

## Inner Child Healing Exercise

*by Theresa Crabtree*

When a person has significant trauma during early childhood, it is hard for them to cope. They may not know how to say “no” or are silenced by their aggressor(s). They may reach out for help and be denied or told to keep “the secret.” Often, they are terrorized by the perpetrator with threats of death to themselves or loved ones if they tell “the secret.” So, the child often suffers alone.

During the abuse, especially when it is repeated, in order to cope, the child may “tune out” and pretend to be somewhere else. This can lead to a pattern of dissociation. As they grow older, when they are in a similar abusive situation or when they visit a place that is similar to the “safe haven” they created, it may trigger a PTSD episode.

Often, various beliefs are created as a result of the trauma. These immature beliefs become the foundation which their lives are built on. They are coping measures, relating to their immature understanding of what is happening to them. Sometimes these beliefs are made consciously; more often, they are unconscious and buried deep within. As more abuse or similar interactions occur, their foundation built upon these beliefs becomes stronger.

What is also detrimental is when the child reaches out for help and is denied assistance. If they are told not to tell anyone about “the secret” or no one believes them, this sets off another set of beliefs. They learn that they can’t trust others. The child is often made to feel guilty, unworthy, unsafe, unlovable, etc. These beliefs become the foundation which creates problems when they reach the teen years and try to build relationships with friends and lovers.

For instance, when a child is abused by one or both of their parents at a young age, this is the “norm” for them. They may feel that this is normal for everyone. They are likely to be abusive to others, feeling that being a bully is socially acceptable. It also may become an outlet for them to release their pent-up emotions. Others may feel helpless, that this is their lot in life. Self-esteem plummets, the use of alcohol or drugs may become the chosen way to numb the pain. New emotions may surface, creating rage or the child may draw within, continuing to suffer in silence.

Sexual abuse has its own other set of beliefs, especially when it goes beyond simple childhood exploration. When the child comes of an age to be sexually active, this often triggers many of the dormant beliefs. Thus, the teenager feels that sex is dirty, repugnant, painful, etc. They may unconsciously compare the new sexual partner with the childhood aggressor. They usually have low self-confidence and low esteem. Many become addicted to pornography. Their lack of self-love and worth leads them to sabotage relationships. They often hate themselves and their bodies. They may purposely gain weight, feeling safety in being unattractive. Some become promiscuous, looking for love in all the wrong places or as an act of self-hatred.

Thus, when the child who was abused reaches puberty, all hell inside breaks loose. This is why so many young teens need to feel part of a group. They are seeking a safe haven. This is also why many turn to alcohol and drugs to drown and numb the painful memories. They may still feel the need to keep “the secret,” while not getting help to understand what happened to them. Many have stuffed the events so deep into the recesses of their heart, that they have no recollection of the events, yet anxiety and depression build.

There are many other factors, too numerous to address here. But if you suffered abuse during your early years, you likely are relating to these words. You may feel blocked in many areas of your life, not realizing this is the result of the immature beliefs you created as a child.

The goal is to find these buried beliefs and to release those that no longer serve you. To move forward, you need to face and overcome the fears that have been keeping you from living a happy life. The following is one method that has been of great benefit to many people. There are also many books to help overcome childhood trauma. I have included a list of resources that were suggested by others who have also suffered childhood trauma.

## INNER CHILD HEALING EXERCISE

To begin, get into a comfortable position, with the phone turned off. Allow at least 30 minutes where you will not be interrupted. Take several long, deep breaths in and out until you feel relaxed. Keep your focus on your breath. Then take several more to relax even deeper. Remind yourself that you are safe. At any time, you can tell yourself to go in as an Observer. You do not have to experience the event or the pain. You are simply calling in your “inner child” for a chat. It may take more than one attempt to get your “inner child” to come to you because the mistrust and fear runs deep.

When you call in “little you,” recognize that this fragment of yourself is still at the age of the trauma. So, visualize and communicate with “little you” as though you were talking to a child of that age. You can invite “little you” to sit on your lap, to sit beside you or to sit across from you. Visualize yourself in a seated position so that you are not towering over “little you” because this can be intimidating. Not all people are able to actually “see” during this process, and that is fine. If you wish, place a stuffed animal or doll in the chair and pretend that it is “little you.”

Using your intuition, decide how you will gain the confidence of getting “little you” to come forward. You may suggest to “little you” to look around and see that it is safe, it is just the two of you. Use the Heart Connection that I have included below, sending love from your heart to “little you.” Let “little you” know that you are here to help so that he/she is not alone anymore. You may have to visualize having a flashlight and going in to find “little you.” If “little you” won’t come to you, then you may have to go to “little you,” keeping a distance that is comfortable for “little you.”

When you make the connection, begin the communication. It may take a few attempts to get to this place. “Adult you” may also be fearful of going in and feeling the old pain, thus blocking the communication. Sometimes, it may be difficult because you aren’t an inner visual person. Keep trying. At some point, continue forward even if you don’t feel the connection. Like all things, it gets easier with practice.

Once you make the connection with “little you,” begin the conversation. Again, talk to “little you” in the language and tone you would speak to any child of that age. From this point in the exercise there are many variables, because every person’s experience is unique. Also, you may have experienced different types of trauma at different ages, and by different perpetrators. In this case, you may benefit from using this exercise to release each individual layer. Focus on just one event or similar group of the same event at a time, though.

Use your intuition to help “little you” heal. Here are some things to consider. Do what is appropriate for your individual needs.

- Help “little you” feel safe during your talks.
- Let “little you” know that what the other person did was wrong and it wasn’t your fault.
- Tell “little you” that even if others did not believe you, you know the truth.
- Invite “little you” to remember the look in the eyes of the aggressor when they were being mean. Tell them that if the eyes were different than normal, it was bad entities that were doing it, not the person they knew. Those bad entities are now being taken away through the SoulCleanse.
- Remind “little you” that not everyone is mean like that and that you now are old enough to stay away from situations like that. You aren’t helpless anymore.
- Encourage “little you” to scan your life. Remind “little you” to notice that you are now grown and to see that the things that were happening then are no longer happening.
- Let “little you” know that it is safe to talk to you and that you are all grown up now and have a voice. You are now big enough to protect yourself. You now know how to say “no” and to be heard.

- Tell “little you” that he/she is an important part of “adult you” and that you want the two of you to merge together. You need each other to be whole.

- The whole purpose of this exercise is to pull your fragmented selves back together. It may take several talks before “little you” will agree to merge. Allow this to flow in its own time. Be patient. “Little you” has big trust issues and once she trusts “adult you,” it will become much easier for you to begin trusting others.

- Be fully honest with “little you.” You can say that you are safe, but also acknowledge that bad things can still happen. People sometimes get raped, beaten up, robbed, have health issues and accidents. However, remind “little you” that you now have the maturity and ability to avoid or handle these situations.

- Ask “little you” to share his/her greatest fears. Then help to calm those fears with new solutions. Together, dissolve those fears. Oftentimes, these are the false beliefs coming to the surface. You may not even be aware of many of the “background tapes” that run subconsciously and are affecting every area of your life.

We create these false beliefs from an immature perspective. We may have dozens of them running our lives subconsciously. These may be creating an undercurrent of anxiety, depression and suicidal thoughts. They are blocking the natural flow of energy through our body, creating dis-ease. They also block one’s ability to give and receive love freely, if at all. These false beliefs rob you of a happy life.

As you have conversations with “little you,” find these fears and beliefs that were created in the past. Together, come up with a plan on how to release them. Often, just talking about the fear and feeling “heard” is enough to move onto the healing path.

The goal is to get “little you” to re-merge with you. You need each other. As these unresolved emotional traumas are released, the energy blocks will dissolve. Much of the pain in your body will release. As the energy blocks dissolve, the natural flow of energy will return and the healing will begin. You will also experience mental clarity, emotional stability and can begin to expand your spiritual awareness.

Next step is to heal the relationship with any others that were involved. In most cases, abusers have a past history of being abused. Their unresolved emotional pain makes them vulnerable to demonic interference. Most people who do really mean things are under the influence of these dark entities. If you looked in their eyes when they were doing the abuse, you may have noticed that it was a different “person” looking back at you. During those times, an entity had control and the person may have no memory of the event.

Forgiving any perpetrators, yourself and others who did not help you is very important for your growth. Anything can be balanced with love. The Heart Connection is an important tool because the focus is on the healing power of love. If you find it hard to send love and forgiveness to your perpetrator, you may have to fake it ‘til you make it. With practice, one day you will feel the shift inside yourself and the energy will release. Whenever you feel the release, fill that void with love.

Many suffer horrible traumas, yet come away better because of it. They faced their fears and they looked at things from various perspectives until they realized that they do have the gift of Free Will. They are now in charge of their life. Yet, with each choice comes responsibility. With each action there are a variety of possible reactions. With each cause, there are various effects. Choose love and you will empower yourself.

Healing lies in the current moment. Release the shackles from the past. Stop being overly concerned about possible future outcomes. Utilize the Daily Spiritual Practices and you will create inner peace.

<https://www.theresacrabtree.com/daily-spiritual-practices/>

Anxiety will lessen and perhaps disappear. Depression will melt away. No one can “push your buttons” regarding those events when the problem is resolved; that energy no longer exists.

As your natural flow of energy increases, you will be able to receive the loving energy that flows to you every moment from the Creator. You will also find it easier to give and receive love towards others.

Many blessings on your road to healing and Spiritual Awakening! *Theresa Crabtree*