your childhood timeline, look for emotional patterns or beliefs that persist in your current life. Ask yourself:

- What emotional triggers do I notice in my relationships, work, or personal life?
- How do I react when I feel rejected, betrayed, or out of control?
- What self-limiting beliefs (e.g., "I'm not good enough," "I'm not worthy of love") do I notice influencing my choices?

## Reflective Journal Template

*Use the downloadable Journal Template (Link at the start of the book) to track your responses, reflect on your past, and identify emotional patterns that need healing. This journal will serve as a companion throughout your healing journey, helping you bring awareness and compassion to the parts of your inner child that need attention.*

### **Emotional Timeline Journal Template:**

#### ***1. Childhood Reflection (Ages 0-7)***

- Key Memory:

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- Emotions:

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- Core Belief Formed:

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***2. Middle Childhood Reflection (Ages 7-12)***

- Key Memory:

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- Emotions:

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- Core Belief Formed:

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***3. Teenage Reflection (Ages 12-18)***

- Key Memory:

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- Emotions:

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- Core Belief Formed:

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#### 4. Adult Patterns and Triggers

- Emotional Trigger:

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- Present-Day Reaction:

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- New Belief to Cultivate:

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*By creating your emotional timeline, you will not only uncover past wounds but also gain clarity on how these experiences are still shaping your life today. With this awareness, you can begin to heal, release old beliefs, and transform your emotional patterns through mindfulness, MERIDIAN tapping, and compassionate reparenting of your inner child. The journey of healing starts with awareness, and this exercise is your first step toward emotional freedom. Learn how to do your timeline in my **FREE Anxiety Unravelling online course***

**[GET IT HERE](#)**



## Chapter 3

### Reconnecting with Your Inner Child

## Why Reconnection is Important

Reconnecting with your inner child is a powerful step toward deep emotional healing and self-compassion. The inner child represents the essence of who you are—vulnerable, pure, and deeply emotional. This part of you holds the memories, joys, pains, and unmet needs from childhood, and continues to influence your emotional well-being today. By acknowledging and reconnecting with your inner child, you bring awareness to the emotional wounds that may have been neglected or suppressed for many years.

When the inner child is not acknowledged, it often shows up in unconscious ways. You may feel inexplicably anxious, have difficulty maintaining relationships, or find yourself triggered by small events. These emotional reactions often stem from the unmet needs and unresolved wounds of your inner child. Healing begins with compassionately connecting with this part of yourself, allowing you to soothe old pains and nurture the child within with love and care.

In my holistic approach, this reconnection involves mindfulness, emotional freedom techniques (MERIDIAN tapping), and visualisations. These practices bring the subconscious, where your inner child resides, into the conscious mind, allowing for healing and integration. When you connect with your inner child, you open the door to understanding, comfort, and emotional release, creating space for joy, peace, and authenticity to flourish.

## Visualisations Practice: Meeting Your Inner Child

This guided visualisations will help you meet your inner child, creating a safe space where you can connect with them, listen to their needs, and offer comfort. Set aside some time in a quiet, peaceful place where you won't be disturbed, and let's begin.

(Click the link below)

***[Guided Visualisations: Meeting Your Inner Child](#)***

## Exercise: Writing a Letter to Your Inner Child

This Journalling exercise will help you deepen your connection with your inner child by writing a compassionate letter to them. The purpose of this letter is to offer reassurance, love, and acknowledgment, addressing the needs that may have gone unmet in childhood. This is an opportunity to nurture your inner child, letting them know they are seen, heard, and cared for.

### *Instructions:*

- 1. Find a Quiet Space:** Set aside some time in a quiet place where you can reflect and write without interruption.
- 2. Begin with an Intention:** Before you start writing, set an intention for this letter. You may want to focus on offering comfort, addressing a specific wound, or simply expressing love and care.

**3. Start Writing:** Begin your letter by addressing your inner child. You can start with "Dear [Your Name]," and write as if you are speaking directly to your younger self.

**4. Acknowledge Their Feelings:** Let your inner child know that their feelings are valid and that you are here to listen. You might write something like:

- "I know that you've been feeling scared and alone, and I want you to know that I'm here for you now."

**5. Offer Reassurance:** Reassure your inner child that they are safe, loved, and valued. Tell them what you wish they had heard when they were younger:

- "You are loved, just as you are. You don't have to be perfect to be worthy of love."

**6. Express Love and Commitment:** Offer your inner child unconditional love and a promise to take care of them moving forward:

- "I promise to always be here for you, to listen, and to take care of your needs. You are never alone."

**7. End with a Positive Message:** Close the letter with a message of hope, love, and comfort:

- "You are safe now, and I will always protect you. Together, we can heal and grow."

### **Example Letter:**

"Dear [Your Name],

I know you've been carrying a lot of pain, feeling unseen and unheard. I want you to know that I'm here now. You don't have to feel afraid anymore. I'm here to protect you, to love you, and to give you the care you deserve.

You are beautiful, worthy, and enough—just as you are. You don't need to prove anything to anyone. I see you, and I love you exactly as you are.

From now on, I promise to take care of you. You don't have to carry the weight of the world on your shoulders anymore. I'm here to help you heal and feel safe. You are never alone.

With all my love,

[Your Name]"

### **Reflective Journal Template:**

1. How did your inner child feel during the visualisations?

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2. What emotions or memories came up for you?

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3. What does your inner child need most from you right now?

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4. How do you plan to offer comfort and love to your inner child moving forward?

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*By reconnecting with your inner child through visualisations and letter-writing, you create a bridge of understanding and compassion. This journey of healing allows your inner child to feel heard, nurtured, and loved—empowering you to heal emotional wounds and reclaim your sense of wholeness.*



# Chapter 4

## Nurturing Self-Compassion

## The Power of Self-Compassion

Self-compassion is the cornerstone of emotional healing. When we nurture self-love and compassion, we create an internal environment that fosters growth, healing, and peace. For many of us, the default reaction to mistakes, pain, or perceived inadequacies is self-criticism. However, self-compassion invites us to meet these moments with kindness, understanding, and care, rather than judgment.

As you embark on your healing journey, it's essential to embrace the idea that you are worthy of love, not because of what you do, but because of who you are. When we reconnect with our inner child, we often uncover past wounds, emotional scars, and unmet needs that require attention. Without self-compassion, we might be tempted to continue blaming ourselves or reinforcing negative beliefs. But with self-compassion, we allow ourselves to approach these wounds with gentleness and patience, creating a safe space for healing to unfold.

In my holistic approach, self-compassion is integrated into every aspect of your healing. Whether you're practicing mindfulness, engaging in MERIDIAN tapping, or reconnecting with your inner child, the foundation must always be one of kindness towards yourself. Through self-compassion, you reclaim your worth, acknowledge your feelings, and release guilt or shame that no longer serves you.

### Practices for Nurturing Compassion

Here are a few simple yet transformative daily practices to nurture self-compassion in your life:

#### 1. Daily Affirmations

Affirmations are powerful tools for reshaping the subconscious mind. By consistently affirming your worth, you begin to rewire old beliefs that may have stemmed from childhood wounds.

- **Morning Affirmation Practice:** Upon waking, place your hand over your heart, close your eyes, and repeat:

- "I am worthy of love and compassion."
- "I accept myself fully, just as I am."
- "I choose to be kind to myself today."

Say these affirmations with intention and feeling. Repeat them throughout the day, especially in moments of doubt or self-criticism.

## 2. Mirror Work

Mirror work is a practice where you speak kindly to yourself while looking into a mirror. This practice helps build self-acceptance and emotional connection with yourself, especially when facing your inner child's wounds.

### - **How to Practice Mirror Work:**

- Stand in front of a mirror.
- Look deeply into your own eyes.

- Speak words of love and kindness to yourself, such as:
- "I see you, and you are enough."
- "You are deserving of happiness and peace."
- "I am here for you."

This can be particularly powerful when paired with affirmations, and it's a practice of re-parenting your inner child by giving yourself the nurturing words you may not have received.

### **3. Self-Compassion Meditation**

Meditation can be a calming way to cultivate compassion. A specific meditation for self-compassion is the Loving-Kindness Meditation, which involves sending love and compassion to yourself first, then extending it outward to others.

- **Self-Compassion Meditation Practice:**
- Sit comfortably and close your eyes.

- Place your hand over your heart, focusing on the warmth of your touch.
- Silently repeat: "May I be happy. May I be safe. May I be healthy. May I live with ease."
- As you feel the compassion grow within you, allow this loving energy to spread throughout your entire body, filling you with peace and warmth.

*You can practice this meditation daily, either in the morning or before bed, allowing your heart to open to yourself with kindness. Click the link below to listen to this meditation*

***Self-Compassion Meditation***

## Exercise: Practicing Forgiveness (Letting Go)

Forgiveness is a powerful act of self-love, but it doesn't necessarily mean condoning the actions of others. In this practice, we shift the focus from forgiving others to \*letting go\* of what they've done to us, freeing ourselves from the weight of the past. However, true healing also involves forgiving yourself, releasing guilt or shame that you may carry from past experiences. In this section, I will guide you through both letting go and self-forgiveness.

### Letting Go of What Others Have Done

When others have caused pain, we often hold onto that hurt, allowing it to fester within us. However, letting go doesn't mean we are excusing their behaviour . It means we are releasing the hold that these painful memories have on us. Holding onto the pain only prolongs our suffering.

### - Step 1: Acknowledge the Pain

Reflect on the specific experience or person that caused you pain. Acknowledge the emotions that arise—anger, sadness, or resentment. You don't need to suppress these feelings, but give yourself permission to feel them fully.

### - Step 2: Visualise Releasing the Pain

Close your eyes and visualise the emotional weight you've been carrying. It might feel like a dark cloud or a heavy stone in your body. Now, imagine releasing that weight, allowing it to float away or dissolve into the universe. Repeat silently, "I choose to let go of this pain. I release its hold on me."

### - Step 3: Reclaim Your Power

After letting go, take a moment to reclaim your power. Remind yourself that this experience no longer defines you. You are free to move forward with love, strength, and peace.

## Forgiving Yourself

Self-forgiveness is about releasing the guilt or shame you may carry for past mistakes or perceived shortcomings. This act of self-compassion is vital to your healing journey, as it allows you to accept your humanity and imperfections with grace.

### - Step 1: Reflect on What You Need to Forgive

Take a moment to think about a mistake or regret from your past. It could be something you did or didn't do. Acknowledge the guilt or shame you feel, but don't let it consume you.

### - Step 2: Offer Yourself Compassion

Close your eyes, place your hand on your heart, and say, "I forgive myself for [state the situation]. I was doing the best I could at the time with what I knew." Allow these words to sink in, feeling the weight of guilt lift as you offer yourself compassion.

- Step 3: Release the Shame

Now, visualise the shame or guilt leaving your body. Imagine it as a heavy burden being lifted off your shoulders. You might see it floating away like a balloon, or simply dissolving into the earth. Feel the lightness and peace that comes from self-forgiveness.

## Reflective Journal: Nurturing Self-Compassion and Letting Go

Use this journal to reflect on your self-compassion practices and your process of letting go and self-forgiveness. The more you write and reflect, the deeper your healing will become.

### *Reflective Journal Prompts:*

1. How do you currently speak to yourself in difficult moments?  
What can you do to make your inner voice more compassionate?

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2. What affirmations or kind words can you say to yourself daily to nurture self-love?

---

3. Who or what do you need to let go of to move forward? How has holding onto this pain affected your life?

---

4. What emotions arise when you think about forgiving yourself? How can you offer yourself more compassion and understanding?

---

5. Describe a recent moment when you practiced self-forgiveness. How did it feel, and what did you learn from the experience?

---

*Through self-compassion, letting go, and self-forgiveness, you allow yourself the freedom to heal deeply and authentically. This chapter is a reminder that your journey is not about perfection but about showing up for yourself with love and grace, no matter what. By practicing these techniques daily, you will cultivate a more peaceful, empowered, and compassionate relationship with yourself.*



# Chapter 5

## Healing through Emotional Release

## Understanding Emotional Release

Emotions are powerful forces within us, guiding our experiences, relationships, and sense of well-being. However, when emotions are suppressed, ignored, or denied, they can create blockages in our energy field and cause both emotional and physical distress. Releasing suppressed emotions is an essential part of healing, as it allows us to restore balance, process difficult feelings, and free ourselves from the emotional burdens of the past.

As children, many of us were taught that certain emotions—like anger, sadness, or fear—were "bad" or unacceptable. In response, we may have learned to push these emotions down, pretending they didn't exist. Unfortunately, those unexpressed emotions don't disappear. Instead, they remain stored in our subconscious mind and body, where they manifest as tension, stress, or anxiety.

In my holistic approach, healing through emotional release is about bringing those buried emotions to the surface in a safe and intentional way. By allowing ourselves to feel and express what we have suppressed for so long, we can heal the wounds that created these emotions in the first place. Whether it's anger, sadness, grief, or fear, each emotion holds valuable information about our inner world. The goal is to release these emotions with compassion and understanding, creating space for peace and emotional freedom.

## Safe Ways to Release Emotions

Releasing pent-up emotions is a healing act of self-compassion.

Here are some safe and effective ways to begin the process:

### 1. MERIDIAN Tapping (Emotional Freedom Techniques, EFT)

Meridian tapping, or EFT, is a simple yet powerful technique that combines tapping on specific acupuncture points with affirmations. By stimulating these points while acknowledging your emotions, you can release blocked energy and bring emotional relief. This technique works by sending calming signals to the brain, reducing the intensity of the emotion and helping you process it.

#### **- How to Practice Meridian Tapping for Emotional Release:**

- Identify the emotion you want to release (e.g., anger, sadness, or anxiety).

- Begin tapping gently on specific points (like the side of your hand, top of your head, under your eyes, and collarbone) while stating how you feel.

- For example: "Even though I feel this sadness, I deeply and completely accept myself." - Continue tapping and expressing your emotion until you feel a sense of release or relief.

Learn a quick Be Set Free Fast Tapping Here: - [GET IT HERE.](#)

Learn how to use the complete emotional tapping in my online course Anxiety No More: Discover Holistic Remedies to Break Free from Anxiety - [GET ITHERE.](#)

## **2. Breathwork**

Breathwork is another powerful way to release stored emotions. Conscious breathing helps bring awareness to the body and can release tension that's been built up over time. Certain types of breathwork, such as deep belly breathing or alternate nostril breathing, can calm the nervous system and allow emotions to flow freely.

### - **Breathwork for Emotional Release:**

- Sit in a comfortable position and close your eyes.
- Begin by taking slow, deep breaths in through your nose and out through your mouth.
- As you breathe, focus on the emotion you want to release. Visualise it leaving your body with each exhale.
- If tears or other emotions arise, allow them to flow without judgment. Simply be present with what comes up.
- Continue this practice until you feel a sense of calm or emotional release.

### **3. Journalling for Emotional Expression**

Journalling is a therapeutic tool that allows you to express emotions safely, without fear of judgment or misunderstanding. Writing gives your emotions a voice and helps you process difficult feelings in a structured way. When emotions feel overwhelming, Journalling can offer clarity and relief.

### - How to Use Journaling for Emotional Release:

- Set aside time each day to write about what you're feeling. Don't censor yourself or worry about grammar—just let the words flow.

- Write about any emotions you've been avoiding or suppressing. Ask yourself: What am I feeling right now? What does this emotion need from me?

- If the emotion feels stuck, try writing a letter to the emotion itself. For example, "Dear Anger, I feel you in my chest, and I'm ready to hear what you have to say."

### *4. Art Therapy*

Creative expression is another powerful outlet for releasing emotions. Art therapy allows you to process emotions through drawing, painting, or sculpting, tapping into the non-verbal part of your mind. This practice is especially helpful when emotions are difficult to put into words.

### - How to Practice Art Therapy for Emotional Release:

- Gather art supplies like paper, pencils, paints, or clay.
- Begin by asking yourself what emotion you're feeling. Once you've identified it, allow your hand to freely express that feeling on the page.
- Don't worry about creating a perfect piece of art. Instead, focus on the movement and expression of the emotion. Let the colors, lines, and shapes reflect your internal experience.
- Afterward, take a moment to reflect on what you created and how it made you feel.

## Exercise: Emotional Freedom Journaling

Journaling can help you safely express difficult emotions like anger, sadness, or fear. The prompts below are designed to guide you through the process of emotional release by encouraging you to connect with and express these emotions in a constructive way.

# Emotional Freedom Journaling Prompts:

## 1. Connecting with Your Emotions

- What emotion am I feeling right now? How does it feel in my body? (Tightness, heaviness, warmth, etc.)
- Where in my life have I been suppressing or avoiding this emotion?

## 2. Releasing Anger

- What am I angry about right now? How long have I been holding onto this anger?
- If I could express my anger safely, what would I say or do? Who or what is at the root of this anger, and how can I release it without harming myself or others?

## 3. Releasing Sadness

- What is the source of my sadness? Is there a loss or unmet need that I'm grieving?

- What does my sadness need from me right now—comfort, understanding, or space to be expressed?

### **4. Releasing Fear**

- What fear have I been carrying? Is it a fear of the future, fear of the unknown, or fear of failure?
- How has this fear been holding me back? What steps can I take to let go of this fear and reclaim my sense of safety?

### **5. Processing Unspoken Emotions**

- Is there something I've been afraid to say or express? What would happen if I spoke these words aloud or wrote them down?
- How can I honour my emotions, even if they feel uncomfortable?

# Reflective Journal Template for Emotional Release:

## **1. Emotion of the Day:**

- What emotion am I focusing on today? (Anger, sadness, fear, etc.)
- How does this emotion feel in my body?

## **2. Expressing the Emotion:**

- What does this emotion want to say? What is it asking from me?

## **3. Release Plan:**

- How will I release this emotion today? (MERIDIAN tapping, Journalling, breathwork, art therapy)

**4. Reflection:**

- After completing the release practice, how do I feel? What have I learned about myself?

**5. Ongoing Support:**

- What can I do tomorrow to continue supporting my emotional healing?

*By incorporating these practices and exercises, you create a safe container for emotional expression and release. Allow yourself to be patient and compassionate during this process, understanding that healing happens in layers. Each time you express and release a suppressed emotion, you move closer to emotional freedom and inner peace.*



# Chapter 6

## Rebuilding Self-Worth and Confidence

## The Impact of Childhood Wounds on Self-Worth

Our sense of self-worth is largely shaped by the experiences we have in childhood. As children, we naturally seek validation, love, and acceptance from our caregivers and environment. When these needs are met, we grow up feeling secure, confident, and worthy of love. However, if a child's emotional needs are neglected, criticised, or invalidated, it can create deep wounds that manifest as low self-worth in adulthood.

Childhood experiences like neglect, rejection, abandonment, or constant criticism often plant seeds of self-doubt. If a child is constantly told they aren't good enough or if their emotions are dismissed, they may begin to internalise the belief that something is wrong with them. This can lead to feelings of inadequacy and a negative self-image, which carry over into adult life.

As adults, these unresolved childhood wounds can show up as:

- **Perfectionism:** The belief that you must always be perfect to be worthy of love.

- **Fear of Failure:** The fear that making mistakes will lead to rejection or criticism.

- **Self-Criticism:** A harsh inner voice that constantly finds fault with who you are and what you do.

- **People-Pleasing:** Constantly seeking approval from others to feel validated, often at the expense of your own needs.

*Recognising how these childhood experiences have impacted your self-worth is the first step in healing. Once you become aware of the beliefs you've carried, you can start the process of releasing them and rebuilding a healthy sense of self-worth.*

## Affirming Your Self-Worth

Affirmations are powerful tools for reprogramming the subconscious mind and rebuilding self-worth. By repeating positive, empowering statements about yourself, you can begin to shift the negative beliefs that were formed in childhood.

### *Why Affirmations Work:*

Affirmations help you create new mental pathways that support your sense of self-worth. When you consistently affirm positive beliefs about yourself, you gradually overwrite the old, limiting beliefs. In my holistic approach, affirmations are more than just words; they are a way to energetically align yourself with love and compassion, reminding your subconscious mind that you are enough, just as you are.

**Here are some affirmations to begin rebuilding self-worth:**

- "I am enough, just as I am."
- "I deserve love and respect."

- "I trust in my abilities and in my worth."
- "I am worthy of happiness and success."
- "I honour my feelings and trust my inner wisdom."

These affirmations can be spoken aloud, written in a journal, or repeated silently during moments of self-doubt. The key is to feel the truth of these statements as you say them. Each time you affirm your worth, you are reinforcing the belief that you are deserving of love and respect.

Personalised affirmations are even more powerful because they directly address your unique wounds and experiences. Creating your own affirmations allows you to speak to the areas where you need healing the most.

# Exercise: Creating Your Own Affirmations

## Steps to Create Your Own Affirmations:

### 1. Identify Your Limiting Beliefs:

Begin by reflecting on the negative beliefs you hold about yourself. These often stem from childhood wounds. Ask yourself:

- What do I believe about myself that is limiting my confidence or self-worth?
- What negative things did I hear about myself as a child, and how have they affected me as an adult?
- What fears or self-doubts do I hold onto?

Write down the limiting beliefs that come up. For example, you may write, "I'm not good enough," or "I always make mistakes."

## 2. Reframe the Negative Beliefs:

Now, take each limiting belief and reframe it into a positive, empowering statement. For instance:

- If your belief is "I'm not good enough," your new affirmation could be, "I am enough, exactly as I am."
- If your belief is "I always make mistakes," your affirmation could be, "I am learning and growing every day, and it's okay to make mistakes."

## 3. Focus on the Present:

Ensure that your affirmations are written in the present tense, as if they are already true. This helps your mind begin to accept them as reality. For example:

- "I am worthy of love and respect."
- "I am capable and strong."
- "I trust myself and my abilities."

### 4. Feel the Emotion:

When you say your affirmations, connect with the emotion behind the words. Visualise yourself embodying the confidence, worthiness, or love that you are affirming. The more you can connect emotionally to the affirmation, the more powerful it will be.

## Daily Practice Tips:

- **Morning and Evening Practice:** Start and end your day by repeating your affirmations aloud or silently. As you wake up, affirm your worthiness and set a positive tone for the day. Before you sleep, remind yourself of your strength and value.
- **Mirror Work:** Stand in front of a mirror, look into your eyes, and repeat your affirmations with conviction. This practice helps you directly confront and replace negative self-talk.
- **Write It Down:** Keep a journal where you write your affirmations daily. This not only reinforces the positive beliefs but also helps you track your emotional progress.

- **Affirmation Reminders:** Write your affirmations on sticky notes and place them in visible areas—on your mirror, fridge, or workspace. Each time you see them, take a moment to pause and repeat the affirmation.

### *Example Personalised Affirmations:*

#### **1. For Overcoming Self-Criticism:**

- Limiting Belief: "I'm not good enough."
- Affirmation: "I am enough, just as I am. I accept myself fully."

#### **2. For Releasing Fear of Failure:**

- Limiting Belief: "I always fail."
- Affirmation: "I learn from every experience, and I am growing stronger every day."

#### **3. For Building Confidence:**

- Limiting Belief: "I'm not capable of success."

- Affirmation: "I trust in my abilities, and I am capable of achieving my goals."

#### 4. For Self-Acceptance:

- Limiting Belief: "I have to be perfect to be loved."

- Affirmation: "I am worthy of love and acceptance, just as I am."

## Reflective Journal for Creating Your Own Affirmations

1. What are the negative beliefs you hold about yourself? Where do these beliefs come from?

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2. How do these limiting beliefs affect your self-confidence and self-worth?

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3. Reframe each negative belief into a positive affirmation.

---

4. What emotions arise when you say these affirmations? Do they feel true, or do you need to continue working on accepting them?

---

5. How will you incorporate your personalised affirmations into your daily routine?

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*Through these practices, you'll begin to rebuild the foundation of self-worth and confidence that may have been shaken by childhood wounds. Each time you affirm your value, you are taking another step towards healing and empowerment. Remember, this journey is about progress, not perfection. Be gentle with yourself as you continue to grow and affirm your inherent worth.*



# Chapter 7

## Inner Child Play and Joy

## Rediscovering Joy and Play

Reconnecting with your inner child isn't just about healing wounds—it's also about rediscovering the joy, creativity, and playfulness that comes so naturally in childhood. Often, as adults, we become weighed down by responsibilities, expectations, and routines, and we lose touch with the spontaneous, carefree spirit we once had. Yet, joy and play are essential to our emotional well-being and mental health. They allow us to step out of stress and into the present moment, offering a sense of freedom and lightness that rejuvenates both the mind and body.

Embracing playfulness is a vital part of healing the inner child. Play allows us to tap into the parts of ourselves that were once full of curiosity, creativity, and wonder. When we engage in playful activities, we not only release stored emotions but also reconnect with the energy of joy, reminding ourselves that life doesn't always have to be serious.

Allow yourself the permission to play again, to engage in activities not because they are productive or useful, but simply because they bring you joy. This is a powerful way to nurture your inner child and infuse your life with positivity. The act of play releases stress, boosts creativity, and helps you feel more alive and connected to your authentic self.

## Reclaiming Your Childlike Wonder

One of the best ways to reconnect with your inner child is to reclaim the sense of wonder and excitement you had as a child. Children see the world through a lens of curiosity, where everything is new, magical, and full of possibility. This sense of awe and playfulness is something we can cultivate again in our adult lives by engaging in activities that evoke joy and creativity. Here are some ways to reignite your inner child's sense of wonder:

## 1. Painting, Drawing, or Creating Art

Art is a natural way to express creativity and joy. Whether it's painting, drawing, or crafting, creative activities allow you to step out of your mind and into the present moment. You don't need to be "good" at art; the goal is simply to enjoy the process of creating. Let go of perfectionism and let your imagination guide you.

- ***How to Start:*** Set aside time each week to paint, doodle, or craft without any specific goal in mind. Allow yourself to be messy, spontaneous, and free.

## 2. Dancing or Moving Freely

Children move their bodies with complete freedom and joy, unburdened by self-consciousness or rigidity. Dancing, whether alone or with others, can help release stress and bring a sense of joy and playfulness back into your life.

- **How to Start:** Put on your favorite music and dance around your living room without worrying about how you look. Focus on how your body feels as you move, letting go of any judgment. Dancing is about feeling alive in your body, not about performing.

### 3. Playing Outdoors

Being outdoors in nature allows you to reconnect with your inner child's sense of adventure. Whether it's running barefoot in the grass, playing on a swing, or exploring a forest trail, spending time outside brings a sense of freedom and connection to the world around you.

- **How to Start:** Set aside time each week to engage in outdoor activities that you enjoyed as a child. Go for a walk in the park, sit by the water, or play with your pets outside. Let yourself be playful and curious about the natural world.

### 4. Engaging in Games or Sports

Playing games is another great way to evoke your childlike spirit. Whether it's board games, card games, or physical sports, games bring fun, connection, and laughter. Find activities that make you feel energised and joyful.

- ***How to Start:*** organise a game night with friends or family, or join a casual sports league. Choose activities that remind you of the joy of playing just for the sake of fun.

### 5. Exploring New Hobbies

Part of reclaiming childlike wonder is trying new things without fear of failure. As children, we didn't worry about being perfect at everything—we simply enjoyed the excitement of learning and trying new things. By exploring new hobbies, you can rediscover this sense of curiosity and joy.

- ***How to Start:*** Pick a new hobby you've always been curious about—whether it's photography, cooking, gardening, or something else entirely. Allow yourself to be a beginner and enjoy the process of learning without any pressure to be perfect.

## Exercise: Creating a Play Plan

To fully integrate play and joy into your life, it's important to make it a regular practice. Just as you would schedule time for work or other responsibilities, intentionally setting aside time for play helps you prioritise your emotional well-being and reconnect with your inner child.

### ***Steps to Create Your Play Plan:***

#### ***1. Reflect on Activities that Bring You Joy:***

Start by thinking about the activities you loved as a child. What made you feel happy and alive? Was it painting, running outdoors, playing games, or dancing? Write down a list of playful activities that excite you or that you'd like to try again.

### ***2. Schedule Time for Play:***

Set aside time each week for play. Treat this time as sacred, just as you would any other important commitment. Whether it's 30 minutes a day or an hour on weekends, make sure you give yourself permission to have fun.

### ***3. Mix It Up:***

Incorporate a variety of playful activities into your week. One day, you might paint; another day, you might dance or go for a hike. The goal is to stay connected to your inner child's sense of curiosity and creativity by exploring different forms of play.

### ***4. Share the Joy:***

Play can be a solo activity, but it can also be even more joyful when shared with others. Invite friends, family, or children to join you in playful activities like games, art projects, or outdoor adventures.

## Example Weekly Play Plan:

- **Monday:** 30 minutes of painting or drawing—explore colors and shapes without a specific outcome.
- **Wednesday:** 20 minutes of dancing to your favorite music—move freely without judgment.
- **Friday:** Go for a walk in the park or play with your pet outdoors—enjoy the fresh air and sense of freedom.
- **Sunday:** organise a game night with friends or family—laugh, connect, and have fun together.

## Reflective Journal for Play and Joy:

1. What activities bring you the most joy?

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2. What playful activities did you enjoy as a child, and how can you incorporate them into your life now?

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3. What emotions arise when you allow yourself to engage in play? Do you feel joyful, relaxed, or free?

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4. How can you make time for play on a regular basis, and how will this support your emotional well-being?

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5. Who in your life can you invite to join you in playful activities, and how can this enhance your experience?

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*By creating a weekly play plan, you prioritise joy and make space for your inner child to come alive. Remember, the goal is not to accomplish anything or be productive—it's simply to reconnect with the energy of play and rediscover the wonder that makes life light and joyful. Allow yourself to embrace this part of your healing journey with curiosity and fun!*



# Chapter 8

## Reparenting Your Inner Child

## What is Reparenting?

Reparenting is the process of becoming the nurturing, protective, and loving figure that your inner child needed but may not have received in childhood. As children, many of us lacked emotional support or validation in key moments of our development. These unmet needs can leave emotional wounds that follow us into adulthood, manifesting as low self-worth, anxiety, difficulty setting boundaries, or even a deep sense of unworthiness.

Reparenting allows you to step into the role of the caregiver for your inner child. It's about creating an internal environment where you provide the love, care, and validation your younger self needed. In reparenting, you act as the wise, compassionate adult to your vulnerable inner child. This means soothing your fears, validating your feelings, and offering yourself the guidance you may have been missing.

Through reparenting, you begin to heal old wounds by consciously meeting your emotional needs with love and kindness. You are not just revisiting the past—you are reshaping the way you relate to yourself, creating a foundation of trust and self-love.

Reparenting is about mindfully reconnecting with your emotional needs, compassionately caring for your inner child, and energetically releasing any remaining feelings of neglect or abandonment. This process involves setting boundaries, practicing self-soothing techniques, and treating yourself with gentleness as you continue to heal.

# Steps for Reparenting Yourself

Reparenting is an ongoing process of learning to care for your emotional needs, just as you would for a beloved child. Here are practical steps to help you begin this process:

## 1. Set Boundaries

One of the key ways to reparent yourself is by establishing healthy boundaries in your life. Children often internalise the boundaries (or lack thereof) set by caregivers, and if boundaries were unclear, rigid, or non-existent, it can lead to difficulties in creating them as adults. Setting boundaries now allows you to protect your emotional well-being and create safety for your inner child.

### - How to Set Boundaries:

- Identify situations in your life where you feel drained, overwhelmed, or uncomfortable. These are often indicators that boundaries are lacking.

- Practice saying "no" when something doesn't feel right for you. honour your feelings, and know that protecting your energy is an act of self-love.
- Reassure your inner child that setting boundaries is not selfish but necessary for their well-being.

## 2. Practice Self-Soothing

Self-soothing is about learning how to calm and comfort yourself when difficult emotions arise. As children, many of us weren't taught how to regulate our emotions, which can lead to overwhelm or emotional shutdown in adulthood. By developing self-soothing techniques, you give your inner child the tools to manage distress and feel safe.

### - How to Practice Self-Soothing:

- When you feel anxious or upset, place your hand over your heart and take deep, calming breaths. Speak to your inner child with words of comfort, such as, "It's okay to feel this way. I am here for you."

- Use grounding techniques, such as focusing on your breath, feeling your feet on the ground, or gently tapping your body, to bring yourself back to the present moment.
- Create a comforting environment, such as wrapping yourself in a blanket, listening to soothing music, or lighting a calming candle.

### ***3. Be Gentle with Yourself***

Just as you would with a child, it's important to treat yourself with gentleness and kindness. This involves recognising when you are being too hard on yourself or engaging in self-criticism. Being gentle means allowing yourself to make mistakes, to rest, and to accept that you are doing the best you can.

#### **- How to Practice Gentleness:**

- When you notice negative self-talk, pause and replace it with kind words, such as "I am enough," or "I am doing my best, and that's all I can ask of myself."

- Allow yourself time to rest and recharge, especially during emotionally difficult times. Remember that rest is a form of self-care.
- Celebrate small victories and progress on your healing journey. Every step forward, no matter how small, is worthy of acknowledgment.

### ***4. Reaffirm Your Worth Daily***

Reparenting involves continuously reaffirming your worth and value. For many, childhood experiences created beliefs that they were not enough or that their needs didn't matter. Through daily affirmations and self-love practices, you can rewire these beliefs, nurturing a sense of self-worth that is unconditional.

#### **- How to Reaffirm Your Worth:**

- Start your day with affirmations, such as, "I am worthy of love and respect," "I trust myself," or "I am enough, just as I am."

- Acknowledge your feelings, even when they are difficult, and remind yourself that all emotions are valid.
- Offer yourself love and compassion, especially during moments of self-doubt or insecurity.

## Exercise: Daily Reparenting Rituals

Reparenting your inner child is a practice that can be integrated into your daily life through simple, loving rituals. These rituals create consistency and provide your inner child with a sense of safety and nurturance.

### *Morning Affirmations*

Start your day by reconnecting with your inner child through affirmations and gentle self-care. This sets a positive tone for the day and reminds your inner child that they are loved and supported.

- **Morning Ritual:**

- Upon waking, place your hand over your heart and take a few deep breaths.
- Speak gently to your inner child: "Good morning, I'm here for you today. You are safe, you are loved, and today is a new opportunity to experience joy."
- Repeat affirmations, such as:
  - "I am enough, just as I am."
  - "I trust myself and my inner wisdom."
  - "I deserve love, care, and respect."

### **Evening Self-Care Routine**

At the end of the day, offer your inner child a sense of closure and comfort. This practice helps release any stress or emotions from the day and reminds your inner child that they are safe.

### - Evening Ritual:

- Create a calming bedtime routine that includes activities like Journalling, reading, or taking a warm bath.
- Before going to sleep, speak to your inner child: "Thank you for today. Whatever we experienced, we are safe now. You are loved, and I will always take care of you."
- Practice a short breathing exercise or gentle body scan, focusing on relaxation and releasing any tension.

### *Gentle Self-Check-Ins*

Throughout the day, pause and check in with yourself. Ask how your inner child is feeling and offer any needed comfort. These mini check-ins help to develop a consistent relationship with your inner child.

### - Daily Check-In Ritual:

- Take a few minutes to sit quietly and place your hand over your heart.

- Ask, "How are you feeling right now? What do you need from me?"
- Listen to the feelings that arise and respond with kindness: "I hear you. It's okay to feel this way. I'm here for you."
- Take a few deep breaths, sending love and compassion to your inner child.

## Reflective Journal for Reparenting Your Inner Child

1. What boundaries do you need to set in your life to protect your inner child's well-being?

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2. What self-soothing techniques work best for you when you feel overwhelmed?

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3. How can you be gentler with yourself in moments of stress or self-criticism?

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4. What affirmations can you use to remind yourself of your worth?

---

5. What daily rituals can you create to offer consistent love and care to your inner child?

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*By practicing these reparenting steps and rituals, you build a strong, loving connection with your inner child, providing them with the care and support they may have missed. Over time, this process leads to deep emotional healing, increased self-worth, and the inner strength to face life's challenges with confidence and compassion.*



# Chapter 9

## Building Healthier Relationships

## Healing Attachment Patterns

Our inner child holds the blueprint for how we form emotional connections with others. Early attachment experiences—whether secure or insecure—shape our patterns of relating to others in adulthood. If childhood needs were unmet or inconsistently met, this can create attachment wounds that influence how we connect with others, potentially leading to anxious, avoidant, or disorganised attachment styles.

- **Anxious Attachment:** Those with anxious attachment often feel a deep fear of abandonment and may become overly dependent on their partner for validation and security. This can result in clinginess or emotional reactivity, as the individual seeks constant reassurance.

- **Avoidant Attachment:** People with avoidant attachment often struggle with intimacy, finding it difficult to rely on or trust others. They may push people away to protect themselves from being vulnerable, which can make it hard to form deep emotional bonds.

- ***Disorganised Attachment:*** This pattern can emerge when there is a mix of fear and longing for connection. People with this attachment style may experience intense emotional swings, feeling overwhelmed by intimacy but also terrified of abandonment.

*Understanding how these attachment patterns are connected to childhood wounds is the first step in healing. These patterns reflect the inner child's unmet needs and fears, and by addressing them, we can begin to form healthier, more secure relationships.*

## Creating Healthy Emotional Connections

Building secure, healthy relationships requires conscious effort and self-awareness. To nurture healthy emotional connections, you need to recognise and honour your own emotional needs, set boundaries, and communicate openly with others. Here are some practical steps to help you create secure and fulfilling relationships:

### **1. Be Aware of Emotional Triggers**

Unresolved wounds from childhood can cause you to react emotionally in relationships, often in ways that don't align with your adult self. Emotional triggers are moments when your inner child feels threatened, abandoned, or unloved. By becoming aware of your triggers, you can respond mindfully instead of reacting impulsively.

#### **- How to Practice Awareness:**

- When you feel emotionally triggered, pause and ask yourself, "What is this feeling trying to tell me?" or "What does my inner child need right now?"

- Acknowledge the emotions that come up without judgment. Often, these reactions stem from a younger part of yourself seeking safety or validation.

- Communicate your emotions to your partner or loved ones in a calm and clear manner, focusing on what you need to feel secure.

## **2. Set and Respect Boundaries**

Boundaries are essential for protecting your emotional well-being and ensuring that your relationships are built on mutual respect. Setting boundaries helps to establish what is and isn't acceptable in your relationships, allowing both you and your partner to feel safe and respected.

### **- How to Set Boundaries:**

- Identify areas in your relationships where you feel uncomfortable, disrespected, or overwhelmed. These are often signs that a boundary needs to be set.
- Clearly communicate your needs to others. For example, "I need time to recharge after work before we talk," or "I'm not comfortable discussing this right now."
- Respect the boundaries of others as well, recognising that boundaries are not about rejection but about self-care and mutual respect.

### **3. Nurture Emotional Needs**

Your inner child still has emotional needs that must be met in your adult relationships. To create healthy connections, it's essential to honour these needs while also considering the needs of your partner. Emotional needs can include affection, communication, trust, and support.

#### **- How to Nurture Emotional Needs:**

- Regularly check in with yourself to understand what your inner child is feeling and needing in your relationships.
- Express your needs to your partner in a way that encourages understanding and cooperation. For example, "I need reassurance when I'm feeling insecure," or "I'd like more quality time together."
- Actively listen to your partner's needs and work together to create an environment where both of you feel emotionally supported.

## Exercise: Writing a Relationship Contract with Your Inner Child

A powerful way to honour your inner child's emotional needs is by creating a relationship contract. This contract is a written agreement between your adult self and your inner child, setting intentions for how you will protect and nurture yourself in relationships. By doing this, you can ensure that your relationships reflect your true needs, not just patterns from the past.

### How to Write Your Relationship Contract:

#### 1. Acknowledge Your Inner Child's Needs

- Begin by reflecting on what your inner child needs in relationships to feel safe, loved, and respected. Ask yourself:
- What does my inner child need most to feel secure in relationships?
- How can I protect my inner child from situations that cause emotional harm or overwhelm?

## 2. Set Intentions for Future Relationships

- In your contract, clearly state the intentions you have for creating healthier relationships moving forward. These intentions should reflect how you will honour your inner child's needs and boundaries. Examples might include:

- "I will prioritise my emotional well-being and only engage in relationships that are mutually supportive."

- "I will communicate my needs openly and honestly, without fear of rejection."

- "I will set boundaries when needed and respect the boundaries of others."

## 3. Commit to Self-Care

- In your contract, include commitments for taking care of yourself emotionally, such as:

- "I will check in with my inner child regularly to ensure that my needs are being met."

- "I will not sacrifice my well-being for the approval or validation of others."

#### 4. Create Accountability

- Include a section where you outline how you will hold yourself accountable for honouring this contract. For example:

- "If I feel myself slipping into old patterns of people-pleasing or emotional dependence, I will pause, reflect, and reconnect with my inner child."

## Example Relationship Contract with Your Inner Child:

### Relationship Contract

Between: \*[Your Name's Inner Child]\*

And: \*[Your Name's Adult Self]\*

#### 1. My Inner Child's Needs:

- My inner child needs to feel loved, accepted, and safe.
- My inner child values open communication, emotional support, and trust in relationships.

### **2. My Intentions for Relationships:**

- I will engage in relationships that honour my inner child's emotional needs for safety and respect.
- I will communicate openly and set boundaries that protect my emotional well-being.
- I will choose relationships where I feel valued and supported, avoiding those that drain or harm me emotionally.

### **3. My Commitment to Self-Care:**

- I will regularly check in with my inner child to ensure that my emotional needs are being met.
- I will not compromise my self-worth or well-being to please others.

- I will practice self-soothing techniques when feeling emotionally triggered and will seek support when needed.

#### **4. Accountability:**

- If I feel myself slipping into unhealthy patterns, I will take time to reflect, journal, or speak to a trusted friend or therapist to reconnect with my inner child.

- I will continuously evaluate my relationships to ensure they align with the values and needs of both my inner child and adult self.

Signed: \*[Your Name]\*

Date: \*[Today's Date]\*

## Reflective Journal for Building Healthier Relationships:

1. What attachment patterns (e.g., anxious, avoidant) have you noticed in your past relationships? How have these patterns affected your emotional connections?

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2. What are your emotional triggers in relationships, and how can you respond to them mindfully?

---

3. What boundaries do you need to set in your relationships to protect your inner child's emotional well-being?

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4. What emotional needs do you want to prioritise in future relationships, and how can you communicate them to your partner?

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*By creating this relationship contract and reflecting on your attachment patterns, you build a stronger, healthier relationship with yourself and others. This approach ensures that your inner child feels nurtured, safe, and respected in all emotional connections you form moving forward.*



# Chapter 10

## Embracing Your Whole Self

## Embracing All Parts of You

The journey of healing is not just about resolving past wounds but about embracing all aspects of who you are—your inner child, your present self, and your future self. As we work through the layers of emotional healing, we come to realise that every part of our being, including the parts that carry pain or fear, deserves love, compassion, and integration. The process of embracing your whole self is about acknowledging that you are more than just your wounds—you are a dynamic, evolving individual capable of growth, joy, and deep inner peace.

Integrating your inner child into your adult self means recognising that your inner child holds both your vulnerabilities and your strengths. While your inner child may carry past wounds, they are also the source of your creativity, joy, and wonder. By fully embracing this part of yourself, you create harmony between your past and present, allowing your inner child to feel safe and supported as you move forward.

Integration happens through acceptance, self-compassion, and the gentle blending of all aspects of your being. This means welcoming your inner child into your present life with love, honouring your adult self's wisdom, and envisioning a future where you live as a whole, healed person. Embracing all parts of yourself is an act of self-love, where you allow every facet of your experience to coexist without judgment or resistance.

## Finding Peace and Acceptance

Peace and acceptance are essential elements of the healing journey. Acceptance doesn't mean resignation or giving up on growth; rather, it means fully acknowledging where you are right now without resisting or rejecting your current reality. When we surrender to what is, we open the door to true healing because we stop fighting against ourselves.

Surrendering is not a passive act; it's an active choice to let go of control and trust in the unfolding of your life. It's about releasing the need to be perfect or to fix everything, and instead allowing yourself to be as you are. Peace comes when you accept your imperfections, your past mistakes, and the parts of you that feel wounded or insecure.

In this process, you move from a place of judgment or self-criticism to one of deep compassion. You honour your journey—the difficulties, the triumphs, and everything in between—knowing that each experience has brought you to this moment. True peace comes from accepting that healing is not linear, and that every step forward, no matter how small, is progress.

In our holistic approach, peace and acceptance are cultivated through mindfulness, meditation, and self-reflection. These practices invite you to be present with yourself, acknowledging both your challenges and your strengths with an open heart.

## Exercise: Creating a Vision for the Future

To embrace your whole self and step into a future where you feel emotionally whole and healed, it's important to envision what that future looks like. Visualisation is a powerful tool for manifesting the life you desire, while Journalling helps you reflect and put your thoughts into action.

This exercise combines both practices to help you create a clear vision of your future—a future where your inner child is integrated, your emotional wounds are healed, and you live from a place of self-love, peace, and acceptance.

## Visualisation Exercise: Envisioning Your Healed Future

Find a Quiet Space where you will not be disturbed and click the link below to begin

[Guided Meditation- Envisioning your healed future](#)

# Journalling Exercise: Writing Your Vision for the Future

Now that you've connected with your future self through Visualisation, it's time to put your vision into words. This Journalling exercise will help you solidify your intentions and create a roadmap for your healing journey.

## *Journalling Prompts:*

### 1. Describe Your Healed Self:

- How do you feel emotionally, mentally, and physically in your vision of the future?

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- What qualities do you embody in this healed version of yourself (e.g., confidence, peace, compassion)?

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### 2. What Does Your Ideal Day Look Like?

- Write about a typical day in your future, focusing on the activities that bring you joy and fulfillment.

---

### 3. How Are Your Relationships?

- In this future, how do you engage with others? What kind of relationships do you have? How do they support your emotional well-being?

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### 4. How Do You Care for Your Inner Child?

- In this vision, how do you nurture and protect your inner child? What activities or rituals do you incorporate to ensure your inner child feels loved and supported?

---

### 5. Affirm Your Vision:

- End your journal entry by writing an affirmation that supports your vision, such as: "I am worthy of love, peace, and emotional freedom," or "My inner child and I are whole, healed, and safe."

By visualising your future self and writing your intentions, you are actively creating a path to emotional wholeness. You are affirming that healing is not only possible but already unfolding in your life. Continue to revisit this vision regularly, reminding yourself that you are capable of living a life filled with peace, acceptance, and self-love.

*Through these practices, you integrate your inner child into your adult self, embracing all parts of you. With each step forward, you create a future where you are emotionally whole, healed, and living with joy.*

## *Bonus Content*

### - Guided Meditation:

#### *Inner Child Healing Guided Meditation Script*

Welcome to this Inner Child Healing meditation. This practice will guide you to reconnect with your inner child, offering them the love, care, and attention they deserve. As you listen, allow yourself to be fully present and compassionate with yourself, knowing that this is a space of healing and safety.

Begin by finding a quiet place where you can sit or lie down comfortably. Close your eyes and take a few deep breaths, allowing your body to relax with each inhale and exhale.

Click on the link below to listen to the meditation

[LISTEN TO THE MEDITATION  
HERE.](#)

# Conclusion

## Celebrating Your Healing Journey

As we come to the conclusion of this healing journey, take a moment to acknowledge how far you've come. Healing your inner child is no small task—it requires courage, vulnerability, and a deep commitment to self-love. You've allowed yourself to reconnect with a part of you that has been waiting for love and attention, and in doing so, you've taken powerful steps towards emotional wholeness.

Healing is not about perfection; it's about progress. With each affirmation, every Journalling session, and each time you practice self-compassion, you are nurturing the wounded parts of yourself. You've allowed your inner child to feel heard, validated, and safe. This in itself is a profound act of love and bravery.

Celebrate the moments of clarity and insight that have emerged during this journey. Celebrate the small victories—whether it's setting a boundary, being gentle with yourself in difficult moments, or finding joy in reconnecting with play. Every step forward is an achievement worth recognising.

Healing is a journey, not a destination, and you've taken significant strides on that path. By reconnecting with your inner child, you are creating a foundation of self-love and compassion that will support you for years to come. You are not the same person who began this journey; you are now someone who knows their worth, who values their emotions, and who honours every part of themselves.

Take a moment to thank yourself for showing up—for your inner child, for your present self, and for the future self that is being shaped by this healing. You've made space for transformation, and that deserves to be celebrated.

## Continuing the Journey

Though you've made incredible progress, the journey of healing continues. As you move forward, remember that healing is a lifelong process. There will be moments when you may feel triggered or when old wounds resurface. But now, you have the tools, the awareness, and the strength to face those challenges with compassion and love.

Here are some ways you can continue your journey of healing:

### **1. Daily Practices of Self-Compassion**

Make self-compassion a daily practice. Whether it's through affirmations, mirror work, or simply being gentle with yourself, prioritise kindness towards yourself every day. Remind yourself that you are worthy of love, no matter where you are in your healing process.

### **2. Journalling and Reflection**

Continue using your journal as a tool for self-reflection. Writing can be a powerful way to process emotions, gain clarity, and track your growth. Create space for Journalling regularly, especially during moments of emotional overwhelm. This practice will help you stay connected to your inner child and your emotional needs.

### **3. Revisit Your Affirmations and Rituals**

Return to your personalised affirmations and reparenting rituals often. These practices are not just for moments of struggle—they are a way to nurture and support yourself in every season of life. Keep these affirmations close and use them to reinforce the love and safety you've cultivated within.

### **4. Seek Support When Needed**

Remember, healing doesn't have to be done alone. If you find yourself needing additional support, don't hesitate to seek out therapy, counselling, or a trusted support network. Healing in community can be incredibly powerful, and there's no shame in reaching out for help when needed. You can also contact me for a Zoom call or explore my online course, (For more details and access to helpful resources, including links to my online course and Zoom appointments, please refer to the information provided at the end of the book.) where you'll receive all the holistic tools you need to help manage and release anxiety, stress, and limiting beliefs. Let's work together to support your healing journey.

## 5. Explore Further Reading and Resources

For those who wish to deepen their journey, there are many books and resources available that can offer additional insights and support. Here are some recommended resources to continue exploring emotional healing and self-love:

### ***Further Reading:***

- **"The Body Keeps the Score" by Bessel van der Kolk:** A profound exploration of how trauma is stored in the body, this book offers ways to heal from both emotional and physical wounds.
- **"Self-Compassion" by Kristin Neff:** An essential guide to understanding and practicing self-compassion, helping readers cultivate kindness towards themselves in every aspect of life.
- **"The Gifts of Imperfection" by Brené Brown:** This book teaches the importance of embracing vulnerability, letting go of perfectionism, and learning to live wholeheartedly.

## Continuing Your Healing Journey

Remember that healing is a journey that unfolds in its own time. Be patient with yourself as you continue to grow and evolve. You have already planted the seeds of healing, and with time and care, they will continue to blossom.

Thank you for taking this journey to reconnect with and heal your inner child. As you move forward, know that you are supported by the love and compassion you've cultivated within yourself. You have everything you need to continue your healing, and your inner child will always be with you, safe and nurtured.

With love and light on your continued journey,

*Susette Jarvis*

## Ready to Take Your Healing Journey to the Next Level?

You've already taken a powerful step by exploring this eBook and gaining insights into healing your Inner Child. But why stop here when you can dive even deeper?

My online course, "*Anxiety No More: Discover Holistic Remedies to Break Free from Anxiety*," is designed to guide you step by step toward a life of calm, confidence, and empowerment.

### *What You'll Learn in the Course:*

- What Anxiety Is and How It Affects You:** Understand the science behind anxiety and how it impacts your mind and body.
- Proven Tools and Techniques:** Learn practical strategies like meridian tapping, yoga, breathing exercises, and hypnotherapy to break free from anxiety.
- Discover the Root of Your Anxiety:** Identify stuck emotions and self-limiting beliefs that are holding you back.
- Lifetime Resources:** Get access to guided meditations, downloadable templates, and a workbook to help you stay on track. 🙌 **Join the Course Now**

**-Bonus Content:** A soothing sleep meditation to calm your mind and support restful sleep.

*Imagine how empowering it will feel to take control of your anxiety and live the peaceful, fulfilling life you deserve.*

🌟 **Special Offer Just for You!** As a reader of this eBook, I want to invite you to join the course today at an exclusive rate of \$49 AUD. (Normally \$99)

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🎓 ***Your Next Step:*** Take the leap and continue your journey toward lasting peace and freedom. Click the link below to learn more and enrol today:

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*Remember, you're not alone on this journey. Together, we can transform anxiety into a stepping stone for growth and empowerment. Let's get started!* 🌿🌟

## Glossary of Terms

*This glossary provides definitions and explanations for key terms used throughout the book. Refer back to it anytime you come across a concept or technique you'd like to explore further.*

**Affirmations:** Positive statements designed to challenge and replace negative beliefs, helping to reprogram your subconscious mind with empowering thoughts.

**Daily Rituals:** Intentional activities incorporated into your daily routine to create structure, mindfulness, and grounding. Examples include journaling, meditation, gratitude practices, or mindful breathing.

**EFT Tapping (Emotional Freedom Technique):** A therapeutic technique that involves tapping on specific acupressure points while focusing on emotional distress or affirmations. EFT helps release emotional blockages, reduce anxiety, and promote healing.

**Emotional Release:** The process of letting go of suppressed or unresolved emotions. Techniques for emotional release include journaling, EFT tapping, guided meditations, or visualisations that encourage self-expression and healing.

## Glossary of Terms

**Guided Visualisation:** A meditative practice where a facilitator (or recording) leads you through imagining positive and calming scenarios. This tool helps reduce stress, process emotions, and foster healing.

**Inner Child Healing:** A therapeutic process focused on addressing, nurturing, and resolving unresolved emotional wounds from childhood. By reconnecting with your inner child, you can heal past pain and build emotional wholeness in adulthood.

**Reflective Journaling:** A practice of writing about your thoughts, feelings, and experiences to process emotions, gain self-awareness, and uncover patterns or insights. Reflective journaling encourages emotional release and clarity.

**Somatic Practices:** Body-focused techniques, such as deep breathing or gentle movement, that help release stress and emotional trauma stored in the body. These practices support the mind-body connection and overall well-being.

## Glossary of Terms

**Trauma Triggers:** Situations, events, or interactions that unconsciously bring up unresolved emotions or memories of past trauma. Recognising triggers can help you address and manage emotional responses.

**How to Use This Glossary**

These definitions are meant to guide you through the concepts in this book. If a term feels unfamiliar or confusing, return to this glossary for clarity and additional context.

# Healing the Inner Child: A Journey to Emotional Wholeness

## ABOUT THE AUTHOR



Susette Jarvis is a clinical hypnotherapist, psychotherapist, counsellor, and energy healer with over 12 years of experience in helping individuals heal from emotional wounds, anxiety, and trauma. Through her holistic and compassionate approach, Susette empowers people to reclaim their inner strength and live a life of peace and emotional freedom.

## Follow Me on Social Media

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YouTube: <https://www.youtube.com/@susettejarvis3407>