

## Inner Child Wounding Issues

The greater part of what we may call inner child issues may be caused by trauma resultant of things that have happened as a child or trauma that we have attached to the Soul from past lives.

When looking at trauma and past lives, a person may develop repeating patterns which repeat the feelings/emotions/situations surrounding the wounding perpetually through their lives until they can identify the issue, accept the issue and begin to transform and heal.

In Crystal Healing practice, we may find that these issues are creating blocks within the root chakra, sacral and solar plexus chakras typically. This is because the root and sacral chakras are resonant with that which may lie within the unconscious or subconscious mind.

Therefore these are repeating patterns of thought, feeling or behaviour that we may not be completely aware of and find hard to deal with.

This is a huge subject which we can look at in two ways. The first being literally the wounding that may occur during childhood.

Consider how each of the following may affect a child and attribute to the feeling of Not Being Safe.

Being constantly told no.

Enduring chronic humiliation

Emotional neglect

Parent suffering from depression/mental health issues

Divorce and death of a parent

sexual/physical abuse

All the above can create issues around safety and belonging within a person. Not feeling right to be here. These can develop into a person perpetually acting from a 'victim' mode. Perhaps always feeling that the world is the perpetrator and that they have no control over what happens in their lives and that life happens to them rather than being part of their own destiny.

Remember that a child has come into this lifetime with a Soul that is here to heal, to learn and to teach others.

The repeating issues that may stem from trauma as a child in this lifetime or in others may be:

Not feeling safe

Not being able to relate to others in a meaningful way

Issues of attachment (obsessive attachment to certain people or groups or not being able to attach/form relationships)

Abundance issues

Loss and grief

Lack of confidence

Lack of self esteem

Extreme relentless anger and sorrow

Anxiety and depression

Paranoia

I'm sure that you can think of more. . .

### **Working with the Inner Child**

Whatever has happened in the past whether it is in this lifetime or others has been and gone. When we bring ourselves into the present moment, in each moment we are renewed and all is well. This is what is meant by practising 'I am presence'. As you may be aware, when we look at the infinity sign and of course drawing the infinity sign '8' within the aura at the end of a healing, we are bringing the essence of the infinite I am presence to the Client through their souls energy. Everything happens in the present moment, we do not have the past or the future. We may be looking back and dragging the past into the present or looking into the future we are projecting what will happen. The sweet spot or I am presence exists within the point where the top half of the 8 meets the bottom.

Of course we may look at the work of Eckhart Tolle to explore more about the Emotional pain body - feeling what it is that presses our buttons and activates the 'pain body'. The pain body is the part of our subtle body that has become the carrier or projection for the pain or wounding we hold on to.

When we are looking at inner child wounding and trauma we need to consider whether the wounding is unconscious, subconscious or conscious. This will help when we begin to work with our Client using crystals and focussing techniques.

The conscious mind - issues that a person is aware of in the present moment.

Subconscious mind - issues that a person is aware of in their memory which are not part of the present.

Unconscious mind - that which we are not aware of. Feelings that have been buried. Issues that create re-action to pain and trauma from the past but we do not know their origin. These issues are deep and can cause blockages.

Blockages may manifest as :

**Denial** - denying there is a problem or that it ever existed, or anything caused a problem.

**Repression** - constant suppression of feelings and not bringing light to past pain. 'sweeping our feelings under the carpet.'

**Rationalisation** - we all do this. Telling ourselves that it's ok to do something or not do something because we're treating ourselves today and it doesn't matter, therefore deflecting and suppressing the issue - or 'I always behave like this because . . . .' or 'if that person hadn't said/done that, I wouldn't have to feel like this.'

The above are all part of our human condition. The way that we shield ourselves in order to protect ourselves from feeling, accepting and healing the issue that causes the pain.

In our society we are often repressed emotionally and unable to know how to deal with the pain and trauma we may feel. Through social media we are 'conditioned' to express the happy side of ourselves.

**A daily meditation practice is very good for enabling us to become more aware of what lies in our subconscious and unconscious mind.**

**When we are focussing with a client, we are working on the unconscious via the subconscious and conscious mind.**

### **Crystals and the Inner Child Wounding**

We can work within the state of Presence with our Client through focussing techniques. Making sure that your Client is fully in body and focussed on the session. Be aware throughout of what is happening to the Client's energy field during the healing. You will need to discuss beforehand what feeling or emotion or situation the Client wishes to focus on - that which makes them feel disempowered.

Ask well placed questions such as 'what makes you feel unhappy/angry/guilty/ashamed etc (whatever the feeling is).' 'When did you first feel this way.' 'What made you feel this way.'

Then begin to focus on the chakras that come into play here - support the Client energetically with a grid. Rhodonite is particularly good for holding the space for this work. Mangano calcite also. Remove stuck energy with crystals and with a wand if necessary. Continue to support your Client by creating alternatives to the narrative they are experiencing. Helping and suggesting positive affirmations to replace the pain and emotional suffering they have experienced.

A Client may need several sessions to begin to see an improvement or healing may be much quicker depending on how deep the wounding is, their willingness to work with you the crystals and their own pain body and whether the issue is unconscious or subconscious.

**REMEMBER YOUR LIMITATIONS - A PERSON MAY NEED MORE HELP FROM A COUNSELLOR OR PSYCHOTHERAPIST.**

**Affirmations are very valuable for ourselves and our Clients.**

**Try this meditation for yourself :**

**'Imagine yourself somewhere beautiful in nature and see before you a mountainside. Slowly you climb that mountain, taking in the full view around you, feeling calm and serene. When you reach the top, you stand up and call into yourself your true soul (your higher or divine self). Imagine if you will, that your soul is a glowing orb with a flame inside that you place inside your solar plexus. See/feel the colour of the flame, know that this is your soul self. Imagine that you are standing tall and you are completely in your full power. Breathe and then see coming towards you, yourself as a child or the small wounded part of yourself that needs healing and nurturing - see them coming up the mountain to meet you. From your all powerful self you have now a conversation with this wounded child self. What is it you want to say to that child, how does he/she look? can you give love to them? - whatever was missing in the past, project love and wholeness to the child or wounded self and eventually see them happy and smiling. When you have achieved this - see the wounded child self stepping inside of you to become One with you once more.'**