



COMING HOME

THE PATH TO HEALING
YOUR INNER CHILD



JEN ARAYA PETERS

Coming Home

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Your Inner Child

Jen Araya Peters

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The intention of this book is to assist and guide the reader through this part of their healing journey, however, some readers may require more hands-on, personalized support from a practitioner, therapist, or medical practitioner. It is up to the discretion of the reader to determine what support best suits their unique needs.

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Dedication

This book is dedicated to all the brave, beautiful, little inner children who did not receive the love, care, safety and emotional nourishment they needed when they were growing up.

May you finally feel seen, heard, loved and at peace.

You are home now Dear One, where you belong.



My deepest gratitude goes to those Earth Angels who have played a pivotal role in my ascension journey - you each know who you are.

I also wish to thank all those who played a role in my life, in any capacity.

You have helped me evolve in exactly the way I needed to, in order to fulfil my soul's divine mission to be of service to humanity.

It is through healing the experiences we co-created that I am able to meet others at the depths of their pain and guide them home to the divine truth of who they are.

For this, I thank you.

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It was a warm summer's evening, late in February 1974 in a home for unwed mothers, where a newborn baby lay crying for her mum. Her little arms were flailing around and her tiny red face was still squished from being pushed through the narrow walls of the birth canal hours before. She was all alone, starving and in a state of sheer terror.

The child's mother was barely sixteen, still a schoolgirl and many, many miles from home. She too was completely alone, unsupported, and treated horribly by the people who were supposed to care for her. Instead, they seemed to take pleasure in punishing this young, naive schoolgirl and by association, the "illegitimate baby" she had just birthed was also treated with contempt.

The young mother could hear her baby's cries and came to comfort her. Rather than being shown how to comfort a hungry newborn, she was sharply shooed away and told, in no uncertain terms, that she had no right to touch that baby; it did not belong to her - she'd given it away along with her rights.

This is where my story began.

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We all have a story. Our stories are unique to us. No one else has walked the path that you have walked or has experienced the things that you have experienced in exactly the same way you have. Your experiences, especially those very early in your life, are what have led you to where you are today.

This book is intended to guide you through your own deep introspection and healing journey. You'll be guided step-by-step through multiple healing processes created and refined through the wisdom and experience that can only come from walking this path myself and guiding thousands of others through their healing journeys, too. You'll also gain a comprehensive understanding of how your unique early experiences have shaped your life and most importantly, exactly how to begin dissolving old patterning and limitations so that you can begin living your most miraculous life.

Firstly though, you're invited into my own personal story. Not because I like to talk about myself, rather, so that you may get a bird's eye view of how my own pivotal childhood experiences shaped my earlier adult years, my relationships, and eventually resulted in me hitting rock bottom. You'll also see how these same painful events, once healed, provide the foundation for helping many, many thousands within our global healing community to be seen, validated, and to heal.

Identifying, healing and overcoming *your* greatest adversities are also intrinsically linked to your own life purpose and unique gifts to humanity.

You'll receive answers to questions you may not have known you needed to ask, as you're guided through chapters of valuable information gathered and distilled from facilitating more than 5500 private sessions with my global clientele, guiding them into their subconscious mind and dissolving their emotional trauma.

You are a valued member of a rapidly growing, global healing movement. We need you. In healing yourself, you heal generational trauma and you lay the foundations for a future where love, compassion and unity rein.

The information and codes embedded within these pages will unlock healing and activations you haven't previously been able to access - if you're open to receiving them. My intention is that by sharing these codes and healing methods with you, you'll be able to access the depths you intuitively know are in need of attention but you haven't been able to reach before now.

The healing methods, tools, and techniques I share in the following chapters and in my private practice are my own and are part of the Jen Peters Multidimensional Healing System™. They've been developed and refined over many years in co-creation with my multidimensional selves in the higher realms. In other words, higher, more evolved, and ascended versions of myself. You are welcome to use these methods to heal yourself, however should you wish to use them with others, I do ask that you cite them as a component of the Jen Peters Multidimensional Healing System™ and that they are used in service to others, free of charge. Please refer to the Copyright section for further details. Thank you.

My mission is to help as many people as possible to heal their emotional traumas so that they may restore their Divine template and come Home to the magnificent Truth of who they are. It is an honour to hold this space for you.

Love, Jen xo

Welcome Dear One,

It is time.

Take my hand and let us begin.



Chapter One

My Story Begins

My Adoption - Rejected at Birth

My entrance into the world wasn't a joyous or celebrated event. In fact, my very existence caused a great deal of shame, not only to my biological mother but also to her family who sent her away as a fifteen-year-old so as not to open themselves up to the shaming and judgment that would surely ensue should their neighbors, friends, and even family find out about their young daughter's indiscretion.

Adoption was the way unwanted pregnancies were dealt with in those days. Once the baby was born and handed over to the state, the entire indiscretion was never spoken of again. While adoption was the done thing when I was born in the '70s and I genuinely hold no ill feeling whatsoever toward my biological mother and family, the fact still remains that deep and lifelong trauma is caused to the baby, mother, and father when we treat them with anything less than love and compassion in these situations.

It will come as no surprise that the “Young Mothers” home that my biological mother was sent to because of my arrival treated young girls horribly. Due to the emotional state these young mothers were in, their unborn babies marinated in their mothers’ shame, humiliation, rejection, unworthiness, and whatever else they felt. Sadly, the baby will internalize these vibrations or feelings as being about them or as being their own.

Contrary to current and historic thinking, an unborn fetus at any stage of gestation is not only aware of how their mother is feeling and the environment around her, but *an unborn fetus also internalizes these energies, and they can become lifelong beliefs.*

I have facilitated many hundreds of Inner Womb Healings with my private clients, and this phenomenon has been shown to us time and time again without exception. Furthermore, it’s often the beliefs that are formed while in the womb that affect us the most deeply as adults.

For me personally, the result of being conceived, carried, and birthed in an unwelcoming and somewhat hostile environment resulted in the following emotional wounds:

Emotional and physical abandonment
Rejection
Unworthiness
Feeling unsafe
Unwanted
Unloveable
Not good enough

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I also carried a deep shame that there was something inherently wrong with me - even my own mother didn't want me or love me, it was already there before I was born.

From a higher perspective, I am aware that in order for me to do the work in the world that I do today and to even have the knowledge and depth of understanding to write this book, my Soul had a contract to come into the world this way in order to experience these specific traumas. These traumas provided fertile ground for incredible growth and evolution - should I choose to heal them.

I know it can often be hard for our human minds to grasp, but the truth is that healing our traumas is where we unlock deep wisdom that would only be available to us through experiencing the intricacies of healing that particular trauma. Experiences like these are also directly related to our Soul's evolution, which is often different from what our human selves may elect to experience.

I don't believe I could fulfill my mission and help people in the way and at the depth I do if I hadn't walked the path myself first and experienced firsthand what I teach about. An academic understanding on its own is not enough to teach or guide in a meaningful way.

You may have heard people say, "You can only meet another at the depth you've met yourself." This is a working example of that notion.

Self Inquiry: *I invite you to think back to one of your own hardships that you've moved through and healed. What wisdom have you gained through this experience?*

My Earliest Memories

I was adopted by my mum and dad at about three days old. My father used to think he was funny and regaled friends and family with the story of how they came to pick me up from the hospital and I was the ugliest baby in there - apparently resembling a monkey - so they thought they should choose me because no one else would. I heard that story often on my birthdays.

So, it's no surprise that I spent most of my teenage and young adult years desperately seeking love and acceptance from men.

My father wasn't necessarily a mean man, he was an incredibly emotionally immature man. He operates at the emotional age of about two or three years old most of the time. So, to a three-year-old, that story might be funny. Dad's own parents used to tie him up to a dog run when they went out - so you can get a glimpse of why he became who he was.

As a baby and toddler, I would only go to my mum and nan. Apparently, I'd scream and become distressed if my mother went to hand me to anyone apart from my nan. When you consider my start in life, where my actual survival was genuinely threatened, you can see those traumas playing out here. Especially my abandonment, attachment, and feeling unsafe and unable to trust.

I only felt partially soothed when I was being held by my mother. I say partially because I couldn't trust that she would stay - she could leave at any moment, in which case my very survival would be at risk again.

Dad's Anger and Sugar Cravings at the Tender Age of Two Years Old

I was the middle child of three, with an older and younger brother. My younger brother didn't come along until I was three. By that stage, I was very aware of my dad's explosive temper, and what turned out to be a four-decade long struggle with sugar had just begun.

I would usually wake my mother up in the early hours of the morning by dropping the biscuit tin on her head and saying, "Bikkie, mummy, bikkie, mummy." I'd wake up each morning craving sugar.

As you probably know, sugar soothes. Sugar effectively provides a fix. So, it's no surprise that I was craving sugar before I was two years old.

I was a clever little thing - I knew Mum kept lemonade ice blocks in the freezer, which were within reach. So, I'd wait until Mum was hanging washing on the line and sneak into the freezer and take a small bite out of each of the ice blocks in the same place so they all looked the same, thinking she wouldn't notice. I always felt better after having sugar.

Dad had an explosive temper. The neighbors all kept a wide berth, and so did we.

As a young child - under five - I was terrified when he'd lose his temper, watching as he'd go bright red in the face, veins pulsating, and threatening to hit us with his leather belt. He'd say, "Do you wanna bite of this? Do you?" while he was tugging on his leather belt, yelling and resembling a red version of the Incredible Hulk.

And there were the times when he would wallop us with that leather belt.

Mince on Toast

Once, when I was about four, I recall all of us sitting around the dinner table - I was at the end where the laminate veneer was lifting. I could barely see across the table. I was so little, and Dad had come home from work, angry because all there was for dinner was boiled mince on toast.

I remember him thumping the table, hissing and roaring, "I didn't work all day to come home to eat this crap." The truth was it was a pretty horrible meal. I asked for some tomato sauce so I could make the taste go away, and Dad got so angry that he emptied the whole bottle of tomato sauce over my food in front of everyone.

I learnt then to never to say anything when Dad was angry, it was best to try and be invisible.

The Good Times

To be fair, I also had plenty of good experiences, too. As children, we did a lot of exploring in the bush, and I loved to create and make things. Mum was great at encouraging my creativity - she was quite magical in her own way. I remember desperately wanting to fly, and Mum and I making these huge wings out of layers and layers of paper feathers with little arm bands. Filled with anticipation, I slid my little arms through the loops and stood on the edge of the deck, flapping furiously before jumping off. I hit the ground with a thud. I couldn't understand how the birds could fly, but I couldn't. I was never one to give up, I went back inside the house to modify my design, ready to give it another go.

I now know that in other realms and lifetimes we can fly, and my little Jenny could remember the freedom of flying. I lucid dream a lot now as an adult, and I'll often be helping others and teaching them to fly in their dreams too.

Curiously, when I was eighteen, I still craved the freedom from restrictions that flying brings, so I took up sky diving as a sport. I absolutely loved floating through the clouds with my parachute open - I'd always deploy higher so I had more time to play in the clouds. It felt more like home for me than being on the ground. I felt free.

Other precious memories include spending time outside exploring and finding fairies when I was little. My mum and nan would tell me magical stories about a little girl called Jenny who would go on adventures with the fairies, I loved them because I secretly wanted to be just like Jenny. I did the same with my son when he was small, it was a way of sharing some of Mum's magic with him, seeing as she was no longer here with us.

We always use to have animals too. When I look back at old photos I'm always with animals, trying to feed a kitten with a tiny dolls milk bottle, or I'll be pushing our cat around in a baby stroller and it would be wearing a dress – looking very unimpressed. Then there's the photo of me at 3 carting around a full-sized hen bundled up in my arms desperately trying not to get pecked! When I was older, I rode horses too. I've always loved animals, especially cats. They make such great companions for children, especially when children feel lonely or crave connection.

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This is me, Jenny, at 3 years old with one of our very placid cats wearing a dolls dress!

Self Inquiry:

What comes up for you when you think back to your earliest years?



Chapter Two

The Shame of Being Me, a Dirty Little Secret

We never had much money when we were growing up - in fact, when I look back, there was a lot of deprivation at times. Whilst we always had food, we didn't have much else, and treats were quite rare.

We'd be elated when a tooth would fall out because the tooth fairy would come, and we could go to the dairy and buy a ten-cent mix of sweets.

It was on one of these occasions when I was about five or six and my tooth had come out, and the very next day I'd headed straight to our local dairy to spend my tooth fairy money. I was coming out of the dairy with my loot, and a lady stopped me to say hello. I remember her being really friendly and chatty with me, and then she asked my name.

I remember being delighted that this lady was taking the time to speak to me and be kind to me. I replied, "I'm Jenny Hemsworth, I'm Frank Hemsworths' daughter." The moment I said this, the woman completely recoiled, her face changed, the kindness was gone, and she looked at me with disgust before walking away.

Something changed within me at that moment. The feelings of shame and a sense that there was something inherently wrong with me came flooding to the surface. I realized in that moment that I'd always felt like I had a dirty secret, but I couldn't quite grasp what it was. The truth hit me like a punch in the stomach. It wasn't that I *had* a dirty little secret - *I was* the dirty little secret.

With the understanding I have now, my biological mother carried a lot of shame while she was pregnant with me. I effectively marinated in her shame and internalized it as being about me. As an adult, I can see that this woman had most likely heard of my father's temper and the mention of *his* name was the cause of her recoiling. Her response wasn't about me; the little six-year-old Jenny didn't know that though.

Me, My Little Blue Bikini, and My Older Cousin

It was around this time that we moved to a different house, still in the same community. We loved it, as our nan and grandad lived next door, and our aunty and cousins lived in another house on their property, also next door.

I loved being able to hop over the fence and go and play cards or snakes ladders with my nan and cousins. My aunty would do my hair and make it all curly. I felt like a grown up with my hair all shiny and bouncy, and she always had a little glass of fizzy lemonade waiting for me in the fridge - things that didn't happen at my house.

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My older cousins from another aunty and uncle used to visit often, too, and of course, we'd always want to play or be chosen to play with the older cousins. We used to have a bush down the back with a creek running through it, and we'd often spend hours down there exploring, building huts, and catching eels.

It was during this time that my first sexual abuse occurred.

One of my older cousins was about fifteen at the time, and I was about seven years old. I remember vividly that I was wearing a little electric blue bikini and my older cousin approached me and asked if he could show me this "neat new way of being carried."

I remember feeling a bit hesitant. My older cousin again said he wanted to show me this new way of being carried and made it sound really fun. He said he'd take me for a ride around in the bush - but I wasn't allowed to tell anyone. It had to be our secret. In the end I agreed, I didn't want to disappoint him, otherwise he might not want to play with me anymore.

My cousin lifted me up and slid his fifteen-year-old hand down my little blue bikini pants before inserting his finger. I remember being confused because he was telling me how neat it was and how much fun it would be, but it didn't feel like fun - it felt very uncomfortable and awkward, and I felt a discomfort I hadn't experienced before and couldn't put a name to. As I write this, I can still feel what I was feeling at the time. I felt violated.

Note to parents: Teach your children to trust themselves and empower them to speak up or say no, even if it's against an adult. Too often, we inadvertently teach our children NOT to trust themselves. This is where we hand our power over to others, and this usually continues into adulthood.

We need to teach them to trust their feelings and their intuition or assessment of situations rather than trying to talk them out of what they're experiencing and undermining their experience.

If I had trusted myself more instead of defaulting to what I was being told, I may have been able to prevent this from happening.

I have thought about confronting him many, many times over the last forty years. I know though that both his mother and father are narcissistic and are of the deluded belief that their children are perfect and can do no wrong. Even in recent years when I have bumped into their mother, she still carries an air of superiority and sees her dysfunctional adult children through this faulty lens, too.

If I was to pursue this I doubt I'd be believed, and I suspect I'd end up having to defend my character instead. So rather than get entangled in that type of energy I made the decision to focus on healing the innocent young seven-year-old and restoring her faith in herself and other humans instead.

The truth is that he knows what he did. And whilst I haven't seen him in decades, I have seen him when I was an adult, and I know he's carrying this secret with him. He can't escape it, ever. He will have to carry this burden with him until the day he dies, and that in itself is justice.

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It wasn't long after this incident that my dad and grandad got into an argument - it was unrelated to the sexual violation. From that day forward, we were forbidden from going to their house. We would stand against the fence with our little fingers curled around the wire, watching our cousins having fun without us. This is where I began to realize that our family was different. With a sinking heart and shame in my belly, I realized there was something wrong with us as a family.

The Move

When I was nine years old, we moved again, this time to an eleven-acre block in the middle of two hundred acres of pure, green fields. We were now living on the outskirts of our little community. I recall feeling Mum's shame and humiliation as she told me that we had to move somewhere where there were no neighbors for Dad to fight with. This was a turning point for Mum. She began to lose her spark and eventually her life.

We were so remote that when we first moved, there was no road or driveway to our house. I used to help Mum go shopping for groceries on Thursdays, her payday. We'd have to carry them over barbed wire fences, slipping and sliding through the paddocks back to the bus we lived in.

We lived in a bus for two years, complete with a makeshift toilet consisting of a hole in the ground surrounded in corrugated iron while our house was built. It was certainly not ideal for a family of five - I really don't know how my mother coped.

I was still self-soothing with sugar - sneaking the hokey pokey bits out of the ice cream when no one was around. When I ate sugary food, it was the only time I felt soothed and okay.

Then there was the day that I had a friend over, Shannon was her name. We were on the trampoline and my father had another explosive episode, we called them “wobbles”, and he started hurling bricks at the trampoline while yelling, “Bloody fucking kids...every fucking time I go to do something, something goes wrong.” I was so used to Dad’s outbursts, I just knew to get out of the way real quick then laugh them off. Shannon came from a family where this didn’t happen.

That was the last time I had a friend over for quite a few years. Nor did I receive any invites to go to anyone else’s house - further cementing there was something inherently wrong with me and that no one wanted to be my friend. Of course, I had no idea this was because of Dad’s behavior, I thought they, too, had seen the shameful truth of who I was.

Self Inquiry:

What are the standout events for you in your earlier schooling years? What emotions come up for you when you think of those events?



Chapter Three

My Teenage Years - Off the Rails

In hindsight, my teenage years were pretty painful. At the time, after a challenge or upsetting experience, I'd just hop right back up, dust off my knees, and carry on. I was known for my resilience and ability to withstand a lot. It was only once I began my healing work and reviewing my life through a different lens that I realized just how traumatic my life had actually been, with a few standout events in my teenage years.

My much older cousin, Sarah, whom I really looked up to, used to make me smoke marijuana at the age of twelve because she and her friends found it hilarious to see me stoned. She used to say, "Smoke that fucking joint or you're going home." I was so desperate to be accepted by her and included, I would have done anything not to be rejected and sent away.

I recall one evening when I was made to smoke a joint in front of my older cousin and her friends, and my aunty came in to see what was going on. The room was filled with smoke, and it reeked of weed. I was lying face down on a sheepskin rug on the floor, laughing so hard that I was convulsing. My cousin simply said she had told me a funny joke. My aunty chuckled, closed the door, and left us to it. She had to have known what was happening, given the pungent smell of weed in the room. However, instead of intervening, she chose to look the other way and to enable the abuse to continue.

It will come as no surprise that this was the family of the fifteen-year-old boy who sexually assaulted me when I was seven.

Financially Responsible for Myself from Twelve Years Old

My parents didn't have much money. Sometimes on a Friday night, my dad would come home with a bag of crisps or chocolate and Mum would split the treats into five even piles.

I remember the shame of asking for my first bra, Mum very, very begrudgingly took me to get one. She was visibly stressed the whole time. I knew she struggled to make ends meet as it was without having to spend extra money on me. I felt deeply guilty for burdening her in this way. I didn't want to put her through that again, so I began to shoplift bras and deodorant.

I knew that I would need to get a job to prevent having to go through that humiliation again. At twelve years old, I caught a bus to a shopping center about half an hour away and went into every shop, inquiring about part time job opportunities on the weekends. As luck would have it, one of the hair salons I went into did have a vacancy, and from that week onwards, I had myself a part time job and I loved

every second of it! I worked there for seven years, and it was where I did my apprenticeship in ladies' hairdressing.

It was around this time that my mum came to me and explained that, now that I was earning my own money, I would be responsible for buying all my own clothes and anything else apart from school related goods. I still find this decision shocking; no twelve-year-old child should ever have to shoulder this responsibility - although it does reflect the financial hardship that our family was under at the time.

The message was loud and clear: I'd have to take care of my own needs from here on in.

This was where my sense of independence really kicked in. Whilst being ultra-independent has served me extremely well in many ways, it also made it difficult for me to let others in or to ask for or accept help when it was offered. I have now mastered this, but it took a lot of deep inner work to dissolve the trauma behind the response. I'm now able to be both independent and capable and also to ask for and receive help from others with ease.

Unfortunately, having to fend for myself from such a young age also taught me that I can't trust or rely on anyone else, reinforcing my abandonment trauma that I am all I have.

Tumultuous Teens and Looking for Love to Soothe the Shame of being Unwanted

I felt free when I was at work. Outside of work was another story. I was an extremely angry thirteen-year-old. I'd just started high school, and part of me wanted to be a good girl while the other part wanted to rebel against any rules imposed on me or any form of control. If I didn't want to be in class, I'd literally get up, push my chair in, and walk out while

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the teacher was at the front teaching. I couldn't care less if I got into trouble.

I still have an aversion to rules or anything that resembles control, even following a shopping list or recipe feels far too much like rules to me. I now know, though, that part of my role here is to do things differently, based fully on resonance and alignment rather than conforming and following someone else's rules. And this is the way I live my life today.

I still recall with absolute clarity intentionally looking for a man to want me, love me, choose me. I did everything I could to get the attention of men. I had heard stories of other girls with boyfriends and desperately wanted to be chosen myself, because then I'd be enough, then I'd be worthy and wanted.

I was trying to soothe the gaping hole and the shame of being unwanted.

I lost my virginity at thirteen for exactly this reason. To my love-starved, thirteen-year-old self, being chosen meant that I was enough. It momentarily quietened the incessant chatter in my mind, telling me I wasn't enough or pointing out my flaws or comparisons with the other girls.

I was unable to share any of this with my parents, they were not approachable at all. In fact, every second week, my mother was threatening to take me to the police station to be told off by the sergeant. She followed through one day, too. Curiously, I ended up reporting to this sergeant some years later when I spent five years in the New Zealand Police as a Non-Sworn Officer. I don't think he remembered though, at least he didn't say he did.

My mum also used to threaten to send me away to live in a girl's home. It's fair to say I was "off the rails." I had the financial means to do what I wanted - and I did.

An event that still stands out in my mind at forty-nine, is the day I was wearing a yellow animal print bathing suit, sitting on the side of the pool. Dad swam up and asked in an extremely judgmental voice, "What the hell have you been doing to yourself, Jenny? Have you been drawing on yourself or something?" He was referring to my stretch marks. From that moment on, I carried deep shame about my body, and it's only been in recent years that I've been able to dissolve that shame.

I built a wall around me and began to consciously reject others before they would reject me.

This also reinforced that there was something horribly and inherently wrong with me and that my body was something to be ashamed of. The patterns or trauma responses that formed included complete self-abandonment to be accepted, including allowing shockingly disrespectful behavior from boys and men. I genuinely didn't feel I had any right whatsoever to complain or expect more; therefore, I was grateful for any crumbs I could get.

For decades, Mum's words would often ring in my ears: "Beggars can't be choosers."

My First Boyfriend, My First Rape

At the age of fifteen, I got my first boyfriend. As a parent myself now, I would have been horrified. This boy was a little older than me and was bisexual, with very little regard for women.

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The first time I was raped was by him and his older friend I was staying at a friends' for the weekend. Her parents were away, and my friends had all gone to the rugby club, leaving me with this boyfriend and his friend.

I remember them giving me shots of straight spirits and them throwing their own shots over their shoulders. I was so drunk I couldn't even stand. They carried me up the stairs and threw me on my friend's parents' bed. I remember saying, "I don't want to do this," and being told "Sit up, you silly slut, and suck my cock." I kept saying I didn't want to do it. I couldn't even hold myself up, much less get away or fight back. I recall them arguing over who was going first.

After they left, I just lay there numb and in shock trying to grasp what had just happened. It didn't even occur to me to call the police. I remember feeling partially responsible and that it was my fault somehow, but I couldn't quite put my finger on how it was my fault.

I had sobered up somewhat with the shock of what had happened. I didn't want to stay in the house alone so I pulled myself together as best I could and made my way to the rugby club where my friends were.

A bunch of us went back to my friends after the club closed. A few of us hopped in the spa pool, and the boy next to me decided to try his luck and slipped his hand under me and inserted his finger. I was numb and in shock from what had happened earlier in the evening. I had no words. I just got up, went inside and found a safe place to sleep.

I told Mum about this shortly after. I remember her head in her hands, clearly distressed, worrying about whether I had AIDS now, and not knowing what to do.

The issue was - and she was quite right - that if my father or brother found out, they'd go round to the boys' house with a shotgun. It was

decided that we would say nothing and just stay away from him. Otherwise, my father would most likely be going to prison for killing them both.

There were no conversations about my well-being or speaking with a counselor or anything. And to be fair, I didn't understand the magnitude of what had happened either, until I began my healing journey decades later and looked back. It was then that I fell to pieces.

Kicked Out of School with the Words "You'll Amount to Absolutely Nothing" Ringing in my Ears

Around this time, I was asked to leave school. It wasn't so much that I was problematic in the classroom, it was more that I simply didn't go, and it had gotten to the point where I couldn't return to some of my classes because I'd missed weeks at a time and couldn't catch up.

Also, I was thriving in the salon. Although I was only fifteen and still at school, I excelled in applying hair colors, and clients frequently asked for additional treatments. For once, I was doing something I loved, and I was good at it. As far as I was concerned, no amount of math was going to make a shred of difference to a career in hairdressing. Plus, my boss was really happy with me and regularly invited me to begin my apprenticeship with them, so it felt like school was holding me back.

Not long after turning fifteen, my mother and I were called to a meeting at the principal's office where I was told that I would amount to absolutely nothing and that I had two weeks to either leave or I'd be expelled.

My mum was of the generation where teachers and doctors were viewed as gods. They were seen as "all knowing", therefore, Mum

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wouldn't dare question or challenge them. In her mind, they were superior, and she couldn't possibly know more than they did or what was best for her own child.

As an aside, I've observed through my sessions and parenting that schoolteachers play a bigger role than most realize in building or destroying our children's self-esteem. They can and often do singlehandedly traumatize a child by the way they interact with them, leaving lasting scars that limit them for life.

I'm aware of countless examples of where students have been told directly and indirectly they'll "never be any good at..." or have subtly or openly ridiculed them for asking questions, etc. The result? The kids believe them. They begin to hate school and authority. They shut down and stop asking questions - especially if they're going to be singled out and made a fool of in front of their peers. They also begin to hate learning.

Many children dissociate in the classroom *not* because they're ADHD, but because they don't feel emotionally safe in the classroom or with that specific teacher or subject. They go into survival mode, dissociate, and go into either freeze or flight. In this state, they're not able to process information. They can't hear or remember what has been said to them. This riles the teacher up further, making them more frustrated, which makes the child feel even more unsafe - completely exacerbating the problem. I'll be discussing dissociation a bit further into the book.

Note to teachers: When a child is bouncing off the walls or looks frozen or vacant, especially if they're in a situation that could have made them feel unsafe, rather than telling them off, the key is to help them return to their body, and we do this by helping them feel safe.

Your child is not necessarily the problem - the system they're being schooled in often is.

That being said, I also know of some incredible teachers and coaches that have been the sole reason that a child was able to come back from nearly certain self-destruction, turn themselves around and find their place in the world and in a meaningful way. Most of us can pinpoint a teacher or coach who was tremendously impactful on our lives in a positive way - and to those teachers and coaches, thank you.

I digress, back to my exit from the school system. The principal had every right to ask me to leave, and it was appropriate under the circumstances. What should not have been allowed to happen is the comment about me amounting to nothing. Fortunately for me, I was sitting there thinking to myself, *'little do you know, I already have an apprenticeship lined up and they wanted me to start a year ago'*. So, thankfully, my ego wasn't knocked by this harsh and completely out of line statement.

However, when a parent sits there and observes someone say something so hurtful to their child and stays silent, the message the child receives is loud and clear: It's okay for other people to insult you or say bad or untrue things about you, especially if they have some form of authority. You just have to sit there, smile, and nod your head.

I see this a lot with parents of young children, too, when they go through that hitting and snatching toy stage. If we sit by and stay silent

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because we're embarrassed, or whatever *our* issue is, the message our child receives is that it's okay for other kids to hit them. Especially when the child looks around and sees that their mum or dad has observed this, yet they're not too bothered about it and aren't going to stand up for them.

They normalize being hit and bullied, and oftentimes, they conclude in their own mind that it must be because of them somehow. They form beliefs like, "My needs don't matter" or "I'm on my own - no one's got my back" or "I must deserve to be hit because my mum or dad didn't say it was wrong."

At the end of the day, if we can't count on our own parents to have our back, then who else will?

I'll share with you a little story about my own son. When he was nine years old, he told me about a particular teacher who would literally pick a child up by their collar and parade them across the room and humiliate them in front of the ninety other students. This used to happen regularly. I told my son if she touches him, he is to tell her to get her hands off him, then tell me and I will deal with the school.

Sure enough, the day came when she pushed her foot against my son's back while he was kneeling rather than sitting during an assembly. Well, the mama bear came out of me. I slammed on the breaks of the car and marched straight back to the school and directly into the principal's office. No adult was going to touch my son in that way.

I gave her examples of at least five other incidents involving different children, in addition to my son's experience. Nevertheless, the principal proceeded to minimize the teacher's actions, suggesting they did not mean any harm, and so on. What struck me, was the inconsistency within the school. The teachers at this school had no

trouble grandstanding about respect and the importance of using words rather than fists, the harmful effects of bullying, and not to hit or be rough with other children, yet here they were, role modeling the exact behavior they reprimanded the children for.

And the thing is, *children can clearly see the hypocrisy*, even when they don't say it or don't have the words to express the double standards and abuse of power they're witnessing or experiencing.

In the end, it was only when I asked the principal whether she would like me to come around the back of the desk, pick her up by her collar, and parade her around the staff room in front of her peers that she began to understand how it might feel when this is done to the children.

Children deserve respect and kindness in *every* situation, irrespective of their age and ability to articulate themselves. For far too long, they've been treated as "less than", and taught that adults are superior. As adults, it is our responsibility to support our own children and the children of others when we see something happening that isn't right. The well-being of children is everyone's business.

David, His Flat Mates, and Me

I was fifteen, and ecstatic to finally begin my apprenticeship the following week at the hairdresser's. All was going well at work, and I was loving every second of it.

It was early in my sixteenth year that I met a guy, we'll call him David. He was a friend of my older brother. To my delight, David seemed interested in me, and we began dating. I'd go around to his house after work on a Saturday and hang out there with him and his flat mates.

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What was really weird, though, was that I could never remember much of what we did while I was there, yet I visited him at least once or twice a week for several months. It was somewhat of a blur.

Something else that used to confuse me and leave me feeling deeply embarrassed and ashamed was that I'd often wake up on the kitchen floor, yet I never remembered falling asleep there. Plus, it was during the day or late afternoons - not late at night. The whole thing was very confusing and embarrassing for me.

I could never recall what happened before I went to sleep, then I'd wake up to see David and his two flat mates sitting on the couch watching TV. They'd say, "Oh, you must have been really tired, you fell asleep."

I felt deeply embarrassed and confused, as I didn't just "fall asleep" anywhere else, yet I would wake up on the floor there - when it was still daylight. The shame I felt engulfed me, and I felt very disorientated. I found it incredibly difficult to think clearly.

I also noticed that my underwear would often be put on backward or inside out, and I didn't feel as confused and disorientated as I did there, anywhere else. I also noticed fluid on the inside of my thighs, which also caused me a lot of embarrassment.

Once I was properly awake, David would put me in his car and take me home - until next time.

This went on for about three to four months. It wasn't until David's brother came into the salon one day to see one of the senior stylists he was dating and said, "Hey, Jenny, it's nice to see you standing up for a change, I usually have to step over you on the kitchen floor."

Hearing this comment made something suddenly click. They'd been drugging me and raping me!

I started to have flashbacks of "coming to" during the rapes and of them shoving a bandage or sock with some sort of chemical on it over my face and I'd lose consciousness again.

This happened at the same time that I first heard about some "date rape" drug, whilst listening to the news. Had I not heard that, it would have taken longer for me to piece together what had happened.

I told my older brother what had been going on, and his response was, "You're old enough and ugly enough to look after yourself. You got yourself into it, you can get yourself out of it."

I don't think I told anyone else after that for quite a few years.

In hindsight, I truly believe the fact that I was drugged is the only reason this didn't affect me more. Had I gone through these experiences consciously, I don't know if I would have survived.

As a side note: I've observed that when we experience molestation, sexual assault, or rape, we rarely experience it once. We tend to continue to experience similar events multiple times.

The reason for this is that everything is energy, and everything holds its very own frequency - molestation, sexual assault, and rape is no different. And emotionalized energy is highly magnetic.

So, when we experience something like this, we carry "rape" or "sexual abuse energy" in and around our body, and it quite literally seeks out or draws in other energy that feels similar, just like a magnet.

Also, the areas where they've touched you often retains imprints of concentrated abuse energy at a cellular level, and there's also the energetic cords and contracts between you that also must be dissolved.

There's a process that my Guides walked me through when I was dissolving and healing my own sexual abuse and rape traumas. I now use the same tools and techniques with my clients, which allow us to literally dissolve the imprints of the abuse from their body so they no longer carry the abusers' energy within them or on them going forward.

Whilst the rapes I experienced at fifteen and sixteen were certainly the most intensely abusive, I continued to experience lower levels of the same energy with different interactions with men, or the way in which partners would want sex would often have an abusive "feel" to it. Even in places like the supermarket or out walking I would have men approach me and comment on my breasts or grab me or expose themselves to me while I was at work.

When it came to healing these traumas some decades later - it was deep and intense work daily over several months. I even had to go to other lifetimes where I had been raped to death and bring those versions of me to safety and heal them in order to heal me and fully dissolve the trauma. I did this again and again and again until there were no others. Without a doubt, these have been the deepest traumas I've healed within myself.

Curiously, since devoting several months to deeply healing these traumas a few years ago, I no longer have these experiences with men.

Body Dysmorphia

By the time I was eighteen, I hated my body. I constantly compared it to others', and all I could perceive was that mine wasn't as good. When I looked in the mirror or at a photograph, all I could see was fat and flaws, and nothing else.

I had always loved the beach, and I still do. My mum instilled a love of the beach in me. We'd spend whole summers exploring the rock pools. I still love the sea now - I often sit in our hot tub under the stars and listen to the waves crashing against the beach in the distance.

By eighteen years old, I'd stopped going to the beach, and this lasted for three years. I was so overwhelmingly ashamed of my body; I didn't want anyone to see it. I had body dysmorphia, although I didn't know that at the time. I'm just under five feet four inches, and I weighed fifty-eight kgs (127 pounds), and I was utterly convinced that I resembled a whale. I used to joke that if I went to the beach people would probably start throwing buckets of water on me. In the privacy of my own mind, I'd lose myself in thoughts of slicing a section out of my inside thighs and sewing them back up so they would be smaller.

The shame of being me was at an all-time high.

Self Inquiry:

What were the three most impactful events for you during your teenage years?



Chapter Four

Early Adulthood

I'm a Salon Owner!

I finished my apprenticeship when I was eighteen and stayed on working in the same salon, for another couple of years. I desperately wanted to own my own salon - it had become my dream. And at twenty-one years old, I made it a reality.

In May 1995, I became the proud owner of a little salon near the beach where Mum used to bring us as kids. I went to the bank for a loan of \$30,000 to buy the salon and the goodwill - that was a lot of money back then. To give you an idea, you would have been able to buy a house for around \$150,000.

I was assigned a bank manager, who for the next four years, would sexually harass me. In hindsight, I regret not reporting his ass into the authorities; however, I was afraid back then, that if I said anything, he'd recall the loan and I'd be without my business. So, I spent four years dodging his advances instead. He even suggested once - in front of my

mother - that I should move in and live with him and that way, I could save more money! And what did Mum do? She giggled and never said a thing. Not a single word.

He used to insist on personally bringing papers to me to sign, and often insisted it be over dinner at a restaurant. He'd ask to come back to the salon, where he would literally stand right up against me, pressing his erection against my back as I signed the papers. It was disgusting.

My Sweet Mum Has Gone - I'm Truly Alone Now

When I bought the salon, Mum wanted to support me, so she came to work with me as a shampoo assistant. It was only a few months though before she started showing signs that the cancer from two years prior had returned.

It was August 24, 1995 when she received what she called a death sentence. I remember that day vividly. It was a Thursday, the night I always worked late. I had worked twelve hours that day and saw twenty-two clients. To my clients, I seemed to be smiling, bubbly, and chatty. Meanwhile, something had just died within me. My dear, sweet Mum was going to die. We had spent my teenage years fighting and only recently had become friends and allies. For her to be taken away now was too much for me to even grasp.

I remember getting in my car that evening and only making it a few meters before a tsunami of deep, primal, body-shaking and wailing rose up from the depths of my soul. The pain cannot be described in words.

There was no one I could go to for support, and I didn't want to add to Mum and Dad's grief. I had a boyfriend waiting for me at home, but he was extremely emotionally immature and equally as volatile, so I just had to do my best to hold it together and carry on.

On December 10th, 1995, my mum left us. I remember driving to work - yes, I had to continue working for financial reasons - and looking around at people in their cars, carrying on as if it was just another day. I wanted to scream that it wasn't just another day - it would never be just another day again. My life had just been turned upside down, and it would never be the same. It felt like the ground had just been pulled out from under me. I was truly alone.

The Boyfriend, The Remote, and The Broken Nose

It was only a few days after my mum's passing that my boyfriend and I got into some sort of argument, and he threw a remote control at my face, shattering my nose.

There are no words to describe the depth of the shame I felt, because I knew that my mum was aware of what happened as if she'd witnessed it herself. Her words came flooding back to me in an instant. A few months before her passing, she had said to me that if she had known our father would have the temper he did, she never would have married him. Then she said that she could see a lot of my dad in my boyfriend. I knew at that moment it was a matter of time before I'd leave.

I needed surgery on my nose, and they still weren't able to fix it properly.

I left him two months later, on my birthday. My birthday had triggered my original abandonment trauma from my adoption, and with Mum having just passed, the abandonment and loneliness hit me like a ton of bricks. I recall being literally doubled over, crying in pain with my arms wrapped around me, and my boyfriend yelling, "Keep the noise down, I'm trying to watch the league."

Something snapped within me, and I phoned my father and said, “I need to go now, bring the trailer.”

To my father and brother’s credit, they were there thirty minutes later, and we began loading my belongings on a trailer. I was gone, leaving Matt standing in the doorway, wondering what the hell was going on.

I began my twenty-second year as a free woman.

Low Self-Worth and Running a Successful Business are Like Oil and Water

In owning my own salon, I learned the hard lesson that although I was quite good as a hairdresser, owning and managing the business was a completely different ballgame.

My low self-worth ensured that my prices were much lower than they should have been. Even then, I struggled to charge clients what I deserved. I frequently offered discounts, not fully grasping that in doing so, I was creating more challenges and financial difficulties for myself, so much so that I needed to work every hour under the sun just to survive. I didn’t have anyone to guide or mentor me, google wasn’t a thing in those days, so I was left to flounder.

During this time, I also took legal action against the previous owner for soliciting the goodwill. It was a pretty ballsy move for a twenty-two year old. This ended up in the High Court and making case law in New Zealand. Whilst I won in the High Court, the whole process was extremely arduous and left a very bad taste in my mouth.

I craved something deeper, something more meaningful. Running the salon didn’t feel aligned anymore. I wound the business down four years after opening.

Jen Araya Peters

Years later, I had to do a lot of inner work to dissolve the residual trauma from this business to enable me to expand in my current business. Otherwise, I would have brought these old traumas forward into my current business, severely limiting the scope, reach and impact. Ultimately, I wouldn't have been able to reach and help as many people as I do now.

Self Inquiry:

What was big for you in your early adult years?

What changed for you as a result?



Chapter Five

My Husband, My Mirror, Partner in My Evolution

I'd been spending a lot of time with a new group of friends I made and was enjoying it. They lived with a couple of drag queens, so we ended up spending a lot of time in those circles. The annual Pride Parade was coming up (it was called Hero back then) and my friend and I thought it would be fun to go on one of the floats. So there we were in our barely there costumes, dancing on a float in front of around 250K people - it was an incredible experience!

It was there that I first laid eyes on the man who would later become my husband and the father of our son. He was on the float in front of ours dancing around as a Greek God wearing nothing but a white sheath covering the essentials. He was a personal trainer, so well-suited to a float of Greek Gods.

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The following morning, synchronicity saw to it that out of around twenty possible cafes in the same street, the Greek God I'd seen the evening before came into the cafe me and my friends were having our breakfast in. He invited himself to sit with us and we instantly clicked. From that day on we began dating.

We used to meet for lunch or dinner every day. I still remember vividly, when I was sitting across from him I'd recognize that some of the things he said didn't sit well with me, they just felt off. But rather than taking notice, I pushed them aside. You see, he was an extremely good looking, tall, muscular, and incredibly charismatic man. Being with him soothed the feelings of being unwanted and not good enough within me and instead made me feel instantly elevated - this exceptionally desirable man *chose meee!* There was no way I was prepared to jeopardize this new and exciting feeling of being chosen by someone resembling a Greek God over some pesky things I saw or things he said, otherwise known as red flags.

It was during this time that I began using drugs recreationally on the weekends and began to seriously self-abandon in order to hold onto the status of being his girlfriend. And, if I'm honest, my supply of drugs.

After a long engagement, we finally got married and were together for nearly fourteen years in total. In that time there was a lot of betrayal - not only being betrayed, but betrayals that I committed against myself too.

I'd sworn I'd never stay if someone cheated, yet there I was, staying after being cheated on multiple times.

There was a brief time during our marriage where I, too, explored the option of a lover. My husband had had multiple affairs by this stage

and my self-esteem was trashed. A younger man came into my life, where the chemistry was off the charts. For the first time in years, I felt desired and desirable. I know this may sound strange to most; however, I spoke with my husband about this in depth and we jointly decided upon the following solution. I was to check in with him each time I wanted to see this other man and my husband would decide whether he felt okay with me seeing him or not.

Curiously, Lewis came back into my life after my husband and I separated and we remained close for many years. He was both a friend and a lover, however there were also unhealthy elements to our dynamic. Eventually I took my rose tinted glasses off and finally acknowledged that it was our unhealed trauma keeping us tethered to each other. When I went inwards I could see lingering threads of unworthiness and feelings of not being good enough that had kept me attached to him for so long. As I healed these traumas within myself, the desire to be with him dissolved completely. We haven't spoken for several years now – our soul contract is complete.

Now, back to my marriage. My not-good-enough traumas were at an all-time high, causing me to constantly compare myself to the women who would openly hit on my husband right in front of me, as if I was nothing or invisible. Apparently, I was insignificant, not even a slight deterrent.

There was one time we were at a house event in a vineyard on Waiheke Island and one of these women was aggressively pursuing my husband. I didn't realize at that time they were actually having an affair, which explained why she was so brazen. I hadn't seen him for a while, which always made me feel uneasy. I soon discovered he'd been getting intimate with this other woman at the event - while I was there. And

what did I do? I convinced myself that it was me who was married to him and that I was going to behave with dignity and not cause a fuss.

In hindsight, I should have gotten my gear, jumped on the next ferry home, then packed my things and left.

Whilst he most certainly betrayed me, the deepest betrayal was committed by me the moment I chose to stay.

Note: We often point the finger at the person who does these “terrible things” but the truth is, we really need to be asking ourselves: What part of me is choosing to participate in this and stay?

Every single time we choose to look past something that’s deeply important to us or some sort of disrespect or betrayal like this, we are betraying and abandoning ourselves.

The betrayals stop when we stop participating in these types of dynamics.

In response to the betrayals, I became more and more controlling and lived in a constant state of hypervigilance. When I look back, I barely recognize myself.

Whilst my husband certainly contributed to the toxicity between us, I brought my fair share of toxicity to the table too - although it took many years and a lot of inner work before I could see that and openly acknowledge it.

There were many other similar incidents over the years, and on rare occasions, things became physically violent between us too. You see, one line gets crossed, then another and another until finally you’re

accepting things you would never have dreamed of tolerating. Then, the shame creeps in.

The truth is that when we make the choice to stay, for whatever reason, we're also consenting to whatever comes with that choice. And I know that's hard to hear, but it is the truth.

I'd yell, scream and cry and occasionally slap him across the face when I found out about another betrayal - it was textbook reactive abuse. I'd make him promise it wouldn't happen again - until it happened again, and around we'd go back through the same cycle again and again and again.

I made what I now know to be a very common mistake. I thought in voicing what I was upset about and saying I didn't want it to happen again, I was setting a boundary. My boundaries were missing key ingredients.

Note: There's a lot of confusion around what a boundary actually is. It's not just stating what you won't accept anymore. An effective boundary also must include what you're going to do should the boundary be crossed again and should it happen again, you must follow through. This is where boundaries usually fall down – there is an absence of follow through or if there is some, it's a watered-down version.

Codependency and Narcissism - Two Sides of the Same Coin

Codependency is the chronic neglect of self in order to gain approval, love, validation or self-identity through another person. – Dr Nicole LePera.

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Narcissism is an unhealthy focus on self that affects others in unhealthy ways. Unhealthy narcissism works from the mindset of “I win, and I don’t care if you lose,” or “Your loss is my win.” – Melanie Tonia Evans.

In my experience specializing in narcissistic abuse recovery, in most cases, those who have narcissistic traits have nearly always been severely abused or neglected in early childhood and often raised by a narcissistic parent themselves. Others have been raised in seemingly good families, however they carry deep attachment trauma and their emotional needs were not met, resulting in an unhealthy degree of narcissism as a way of getting their needs met.

I was severely codependent, and my husband was narcissistic. I’d never heard of either term until I was on my own healing journey, years later.

Codependents tend to be drawn toward narcissistic types and vice versa for a number of reasons. Primarily, both codependents and narcissists have nearly always been raised in a family system where both were present, so this dynamic feels like “home” - even if it’s chaotic and emotionally derailing.

Secondly, the inner children within each are still seeking to repair their original traumas with the parent who caused the trauma. So they seek partners who feel like that particular parent - this is of course happening in your subconscious mind, in the background.

Lastly, we are energetic beings. Everything around us is also energy in various forms of density. Our traumas and patterns are energy as well. Emotionalized energy is highly magnetic and seeks out pockets of energy that feel like a vibrational match. This is why dissolving our inner child traumas and patterning is so important. While we’re carrying them, we literally magnetize vibrational matches to us. When

we dissolve our inner child wounds and patterning, we no longer draw others into our life who have those same traumas.

The truth is that we tend to draw in or be drawn to partners who have similar trauma to our own, it's just that their trauma will often play out in a different way to ours, but the actual traumas are the same or similar.

When someone with codependent type patterning and someone with narcissistic traits come together, it can be incredibly intoxicating creating a powerful sexual chemistry in the early stages and is often romanticized as being a "Twin Flame" or "Love." When in truth, each parties' traumas are recognizing the similar or same trauma in the other this makes them feel seen and understood, often for the first time. And the dynamic itself feels like home. A deeply intoxicating dynamic, indeed.

Examples of How the Same Traumas Play Out Within the Narcissistic-Codependent Dynamic:

If you have a 'not good enough' trauma, it will unconsciously seek out the same or similar trauma in a partner, a mirror, if you will. When they connect, there's a deep familiarity - they feel like "home." They'll both have had similar experiences in childhood: hence sharing the same traumas.

The narcissistic partner may mask their 'not good enough' trauma with an inflated view of themselves and their achievements, while the codependent partner may feel the need to prove they're enough by over-functioning, people-pleasing, fixing, and caretaking.

An emotional abandonment trauma causes the codependent to feel like they won't survive without the narcissist (anxious attachment),

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while the narcissistic partner is often emotionally unavailable or avoidant and is not capable of truly providing the security and emotional nourishment and depth the codependent craves. This causes the codependent to work even harder to prove themselves worthy or enough which in turn feeds the narcissist's insatiable need for supply.

The codependent is driven to people-please, fix, and caretake, while the narcissist loves to have their needs taken care of or prioritized; they love to be adored and treated like royalty or taken care of like you would a child, fixing their problems for them.

The codependent often has an overdeveloped sense of responsibility, while the narcissist won't take responsibility for anything - unless it makes them look good or there's some sort of supply to be obtained.

The narcissist often thrives on having power over others, while the codependent constantly gives their power away.

This does make the narcissistic partner sound like the predator here, and in many ways they can be; however, I would like to point out that the codependent party is *also* seeking to have their needs met via the narcissistic party - they just go about it differently.

You can see why in order to step out of this painful dynamic, rather than trying to control your environment or your partner, dissolving and healing your own traumas is the key.

As you do so, you free yourself from this dynamic as you're no longer a vibrational match.

Note: I do not wish to villainize those who are narcissistic. The truth is that narcissism is usually, although not always, caused through extreme emotional or physical neglect or abuse in childhood. So much so, that the narcissist has had to split off their entire personality and become whatever is required of them to survive at a very young age.

From an outsider looking in, in some cases it may seem that they had a perfect family unit, however when you dig deeper there will be some form of emotional neglect at a minimum. So narcissism or narcissistic traits really are an extreme trauma response and way of coping. This is not an excuse to hurt people, it is however an explanation as to why they are the way they are.

If you've been involved with narcissistic types, rather than learning more about narcissists, your invitation is to look at your own patterning to see where you may be self-abandoning and begin tending to your own healing and re-alignment. This is the key to moving out of these dynamics.

My Part to Play

I was deeply wounded with many different codependent patterns playing out during this time. It wouldn't be fair or accurate to imply that the toxicity within our marriage was all my husband's as the truth is, we all have our part to play, and I had mine.

We were both wounded children in adult bodies replaying out the same patterns our inner children formed to survive decades earlier.

When I look back, I'm really not sure that I like who I was, and I don't mean that in a way that shames myself. I was a young woman in a lot of pain who had become extremely rigid and aggressive as a way

of shielding myself from further hurts. I was completely unconscious and the only time I felt good was when I was high. I became incredibly controlling during that time. I believed that if I was able to control everything, then I could protect myself from being blindsided. I was riddled with my own unhealed traumas - I was like a walking trigger. It got to the stage where it would only take a certain look or tone of voice to set me off.

When we're carrying a lot of unresolved trauma, like I was, we're truly at the mercy of our environment and those around us. We're extremely reactive, and we're not in control of ourselves, our emotions, or how we relate to ourselves or anyone else. This is a very precarious position to be in.

Becoming a Mum While Navigating the Crumbling of Our Marriage

When I was thirty-five we welcomed our son into the world, and I did my best to be what I thought a good mum should be. I was fortunate enough to be able to be a full-time mum in those first couple of years. It was during this time that my husband had another affair, except this time it ended our marriage.

The two years leading up to the end were absolutely devastating; knowing the marriage was going to end and that our family unit was broken beyond repair. I would cry from deep in my belly most nights. I felt utterly powerless, paralyzed and completely numb.

I regret that I was so distracted by what was happening in our marriage as this prevented me from being the mum I would have liked to have been. Especially now, doing the work I do, I understand the vital importance of those first few years for our children. Environments like this cause attachment trauma and many others. Even if both

parents are loving - they're emotionally unavailable to the child because of what they're going through. The emotional unavailability causes the attachment trauma and a whole host of other traumas.

That being said, I've facilitated enough inner womb healings where we check the life plan before incarnation, to know that we do choose our parents according to our souls' evolution for this lifetime. We choose a family system that will expose us to the exact experiences we need for our soul to evolve in the exact way we've elected to before incarnating. I know this can be hard for our human mind to grasp sometimes, especially where there has been severe abuse. In these cases, it is more complex and often involves soul contracts that have been carried over. There are ways to dissolve these types of contracts to ensure you do not continue experiencing this type of abuse in this lifetime or any other.

The purpose of our trauma is usually related to our life purpose. As we heal our trauma, we often unlock incredible wisdom that can only be accessed through our healing. Again, I've seen this countless times, both in my own healing journey and through my work with my private clientele. Also, it's nearly always through healing past trauma that your life purpose is made clear to you.

Yeshua (Jesus) has shared that it was "through his wounds that he was purified."

We, too, are purified and brought Home to our true selves through the healing of our wounds.

An Empty Shell of Who I Once Was

In a final bid to save the marriage, we saw a marriage therapist who was also a psychologist, who in my view should not have been operating. I recall sitting in front of him while my husband ‘joked’ that he “wanted to bury me six feet under the driveway and put concrete on top.” I was stunned. I looked to the therapist to see what he was going to say. He said nothing.” In the end, I asked him if he had just heard what my husband had said and whether he was going to step in and his response was to laugh it off while saying, “Sometimes men joke in this way, they don’t actually mean it.”

He also failed to recognize the man sitting in front of him was most likely an undiagnosed narcissist and instead tried to convince me that I needed to be more accommodating to him. This psychologist knew there was physical and emotional violence and had witnessed veiled threats to intimidate me, and he should not have been operating. I did email him about this two years later and said that his guidance was dangerous in these circumstances, and of course, he “was sorry I felt this way” and made it all about me.

By the time the marriage ended, I was an empty shell of who I once was. My head was spinning, and I didn’t know which way was up and which way was down. I’m one hundred percent serious when I say that I was so destabilized, that if someone had told me my name wasn’t Jen, I really wouldn’t have been certain it was.

With the knowledge I have now, I can see that I was completely dissociated, out of my body. I’d been gaslit to the point of not even being certain of my own name and every unhealed trauma I carried, previously suppressed, had had the top ripped off them and was fully activated. It’s no wonder my energy felt unsafe in my body and chose to dissociate.

My abandonment trauma was screaming, and I felt deeply rejected. I felt not good enough, unlovable and unwanted. I remember crying that I'd 'given myself fully to him and yet he'd discarded me like I was nothing.

The anger and bitterness raging through me was in a stratosphere of its own. Had it not been for a friend who kept pressing me to see a Master Healer, I truly believe the bitterness would have eventually become a serious disease and I would have died from it. You can't carry bitterness and anger inside your body over a long period without it manifesting physically somehow, often in the form of cancer or other serious illnesses. Deep grief, sadness, hatred, and loss also often manifest in this way if they're not dissolved.

I was left without my home, my husband, my future. I had no income and hadn't worked for a couple of years, and I had a beautiful little boy to care for and love.

I also lost all but one of our mutual friends. I couldn't believe that, under the circumstances, they sided with my ex-husband, but they did.

The injustice I felt was palpable.

Looking back, what was really happening was that every single thing that did not align with me or my soul's mission was crumbling away. I was going through a Dark Night of the Soul but had never even heard of this, much less recognized the signs within myself.

A Dark Night of the Soul can be brutal. Ultimately, everything crumbles away that does not align with our true essence. This can include relationships, friends, careers, family, interests and anything else the old version of you was attached to. It's often preceded by a crisis of some sort where we experience chunks of our life being stripped away and we begin seeing ourselves, our relationships and the world around

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us through a completely different lens. We are often forced to make major changes in our life and will no longer resonate with the life we once had. And to top it off, our unhealed traumas come flooding to the surface to smack us in the face and make sure we know they're there! This is all happening to create space for a much higher, more aligned version of you to emerge.

I now know that this *had* to happen in order for me to see the parts of myself that needed to heal so that I could begin birthing my new life and higher versions of me. There is no way I would be where I am today, truly happy, fulfilled, and living a life I genuinely love and never even dreamed was possible, had this not happened.

If there's something I'd say to this version of me it's this: "I know that you're hurting more deeply than you ever imagined possible, but I want you to know that there is a life waiting for you that is far more magical, loving, happy and free than you can even fathom right now.

There will come a time where you will live in a beautiful home near the sea with your beautiful boy, and every day you get to serve humanity in a way that only you can - because of the experiences you have had. You are in training, Dear One, for the purpose your Soul has chosen. You will be supported and loved every step of the way. Avoid the temptation to blame and instead channel this fire to fuel your own healing and keep looking forward. There is SO much here for you. We love you and we thank you for having the courage to walk this path."

Self Inquiry:

*Dear Reader, I invite you to take a moment to ask yourself:
“What would my future self want me to know?”*

*Don't overthink it, just notice the thoughts, feelings, or messages
that come to you.*



Chapter Six

My Healing Journey Begins

I'll be honest, as far as I was concerned it wasn't me who needed help. I had zero clue how much emotional trauma and distorted patterning I was carrying and therefore contributing to my own pain. As a result, I'd been quite resistant to seeing a healer, because I couldn't and wouldn't see past what had been done to me. I was deeply entrenched in victimhood at that time.

What I didn't realize was that when we're focused on 'what was done to me,' we give our power away and block our own healing. When we make the shift toward 'What parts of me kept going back or wanted to stay or turned a blind eye or minimized the behavior'... then we step into our power, and our healing can begin.

I still remember the first healing session I had vividly - it was a major turning point for me. It was as if someone turned a light on and

I could suddenly see things for what they were. I recall my healer Sue, saying she was "lifting the veil," and that is exactly what she did.

It wasn't long before I started to experience a lightness and an emotional liberation I'd never felt before. I didn't even know it was possible to feel this way. My first session awakened a remembrance deep within me, and a powerful devotion to my healing journey was born. I saw my healer every single week for three years. Then we extended it to every second week for a further two years. During this five-year tenure, Sue was very generous in sharing her knowledge, which was just as well, because I had an insatiable hunger to learn every single nuance about healing and spirituality.

I was awakening, although I didn't realize that at the time. My hunger for information and the pull to go deeper was so strong I spent many nights sitting on my bed, surrounded by several books open to specific pages, with a laptop in front of me at two a.m., soaking in every shred of information I could feast my eyes on.

It was during this time that I knew deep in my soul that there was nothing I wanted more than to help others feel emotional freedom too. In dissolving the layers of trauma, my life purpose was revealed to me. I never would have had any hope of seeing this had I not "done the work" to dissolve the layers that had been obscuring my purpose.

I had also begun a two-year training in various holistic and spiritual healing methods with a school in the U.S. in addition to what I was learning through my master healer and my own healing.

I felt better than I could ever have dreamed was even possible. Every area of my life had improved well and truly beyond what I ever thought existed. As my consciousness expanded, I began to notice higher

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vibrational people, experiences, and opportunities coming into my world with more ease and frequency.

I knew it was time for me to begin sharing my learnings with others.

Enemies or Partners in My Evolution?

It was around this time that something shifted within me, and rather than viewing my ex-husband and his new wife as the enemy, I felt deep gratitude for them, as I realized that they were in fact partners in my evolution. This was a complete 180 from how I'd felt previously.

Whilst I would never wish what I went through on anyone, I could now see that my ex-husband was a messenger of the highest order. He showed me exactly where I was not honoring myself and therefore had healing work to do. Let me give you some examples:

Where I felt betrayed by him - I was betraying myself by staying and therefore consenting.

Where I felt devalued by him - I was not valuing myself.

Where I felt unloved by him - I was not loving myself.

Where I felt powerless - I was giving away my power.

Where I felt abandoned by him - I was abandoning myself over and over again.

My ex-husband was a mirror, showing me what I couldn't see myself.

Changing your perspective in this way does not absolve the other party of the things they did, but it does set you free so that you can begin to heal the parts still hurting.

And the truth is, had his now wife not been so determined in her pursuit of my then husband, I would have still been there. And there is no doubt in my mind that I would have eventually manifested disease and left the Earth Plane. So, she too had an important part to play in my evolution that I am deeply grateful for.

You can see that as painful as all of this was, and believe me, it was excruciatingly painful, I would never, ever have been able to do the work I do now if I had not walked this path myself.

I believe that in order to teach and guide, not only do you need to have walked the path yourself, but you must also be devoted to your own healing and be well along your healing journey to effectively share your medicine with others. Too often, practitioners or healers begin working with others before they've made significant progress with their own healing, and this can be detrimental to their clients.

The Role of Our Beliefs and Patterns

The first few years in my practice were more focused on healing following narcissistic abuse, given that that was the path I'd walked, and I had a deep understanding of the intricacies and impacts of narcissistic abuse. This led me to shift my focus toward dissolving the codependent patterning my clients were carrying, just as I once had. Our codependent patterning is the underlying reason why we seek and accept narcissistic or unhealthy relationships. The more I served in this space, the clearer it became that our family systems and our childhood

or even earlier in the womb, play a huge role in how we view ourselves, the core beliefs we form, and the patterns we unconsciously create that uphold our beliefs.

Our core beliefs are the *foundations* or *framework* that we build our entire life upon. And the patterns we form as a result of our beliefs are the *rules* that we live our life by. This is of course all happening deep within our subconscious mind, so we are usually unaware or unconscious of our beliefs and patterns and the impact they're having on our life.

The significant point to note here is that at least eighty percent of the beliefs (foundations) and patterns (rules) by which you now live your life by as an adult were actually formed in the first nine years of life. And in most cases, they were formed as a result of some sort of traumatic event. Which means, the foundations and rules you live your life by today, have most of their roots based in trauma.

It's important to note that whilst some events are obviously traumatic; oftentimes, more subtle events or happenings take place that also cause trauma to a young child or infant - things that we as adults wouldn't even notice.

In other words, unless we've done extensive inner work to deeply heal these aspects and bring them back into balance, most of us are predominantly hurt children running around in adult bodies, repeating patterns we formed while in trauma. This is significant.

You can be assured that if some part of your life is not going well or you're stuck in some sort of dysfunctional or unwanted pattern or cycle, it's extremely likely the origin will come back to a "faulty" belief sitting in your subconscious mind. You'll also have a collection of

patterns you formed in response that are keeping you tied to those faulty beliefs.

For example: If you never felt loved as a child, you will form beliefs such as: “No one loves me, not even my mum or dad” or “I’m unlovable.”

As a result of adopting such beliefs, you will then form a collection of corresponding patterns. For instance, you may see yourself as defective or be extremely critical of yourself. You’re likely to struggle with boundaries and will most likely accept poor treatment from others as a result of believing that you’re unloved or unlovable, and thus you’re likely to accept whatever you can get.

The bottom line is that *we believe the belief*, and we carry the shame of those beliefs with us wherever we go - until they’re dissolved.

Note: Everything is energy, including our beliefs. And emotionalized energy is highly magnetic, so we tend to draw people and experiences to us that vibrationally match the pockets of energy we are also carrying. So, if we’re carrying a belief that we’re unlovable, we’re highly likely to draw to us or be drawn toward someone who is also carrying a similar trauma, and in this case, they would struggle to love you. Not because you’re unlovable but because they’re unable to love you, as they do not love themselves. They cannot give you something that they don’t have. This of course will reinforce your belief that you’re unlovable - and so the cycle continues.

The Importance of Connection During Pregnancy

I realize that there may be some who may have difficulty accepting this; however, I invite you to read on with an open mind, as this is important.

In the many thousands of hours of inner child work that I've had the privilege of facilitating, my clients and I have been consistently shown that infants, even while in the womb, are acutely aware of the energetic environment they're in. They know whether they're wanted, loved, safe, and they know exactly how Mum is feeling emotionally, and often Dad, too. And just like young children, an unborn or new baby internalizes how Mum or Dad is feeling and often makes their experience about them.

For example, Mum may feel unsupported, anxious, and overwhelmed whilst pregnant. Baby will feel this and internalize it as feeling unsafe and insecure, and they'll often be worried about what's to come.

Another example I see often is if Mum is emotionally unavailable or really busy and distracted, which essentially makes her emotionally unavailable to the baby, she will struggle to connect with her baby, and the baby is very aware of this. They'll often feel lost, abandoned, rejected, on their own, or "just there" but not connected. And in most cases, they'll feel like this abandonment is *because* of them. When the truth is it's because Mum is emotionally unavailable within herself or too busy and overwhelmed with life and therefore can't connect with her baby.

Whatever Mum is experiencing while she's pregnant, so is the baby.

If there are thoughts or discussions about termination - baby is aware.

If there are arguments around Mum - baby is aware.

If Mum feels anxious or unsupported - baby is aware.

In my experience, many of our core wounds come from our time in the womb, and when we look at the patterns that are formed as a result of these early traumas, they will be threaded through your day-to-day life.

To overcome this, we must begin supporting pregnant and new mothers more and having deeper reverence for pregnancy and the vital role that mothers play in the weaving of the tapestry that their child will carry within them for life.

Trauma – The Big, The Small and Everything in Between

Trauma is something that can be used as a marker that shows where we are not in full union with ourselves. It's through healing our trauma that we come Home to our true, authentic selves.

The significance of this is that when we heal, we come into full alignment with our most authentic and highest expression of ourselves. When we're living in the highest expression of ourselves, we also experience the highest expression of life, too - this is the lens we experience ourselves, our experiences, and others through.

Struggle, hardship, and separation are no longer part of your reality. Instead, your life improves infinitely and in the most miraculous ways.

I have experienced this myself and have seen this countless times through my private practice. To get here requires dedication to our healing and a willingness to go beyond an intellectual or academic understanding of our trauma. Instead, we must travel into our subconscious mind and into our wounds in order to truly heal them

and unlock the wisdom and higher consciousness that resides within them and on the other side of healing them.

It's often said that around eighty percent of our programming is complete by around seven years old - I would say it's higher and through to about age nine.

Something that's often misunderstood is what trauma is and why this is so important. In the words of Gabor Mate; "Trauma is not what happens *to* you, it's what happens *inside* you as a result of what happens to you." In other words, trauma is the result of an event that you experienced.

Let me give you an example: You may have had a parent who was overly critical. As a result, you form a belief that "Nothing I do is ever good enough." You'll then form patterns in response to the belief such as either over-functioning, going above and beyond, or trying to "prove" that you're enough; or you won't try at all, believing that "there's no point in trying, I won't get it right anyway."

The event or thing that was *done to you* was that you were constantly criticized, the traumas were the beliefs and patterns that you formed as a result of being constantly criticized.

Seemingly Small, Subtle Events Can Cause Trauma Too

A huge misconception many of us have is that in order to have inner child trauma, we must have experienced something significant, like abuse or neglect or had a parent leave or divorce.

Whilst these events will most likely result in emotional trauma for the child, there are many, many everyday events that also cause lifelong trauma that society doesn't recognize as impactful. Let me give you some examples:

Having a parent constantly correct a child often results in an adult filled with self-doubt and constantly questioning their ability to make the right decision or to do things right. They'll often default to other people to their make decisions for them (or controlling partners). Or they may go the other way and completely overextend themselves in the pursuit of perfection in all that they do, completely abandoning what's important to their true self in the process.

Having a parent who's too busy to connect or spend dedicated time with their child on a regular (daily) basis will likely cause an emotional abandonment trauma and or beliefs, such as "I'm not important."

Having a parent who is very ill or depressed - of course this isn't the parent's fault; however, the child often feels abandoned as a result of not being able to "reach them" or deeply connect with them.

Talking a child out of their feelings invalidates a child and teaches them that they can't trust their own feelings, and also that those feelings are wrong or not important.

Not taking the time to truly *see and understand* your child and reflect who they truly are back to them often creates a trauma around deep loneliness, which they carry for life.

Watching a parent people-please or not being able to set and hold boundaries teaches your child that to be accepted, they must do the same.

Leaving a child in the care of another or a facility before they are emotionally ready for this separation often causes abandonment and attachment trauma.

There are many, many everyday things we do as parents that can be the catalyst for the forming of dysfunctional beliefs in our children,

particularly if we haven't done our own healing work. When we haven't tended to our own trauma from childhood, we parent through our traumas. Even if it's vowing never to do a certain thing that our parents did, it's still heavily charged with the trauma of having experienced it when you were a child.

The more I immerse myself in this sacred work, the clearer it's becoming that we must place more reverence upon the upbringing of our precious children. Often, we entrust our tiny babies and young children in the care of large facilities with many other babies and children who all have unique and competing needs.

Childcare teachers are doing their very best to give each child the time and care they need, however they're also juggling the needs of multiple babies or children at any one time. And no matter how much a baby or child loves their nursery or early childhood teacher, it is absolutely fundamental for their emotional development to have a secure and deep emotional connection with their parents. This bond can be, and usually is, ruptured if children spend most of their waking hours away from their parents at an early age.

This is a real conundrum as the majority of parents have to work, leaving only a limited number of hours each day, often at the busiest times, to nurture, play with and connect with their babies or children. Our children are tired from being at nursery or kindergarten all day and Mum and Dad are stressed and drained from spending all day doing job they may not enjoy. It's really not optimal for anyone.

This is where support from family and community is incredibly important. We're also seeing a huge uptake in home schooling globally where families are revisiting what's most important to them and they're taking their children out of school and are coming back into the home. For many this means making some big changes, however the idea of

outsourcing their children's upbringing to institutions is a big motivator.

Whatever you choose to do for your family, I would invite you to prioritize quality, one on one time, free from distractions with each child, every day. Our children's emotional health is dependent upon us as parents creating and maintaining true, deep connection.

Dissociation

Dissociation is one of the most common trauma responses I see through my practice. Dissociation is where our energy exits our physical body in response to feeling unsafe in our body or environment. Our nervous system becomes overwhelmed and is unable to cope with the environment or situation around us, and our energy goes into flight, exiting our body.

Trauma is usually stored within our physical body and in our auric field around our body, so when our energy re-enters our body it can feel unsafe because it's surrounded by the trauma still held in our body, causing it to want to exit again. This is where dissolving the trauma within our body is an important step for those who tend to dissociate.

When I look at someone's energy when they're dissociated, I'll usually see holographic versions of them or their inner children sitting outside their body. They can be seen somewhere above their head and out to the side, just sitting watching their physical body go about their day.

They can be resistant to coming back into the physical body, especially if the physical body is still carrying a lot of trauma, which makes them feel unsafe, or if they're still in an unsafe or emotionally unsafe environment.

The other imagery I see often is that my clients' energy may be fragmented and in many tiny pieces, either frozen in one place or chaotically darting around a few meters above their head. This is why some people feel scattered and chaotic, finding it difficult to focus.

It's my professional observation that many of our children and adults who are diagnosed with ADHD are in fact dissociated and their body is responding in the way described above. That's not to say that they aren't ADHD, I would however like to draw the link between dissociation and ADHD. I've guided many clients over the years who have also had children who have been diagnosed with ADHD, and without exception, the child has always been exposed to trauma-inducing events. It is my view that ADHD is in fact a trauma response.

I've also observed that once the template to dissociate is set, this becomes the default response to feeling unsafe. In other words, each time you feel unsafe, you'll automatically dissociate to protect yourself. This is happening unconsciously.

The dissociation template is often set as early as in the womb. Baby may feel unsafe for multiple reasons and will dissociate while still in the womb. I often see baby dissociating in *response* to Mum being disconnected from baby. Mum may be overwhelmed, too busy, narcissistic, emotionally unavailable, or disconnected from herself or she may even be hostile and rejecting her pregnancy.

The dissociation template can also be set when baby experiences a shock - a cesarean can prompt this, as can a difficult labor or being physically or emotionally separated from Mum in the days, weeks, and sometimes months following birth.

Note: With young babies and children, massaging their feet and legs in particular but also their little body while talking with them in a calm, soothing voice is excellent for helping them feel safe and soothed in their body. Remembering that we exit our body when we feel unsafe in it.

When you do this, make sure you are feeling calm and present, as your baby reads your energy extremely well, and if you're feeling "off" for some reason or another, baby will feel unsafe or unsettled in response.

Also, spending time sitting, standing, and playing on the Earth helps babies' or your young child's energy ground and feel more safe, solid, and secure as a result. The purpose of these exercises are to help your baby or young child to feel safe in their body and to ground with the Earth. When we're grounded, we feel more safe and secure.

Here are some examples of events that can cause dissociation:

- Trauma while in the womb causing baby to feel unsafe
- Anything that would shock or startle baby (think doctors checking the Moro reflex)
- Emotional disconnection from a parental figure
- Being exposed to arguing or physical violence
- Anything that would cause shock
- Physical, sexual, or emotional abuse

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- Experiencing neglect or deprivation
- Having a mother or father parenting while in survival mode
- Being ridiculed or bullied at school, including by teachers
- Being in a vehicle or physical accident

Most people don't even realize they're dissociated and have been since childhood. When we're dissociated, we're unable to experience our life fully, and others are unable to experience us fully either, including our children or partner.

Here is a collection of key indicators of dissociation:

- We feel ungrounded
- Cold hands and feet
- We may feel frozen or zoned out
- We feel spaced out, not really there
- We feel like we're on autopilot, not present
- We may feel scattered, chaotic, and unable to focus
- We have trouble hearing and processing information
- We feel as though we're observing our life from a distance
- We feel disconnected and numb from what's happening to and around us
- We have trouble remembering things that have happened and information
- We may have experienced feeling a vague sense of being unsafe or panic but not know why
- It feels like our brain turns to mush - we can't think properly or critically even in the simplest of ways

In children, in addition to the points above, dissociation looks like:

- Toe walking
- Very ungrounded and chaotic - bouncing off the walls
- They may be very sensitive to clothes, especially socks
- They may talk about floating above the ground or not really “being there”
- They may seem lifeless, non-responsive, or numb, with their arms limp at their sides
- They may appear completely shut down and in these times cannot hear or process even simple information (think standing in the front of the classroom or being called upon in front of the class)

To overcome dissociation, we must return to our body and ground ourselves. ***Grounding alone is not enough; we must consciously and intentionally call our energy back into our body***- this part is critical to returning to your body. I recommend practicing the following processes daily, at least until you're in your body more than you're out. When you notice any of the signs listed above, you've exited your body and need to bring yourself back in again.

Note: You can also use this process to help others, including your children, come home to their body too. If you're going to use this process or any energy healing with another, it's essential to ask for their consent first, even with children. This may look like asking them if they'd like you to help them come back into their body or to the ground again, or some other age-appropriate version.

Process to Call Your Dissociated Energy Back into Your Body and Ground

1. Sit in a place where you won't be disturbed, or even outside surrounded by nature.
2. Imagine that you can see another version of you (or your child) sitting or standing in front of you - a couple of meters away.
3. Imagine that you can see their energy; this will help you to actually see it with your third eye. It's most likely sitting above them somewhere, you may see or perceive colors or actual holographic versions of them.
4. Verbalize that you wish to call their/your energy back from different times and places, and notice threads or clouds of their energy returning.

5. Before bringing their energy into their body, cleanse it with violet light to transmute the heavier energies, and also run rainbow crystals through their energy above their head.

6. Bring the rainbow-colored energy into their body, noticing it stream down through their crown chakra, filling their entire body, all the way down to their feet. Allow the rainbow light to surround their body.

7. Bring in a stream of golden light from God, Source, Yeshua, your guides, the Central Sun, the Stars, whoever you feel called to work with, down through the top of their crown chakra (top of their head), straight down through their chakra column, and out through their root chakra at the base of their spine.

8. Imagine the golden beam of light and either ruby red or platinum colored light streaming from the base of their spine down toward the Earth below and all the way into the center of the Earth.

9. You'll notice a large, light-blue, luminous crystal grid. Infuse the golden and ruby or platinum light deep into the crystalline grid. As you do this, notice how you feel more solidly connected to the Earth.

10. Now, let's draw up some of the codes of the crystalline grid by bringing a stream of light from the grid, like fairy lights. Draw them up through the Earth, toward their feet.

11. Wrap the light codes gently around their feet, up their legs, into their root chakra, and all the way up to their heart chakra in their chest. Notice the lights in and around their and your auric field.

12. Place a clear rainbow crystal with rainbow radiating out into their root chakra and allow it to fill their whole body and auric field. You may notice the codes and color around your field, too.

13. Notice golden light cascading around the outside of their/your field.

14. Notice how you feel now compared to before.

Note: You can use this process as often as you feel called to, and daily if you're prone to dissociation.

Inner Children and Our Subconscious Mind

We actually have many, many inner children within us, at different ages and stages, right up to our teenage and adult years. Our inner children were formed in response to events that we found traumatic and represent a part of us that's still unhealed and out of balance.

In my experience, at least eighty to ninety percent of our inner children are younger than nine, which means the events that caused their traumas also occurred before nine years old. I've yet to meet anyone who does not have a plethora of inner children sitting in their

subconscious mind; however, most people are not consciously aware of this.

At the time of writing this text, humanity, as a collective, is going through a major shift in consciousness, and with this comes the desire within individuals to go within and heal so that we can come into unity with ourselves and others. So, more and more people will be called to turn inward and tend to their little inner children.

What is essential to note is that around ninety-five percent of our choices, preferences, and reactions are driven from our subconscious mind. This means that whatever is sitting in our subconscious mind has an incredible influence over our lives - far more than most people realize.

When we consider that around eighty to ninety percent of our programming (beliefs and patterns) was formed between infancy and nine years old, and that around ninety-five percent of our choices, preferences, and reactions are being driven by this part of our brain, it becomes evident that most of the time we are, in fact, operating from a very young, often emotionally immature, version of ourselves. Furthermore, we'll also be operating through distorted lenses, as much of our programming is related to some form of emotional trauma.

This is why sometimes, when you're feeling emotionally charged, or when someone else is, you can sense a childish or emotionally immature quality to the reaction or what's being said. This is because the response is in fact coming from an aspect that is frozen in time at the emotional age and stage when the original trauma occurred.

Our subconscious mind is unable to analyze information or think critically, these functions sit in another part of our brain, the Prefrontal

Cortex. Therefore, whatever is sitting in our subconscious mind is accepted as the truth.

Our subconscious mind is incredibly powerful and influential upon every aspect of our life. It can bring you and your life to the greatest of heights or similarly to the deepest of depths.

Your subconscious mind is the gateway to access your Soul, your innocence, your own Divinity, and it's the gateway to other worlds - and you, Dear One, are the gatekeeper. -Yeshua

How Wounded Inner Children Are Formed

A wounded inner child is formed when we experience something that causes some form of emotional trauma. A part of us splits off and remains frozen in time at the emotional age and stage they were at the time the event occurred. This is what we refer to as a wounded inner child. This can also happen when we're older, as a teenager or adult - the process is the same, and we also heal them the same way.

Each inner child forms a set of beliefs about the event and a set of patterns that uphold their beliefs, like those described in the preceding sections. Also, I have consistently observed that we have multiple themes of trauma such as an abandonment theme or a rejection theme or low self-worth. Ultimately, we have experienced the same trauma repeatedly at different ages and stages. Most people I've worked with typically have four to six main themes of trauma and it's these main themes that we see threaded throughout our life.

Because we've experienced the same trauma multiple times, we will often have many inner children or older versions of ourselves sitting within each theme. They'll each present at the age and emotional stage

they were at the time the trauma occurred yet have the same beliefs and patterns. The older versions will often have slightly more sophisticated patterns, however their roots are in the same beliefs that were formed originally when they were very young.

We don't need to address each individual wounded inner child – as long as we address the theme of trauma, we can heal each of the inner children within the theme. We will be addressing the twelve most common wounded inner child trauma themes in more detail in the following chapters.

Let me give you an example:

You may have been constantly criticized by a parent from the age of three. This causes you to unconsciously split off the aspect of you off that was deemed to be not good enough. This aspect becomes frozen in time at the emotional developmental age of three.

You'll also form several **beliefs** about yourself as a result of being constantly or harshly criticized, such as:

- I'm not enough.
- I'm not good enough.
- There's something wrong with me.
- Nothing I do is good enough.
- I can't get anything right.

You'll also form **patterns** to cope, otherwise known as trauma responses. Each belief will have several patterns, such as:

- Working extra hard to prove you're enough and compensate for your 'not enoughness'

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- Overly invested in receiving validation from the parent who criticizes you
- You'll either begin to over-function, feeling like nothing is enough so you have to do more, or you will shut down and won't try at all in case you get it wrong.
- You're likely to become overly critical of yourself in a bid to try and get things right.
- You may become a perfectionist for fear of repercussions if what you do isn't perfect.

You're likely to experience this trauma many times as you're growing up, so you'll have multiple inner children of varying ages who also share these same beliefs and patterns.

When it comes to healing a theme of trauma, we don't usually need to address every inner child or each event within the theme. When we heal one inner child within that theme and dissolve their patterns effectively, we heal all the inner children within the theme and dissolve all associated patterns.

How do you know if you've healed that inner child and dissolved their patterns effectively?

When you think of the event that caused the trauma, or other subsequent similar events, you'll notice the emotional charge will have reduced to either very, very weak, or you'll feel completely neutral about what happened, whereas previously you'll have felt a strong, often overwhelming emotional charge.

I've observed that the patterns formed as a young child remain largely unchanged except that they may become slightly more sophisticated as time goes on. In dissolving them at an earlier stage, we

successfully dissolve the more sophisticated version, too. When you've dissolved the trauma effectively, it's as if the trauma and patterning was never there.

Note to parents: Parenting is really hard. And it's my personal observation and belief that even the most loving and well-meaning parents can unintentionally cause some form of trauma or unhelpful patterning within their children. Of course, it is our responsibility to heal our own trauma so that we pass as little as possible onto our children. However, the traumas that are caused are often related to our child's own individual purpose or souls' evolution. When they're older and choose to heal and bring these distortions back into balance, they get to unlock wisdom and activations that are integral for them to reach their highest potential and purpose here.

Rather than feeling guilty, I invite you to release the guilt and redirect your energy to healing your own traumas instead! There's also a lot of value in being able to acknowledge when you've made a mistake or apologize when appropriate to your child. We make mistakes sometimes and that's okay, how we resolve it and the steps we take to ensure we don't make the same mistakes again are excellent teaching opportunities for our children.

The Role Our Parents Had in Our Trauma

This is a tough one. The fact is most, although not all, inner child traumas are formed through our family system. It would be easy to blame our parents for the trauma we're now dealing with as adults. However, the truth is that in most cases our parents were doing the best

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they could. There are of course exceptions to this, some parents were horrifying and if you had parents like that, I'm deeply sorry, you deserved better.

Many of our parents were in survival mode and parenting through a plethora of their own inner child traumas and without the support, resources or knowledge we have access to today.

This does not absolve anyone of what was done, but it does help us to see things from a different perspective and ultimately free ourselves so we can begin healing.

The hard truth is that whilst none of us deserved to experience what we did, it is up to us to heal ourselves. No one else can do this for us.

We cannot heal when we're blaming others – even when we are very justified in doing so. I'd also like to say that you don't need an apology or acknowledgement from anyone else to heal. You know what happened and you get to heal when you choose to heal.

If this resonates with you, I invite you to try seeing your parents or family as the perfectly imperfect humans we all are. This doesn't mean they get away with it, it is however the gateway to your freedom and for you to begin healing more deeply.

I will also add that the programming we form in childhood as a result of how we were parented is nearly always very closely linked to our souls mission and evolution. As we heal our traumas and dissolve our patterning we unlock wisdom and expansion we can *only* access when we heal. This is where we begin to get glimpses of our life purpose or mission. Our greatest challenges are directly linked to our greatest gifts.

Jen Araya Peters

To those who experienced extreme abuse or neglect: I am sorry that you've been through what you have. No child should ever have to go through what you did. I will say that you have a tremendously courageous soul and you have an equally tremendous capacity to serve others, if you accept the invitation to heal.

Self Inquiry:

What came up for you as you read the preceding pages?



Chapter Seven

The Twelve Inner Child Themes and Healing Processes

At the time of writing this text, I've had the privilege of facilitating more than 5500 inner child healings, and I've observed that there are consistently twelve themes of inner child trauma that keep presenting. Most of us tend to have around four to six themes of inner child trauma; however, some may have more while others may have slightly less.

The twelve themes of inner child trauma are:

- Emotional Abandonment
- Low Self-Worth
- Not Good Enough

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- Rejection
- Chronically Lonely
- Self-Abandonment
- Unloved or Unlovable
- Shame
- Speaking Your Truth
- Unsafe
- Poor Boundary Function
- Attachment Trauma
 - Anxious Attachment
 - Avoidant Attachment
 - Disorganized Attachment

In the sections that follow we'll look at each theme of trauma in detail, their characteristics and how you can go about healing them.

How to Approach the Healings on the Following Pages

The healings to follow are energetic healings. While you're stepping yourself through these processes, there are energetic healings, shifts and activations happening in the background. Some you'll notice straight away, other's will be more subtle, or may unfold over the following days. Ultimately, our trauma is also energetic, therefore when we approach healing our trauma energetically, we're able to experience deeper and more profound results.

Using an energetic modality also allows us to reach beyond our intellectual mind and into the depths of our subconscious mind – where our beliefs and patterning resides. Some of the tools you'll be using are multidimensional healing tools that I use in my private

practice and are deeply encoded to ensure that you experience the exact healing and activations meant for you.

If you're new to energetic healing, I invite you to follow the processes and trust what comes up and pause any judgement until after you've done the healing.

You will notice that each process follows a similar format, this is intentional. However, the details within the process change to align with the specific trauma you're healing.

You don't need to do all the healings. I would suggest reading through the list above and taking note of which healings give you an emotional charge when you read them. These are the healings to focus on initially. That being said, it's perfectly okay to do all of the healings if you wish.

- I suggest starting with the healing theme that produces the strongest emotional charge or is causing you the most struggle at this time. You won't go wrong - your Soul knows what it needs, just trust.
- Most people need to repeat the healings several times until there's no emotional charge left - then you know you've dissolved it and are ready to move onto the next one.
- I invite you to work on dissolving and healing one theme at a time rather than multiple.
- It's perfectly safe to do these healings several times a week - just be guided by how you feel. If you're feeling good about doing another healing then do one, if you feel tired or that it's a real effort, listen to your body and let it rest.
- You'll find specific instructions for each healing at the beginning of each process.

A note to parents: If you recognize yourself or your parenting style in the examples between these pages or any others in this book, please know that you're not alone and in most cases if we'd known better or had the support or tools we needed, we would have shown up differently. The fact that you're reading this book now is testament to your commitment to be the best parent you can be and to be the highest version of you. You now have the wisdom and the tools to heal your own childhood patterning so that you can parent from a healthy, balanced, and wise place. Thank you for being here and thank you for doing this sacred work.

Self Inquiry:

I invite you to reflect upon what your intentions are as you move through the following pages.

If you could wave a magic wand, how would you most like to feel once you've completed the healings in this book? What changes would you most love to experience?



Chapter Eight

Emotional Abandonment

Emotional abandonment is by far the most common inner child trauma I see and is often sitting at the core or directly related to many more.

What is emotional abandonment trauma, and why an emotional connection so important

An emotional abandonment trauma occurs when the emotional connection between a baby or child and their parent is ruptured or damaged in some way. The parent emotionally disconnects from the baby or child. I say baby because this particular trauma often happens very early, sometimes even in the womb or in the baby's earliest days, weeks or months. That being said, an emotional abandonment (disconnection) can occur at any time, and it's usually repeated multiple times over the years.

In my experience, the emotional connection between mother and baby is particularly important, and this is often where the original

emotional abandonment (disconnection) occurs. Of course, the emotional connection with Dad and baby is also extremely important to the emotional health and wellbeing of their baby; however, in the earliest stages, the emotional connection with Mum is vital. This is in part why mothers need to be emotionally and physically supported during pregnancy and in the following weeks and months to two years so that they can in turn nurture their baby emotionally, physically, and spiritually.

An emotional disconnection can occur very easily through:

- A parent who is emotionally unavailable. Their emotional unavailability is a block making it very difficult for their baby or young child to connect with them
- A parent who is overwhelmed with parenting other children, juggling work and parenting or is too busy or distracted to connect deeply and regularly
- Baby being separated from Mum in the hospital or in the following weeks or months
- A narcissistic parent is disconnected from themselves and is therefore unable to connect emotionally with others, including their own children. Many other deep traumas are also caused through being raised within a narcissistic family system
- A parent with depression or illness preventing them from deeply connecting
- A parent in survival mode, perhaps they're anxious a lot of the time or dissociated
- A parent who is overwhelmed and exhausted a lot of the time

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- A parent who is constantly accessible to others before their own child - including constantly being distracted by their phone
- A young baby or child being put into nursery or daycare before they're ready
- A parent who is working a lot or is away from the home a lot
- A child who is sent to live with other family members - even if they're loving, the rupture still occurs with their own parents
- A family system where there's anger, fighting, control, abuse of any type, or neglect
- An alcoholic parent or a parent who uses substances to get high

The Impacts of Emotional Abandonment on Baby, Child and Adult

When an emotional disconnection occurs between a baby or young child and their parent, the child experiences abandonment and sometimes neglect and or rejection. The younger the child or baby is, the more likely they are to feel like their very survival is at risk. This makes sense given that a baby or young child is indeed dependent upon their mother or father for survival.

Attachment trauma also stems from an initial emotional abandonment or disconnection. Attachment trauma is effectively a trauma response to the original abandonment or disconnection.

When a baby or young child experiences an emotional abandonment they will often form core beliefs like:

- I'm all alone
- I'm on my own
- I have to fend for myself

- People leave me/go away
- There's nobody here to take care of me

Patterns are formed in response to each belief such as:

- Sadness
- Trouble sleeping and settling
- Becoming overly needy or panicky when left on their own
- Dissociating or being disconnected from their own emotions - seeming numb
- Doesn't want to be left in the care of others and they may panic and become distressed when left
- They may seem aloof or detached and will go to anyone - even strangers without showing any concern
- Become very "grown up" and independent, taking care of their own needs and often the needs of their siblings
- Older children may begin people-pleasing or being a "good girl" or "good boy" and fear doing anything wrong in case Mum or Dad will go away or won't love them

In an adult, an unhealed emotional abandonment wound often results in patterns such as:

- Becoming anxiously attached, dismissive avoidant attachment or disorganized attachment
- Anxiety
- Is very guarded
- Emotionally unavailable
- Doesn't like to be alone or single

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- Self-abandonment or codependency
- Fear of rejection and abandonment
- Craves connection and can't ever "fill the void"
- Ultra-independent, struggles to ask for help or accept help
- Overly focused upon securing a commitment from a partner
- Is drawn toward emotionally unavailable partners, narcissistic partners, or needy and possessive partners
- Poor boundary function and will stay in toxic or unhealthy relationships or friendships to avoid being on their own or abandoned or rejected

As you can see, an emotional abandonment trauma has far-reaching and life-changing impacts - yet it can occur very easily.

Invitation for parents: One of the key things you can do with your children of any age to help create or deepen your emotional connection with them is to create time every day for them. Even a regular twenty or thirty minutes where it is just you and them talking, creating, playing, reading or telling stories, engaging.

Don't have any other distractions during that time - including making them share this precious time with other siblings. This is the only time in their day that your child gets to properly connect with you - make your child your priority. This will mean the world to your child and will infinitely improve their emotional well-being and ability to relate to themselves and others when done on a daily basis over a period of time.

Also, use their words to reflect back to them, this helps your child feel seen, heard, and understood, which is vital for children and adults

alike. If they say they feel sad or mad, you reflect back: “I see you feel sad or mad, what’s making you feel this way? What do you need to feel happy again?” and provide it; often it’s words and reassurances required.

Healing an Emotional Abandonment Trauma

An emotional abandonment trauma is often the deepest I see; therefore, it can require more energy and time to dissolve and heal than some of the other traumas. However, as you dissolve each layer, you’ll feel a tangible shift within your body, and as you integrate these shifts, you’ll begin to notice your outer world and relationships shifting too.

Everyone’s healing journey is unique; however, it’s common to experience a reduction in emotional charge until there is no emotional charge left. So, something that may have brought you to your knees before will have absolutely no effect on you whatsoever. You’ll still recall the event, it’s just that it doesn’t carry any emotional charge or have a hold on you any longer.

Healing Process for Emotional Abandonment

Create a quiet space free from interruptions and distractions. Have a journal or a pad and pencil handy, some tissues, and some essential oil. I always like to use an essential oil directly on my hands, which I inhale, and it signals to my subconscious mind that we’re about to begin deep subconscious work. I do this in my private sessions too. Any pure essential oil is fine, provided you like

the fragrance. You could also use a candle or some other item used specifically for this purpose.

Note: When it comes to connecting with your inner child, please follow the steps below and trust what comes up for you.

Some therapists suggest thinking of a photo of you as a child, *I ask you not to do this*, though, as it limits your ability to be taken to the scene or age relevant to this particular theme of trauma. Instead, follow the guide below, and you'll be able to connect that way. Trust yourself, your Soul knows how to heal!

Set an intention of your own or you may use or modify this: *"I intend to connect with and heal the inner children within me who feel emotionally abandoned, disconnected, alone, or on their own. I do so with love, compassion, and unity for all concerned."*

1. Recall a time as an adult where your emotional abandonment trauma has been activated.
2. Replay the event in your mind, recalling where you were, who else was involved, and what happened.
3. Notice the moment where you felt most activated in the scene.
4. Notice where in your body you feel the emotional charge.
5. Notice what physical sensations there are, i.e., tightness, hard to breathe, claustrophobic.
6. Notice what emotions are sitting in this part of your body - write them down.

7. Ask what other feelings or words are sitting in that part of your body - write them down.

8. Read those words back to yourself, example: *"I see the panic, fear, and feeling alone sitting inside you. I'm here now, you are safe, secure, and loved."*

9. Then say: *"I ask to connect with the younger version of myself who is sitting in this part of my body, feeling name the emotions you were feeling"*

10. And imagine that you can connect with them. Imagine you can see them, feel them, or just know they're there.

11. Once you can imagine you're connecting with them, you actually are connecting with them.

12. Notice approximately how old they are.

13. Notice how they're feeling, what are their thoughts and emotions? They're likely to be slightly different than yours were. Write them down.

14. Imagine you're going into the scene to your younger version.

15. Wrap them up in a soft pink blanket - soft pink holds the frequency of unconditional love. Let your arms and body become a safe, secure, loving container for them.

16. Imagine you can look them in their eyes - eye contact is super important, as it creates safety and connection.

Reflect back to them what they were feeling using their exact words, and give them the reassurances they need, i.e.: "I see you're feeling _____, and I'm sorry that you've had to feel this way for so long. It was not your fault, there was nothing you did or didn't do to deserve this. I am your future self, I'm you all grown up, and I'm here to bring you home with me, where you belong, and where I'll always be with you, loving you and caring for you so you don't ever have to feel _____ again."

17. Ask if there's anything they wish to say or share with you, and reflect their exact words back, giving them the reassurances they need.

18. Bring in luminous violet light and fill their whole body and energy field with violet light, as well as your own. Then place a white crystal in the part of the body where the emotional charge was. The crystal is encoded with healing that will adjust to suit the exact needs of your inner child. Allow the luminous white to fill their entire body and into their energy field. Now do the same with yourself, placing the luminous white crystal in your body in the place where the emotional charge was and allow the light to fill your whole body and energy field.

19. Now bring soft pink and gold into each of your bodies and fields - unconditional love and Divinity.

20. Notice how your inner child is feeling now compared to earlier. Shrink them down and place them into your heart.

21. Let them know that they are finally Home now where they're loved, seen, heard, and taken care of. They can rest now, knowing that you'll always be here holding their hand, loving and celebrating them.

22. Notice how you're feeling. Take a moment to take a brief peek at the scenario you used initially, how do you feel now compared to before the process? Is there a reduction in emotional charge?

I would recommend repeating the same process with the same or different scenarios until there is no more emotional charge when you think of emotional abandonment and times when you've previously experienced an emotional charge. Once there's no emotional charge, you have successfully dissolved this trauma and are ready to move onto the next, well done!

Note: It's very common to feel extremely tired or even exhausted following inner child work, and this can come in waves or last for a few days. The inner child has not been able to adequately rest for decades in most cases. In dissolving this trauma for them, they're able to finally rest. And because You are the inner child, you just got bigger, you will feel their tiredness too!

Self Inquiry:

What came up for you during this healing?

Create a daily practice of connecting with your inner children. See them, hear them and love them. Reflect their words and feelings back to them, giving them the reassurance they need before filling them with soft pink and gold light.



Chapter Nine

Low Self-Worth

Low self-worth is a trauma that causes us to see ourselves as unworthy. Unworthy of love, unworthy of being happy, unworthy of a great relationship or friends, unworthy of a successful career or that job promotion. Low self-worth undermines our ability to see our own value - therefore we're inclined to accept crumbs, or we settle for less. Oftentimes, we'll allow others to treat us horribly, believing underneath that we're not worthy of anything better, so we stay silent and accept what's dished out.

How a Low Self-Worth Trauma Occurs

Low self-worth can be formed via a number of different avenues. The three most common ways a low self-worth trauma is formed: as a result of emotional abandonment or neglect by a parent, the child believes that the emotional abandonment or neglect is *because* they're not worthy or that there's something bad about them. When the truth is -

their parents' emotional abandonment or neglect *is because of their own unresolved trauma, illness, or circumstances*. It was never about the child.

The second way relates to how the child is treated by a parent and others. If they're constantly made to feel like they "don't deserve" good things or that a parent doesn't value them and instead they're made to feel like a burden or an inconvenience or they're spoken down to. Or perhaps they're always given less than their other siblings or other children. The child will conclude that it must be because they're not worthy of more.

The third way is watching how Mum and Dad interact with each other; do they show respect and value toward each other or are they parenting and relating through their own low self-worth traumas?

Note to parents: It is SO incredibly important to mirror back to your children the Truth of who they are - not just telling them what they aren't or what they're doing wrong, or who they should be or what they should be doing/achieving. Children form their sense of self based on how you as a parent relate to them and reflect them back.

Make a point of noticing special qualities that your child has - not qualities you want to see or cultivate, but the qualities that your child inherently has. For example, how creative, kind, caring, or observant they are. You may notice how they love to explore and try new things, how gentle they are with their other siblings or pets, how brave they were when they stepped out of their comfort zone and when they stood up for themselves in a difficult situation.

This helps your child or even adolescent see the truth of who they are, and it also helps provide balance when there are times you need to let them know a certain behavior wasn't so cool!

You can apply this to older children and in your adult friendships and relationships, too.

When a young baby or child has a low self-worth trauma, they also form core beliefs such as:

- I'm unworthy/not worthy
- I don't matter/my needs don't matter
- Not even my own mum/dad likes me
- There's something bad/wrong with me
- I'm less than others/not as good as others
- No one will ever like me or want to be my friend
- I'm not worthy of... being happy, having more, being chosen

Patterns are formed in response to each belief, such as:

- Expecting and accepting being treated poorly
- Not asking for or going after what they really want; they settle for less
- They put themselves down and let others do the same
- See themselves as not having value so accept the bare minimum
- Poor boundary function
- Disparaging self-talk
- Let others have the best while they'll be grateful for the crumbs

In an adult low self-worth looks like:

- They see themselves as less than others in some way; less valuable, less worthy, less likable, less deserving...
- Settling for less in friendships, relationships, and career
- Expecting and accepting poor treatment, disrespect, or abuse
- Accepting the crumbs or less than what they'd prefer
- Self-criticism and self-shaming
- Poor boundary function

Healing a Low Self-Worth Trauma

Like some of the other trauma themes, low self-worth is extremely prevalent throughout the human collective at this time, and we're being called to dissolve this trauma so that we may come Home to the Truth of who we are and to hold ourselves and others in reverence.

It is recommended that if you recognize yourself as having a low self-worth trauma, consider taking yourself through this process below several times, remembering that these beliefs and patterns have been reinforced many, many times over the years.

With each layer dissolved, you will begin to feel a tangible shift, and this will also be reflected in your relationships and outer world. When I say a tangible shift, you'll experience a reduction in emotional charge until there is no emotional charge left. So something that may have brought you to your knees before will have absolutely no effect on you whatsoever. You still recall the event, it's just that it doesn't carry any emotional charge any longer.

Healing Process for Low Self-Worth

Create a quiet space free from interruptions and distractions. Have a journal handy or pad and pencil, some tissues, and I always like to use an essential oil directly on my hands that I inhale, which signals to my subconscious mind that we're about to begin deep subconscious work - I do this in my private sessions too. Any pure essential oil is fine, provided you like the fragrance. You could also use a candle or some other item used specifically for this purpose.

Note: When it comes to connecting with your inner child, please follow the guide below and trust what comes up for you.

Some therapists suggest thinking of a photo of you as a child, *but I ask you not to do this*, as it limits your ability to be taken to the scene or age relevant to this particular theme of trauma. Instead, follow the guide below, and you'll be able to connect that way. Trust yourself, your Soul knows how to heal!

Set an intention of your own, or you may use or modify this:

"I intend to connect with and heal the inner children within me who feel unworthy, worthless, less than, and not valued. I do so with love, compassion, and unity for all concerned."

1. Recall a time **as an adult** where you've felt unworthy, less than, or that you've had to accept less because you weren't worthy of more.
2. Replay the event in your mind, recalling where you were, who else was involved, and what happened.

3. Notice the moment where you felt most activated in the scene.
4. Notice where in your body you feel the emotional charge.
5. Notice what physical sensations there are, i.e., tightness, hard to breathe, heaviness.
6. Notice what emotions are sitting in this part of your body - write them down.
7. Ask what other feelings or words are sitting in that part of your body - write them down.
8. Read those words back to yourself, example: *"I see the sadness, unworthiness, and defeat sitting inside you. I see you, and I love you."*
9. Then say: *"I ask to connect with the younger version of myself who is sitting in this part of my body, feeling name the emotions you were feeling."*
10. And imagine that you can connect with them. Imagine you can see them, feel them, or just know they're there.
11. Once you can imagine you're connecting with them, *you actually are connecting with them.*
12. Notice approximately how old they are.
13. Notice how they're feeling; what are their thoughts and emotions? They're likely to be slightly different than yours were. Write them down.

14. Imagine you're going into the scene to your younger version.

15. Wrap them up in a soft pink blanket - soft pink holds the frequency of unconditional love. Let your arms and body become a safe, secure, loving container for them.

16. Imagine looking them in their eyes - eye contact is super important, as it creates safety and connection.

17. Reflect back to them what they were feeling **using their exact words**, and give them the reassurances they need i.e.: "I see you're feeling _____, and I'm sorry that you've had to carry these feelings for so long. I want you to know that there is nothing at all unworthy about you/wrong with you, there never was. You are so incredibly worthy to me and to all those lucky enough to have you in their life. If someone isn't able to see your worth, they're not the right person to be in your life."

"I am your future self, I'm you all grown up, and I'm here to bring you home with me, where you belong and where I'll always be with you, loving you and holding you in reverence as the valuable and worthy being that you are."

"Going forward, I want you to notice when you're being treated as 'less than' or in a way that doesn't feel good to you, and I invite you to pause, remember your value, and to state how you wish to be treated. If that person is unable or unwilling to treat you in this way, your invitation is to see your own value and step away. You deserve to be treated with kindness and respect at a minimum in every interaction."

18. Ask if there's anything they wish to say or share with you and reflect their exact words back, giving them the reassurances they need.

19. Bring in luminous violet light, fill their whole body and energy field with violet light, as well as your own. Then place a white crystal in the part of the body where the emotional charge was. The crystal is encoded with healing that will adjust to suit the exact needs of your inner child. Allow the luminous white to fill their entire body and into their energy field.

20. Now do the same with yourself, placing the luminous white crystal on your body in the place where the emotional charge was, and allow the light to fill your whole body and energy field.

21. Now bring soft pink and gold into each of your bodies and fields - unconditional love and divinity.

22. Notice how your inner child is feeling now compared to earlier. Shrink them down and place them into your heart.

23. Let them know that "They are finally Home now, where they're loved, seen, heard, and taken care of. They can rest now, knowing that you'll always be here loving them, celebrating them, and holding them in reverence."

24. Notice how you're feeling. Take a moment to take a brief peek at the scenario you used initially, how do you feel now compared to before the process? Is there a reduction in emotional charge?

Jen Araya Peters

I would recommend repeating the same process with the same or different scenarios until there is no more emotional charge when you think of times where you've felt unworthy or less than. Once there's no emotional charge - you have successfully dissolved this trauma and are ready to move onto the next, well done!

Note: It's very common to feel extremely tired or even exhausted following deep inner child work, and this can come in waves or last for a few days. The inner child has not been able to adequately rest for decades in most cases. In dissolving this trauma for them, they're able to finally rest. And because You are the inner child, you just got bigger, you will feel their tiredness too!

Self Inquiry:

What came up for you during this healing?

Create a daily practice of noticing and reinforcing the things about yourself that you value.



Chapter Ten

Not Good Enough

The *not good enough wound* causes us to constantly feel like we're not good enough and nothing we ever do is good enough, either. Feeling "not enough" is a variation of this trauma and results in similar features.

Feeling not good enough is an extremely common inner child wound and causes us to self-abandon in order to prove that we're enough. We'll be inclined to overcompensate for our perceived "not enough-ness" by over-doing, over-giving, and over-functioning in a bid to finally be enough.

Constant comparison is a common feature, too, where you'll compare yourself to others and see yourself as; not as good, not as attractive, not as successful, not as funny, and the list goes on. Some may shut down completely and resist trying anything new or anything where they may be seen as "not good at," for this will serve to reinforce their belief.

In the workplace the not good enough trauma is easy to spot; look for someone who always goes above and beyond, does more than others and faster than others. High achievers and perfectionists often carry this trauma and patterning.

You're probably wondering if this is a bad thing. It's neither good nor bad, the issue is that the drive to perform is often unsustainable without it having a detrimental impact on us personally. It also requires us to self-abandon our own needs, and rather than being driven from a healthy, balanced place, this pattern is a trauma response. The inner child inside still feels not good enough, and they're driving your performance in a bid to prove they're enough. Yet no matter how hard you try, you never feel as though it's enough.

Once this trauma response is dissolved and healed, you'll take a more balanced approach to your performance in the workplace. You'll still perform extremely well, it's just that you won't have the urgency or overwhelming need to overdeliver propelling you forward. You'll perform well because you want to.

In relationships, the not good enough trauma causes us to stand on our head to prove we're enough. There's not a lot that we won't do or won't accept from our partner. We'll tolerate all sorts of toxicity to prove that while others may have walked away, we'll stay and love them harder, then maybe they'll choose us or love us back.

How a Not Good Enough Trauma Occurs

The not good enough trauma often occurs as a direct result of emotional abandonment, physical abandonment, or neglect. The child experiences the abandonment and forms a belief that it happened because they weren't good enough, if only they were better.

Another common way this trauma forms is when a parent is overly critical or narcissistic, constantly criticizing or correcting the child.

A controlling parent, even one who is very loving, can also cause a child to feel not good enough or that nothing they ever do is good enough. For example: constantly correcting a child or constantly showing them that things have to be done in a very specific way.

Of course, sometimes this is warranted, but the key word here is 'constantly' and not giving the child room to do things their own way and to make mistakes and discover they're still loved. This can also lead to some children shutting down and not wanting to try at all, which is also a feature of this trauma.

When a young child carries this trauma, they form core beliefs such as:

- I'm not good enough/not enough
- Nothing I ever do is good enough/enough
- They wouldn't have left if I was good enough
- There's something wrong or defective with me

Patterns are formed in response to each belief, such as:

- People-pleasing
- Poor boundary function
- Becoming a perfectionist
- Shutting down and not trying at all
- Carrying deep shame about being themselves
- Becoming a really good girl/good boy, trying to prove themselves

Coming Home

- Over functioning, over performing, over doing to try and “be enough”
- Trying to make up for or compensate for their perceived “not enough-ness”
- Letting others be mean to them

In an adult, a not good enough trauma looks like:

- Critical inner voice
- Self-abandonment or self-sacrifice
- Feeling like you’re never enough or never doing enough
- Over functioning, over doing, over performing, people-pleasing
- Tolerating toxicity and dysfunction in relationships and friendships
- Lack of boundaries for yourself to prevent you from overextending
- Doing whatever is required in relationships to prove you’re good enough
- Perfectionism and high performance - both prioritized above your own personal needs
- Overdoing exercise, dieting, building muscle, cosmetic surgery, enhancements, overly focused on appearance
- Comparing yourself with others and feeling inadequate or “not as good,” which often fuels the behaviors above
- Avoiding trying anything new or anything you’re not confident you’ll succeed in/fear of failure

Note to parents: Notice how you interact with your children, the tone of your voice when you're correcting your children or showing them how to do things. Aim to guide and empower rather than correct or criticize.

Create a practice of reflecting back to your children what they're doing well more often than what they're not doing well. Ensure you communicate to your children that you love them and are proud of them, regardless of how well they perform. Show them that your love is not attached to their appearance, performance, or achievements.

Healing Process for a Not Good Enough Trauma

Create a quiet space free from interruptions and distractions. Have a journal handy or pad and pencil, some tissues, and I always like to use an essential oil directly on my hands that I inhale, which signals to my subconscious mind that we're about to begin deep subconscious work - I do this in my private sessions too. Any pure essential oil is fine, provided you like the fragrance. You could also use a candle or some other item used specifically for this purpose.

Note: When it comes to connecting with your inner child, please follow the guide below and trust what comes up for you.

Some therapists suggest thinking of a photo of you as a child, but ***I ask you not to do this***, as it limits your ability to be taken to the scene or age relevant to this particular theme of trauma. Instead, follow the guide below and you'll be able to connect that way - trust yourself, your Soul knows how to heal!

Set an intention of your own, or you may use or modify this:

“I intend to connect with and heal the inner children within me who feel not good enough, not enough, or inadequate. I do so with love, compassion, and unity for all concerned.”

1. Recall a time **as an adult** where you've felt not good enough, not enough, or inadequate.
2. Replay the event in your mind, recalling where you were, who else was involved, and what happened.
3. Notice the moment where you felt most activated in the scene.
4. Notice where in your body you feel the emotional charge.
5. Notice what physical sensations there are, I,e tightness, hard to breathe, heaviness..
6. Notice what emotions are sitting in this part of your body - write them down.
7. Ask what other feelings or words are sitting in that part of your body - write them down.
8. Read those words back to yourself, example: *“I see the shame, sadness, and feelings of not being as good as the others' sitting inside you. I see you and I love you.”*
9. Then say: *“I ask to connect with the younger version of myself who is sitting in this part of my body, feeling name the emotions you were feeling.”*

10. And imagine that you can connect with them. Imagine you can see them, feel them, or just know they're there.

11. Once you can imagine you're connecting with them, *you actually are connecting* with them.

12. Notice approximately how old they are.

13. Notice how they're feeling, what are their thoughts and emotions. They're likely to be slightly different than yours were. Write them down.

14. Imagine you're going into the scene to your younger version.

15. Wrap them up in a soft pink blanket - soft pink holds the frequency of unconditional love. Let your arms and body become a safe, secure, loving container for them.

16. Imagine looking them in their eyes - eye contact is super important, as it creates safety and connection.

Reflect back to them what they were feeling **using their exact words**, and give them the reassurances they need, i.e.: "I see you're feeling _____. I'm sorry that you've had to carry these feelings for so long. I want you to know that you're so much more than you can see, you always have been and you always will be. The problem was that your mum or dad most likely had their own not good enough trauma, and they parented through their trauma, making you feel like you weren't good enough."

“I’m sorry there wasn’t someone there who was able to reflect your true, amazing self back to you. I am your future self, I’m you all grown up, and I’m here to bring you home with me where you belong and where I’ll always be with you, loving you, seeing you, and celebrating you in all of your forms.”

17. Ask if there’s anything they wish to say or share with you, and reflect their exact words back, giving them the reassurances they need.

18. Bring in luminous violet light, fill their whole body and energy field with violet light, as well as your own. Then place a white crystal in the part of the body where the emotional charge was. The crystal is encoded with healing that will adjust to suit the exact needs of your inner child. Allow the luminous white to fill their entire body and their energy field.

19. Now do the same with yourself, placing the luminous white crystal on your body in the place where the emotional charge was and allow the light to fill your whole body and energy field.

20. Now bring soft pink and gold into each of your bodies and fields - unconditional love and Divinity.

21. Notice how your inner child is feeling now compared to earlier. Shrink them down and place them into your heart.

Let them know that they are finally Home now, where they’re loved, seen, heard, and taken care of. They can rest now, knowing

that you'll always be here loving them, celebrating them, and holding them in reverence.

22. Notice how you're feeling. Take a moment to take a brief peek at the scenario you used initially. How do you feel now compared to before the process? Is there a reduction in emotional charge?

I would recommend repeating the same process - with the same or different scenarios - until there's no more emotional charge when you think of times where you've felt not good enough, not as good as others, or inadequate. Once there's no emotional charge, you have successfully dissolved this trauma and are ready to move onto the next, well done!

Note: It's common to feel extremely tired or even exhausted following deep inner child work, and this can come in waves or last for a few days. The inner child has not been able to adequately rest for decades in most cases. In dissolving this trauma for them, they're able to finally rest. And because You are the inner child, you just got bigger, you will feel their tiredness too!

Self Inquiry:

What came up for you during this healing?

What are the ways you may be unintentionally reinforcing beliefs of not being good enough?

What steps can you take to begin stepping out of these patterns?

Work on one pattern at a time.



Chapter Eleven

Rejection

A rejection trauma usually goes hand in hand with an emotional abandonment trauma. We experience an emotional or physical abandonment from a parent, and this can feel like a rejection depending upon the circumstances and how we process the event.

When we have a rejection trauma, we tend to reject aspects of ourselves that were rejected or deemed unacceptable growing up. We're often on high alert, looking for signals from others that we may be rejected. If we get the slightest hint we may be rejected, we'll usually reject them first. Or we'll withdraw or put a wall up and shut them out as we brace ourselves to be rejected.

Fear of rejection can also prevent us from putting ourselves out there in any capacity; career, friendships, relationships, and it also stops us from being vulnerable. A rejection trauma is closely linked to avoidant attachment patterning. We tend to want to keep people at arm's length and avoid deep or vulnerable connection. Subconsciously,

we'll have a fear that if we're truly seen, we may be rejected all over again, or something similar. Ultimately, the inner children within you are doing everything they can to make sure you don't get rejected again and go through the same pain you did the first time.

How a Rejection Trauma Occurs

A rejection trauma is a direct result of experiencing an emotional or physical disconnection or abandonment by a parent, or by being rejected by a parent. If a parent is dismissive or avoidant, this is likely to cause a rejection trauma in their children.

Even a parent projecting their anger onto their child or being overly harsh toward their child for something they've done can cause the child to feel rejected by the parent. And in the second example, it's likely to cause the child to split off a fragment of themselves that was deemed unacceptable by the parent, thus rejecting that aspect of themselves too. A child who is excluded or treated differently from their siblings or other children in the wider community is also likely to form a rejection wound.

Narcissistic parenting is highly likely to cause rejection trauma to their child, and a plethora of others. Bear in mind, a narcissistic parent has split off their entire personality as a result of the abuse and neglect they experienced in childhood. Therefore, they will parent through this trauma, often passing it on to their children in some form or another.

Note: Oftentimes, the things we reject about others are the same things that were rejected by our parents and that we too reject about ourselves. So, take notice of what you reject or judge harshly in others, this will give you a clue as to where your own inner children are still feeling rejected!

When a young child carries this trauma, they form core beliefs such as:

- There's something wrong with me or bad about me
- I have to hide the parts of me that are unacceptable
- Even my mum or dad doesn't like me
- Everyone rejects me

Patterns are formed in response to each belief, such as:

- Carrying deep shame
- Rejecting others before they get rejected
- On high alert looking for signs that you'll be rejected
- Being overly cautious about letting people get too close
- Hiding parts of yourself that you are afraid may be rejected

In an adult rejection, trauma looks like:

- Carrying shame
- Dismissive avoidant attachment
- History of ghosting or being ghosted
- A fear of being rejected or abandoned
- A theme of being rejected throughout life

- Guarded, doesn't let people in to see the real self
- On high alert, looking for signs you're going to be rejected
- Quick to reject others or put a wall up at the first sign you may be rejected
- Uncomfortable with being vulnerable or witnessing vulnerability in others

Note to parents: If you have a rejection trauma yourself, there's a high chance that you'll unconsciously and inadvertently pass this trauma to your child, making them feel rejected, too, unless this trauma is healed. Your invitation is to heal this trauma within yourself so that you can connect more deeply with yourself, which allows you to connect more deeply with your children and others.

Healing a Rejection Trauma

Create a quiet space free from interruptions and distractions. Have a journal handy or pad and pencil, some tissues, and I always like to use an essential oil directly on my hands that I inhale, which signals to my subconscious mind that we're about to begin deep subconscious work - I do this in my private sessions too. Any pure essential oil is fine, provided you like the fragrance. You could also use a candle or some other item used specifically for this purpose.

Note: When it comes to connecting with your inner child, please follow the guide below and trust what comes up for you.

Some therapists suggest thinking of a photo of you as a child, but ***I ask you not to do this***, as it limits your ability to be taken to the

scene or age relevant to this particular theme of trauma. Instead, follow the guide below, and you'll be able to connect that way. Trust yourself, your Soul knows how to heal!

Set an intention of your own, or you may use or modify this: "I intend to connect with and heal the inner children within me who have been rejected and are still hurting. I do so with love, compassion, and unity for all concerned."

1. Recall a time **as an adult** where you've felt rejected or had an overwhelming fear that you're going to be rejected.
2. Replay the event in your mind, recalling where you were, who else was involved, and what happened.
3. Notice the moment where you felt most activated in the scene.
4. Notice where in your body you feel the emotional charge.
5. Notice what physical sensations there are, i.e., contraction, tightness, heaviness.
6. Notice what emotions are sitting in this part of your body - write them down.
7. Ask what other feelings or words are sitting in that part of your body - write them down.
8. Read those words back to yourself, for example: *"I see the shame and feeling rejected and alone sitting inside you. I'm sorry you've had to carry this pain for so long. I see you and I love you."*

9. Then say: “I ask to connect with the younger version of myself who is sitting in this part of my body feeling name the emotions you were feeling.”

10. And imagine that you can connect with them. Imagine you can see them, feel them, or just know they’re there.

11. Once you can imagine you’re connecting with them, *you actually are connecting* with them.

12. Notice approximately how old they are.

13. Notice how they’re feeling, what are their thoughts and emotions. They’re likely to be slightly different than yours were. Write them down.

14. Imagine you’re going into the scene to your younger version.

15. Wrap them up in a soft pink blanket - soft pink holds the frequency of unconditional love. Let your arms and body become a safe, secure, loving container for them.

16. Imagine looking them in their eyes - eye contact is super important, as it creates safety and connection.

Reflect back to them what they were feeling **using their exact words**, and give them the reassurances they need, i.e.: “I see you’re feeling _____, and I’m sorry that you’ve had to carry these feelings for so long. I want you to know that it wasn’t

your fault that you were rejected. There is nothing wrong with you, there never was. This is not your wound to carry, it never was.”

“I am your future self, I’m you all grown up, and I’m here to bring you home with me, where you belong and where I’ll always be with you, loving you, seeing you, and celebrating you no matter how you show up.”

17. Ask if there’s anything they wish to say or share with you, and reflect their exact words back, giving them the reassurance they need.

18. Bring in luminous violet light, fill their whole body and energy field with violet light, as well as your own. Then place a white crystal in the part of the body where the emotional charge was. The crystal is encoded with healing that will adjust to suit the exact needs of your inner child. Allow the luminous white light to fill their entire body and go into their energy field.

19. Now do the same with yourself, placing the luminous white crystal in your body in the place where the emotional charge was, and allow the light to fill your whole body and energy field.

20. Now bring soft pink and gold into each of your bodies and fields - unconditional love and Divinity.

21. Notice how your inner child is feeling now compared to earlier. Shrink them down and place them into your heart.

22. Let them know that they are finally Home now, where they’re loved, seen, heard, and taken care of. It is safe for them to let people

in and to be fully seen and loved. They can rest now knowing that you'll always be here loving them, walking beside them so they never feel rejected or alone again.

23. Notice how you're feeling. Take a moment to take a brief peek at the scenario you used initially, how do you feel now compared to before the process? Is there a reduction in emotional charge?

I would recommend repeating the same process - with the same or different scenarios - until there is no more emotional charge when you think of times where you've felt rejected. You have successfully dissolved this trauma and are ready to move onto the next, well done!

Note: It's common to feel extremely tired or even exhausted following deep inner child work, and this can come in waves or last for a few days. The inner child has not been able to adequately rest for decades in most cases. In dissolving this trauma for them, they're able to finally rest. And because You are the inner child, you just got bigger, you will feel their tiredness too!

Self Inquiry:

What came up for you during this healing?

Where may you be unintentionally rejecting yourself? What changes need to be made to accept this part of you?

Practice connecting with your inner child daily. Talk with them, notice how they feel and give them the love and reassurances they need. Fill them with soft pink and gold light.



Chapter Twelve

Chronically Lonely

Chronic loneliness is extremely common and can occur in the most loving families. Chronic loneliness is slightly different from an abandonment trauma in that it comes about as a result of experiencing a void where we're not truly seen, heard, or understood for who we are. Our parents or others never "got" us. We may have had loving, supportive, and physically present parents, yet they may not have seen or understood who we truly are underneath. Instead they may have seen us the way they wanted to or only seen and understood parts of us.

This is a subtle yet impactful form of emotional neglect and often causes the child to only present a version of themselves that their parent sees, accepts, and approves of. In the meantime, the parts of you that didn't fit into this acceptable version of you are split off or rejected. These parts of you still exist and are the inner children who sit deep within your subconscious mind, feeling chronically lonely - this is why you feel chronically lonely.

When a young child carries this trauma, they form core beliefs such as:

- I'm lonely
- I don't belong
- Nobody gets me
- Nobody cares enough to try and understand me
- Nobody really sees me, hears me, or understands me

Patterns are formed in response to each belief, such as:

- Loneliness and sadness
- A lot of self-talk and conversations in our mind
- Daydreaming, huge imagination, may even live in an imaginary world
- May over attach when given attention or become easily infatuated with people who show us attention
- Feels like we're on the periphery of life and friendships are easily replaceable

In an adult, chronically lonely trauma looks like:

- Feeling a deep lingering loneliness and sadness, even when we're with others
- Constantly having conversations in our mind
- Choosing partners who don't truly see all of us
- Oversharing of ourselves and information about ourselves
- Feeling like there is a big part of you that others can't see
- Becoming easily infatuated with those who show an interest
- Feeling like you can be easily replaced in your friendship groups

- Tendency to chase affection or over attach to those who show us affection

Note to parents: Create space to really see your child as they truly are rather than through the lens we want to see them as and reflect them back to them. For example: "You always seem so happy when you're making things, dancing, or exploring outside" or "I love how caring you are when you say good night to each of your toys at night time, I'm sure they like that too."

Also, notice what words your child uses to describe how they feel or see the world, and use those same words when you respond. This helps your child feel seen, heard, and understood!

To deepen your connection with other adults, you can apply the same techniques and see how your connection deepens.

Healing a Chronically Lonely Inner Child Trauma

Create a quiet space free from interruptions and distractions. Have a journal handy or pad and pencil, some tissues, and I always like to use an essential oil directly on my hands that I inhale, which signals to my subconscious mind that we're about to begin deep subconscious work - I do this in my private sessions too. Any pure essential oil is fine, provided you like the fragrance. You could also use a candle or some other item used specifically for this purpose.

Note: When it comes to connecting with your inner child, please follow the guide below and trust what comes up for you.

Some therapists suggest thinking of a photo of you as a child, but ***I ask you not to do this***, as it limits your ability to be taken to the scene or age relevant to this particular theme of trauma. Instead, follow the guide below, and you'll be able to connect that way. Trust yourself, your Soul knows how to heal.

Set an intention of your own, or you may use or modify this: "*I intend to connect with and heal the inner children within me who feel lonely, unseen, and not understood. I do so with love, compassion, and unity for all concerned.*"

1. Recall a time **as an adult** where you've felt deeply lonely and unseen.
2. Replay the event in your mind, recalling where you were, who else was involved, and what happened.
3. Notice the moment where you felt most activated in the scene.
4. Notice where in your body you feel the emotional charge.
5. Notice what physical sensations there are, i.e., contraction, tightness, heaviness.
6. Notice what emotions are sitting in this part of your body - write them down.
7. Ask what other feelings or words are sitting in that part of your body - write them down.

8. Read those words back to yourself, for example: *“I see your loneliness, sadness, and feelings of being alone, and I’m sorry you’ve felt like this for so long. I see you and I love you.”*

9. Then say: *“I ask to connect with the younger version of myself who is sitting in this part of my body, feeling (name the emotions you were feeling).”*

10. And imagine that you can connect with them. Imagine you can see them, feel them, or just know they’re there.

11. Once you can imagine you’re connecting with them, *you actually are connecting* with them.

12. Notice approximately how old they are.

13. Notice how they’re feeling, what are their thoughts and emotions? They’re likely to be slightly different than yours were. Write them down.

14. Imagine you’re going into the scene to your younger version.

15. Wrap them up in a soft pink blanket - soft pink holds the frequency of unconditional love. Let your arms and body become a safe, secure, loving container for them.

16. Imagine looking them in their eyes - eye contact is super important, as it creates safety and connection.

17. Reflect back to them what they were feeling **using their exact words**, and give them the reassurances they need, i.e.:

“I see you’re feeling _____. I’m sorry that you’ve had to carry these feelings for so long. I want you to know that I see you, I understand you, and I love you. I’m so sorry that no one else took the time to get to really know you, because the more of you I see, the more I love you.”

“I am your future self, I’m you all grown up, and I’m here to bring you home with me, where you belong and where I’ll always be with you, seeing you, understanding you, and loving you. There is so much about you to love, I’m so proud to be you.”

18. Ask if there’s anything they wish to say or share with you, and reflect their exact words back, giving them the reassurance they need.

19. Bring in luminous violet light, fill their whole body and energy field with violet light, as well as your own. Then place a white crystal in the part of the body where the emotional charge was. The crystal is encoded with healing that will adjust to suit the exact needs of your inner child. Allow the luminous white light to fill their entire body and into their energy field.

20. Now do the same with yourself, placing the luminous white crystal in your body in the place where the emotional charge was, and allow the light to fill your whole body and energy field.

21. Now bring soft pink and gold light into each of your bodies and fields - unconditional love and Divinity.

22. Notice how your inner child is feeling now compared to earlier. Shrink them down and place them into your heart.

23. Let them know that they are finally Home now, where they're seen, understood, loved, and taken care of. They can rest now knowing that you'll always be here seeing them, understanding them, and loving them. It's time to release the loneliness and allow yourself to be seen, celebrated, and loved.

24. Notice how you're feeling. Take a moment to take a brief peek at the scenario you used initially, how do you feel now compared to before the process? Is there a reduction in emotional charge?

I would recommend repeating the same process - with the same or different scenarios - until there is no more emotional charge when you think of times where you've felt lonely. Once there's no emotional charge, you have successfully dissolved this trauma and are ready to move onto the next, well done!

Note: It's common to feel extremely tired or even exhausted following deep inner child work, and this can come in waves or last for a few days. The inner child has not been able to adequately rest for decades in most cases. In dissolving this trauma for them, they're able to finally rest. And because You are the inner child, you just got bigger, you will feel their tiredness too!

Self Inquiry:

What came up for you during this healing?

Create space each day to connect with your lonely inner child. See them, feel them, talk with them and reflect their words back to them. Fill your inner child with soft pink and gold light, notice how they and you feel after.



Chapter Thirteen

Self-Abandonment

This is a large section because there are multiple threads that sit under the umbrella of self-abandonment, and to dissolve this fully, we need to address these patterns in more depth.

Self-abandonment is where we abandon or deprioritize ourselves, our feelings, or our needs in order to have our needs met by someone else, such as being seen, accepted, loved, or validated in some way. Self-abandonment stems from an unhealed abandonment trauma and is a major feature of codependency.

Self-abandonment has often been seen and celebrated in society as being virtuous and is therefore encouraged. As children we're taught to self-abandon and de-prioritize our own needs right from the beginning. We're taught to please people or to put others' needs and wants before our own. We're often made to do things because it's the "nice" thing to do, regardless of how it makes us feel or whether we actually want to do these things or not. Our needs or feelings are secondary.

There are multiple ways we self-abandon. In adults, this looks like codependency and constantly putting others' needs before your own, including tolerating toxicity from friends, family, partners, and the workplace, often leading to feeling used, resentment, exhaustion, or burnout. Self-abandonment is a magnet for those who have no qualms exploiting this core wound - usually unconsciously, although not always.

The invitation for those who self-abandon is to learn how to place boundaries for yourself to stop you from self-abandoning as well as to stop others from overstepping and having access to you 24/7.

Setting and holding boundaries with others can be incredibly challenging, especially for those who struggle with self-abandonment. Consider, for example, someone who tends to people-please as a means of feeling or seeking validation, if they begin to put up boundaries and say no, they're likely to upset people, which is exactly what their people-pleasing is designed to avoid. Therefore, until such time as their patterning around people-pleasing (self-abandoning) is dissolved, they'll find putting up meaningful boundaries difficult.

If boundaries are new to you, perhaps start with boundaries for yourself geared toward stopping you from self-abandoning first, then begin introducing boundaries for others. Take a peek at the guide within the chapter on boundaries, chapter 18, for guidance.

Codependency is a collection of multiple self-abandoning patterns where we neglect ourselves and our own needs in order to gain approval, love, safety, validation, or self-identity through another. At the time of writing this, a large proportion of society was raised to be codependent. I believe we're beginning to see a shift here at a collective level, although this will take intentional work and conscious parenting across several generations.

Note: It's important to note that putting your own needs or feelings first does not make you selfish, it's actually an act of self-love and honoring yourself. Of course, there are times where it is appropriate to put others' needs before your own, but not when it's detrimental to you in any way or when this is happening on a regular basis.

As a parent, of course our children's needs are extremely important - and so are yours. In order for us to be the parent we most want to be, we also need to feel supported and have our needs fulfilled. Otherwise, we're strung out and parenting from a place of exhaustion and deficit, which is no good for anyone.

My suggestion is to make sure your children's needs are met whilst also carving out space each day to ensure that your needs are met too. This is a great way of teaching your children that mums and dads have needs too, teaching them about how to set boundaries and also how to respect other people's boundaries.

How a Self-Abandonment Trauma is Formed

Self-abandonment is directly related to an unresolved abandonment or neglect wound where we did not get our needs met. In response to not having our needs met, we began to find ways to get them met, such as in the example above.

We may have grown up in an enmeshed family system where boundaries were non-existent, or where we had a codependent parent role modeling self-abandonment and a narcissistic parent overstepping boundaries. In this scenario, children adapt by either abandoning their own needs to cater to the narcissistic parents' needs, like the

codependent parent does, or they take on the narcissistic traits as a way of keeping themselves safe, or they will take on both.

As mentioned in the previous section, being “selfless” and abandoning your own needs in order to look a certain way or be perceived in a particular light is seen as virtuous and is strongly encouraged from a very young age. You’ll often see children being reprimanded and shamed when they do voice their needs or say no and are then forced to go against what feels right for them.

Another area that isn’t often talked about is that as young children, we’re highly attuned to our own inner guidance system. However, we’ll often experience parents or adults telling us that what we feel is wrong or that we should feel something different, so we learn to abandon our own inner guidance and feelings in order to be accepted and belong.

Typical core beliefs that cause a young child to self-abandon include:

- I have to _____ to be loved or accepted
- I’m only loved when I _____
- My needs aren’t as important as everyone else’s
- I’ll be left on my own if I don’t do _____
- I have to do what I’m told
- I have to be a good boy or good girl or love gets taken away

Self-abandoning patterns look like:

- People-pleasing
- Over functioning
- Walking on eggshells
- Letting other kids dominate them

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- Caretaking siblings and or parents
- Putting the needs of everyone else before their own
- Not speaking their truth and instead going along with what's expected
- Anticipating what's wanted from them and doing it before they're asked
- Performing or being what is expected of them rather than what feels aligned

In an adult, self-abandonment looks like:

- Codependency
- People-pleasing
- Over functioning
- Proving ourselves
- Poor boundary function
- Keeping quiet to keep the peace
- Going with the flow to avoid conflict
- Caretaking others and not ourselves
- Tolerating toxicity in relationships or friendships
- Chasing love and becoming what they want you to be
- Pouring yourself into someone in the hope of getting what you want from them
- Giving multiple chances to those who keep hurting you in the hope they'll change

Note to parents: If you're prone to self-abandoning, now is a good time to dissolve those patterns so they're not passed onto your children. There are of course times where our children need to do things they don't want to do. However, there are many times where

we put pressure on children to abandon or ignore their feelings or needs to suit our own agenda or because we feel uncomfortable if they don't.

Begin observing the times where your child doesn't want to do something, like play with a particular child, and rather than forcing them to or telling them not to be silly, instead respect their choice. There are people we as adults don't particularly get along with either, kids are no different. This is a great opportunity to teach them that it's okay for them not to want to play but at the same time how to still be respectful and kind with their choice.

Notice when children are always giving and putting other children ahead of themselves or going along with things that they don't really enjoy doing. Whilst these patterns may make us look good as a parent and make our job easier, they often come from a belief that they have to do these things to be liked or accepted.

Teach your children to notice how their tummy feels when they do these things, is it happy or is it sad? Does it feel good or not so good? And teach them to say yes according to their inner guidance and how to say no with grace and compassion. The best way to teach this is to role model these behaviors.

Determining How You Personally Self-Abandon

Because there are multiple ways that we self-abandon, it's recommended that you take some time to identify the key ways in which you personally self-abandon and then take yourself through the process for each.

You can also read through the list above and feel into what triggers or resonates with you, signaling that you have a similar pattern within yourself.

You may use this prompt to help you identify self-abandoning patterns, or you can also ask a trusted friend. I say friend rather than partner or family member, as they're likely to be invested and entangled in your self-abandonment in some way or another, so they may not see it from a balanced and objective view, whereas someone slightly removed most likely will.

To identify where you self-abandon, ask yourself these questions and see what pops up first. Don't overthink it, whatever comes up is likely to be the patterns you tend to play out unconsciously.

1. When I want to be liked or make a good impression, I usually _____.
2. When I'm in relationships, I usually take on the role of _____.
3. When someone I care about is upset with me, I tend to _____.
4. If it looks like someone is going to leave me or pull away, I _____.
5. When I have a different perspective from others, I'll _____.

Process to Dissolve the Need to Self-Abandon

Because this trauma ultimately comes from an unresolved abandonment trauma within yourself, it's recommended that you address each pattern you personally have identified above as well as healing your original emotional abandonment trauma, you'll find this in the Emotional Abandonment chapter.

Create a quiet space free from interruptions and distractions. Have a journal handy or pad and pencil, some tissues, and I always like to use an essential oil directly on my hands that I inhale, which signals to my subconscious mind that we're about to begin deep subconscious work—I do this in my private sessions too. Any pure essential oil is fine, provided you like the fragrance. You could also use a candle or some other item used specifically for this purpose.

Note: When it comes to connecting with your inner child, please follow the guide below, and trust what comes up for you.

Some therapists suggest thinking of a photo of you as a child, but ***I ask you not to do this***, as it limits your ability to be taken to the scene or age relevant to this particular theme of trauma. Instead, follow the guide below, and you'll be able to connect that way. Trust yourself, your Soul knows how to heal!

Set an intention of your own, or you may use or modify this: *"I intend to connect with and heal the inner children within me who abandon their own needs, feelings, and selves. I do so with love, compassion, and unity for all concerned."*

Process for Dissolving the Need to Self-Abandon - we'll use "saying yes when you really want to say no" as an example.

1. Recall a time **as an adult** when you've really wanted to say no but you just couldn't and instead said "yes" and went along with something you really didn't want to.
2. Replay the event in your mind, recalling where you were, who else was involved, and what happened.
3. Notice the moment where you felt most activated in the scene.
4. Notice where in your body you feel the emotional charge.
5. Notice what physical sensations there are, i.e. contraction, tightness, heaviness.
6. Notice what emotions are sitting in this part of your body - write them down.
7. Ask what other feelings or words are sitting in that part of your body - write them down.
8. Read those words back to yourself, for example: *"I see your anxiety and panic at the idea of saying no, and I'm sorry that you've struggled with this for so long. I see you, and I love you."*
9. Then say: *"I ask to connect with the younger version of myself who is sitting in this part of my body, feeling name the emotions you were feeling."*
10. And imagine that you can connect with them. Imagine you can see them, feel them, or just know they're there.

11. Once you can imagine you're connecting with them, *you actually are connecting* with them.

12. Notice approximately how old they are.

13. Notice how they're feeling, what are their thoughts and emotions. They're likely to be slightly different than yours were. Write them down.

14. Imagine you're going into the scene to your younger version.

15. Wrap them up in a soft pink blanket - soft pink holds the frequency of unconditional love. Let your arms and body become a safe, secure, loving container for them.

16. Imagine looking them in their eyes - eye contact is super important, as it creates safety and connection.

Reflect back to them what they were feeling **using their exact words**, and give them the reassurance they need, i.e.: "I see you're feeling _____. I'm sorry that you've felt this way and carried these feelings for so long. I want you to know that I'm here now to love and take care of you so you don't have to feel like that again."

"I am your future self, I'm you all grown up, and I'm here to bring you home with me, where you belong and where I can create a safe and secure container around you. I'll be here, loving you and making sure your needs are met and advocating for you so you don't have to be afraid of saying no anymore."

17. Ask if there's anything they wish to say or share with you, and reflect their exact words back, giving them the reassurance they need.

18. Bring in luminous violet light, fill their whole body and energy field with violet light, as well as your own. Then place a white crystal in the part of the body where the emotional charge was. The crystal is encoded with healing that will adjust to suit the exact needs of your inner child. Allow the luminous white to fill their entire body and into their energy field.

19. Now do the same with yourself, placing the luminous white crystal in your body in the place where the emotional charge was and allow the light to fill your whole body and energy field.

20. Now bring soft pink and gold into each of your bodies and fields - unconditional love and Divinity.

21. Notice how your inner child is feeling now compared to earlier. Shrink them down and place them into your heart.

22. Let them know that they are finally Home now, where they're safe, secure, loved, and where it's safe to allow others to get close to them and to love them too. You'll be there for them, making sure all of their needs are met and their feelings validated. It's time for them to rest.

23. Notice how you're feeling. Take a moment to take a brief peek at the scenario you used initially, how do you feel now compared to before the process? Is there a reduction in emotional charge?

I would recommend repeating the same process - with the same or different scenarios - until there is no more emotional charge when you think of times where you've self-abandoned, in the same way you addressed in the above process. Once there's no emotional charge, you have successfully dissolved this trauma and are ready to move onto the next, well done!

Note: It's common to feel extremely tired or even exhausted following deep inner child work, and this can come in waves or last for a few days. The inner child has not been able to adequately rest for decades in most cases. In dissolving this trauma for them, they're able to finally rest. And because You are the inner child, you just got bigger, you will feel their tiredness too!

Self Inquiry:

What are the ways you self-abandon now as an adult?

What boundaries can you put in place to stop yourself from self-abandoning?



Chapter Fourteen

Unloved or Unlovable

Feeling unloved or unlovable as a child is deeply impactful on our whole life. This inner child wound prevents us from loving ourselves, which in turn prevents us from truly loving another. We can't give love to another if we don't have love for ourselves - we can't give what we don't have. Nor are we able to fully receive love, either, because we have a core belief telling us we're unlovable, and therefore we don't believe it or receive it.

We also tend to be drawn toward friendships and relationships where they're not capable of loving us, either, because they too carry a version of this trauma. This of course reinforces our belief that we're unloved, unlovable, or a similar version of this belief.

How this Trauma is Formed

The unloved, unloveable inner child trauma is often formed as a result of a parent not being able to emotionally connect with their baby or young child or rejecting them in some way.

The baby or young child feels the disconnection or rejection and takes the disconnection on as being *because of them* and *because they're not lovable*. This is where many other beliefs often form, too, for example: If I was more like my sister, then they'd love me; There must be something really wrong with me; I'm ugly; If I'm a really good boy/girl then maybe they'll love me. These beliefs generate deep shame that can last a lifetime.

Narcissistic, abusive, or overly critical parenting styles will also cause a child to believe they're unloved and unlovable as a result of the emotionally and often physically abusive nature of these parenting approaches. Also, in cases of narcissistic parenting, they'll usually play the children off against each other as well as have one child as the scapegoat. They'll emotionally pummel the scapegoat child whilst showering the golden child with what seems like love, affection, and lenience that isn't afforded to them. This dynamic reinforces that the scapegoat child's believe that there must be something inherently wrong and unlovable with them specifically.

If a parent is carrying their own unresolved trauma around, being unloved or unlovable, it's highly likely their child will also form the same trauma. Remembering that even as a parent, if we don't have love for ourselves, we have a deficit of love; therefore, we're unable to give love in its purest form to our child. We can go through the motions and say and do the right things, but energetically, the absence of love will be felt and internalized by the child.

When I'm facilitating healings for this trauma, we'll often look at the parent energetically so the inner child can see for themselves that their parent simply wasn't capable of giving love - it was never about the child.

We'll inevitably see a lot of heavy, grey energy in and around the chest of the parent, or their chest will be hard as stone, or sometimes there will be a lot of fiery anger there. It becomes instantly clear to the inner child that the reason they didn't receive love was indeed because it was simply not possible for the parent to give love, as it wasn't there to give. This brings a lot of inner peace to the inner child.

When an unloved or unlovable trauma occurs in a young child, the following core beliefs are often formed:

- I'm not loved
- I'm unlovable
- Nobody will ever love me
- I'm not worthy of being loved
- My parents don't love me
- There's something inherently wrong or bad or defective about me

The following patterns are formed in response to each belief:

- Shame
- Lack of boundaries
- Fixates on perceived flaws
- Carries deep shame about being them
- People-pleasing and self-abandoning behaviors
- Expects and accepts to be treated poorly or as less than

In an adult, an unloved or unlovable trauma looks like:

- Carrying deep shame
- Inability to love oneself
- Low self-worth
- Will criticize and belittle themselves and allow others to do the same
- Self-harm, including eating disorders or extreme dieting and exercise
- Acceptance of our beliefs, therefore we allow others to treat us poorly as a result
- Is drawn to relationships with others who don't love themselves and are not capable of loving them
- Tolerates toxic or unhealthy friendships and relationships

Note to parents: This is an invitation for you to heal your own trauma around being lovable so that you can fully love your precious children. Telling them isn't enough, they feel and absorb the energy and know whether they're truly loved or not.

Also, role model and teach your children what self-love looks like, including ensuring those closest to you also treat you in a loving and kind way. How you practice love with yourself or partner is teaching your children what love should look and feel like as an adult.

Finally, consider having a pet so that your child can experience truly loving something and having them love the child back. The truth is that whilst many speak of unconditional love, what we actually experience

is often very conditional. Whereas when it comes to animals, love can be very pure.

Healing an Unloved or Unlovable Inner Child Trauma

Create a quiet space free from interruptions and distractions. Have a journal handy or pad and pencil, some tissues, and I always like to use an essential oil directly on my hands that I inhale, which signals to my subconscious mind that we're about to begin deep subconscious work - I do this in my private sessions too. Any pure essential oil is fine, provided you like the fragrance. You could also use a candle or some other item used specifically for this purpose.

Note: When it comes to connecting with your inner child, please follow the guide below, and trust what comes up for you.

Some therapists suggest thinking of a photo of you as a child, but *I ask you not to do this*, as it limits your ability to be taken to the scene or age relevant to this particular theme of trauma. Instead, follow the guide below, and you'll be able to connect that way. Trust yourself, your Soul knows how to heal!

Set an intention of your own, or you may use or modify this: *"I intend to connect with and heal the inner children within me who feel unloved, unlovable, and unworthy of being loved. I do so with love, compassion, and unity for all concerned."*

1. Recall a time **as an adult** where you've felt unloved, unlovable, or afraid that you won't be loved.
2. Replay the event in your mind, recalling where you were, who else was involved, and what happened.

3. Notice the moment where you felt most activated in the scene.
4. Notice where in your body you feel the emotional charge.
5. Notice what physical sensations there are, i.e., contraction, tightness, heaviness.
6. Notice what emotions are sitting in this part of your body - write them down.
7. Ask what other feelings or words are sitting in that part of your body - write them down.
8. Read those words back to yourself, for example: *"I see your sadness, shame, and feeling unworthy of being loved, and I'm sorry you've carried these feelings for so long. I see you, and I love you."*
9. Then say: *"I ask to connect with the younger version of myself who is sitting in this part of my body, feeling (name the emotions you were feeling)."*
10. And imagine that you can connect with them. Imagine you can see them, feel them, or just know they're there.
11. Once you can imagine you're connecting with them, *you actually are connecting* with them.
12. Notice approximately how old they are.

13. Notice how they're feeling, what are their thoughts and emotions. They're likely to be slightly different than yours were. Write them down.

14. Imagine you're going into the scene to your younger version.

15. Wrap them up in a soft pink blanket - soft pink holds the frequency of unconditional love. Let your arms and body become a safe, secure, loving container for them.

16. Imagine looking them in their eyes - eye contact is super important, as it creates safety and connection.

Reflect back to them what they were feeling **using their exact words**, and give them the reassurances they need, i.e.: "I see you're feeling _____. I'm sorry that you've had to carry these feelings for so long. I want you to know that I see you and I love you. It was not your fault that you felt unloved as a child, it was not *because* of you."

"One or both of your parents most likely carried their own trauma around love which prevented them from truly loving themselves. If they weren't able to truly love themselves, they wouldn't have been able to fully love anyone else either, even if they really wanted to. This was a reflection of their own childhood trauma, it was not a reflection of you."

17. Take a moment to imagine the parent in particular who you didn't feel love from. Notice their chest area, what colors and

feelings are sitting there? Does it look or feel like love can flow easily in or out of their chest area?

Allow your little one to observe this, too, so they can see that not being loved was never a reflection of them, before returning to this process.

“I am your future self, I’m you all grown up, and I’m here to bring you home with me, where you belong and where I’ll always be with you, loving you, nurturing you, celebrating you, and keeping you safe. I am so proud to be you.”

18. Ask if there’s anything they wish to say or share with you, and reflect their exact words back, giving them the reassurance they need.

19. Bring in luminous violet light, fill their whole body and energy field with violet light, as well as your own. Then place a white crystal in the part of the body where the emotional charge was. The crystal is encoded with healing that will adjust to suit the exact needs of your inner child. Allow the luminous white light to fill their entire body and their energy field.

20. Now do the same with yourself, placing the luminous white crystal in your body in the place where the emotional charge was, and allow the light to fill your whole body and energy field.

21. Now bring soft pink and gold into each of your bodies and fields - unconditional love and Divinity.

22. Notice how your inner child is feeling now compared to earlier. Shrink them down and place them into your heart.

23. Let them know that “They are finally Home now, where they’re seen, understood, loved, and taken care of. They can rest now knowing that you’ll always be here seeing them, understanding them, and loving them. It’s time to release the loneliness, it’s no longer yours to carry.”

24. Notice how you’re feeling. Take a moment to take a brief peek at the scenario you used initially, how do you feel now compared to before the process? Is there a reduction in emotional charge?

I would recommend repeating the same process - with the same or different scenarios - until there is no more emotional charge when you think of times where you’ve felt unloved or unlovable. Once there’s no emotional charge, you have successfully dissolved this trauma and are ready to move onto the next, well done!

Note: It’s common to feel extremely tired or even exhausted following deep inner child work, and this can come in waves or last for a few days. The inner child has not been able to adequately rest for decades in most cases. In dissolving this trauma for them, they’re able to finally rest. And because You are the inner child, you just got bigger, you will feel their tiredness too!

Self Inquiry:

What came up for you during this healing?

What are some of the ways you may be unintentionally reinforcing old patterns of not being loved or loveable?

What changes need to be made in order to be more loving toward yourself?



Chapter Fifteen

Shame

Shame is a tremendously impactful wound to carry. Shame is directly related to addiction, suicide, bullying, eating disorders, tolerating deeply toxic relationships, and more. Shame is that voice inside that tells us: “I’m unlovable, I’m bad, we’re rotten, I’m inherently flawed, there’s something repulsive or horribly wrong about me.”

And if we manage to get past these debilitating thoughts, the voice will mock us: “Who do you think you are?” You’re not good enough for_____. Look at you, no one will ever love you.”

You can see why shame results in deeply dysfunctional and debilitating behaviors and beliefs as well as the deep desire to escape or numb them with alcohol or substances.

Shame is slightly different from guilt in that shame is focused upon the self, while guilt is focused toward behavior. The thing with shame is that it knows exactly where your deepest vulnerabilities are, and it will strike exactly where it needs to in order to bring you to your knees.

And because we see ourselves and the world around us through our wounded lenses, not only do we fully and completely believe what shame tells us, but we also believe that everyone else can see our shame, too. This often stops us from ever venturing too far, because we don't want to be seen - to be seen opens us up for others to see our shame. So it's safer to fly beneath the radar, not drawing any attention to ourselves or keeping people at a distance through other dysfunctional behaviors.

In terms of relationships, we will draw to us partners who also carry deep shame, ultimately mirroring back the very things we've tried so hard to hide and escape and reminding us that indeed, others see our shameful truth, too.

How this Trauma is Formed

Shame is the result of feeling unlovable, unworthy, flawed, not good enough, or inherently wrong or bad in some way. Shame can also be formed as a result of being shamed by a parent, siblings, peers, or even teachers, where your vulnerabilities are mocked or used to criticize or put you down in some way. I see this a lot in family systems where there is a narcissistic parent or a parent who is constantly criticizing or correcting their children.

Some religions also use shame and fear to ensure their followers obey or are kept in a perpetual state of shame by feeling "less than" simply because they're human and they do human things.

Those who carry shame themselves tend to shame others or their own children easily and often, passing their shame on from one generation to the next. You see this a lot with sports coaches, teachers, or parents watching their children playing sports, calling from the sidelines. I know of an instance where a child missed the goal and their father walked away in disgust - leaving his son to process the shame of

letting both his team down and being disowned in front of both teams and parents. Some thirty years later, the shame of his father disowning him is still firmly etched in his mind, and the little boy within him is still trying to seek his father's approval.

When a child isn't able to live up to the standards or expectations of a parent or themselves, they'll usually internalize this as a failure, reinforcing their dysfunctional beliefs that they aren't good enough and deepening their shame.

If a mother carried shame while pregnant, as is often the case with very young mothers who put their babies up for adoption, the baby will typically absorb their biological mother's shame and make it about them. They'll carry this shame forward for life, never really understanding consciously where it comes from, until such time as it's intentionally dissolved.

Shame takes on a life of its own and when others aren't shaming us, we're often shaming ourselves internally with our thoughts and dialogue and through our patterns. You see this a lot in the gym - many are working out from a place of shame. People often see themselves as not big enough, not small enough, not fit enough, not desirable enough. When we engage in dysfunctional eating patterns too or even "dieting" is often driven from shame. Those who struggle with some form of mental health disorder or even social anxiety also tend to carry deep shame and judgment about themselves.

When a young child carries shame they'll usually have formed core beliefs such as:

- I'm bad
- I'm unworthy

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- I'm unloveable
- I'm not good enough
- I'm rotten or repulsive
- I'm inherently defective or wrong

Patterns are formed in response to each belief such as:

- Avoids eye contact
- Being very secretive
- Being bullied or becoming the bully or both
- May begin lying to avoid their shame being seen
- Harsh judgment of themselves, saying things like "I'm dumb or I'm stupid"
- Low self-esteem - will let others be mean to them and will be self-deprecating
- They may hunch their shoulders and tend to hang their head rather than stand "proud"

In an adult shame trauma looks like:

- Addiction (including to diet and exercise)
- Low self-worth
- Self-deprecation
- Over exercising
- Eating disorders
- Low self-esteem
- Bullying or belittling others
- Tolerating toxic behavior or relationships
- Secretive - not openly sharing about oneself

- May lie to avoid their shame from being seen by others
- Avoids eye contact, tends to hunch shoulders rather than standing “tall and proud”
- Cosmetic procedures or surgery - in the cases where the choice is driven from “not being enough” or similar

Note to parents: If you have struggled with shame in the past or present, it's important to dissolve your shame so that it's not unconsciously passed on to your children.

Parenting with empathy and creating an environment where it's safe for us as adults and our children to be vulnerable without judgment or shaming is absolutely key.

Make it safe for your child to be open and honest with you about how they're feeling or about something they may have done without fear of being judged or criticized. When our children need to be corrected, focus on their behavior or what was done rather than making it about them personally. And aim to support change - what do I need to do as a parent to support my child in this area? Empower your child with other ways of behaving or approaching things rather than simply reprimanding them for something they've done.

If we can't master this as parents our children lose trust in us and often shut down or begin to lie or project their shame in other dysfunctional ways such as bullying others. If you can master this when your children are young, you lay the groundwork for a much deeper and healthier relationship going forward. This really pays off when your children are teens and in their future relationships.

Process to Dissolve Shame

Create a quiet space free from interruptions and distractions. Have a journal handy or pad and pencil, some tissues and I always like to use an essential oil directly on my hands that I inhale which signals to my subconscious mind that we're about to begin deep subconscious work - I do this in my private sessions too. Any pure essential oil is fine, provided you like the fragrance. You could also use a candle or some other item used specifically for this purpose.

Note: When it comes to connecting with your inner child - please follow the guide below and trust what comes up for you.

Some therapists suggest thinking of a photo of you as a child - ***I ask you not to do this*** as it limits your ability to be taken to the scene or age relevant to this particular theme of trauma. Instead, follow the guide below and you'll be able to connect that way - trust yourself, your Soul knows how to heal!

Set an intention of your own or you may use or modify this: *"I intend to connect with and heal the inner children within me who are carrying shame. I do so with love, compassion, and unity for all concerned."*

1. Recall a time **as an adult** where you've felt a wave of shame wash over you or you've done something that caused you to feel shame.
2. Replay the event in your mind, recalling where you were, who else was involved and what happened.
3. Notice the moment where you felt most activated in the scene.

4. Notice where in your body you feel the emotional charge.
5. Notice what physical sensations there are i.e. contraction, tightness, heaviness.
6. Notice what emotions are sitting in this part of your body - write them down.
7. Ask what other feelings or words are sitting in that part of your body - write them down.
8. Read those words back to yourself, example: *“I see your shame and guilt and I love you. I’m sorry that you’ve had to carry this for so long. I see you and I love you.”*
9. Then say: *“I ask to connect with the younger version of myself who is sitting in this part of my body, feeling (name the emotions you were feeling)”*
10. And imagine that you can connect with them. Imagine you can see them, feel them or just know they’re there.
11. Once you can imagine you’re connecting with them, *you actually are connecting* with them.
12. Notice approximately how old they are.
13. Notice how they’re feeling - what are their thoughts and emotions. They’re likely to be slightly different than yours were. Write them down.

14. Imagine you're going into the scene to your younger version.

15. Wrap them up in a soft pink blanket - soft pink holds the frequency of unconditional love. Let your arms and body become a safe, secure, loving container for them.

16. Imagine looking them in their eyes - eye contact is super important as it creates safety and connection. Inner children who feel shame may avoid eye contact initially, if this is the case, create connection through softness and holding them gently.

17. Reflect back to them what they were feeling **using their exact words** and give them the reassurances they need ie:

"I see you're feeling _____ I'm sorry that you've had to carry these feelings for so long. I want you to know that this shame isn't yours to carry - it never was. There is nothing about you that is shameful. I see you, I know everything about you - because I am you and I love every single thing I see. You do not need to hide anymore."

18. Ask if there's anything they wish to say or share with you and reflect their exact words back, giving them the reassurances they need.

19. Bring in luminous violet light, fill their whole body and energy field with violet light as well as your own. Then place a white crystal in the part of the body where the emotional charge was. The crystal is encoded with healing that will adjust to suit the exact needs of

your inner child. Allow the luminous white light to fill their entire body and into their energy field.

20. Now do the same with yourself, placing the luminous white crystal in your body in the place where the emotional charge was and allow the light to fill your whole body and energy field.

21. Now bring soft pink and gold into each of your bodies and fields - unconditional love and Divinity.

22. Notice how your inner child is feeling now compared to earlier. Shrink them down and place them into your heart.

23. Let them know that they are finally Home now where they're safe, secure, nurtured and loved. It's time for them to rest.

24. Notice how you're feeling. Take a moment to take a brief peek at the scenario you used initially, how do you feel now compared to before the process? Is there a reduction in emotional charge?

I would recommend repeating the same process with the same or different scenarios until there is no more emotional charge when you've felt shame wash over you. Once there's no emotional charge - you have successfully dissolved this trauma and are ready to move onto the next, well done!

Note: It's very common to feel extremely tired or even exhausted following deep inner child work and this can come in waves or last for a few days. The inner child has not been able to adequately rest for decades in most

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cases. In dissolving this trauma for them they're able to finally rest. And because You are the inner child, you just got bigger, you will feel their tiredness too.

Self Inquiry:

What came up for you during this healing?

What words does your inner child most need to hear? Repeat these words or phrases to yourself as you go about your day.



Chapter Sixteen

Speaking Up

Many of us grew up either being “seen but not heard” or we were discouraged or even punished for speaking up or saying anything that might upset others or rock the boat. This is especially true if we had an abusive parent or a parent prone to violent or verbally violent outbursts. Therefore we learnt to either keep our thoughts to ourselves or how to say the right things to keep others happy.

If we tend towards codependency or people-pleasing, we’ll find speaking our truth really difficult until such time as we dissolve this trauma and patterning.

Part of the issue with this trauma is that in order for us to truly express who we really are and to live in full alignment, we must be able to say the things that are true for us. We must be able to express our truth. When we shut down our own voice - we shut down ourselves too.

This affects us in all areas of our life including our careers especially when it comes to speaking up in meetings or advocating for yourself.

Speaking our Truth is also directly related to our throat chakra which is about expressing our authentic selves, what is true to us and our actual purpose in this lifetime. If we have trauma or blockages in our throat chakra we will also be limited in these areas too.

How this Trauma is Formed

The speaking up trauma can be formed through being constantly told to “be quiet” or some version of this. Many of us grew up in homes where there was a parent who was prone to anger, therefore we learnt to be quiet so as not to draw any attention to ourselves.

Parenting where there is a lot of control or expectations placed upon children to be a certain way and say the “right thing” to please Mum or Dad also causes children to abandon themselves and instead say what their parents want to hear.

If we grew up in a narcissistic family system, we’ll have observed and experienced being punished by the narcissistic parent for challenging them or saying anything that may trigger them. We will also have witnessed the codependent parent role modeling staying quiet, people-pleasing and not rocking the boat.

If we had an enmeshed family system where there was an absence of boundaries, speaking up or having a different view or needs, would not have been tolerated.

We may have spoken up in school and been ridiculed or bullied - this will also result in trauma around speaking up, or you may have had elder siblings who spoke louder or more dominantly or teased you and made you feel small when you spoke. This made speaking too much of

an effort or exposed you too much, ultimately making it unsafe to speak up.

This trauma can also be formed or exacerbated in our early schooling years where we may be ridiculed by other children or even shamed intentionally or unintentionally by teachers in front of the other children. Either way, we learnt somewhere along the line that bad things happen when we speak up.

When a young child experiences trauma in this area, they'll often form the following core beliefs:

- I have to keep quiet
- It's not safe to speak up
- I have to say the right thing
- I have to go with the flow and keep the peace
- No one cares what I have to say / what I think
- What I've got to say doesn't matter / isn't important
- Bad things happen when I say how I really feel / what I really want

Patterns are formed in response to each belief such as:

- We appear to be shy and reserved
- We accept that what we've got to say isn't important
- We stay quiet, not making much noise even as a child
- We may begin to have conversations in our mind or out loud to ourselves or with our toys and pets - but not to other family members or children
- We don't say anything even when someone or something has really hurt us, we keep it to ourselves

In an adult, a not speaking up trauma looks like:

- Feeling lonely, unseen and isolated inside
- Not asking for what we truly want or need
- Avoiding saying anything that might “rock the boat”
- Ignoring our feelings and needs and going with the flow
- Being referred to or referring to yourself as “easygoing”
- Saying what others want to hear rather than what is true for us
- Staying quiet out of fear even when something really needs to be said
- Avoiding speaking our truth, especially if it could upset someone or cause them to get angry
- Not speaking up in meetings or conversations where there is more than one or two other people. Typically, the more people there are the less likely you are to share your thoughts.

Note to parents: One of the greatest gifts you can give to your children is to create space for them to express themselves truthfully - without fear of judgment, punishment or being made to feel wrong for what they're saying. Sometimes this means accepting that our children experience the world differently from us and will therefore have a different perspective and that's okay. We want our children to learn how to speak up confidently, respectfully, and compassionately and this starts with us as parents.

We do this by inviting our children, even very young, to share their thoughts, feelings or ideas about things and honor what they say rather than telling them they're wrong or should think differently. You may

be very surprised at how observant and aware our children are when we give them the space to speak. This also gives you the opportunity to really see the beauty of your child's mind and how it works.

Healing the fear of speaking up trauma

Create a quiet space free from interruptions and distractions. Have a journal handy or pad and pencil, some tissues and I always like to use an essential oil directly on my hands that I inhale which signals to my subconscious mind that we're about to begin deep subconscious work - I do this in my private sessions too. Any pure essential oil is fine, provided you like the fragrance. You could also use a candle or some other item used specifically for this purpose.

Note: When it comes to connecting with your inner child - please follow the guide below and trust what comes up for you.

Some therapists suggest thinking of a photo of you as a child - ***I ask you not to do this*** as it limits your ability to be taken to the scene or age relevant to this particular theme of trauma. Instead, follow the guide below and you'll be able to connect that way - trust yourself, your Soul knows how to heal!

Set an intention of your own or you may use or modify this: *"I intend to connect with and heal the inner children within me who are afraid to speak up or say how they truly feel and what they truly think. I do so with love, compassion and unity for all concerned."*

1. Recall a time **as an adult** where you've really wanted or needed to say something but felt afraid of doing so.
2. Replay the event in your mind, recalling where you were, who else was involved and what happened.
3. Notice the moment where you felt most activated in the scene.
4. Notice where in your body you feel the emotional charge.
5. Notice what physical sensations there are i.e. contraction, tightness, heaviness.
6. ***Notice what emotions are sitting in this part of your body - write them down.***
7. Ask what other feelings or words are sitting in that part of your body - write them down.
8. Read those words back to yourself, example: *"I see your fear, panic, and hesitation to say what you want to say, I'm sorry you've felt like this for so long. I see you and I love you."*
9. Then say: *"I ask to connect with the younger version of myself who is sitting in this part of my body, feeling (name the emotions you were feeling)"*
10. And imagine that you can connect with them. Imagine you can see them, feel them or just know they're there.

11. Once you can imagine you're connecting with them, *you actually are connecting* with them.

12. Notice approximately how old they are.

13. Notice how they're feeling - what are their thoughts and emotions. They're likely to be slightly different than yours were. Write them down.

14. Imagine you're going into the scene to your younger version.

15. Wrap them up in a soft pink blanket - soft pink holds the frequency of unconditional love. Let your arms and body become a safe, secure, loving container for them.

16. Imagine looking them in their eyes - eye contact is super important as it creates safety and connection.

17. Reflect back to them what they were feeling **using their exact words** and give them the reassurances they need i.e.:

"I see you're feeling _____. I'm sorry that you've had to carry these feelings for so long. I want you to know that what you've got to say is important and it's valid."

"I'm sorry that you were made to feel like your voice wasn't important. What you've got to say matters to me and it needs to be heard."

"I am your future self, I'm you all grown up and I'm here to bring you home with me, where you belong and where what you have to say matters. I'll be here loving you and advocating for you and

making sure that your voice is heard because what you've got to say is important.”

18. Ask if there's anything they wish to say or share with you and reflect their exact words back, giving them the reassurances they need.

19. Bring in luminous violet light, fill their whole body and energy field with violet light as well as your own. Then place a white crystal in the part of the body where the emotional charge was. The crystal is encoded with healing that will adjust to suit the exact needs of your inner child. Allow the luminous white light to fill their entire body and into their energy field.

20. Now do the same with yourself, placing the luminous white crystal in your body in the place where the emotional charge was and allow the light to fill your whole body and energy field.

21. Now bring soft pink and gold into each of your bodies and fields - unconditional love and Divinity.

22. Notice how your inner child is feeling now compared to earlier. Shrink them down and place them into your heart.

23. Let them know that they are finally Home now where it's safe for them to use their voice and where what they have to say is heard and valued. They are loved and nurtured, it's time for them to rest.

24. Notice how you're feeling. Take a moment to take a brief peek at the scenario you used initially, how do you feel now compared to before the process? Is there a reduction in emotional charge?

Coming Home

I would recommend repeating the same process - with the same or different scenarios until there is no more emotional charge when you think of times where you've had difficulty speaking up. Once there's no emotional charge - you have successfully dissolved this trauma and are ready to move onto the next, well done!

Note: It's very common to feel extremely tired or even exhausted following deep inner child work and this can come in waves or last for a few days. The inner child has not been able to adequately rest for decades in most cases. In dissolving this trauma for them they're able to finally rest. And because You are the inner child, you just got bigger, you will feel their tiredness too!

Self Inquiry:

What came up for you during this healing?

Create a daily practice of making different sounds with a view to clearing blockages in your throat. Try humming, sighing loudly, singing, abhhh, and do so while you're physically moving your body, especially your hips. This will help you to release energetic blockages in your throat and emotions stuck in your sacral.

If there's something that needs to be said to someone, practice saying the words out loud to yourself first to get used to hearing and feeling yourself speaking up before you say it to the other party.



Chapter Seventeen

Unsafe

The truth is that many of us grew up feeling deeply unsafe. Which is why a large proportion of the population is dissociated and they don't even realize they're out of their body, making it very difficult to ground and function fully as a result.

We can feel unsafe in many different ways including: feeling physically unsafe, emotionally unsafe, a general feeling of not being safe in the world and for those who have experienced physical abuse, molestation or rape will often feel unsafe in their body.

When we harbour an inherent feeling of not being safe, we're often in a contracted state rather than an open state of ease and flow. Trauma rooted in unsafety restricts our flow of safety, abundance, joy, empowerment, and our ability to give and receive love in an open and unrestricted way. If you clench your fist, this will give you an idea of what happens energetically when we're in a state of fear or feeling

unsafe. Very little can flow out and very little can flow in - in all areas of our life - including financial abundance.

Like any inner child trauma, the unsafe trauma itself carries a specific vibrational pattern and it's highly magnetic, seeking other energies that feel just like it. In other words, while you're carrying this trauma in your body, you're likely to draw to you or be drawn towards people and situations that make you feel unsafe. They may come in different packages, yet the feel and results will be the same.

The solution is to dissolve the original trauma so that it no longer exists within you - then you stop finding yourself in unsafe situations with unsafe people.

How this trauma is formed:

It may surprise you to learn that an unsafe trauma can be formed in a wide range of ways - many of which are considered very "normal and common" in many family systems and communities.

There are the more obvious ways such as having a physically or emotionally abusive parent. Neglectful or narcissistic parenting will absolutely cause a child to feel unsafe. A child who is left with carers they don't know or feel safe with and children who are molested in any way will result in them feeling unsafe in their bodies and unsafe around adults or people in general.

I often see this particular trauma forming while in the womb especially if Mum is disconnected from baby or if Mum is involved in arguments or fights while pregnant. In these instances, baby will feel Mum's disconnection or be aware of the arguing and fighting and will usually contract and become fearful of the environment they're coming into.

Coming Home

This is often where the template is set, so that when baby (you) senses they're unsafe, they'll immediately dissociate and leave their physical body. From that moment onward each time you recognise the familiar feeling of unsafety, you'll dissociate. This trauma response stays with us through life unless we dissolve this trauma. If baby is separated from Mum at birth, this is also likely to cause abandonment and unsafe trauma.

Having a very loud or angry parent or growing up in a chaotic home where you're walking on eggshells will also cause this trauma. Even once kids get to school, for some children standing in front of their class, being singled out and being called upon or ridiculed will result in the formatting of an unsafe trauma. In fact, it's incredibly important that teachers recognise that how they are with children can impact children positively or it can be and often is very damaging to the psyche of the children in their care.

Note: An important part of healing this trauma is to become aware of when you're putting yourself in emotionally and physically unsafe situations - such as unhealthy relationships or friendships. When we continue to place ourselves in unsafe environments, we reinforce this trauma and reinforce the belief that your own inner children can't trust you to keep them safe. Healing this trauma will require you to step away from these environments and create a safe space around you.

When an unsafe trauma is formed within a baby or young child, the following core beliefs are often formed:

- I'm not safe
- Adults aren't safe
- The world isn't safe

Patterns are formed in response to each belief such as:

- Anxiety
- Difficulty trusting
- Walking on eggshells
- Seeing danger in everything
- Difficulty sleeping or settling
- Living on high alert or hypervigilance
- Don't like being separated from Mum or Dad
- Dissociating (often presents as ADHD but the underlying issue is they're dissociated because they feel unsafe)

In an adult, an unsafe trauma looks like:

- ADHD
- Anxiety
- Insomnia
- Dissociation
- Feeling insecure
- Difficulty being present
- Seeing danger in everything

Coming Home

- Struggles with flow of abundance
- Difficulty trusting self and others
- Waiting for the other shoe to drop
- Underlying, constant feeling of unsafety
- Feeling like you're walking on eggshells
- Hypervigilance, constantly scanning for threats or danger
- Finding yourself in physically or emotionally unsafe relationships

Note to parents: Creating a safe and secure environment for our children also includes emotional safety. Hostile, chaotic or volatile environments cause children to feel unsafe and insecure. It also lays the foundation for their future relationships to feel like this too.

Physical touch such as cuddling our children regularly helps to regulate their and our nervous system and instills a sense of belonging and safety within them.

Healing the feeling unsafe trauma

Create a quiet space free from interruptions and distractions. Have a journal handy or pad and pencil, some tissues and I always like to use an essential oil directly on my hands that I inhale which signals to my subconscious mind that we're about to begin deep subconscious work - I do this in my private sessions too. Any pure

essential oil is fine, provided you like the fragrance. You could also use a candle or some other item used specifically for this purpose.

Note: When it comes to connecting with your inner child - please follow the guide below and trust what comes up for you.

Some therapists suggest thinking of a photo of you as a child - ***I ask you not to do this*** as it limits your ability to be taken to the scene or age relevant to this particular theme of trauma. Instead, follow the guide below and you'll be able to connect that way - trust yourself, your Soul knows how to heal!

Set an intention of your own or you may use or modify this: "*I intend to connect with and heal the inner children within me who are still feeling unsafe. I do so with love, compassion, and unity for all concerned.*"

1. Recall a time **as an adult** where you've felt really unsafe and fearful.
2. Replay the event in your mind, recalling where you were, who else was involved and what happened.
3. Notice the moment where you felt most activated in the scene.
4. Notice where in your body you feel the emotional charge.
5. Notice what physical sensations there are i.e. contraction, tightness, heaviness.
6. Notice what emotions are sitting in this part of your body - write them down.

7. Ask what other feelings or words are sitting in that part of your body - write them down.

8. Read those words back to yourself, example: *“I see your fear, panic, and feeling unsafe, I’m sorry you’ve felt like this for so long. I see you and I love you.”*

9. Then say: *“I ask to connect with the younger version of myself who is sitting in this part of my body, feeling (name the emotions you were feeling).”*

10. And imagine that you can connect with them. Imagine you can see them, feel them or just know they’re there.

11. Once you can imagine you’re connecting with them, *you actually are connecting* with them.

12. Notice approximately how old they are.

13. Notice how they’re feeling - what are their thoughts and emotions. They’re likely to be slightly different than yours were. Write them down.

14. Imagine you’re going into the scene to your younger version.

15. Wrap them up in a soft pink blanket - soft pink holds the frequency of unconditional love. Let your arms and body become a safe, secure, loving container for them.

16. Imagine looking them in their eyes - eye contact is super important as it creates safety and connection.

17. Reflect back to them what they were feeling **using their exact words** and give them the reassurances they need i.e.:

“I see you’re feeling _____. I’m sorry that you’ve had to feel like this for so long. No child should have to feel this way. I want you to know that you’re safe now and I’m here to make sure you’re always safe.”

“I am your future self, I’m you all grown up and I’m here to bring you home with me, where you belong and where I can create a safe and secure container around you. I’ll be here loving you and protecting you so that you don’t have to feel afraid anymore.”

18. Ask if there’s anything they wish to say or share with you and reflect their exact words back, giving them the reassurances they need.

19. Bring in luminous violet light, fill their whole body and energy field with violet light as well as your own. Then place a white crystal in the part of the body where the emotional charge was. The crystal is encoded with healing that will adjust to suit the exact needs of your inner child. Allow the luminous white light to fill their entire body and into their energy field.

20. Now do the same with yourself, placing the luminous white crystal in your body in the place where the emotional charge was and allow the light to fill your whole body and energy field.

21. Now bring soft pink and gold into each of your bodies and fields - unconditional love and Divinity.

22. Notice how your inner child is feeling now compared to earlier. Shrink them down and place them into your heart.

23. Let them know that they are finally Home now where they're safe, secure, loved, taken care of. They can rest now knowing that you'll always be here making sure no harm comes to them, instead they'll be safe to explore the world around them knowing they're safe, protected and loved.

24. Notice how you're feeling. Take a moment to take a brief peek at the scenario you used initially, how do you feel now compared to before the process? Is there a reduction in emotional charge?

I would recommend repeating the same process - with the same or different scenarios until there is no more emotional charge when you think of times where you've felt unsafe. Once there's no emotional charge - you have successfully dissolved this trauma and are ready to move onto the next, well done!

Note: It's very common to feel extremely tired or even exhausted following deep inner child work and this can come in waves or last for a few days. The inner child has not been able to adequately rest for decades in most cases. In dissolving this trauma for them they're able to finally rest. And because You are the inner child, you just got bigger, you will feel their tiredness too!

Self Inquiry:

What came up for you during this healing?

Reflect upon the relationships and environments you spend time in now. Do they feel emotionally and physically safe? If not, begin taking the necessary steps to create a safe environment for yourself and your inner children. This may include stepping away from certain people or spaces.



Chapter Eighteen

Poor Boundary Function

Boundaries help us to determine what we will and will not accept from others, how we wish to be treated and where we need to draw the line to stop us from overextending ourselves in some way. I also use boundaries to support me and my energy levels on a day-to-day basis.

Poor boundary function is extremely common, particularly for those who were raised in an enmeshed family system where there was an absence of boundaries. Boundaries are necessary to establish a safe and sacred space around you, where you get to be authentically you without any outside interference.

Most of us are familiar with the need for boundaries in relation to others, however we also need boundaries for ourselves too. Boundaries with yourself help to contain your energy rather than leaking it out through being constantly accessible to others or through self-abandonment such as over giving or over functioning, trying to prove yourself to others, and codependency - to name a few.

Boundaries teach others how you wish to be treated. And the beautiful truth is, that you are in charge of your boundaries. You get to choose when boundaries are required and what they need to look like for you. As you heal and evolve, your boundaries will evolve with you.

Poor boundary function is the gateway to self-abandonment, resentment, exhaustion, and burnout. Lack of boundaries is a key feature in toxic or dysfunctional relationships - romantic and otherwise. When we begin establishing boundaries and holding them, it's common for those who once benefitted from you not having boundaries, to object to them. You'll see very quickly who truly supports your wellbeing and who doesn't. As a result, you're most likely going to observe some people falling away. Be assured though, as they fall away, others will come who align more harmoniously with the higher vibrational version of you, that holds their boundaries, and no longer abandons themselves to please others.

Codependent patterning is built upon an absence of boundaries, therefore, one of the key steps in moving beyond codependency is learning how to set and hold boundaries to stop you from self-abandoning and to prevent others from accessing your energy in ways that don't serve you.

It's very common to really struggle when it comes to setting boundaries, especially if you tend towards people-pleasing or have unresolved trauma that causes you to self-abandon, like needing to keep the peace for example. Of course, saying no is in direct contrast to patterns like people-pleasing or self-abandonment and when you consider that these patterns were formed to keep you safe or loved somehow - putting boundaries in place can feel extremely uncomfortable or even distressing.

*Note: The other point I'd like to make is that there are several steps to setting and holding boundaries, I'll describe them below. The place where most people struggle is in **holding** their boundaries or **following through** if they're crossed again.*

When we don't hold our boundaries or follow through, they lose their power and the other person becomes aware that they're just empty words that they can continue to cross when they please.

It's also important to note that when we start putting in boundaries with people where we previously had none, they'll often take them as a rejection - particularly if they have their own unresolved abandonment trauma. Remind yourself that their reaction is about their own programming, while your response is about yours. Take a deep breath and sit in the discomfort - it will pass.

How this trauma is formed:

Poor boundary function is usually formed as a result of being raised in a family system where boundaries were either absent, unhealthy or abused. What was being role modelled was not a good example of healthy boundaries.

Perhaps you were raised in an enmeshed or narcissistic codependent family system where generally speaking, the narcissistic parent crosses others' boundaries easily and frequently while the codependent parent continually self-abandons and has a complete lack of boundaries.

For many, they may have been punished if they said no or expressed a boundary while others were unconsciously taught that their needs weren't important or didn't matter - therefore, they've learnt to put

everyone else's before their own, abandoning their own needs in the process.

Those raised in homes where there was an angry or volatile parent, will generally have felt far too unsafe to say anything that might "set the parent off". Therefore, they've survived by not making any ripples and setting boundaries that challenge this and upset the status quo.

In our society, being perceived as being nice and liked or a good girl or boy is highly valued. This of course means 'going with the flow and not rocking the boat', in other words, completely abandoning yourself to be seen favorably. Implementing boundaries often go against these behaviors and has historically been discouraged by parents, school, and society in general in the pursuit of having children who are compliant.

Thankfully, we are currently witnessing a shift where speaking up and setting boundaries with compassion is being more encouraged now.

When a young child has poor boundary function, they'll often have core beliefs such as:

- It's not safe for me to say no
- I have to make Mum and Dad happy
- People won't like me if I say how I really feel
- I have to be a good girl or boy and not rock the boat
- I have to do, be, say what's expected or something bad will happen
- I'm unworthy or not good enough or less than so I don't deserve to have a say, I just have to accept what the other person wants

Patterns are formed in response to each belief such as:

- People-pleasing
- Going with the flow to keep the peace
- Letting other people hurt me or putting their needs first
- Doing things that are expected of me and abandoning my own needs in the process
- Ignoring how I feel and what I want and instead saying what the others want to hear
- Anticipating exactly what's expected in order to be loved or safe and secure

In an adult, poor boundary function looks like:

- People-pleasing
- Unable to say no
- Disempowerment
- Codependency
- Self-abandonment
- Perfectionism or high achievement
- Burnout, exhaustion, or chronic fatigue
- Over giving, over functioning, over performing
- Dysfunctional relationships - romantic, platonic and with family
- Often involved with narcissistic types or people who continually take
- Resentment is an indicator of allowing your boundaries to be crossed

Note: Teaching and role modelling healthy boundaries to our children is incredibly important. When we don't do this, we're setting them up for a whole lot of pain when they're older. Teaching our children about boundaries also includes letting them have boundaries of their own - and this can be a bit challenging for parents.

Boundaries for little ones can look like:

Learning not to interrupt Mum or Dad when they're on the phone or teaching them that Mum or Dad is having a five-minute break for themselves. They'll need to wait rather than cutting your few minutes short (unless it's an emergency of course).

Or when another child hits or hurts your child, it's important to address the situation rather than staying silent. If you don't say anything, your child may learn that it's acceptable for others to harm them. They may also develop beliefs such as: "I'm not worth standing up for" or "I deserve to be hurt because I must have done something wrong or I am bad." Moreover, by taking action, you demonstrate to your child that you are there to protect and support them.

If your child doesn't want to play with particular children or even cuddle and kiss a relative or friend - don't make them, instead respect their boundaries. Otherwise, we teach our children to ignore their own feelings and often intuition and that they can't trust themselves. You can bet there will be a very good reason why they don't want to do it even if they can't articulate it - as parents we need to get past our own discomfort in these situations.

Healing poor boundary function

For personal boundaries that stop you from self-abandoning, please see the “Self-Abandonment” chapter.

Create a quiet space free from interruptions and distractions. Have a journal handy or pad and pencil, some tissues and I always like to use an essential oil directly on my hands that I inhale which signals to my subconscious mind that we’re about to begin deep subconscious work - I do this in my private sessions too. Any pure essential oil is fine, provided you like the fragrance. You could also use a candle or some other item used specifically for this purpose.

Note: When it comes to connecting with your inner child - please follow the guide below and trust what comes up for you.

Some therapists suggest thinking of a photo of you as a child - ***I ask you not to do this*** as it limits your ability to be taken to the scene or age relevant to this particular theme of trauma. Instead, follow the guide below and you’ll be able to connect that way - trust yourself, your Soul knows how to heal!

Set an intention of your own or you may use or modify this: *“I intend to connect with and heal the inner children within me who struggle to say no and who struggle to put boundaries in for themselves and others. I do so with love, compassion and unity for all concerned.”*

1. Recall a time **as an adult** where you’ve really wanted to say “no” or to put a boundary in place but you haven’t been able to say the words.

2. Replay the event in your mind, recalling where you were, who else was involved and what happened.
3. Notice the moment where you felt most activated in the scene.
4. Notice where in your body you feel the emotional charge.
5. Notice what physical sensations there are i.e. contraction, tightness, heaviness.
6. Notice what emotions are sitting in this part of your body - write them down.
7. Ask what other feelings or words are sitting in that part of your body - write them down.
8. Read those words back to yourself, example: *“I see the fear, panic, and feeling helpless sitting inside you and I’m sorry you’ve felt like this for so long. I see you and I love you.”*
9. Then say: *“I ask to connect with the younger version of myself who is sitting in this part of my body, feeling (name the emotions you were feeling.)*
10. And imagine that you can connect with them. Imagine you can see them, feel them, or just know they’re there.
11. Once you can imagine you’re connecting with them, *you actually are connecting* with them.
12. Notice approximately how old they are.

13. Notice how they're feeling - what are their thoughts and emotions. They're likely to be slightly different than yours were. Write them down.

14. Imagine you're going into the scene to your younger version.

15. Wrap them up in a soft pink blanket (soft pink holds the frequency of unconditional love). Let your arms and body become a safe, secure, loving container for them.

16. Imagine looking them in their eyes - eye contact is super important as it creates safety and connection.

17. Reflect back to them what they were feeling **using their exact words** and give them the reassurances they need ie:

"I see you're feeling _____. I'm sorry that you've had to feel this way for so long. I want you to know that I'm here now to advocate for you and to make sure that your boundaries are honored from this day onward."

"I am your future self, I'm you all grown up and I'm here to bring you home with me, where you belong and where I can create a safe and secure container around you. I'll be here loving you and protecting you and advocating for you so that you don't have to be constantly accessible and say 'yes' when you really want to say 'no' - it's okay to say 'no' and I will support and love you."

18. Ask if there's anything they wish to say or share with you and reflect their exact words back, giving them the reassurances, they need.

19. Bring in luminous violet light, fill their whole body and energy field with violet light as well as your own. Then place a white crystal in the part of the body where the emotional charge was. The crystal is encoded with healing that will adjust to suit the exact needs of your inner child. You'll notice if you look closely there are rainbow colors within the crystal - each color holds a different frequency and healing codes. Allow the luminous white light to fill their entire body and into their energy field.

20. Now do the same with yourself, placing the luminous white crystal in your body in the place where the emotional charge was and allow the light to fill your whole body and energy field.

21. Now bring soft pink and gold into each of your bodies and fields - unconditional love and Divinity.

22. Notice how your inner child is feeling now compared to earlier. Shrink them down and place them into your heart.

23. Let them know that they are finally Home now where they're safe, secure, loved, and where it's okay to speak up and to say "no". They can rest now knowing that they don't have to agree to anything anymore unless it feels aligned and that you will be there advocating for them, no matter what.

24. Notice how you're feeling. Take a moment to take a brief peek at the scenario you used initially, how do you feel now compared to before the process? Is there a reduction in emotional charge?

I would recommend repeating the same process - with the same or different scenarios until there is no more emotional charge when you think of times where you've felt unable to say no or to set a boundary or uphold it. Once there's no emotional charge - you have successfully dissolved this trauma and are ready to move onto the next, well done!

Note: It's very common to feel extremely tired or even exhausted following deep inner child work and this can come in waves or last for a few days. The inner child has not been able to adequately rest for decades in most cases. In dissolving this trauma for them they're able to finally rest. And because You are the inner child, you just got bigger, you will feel their tiredness too!

Knowing when to set a boundary

Practice noticing how you feel when someone does or says something to you or asks something of you.

Pause and ask yourself: "How does this feel in my body?"

If you feel heavy, contracted, resistant, uncomfortable, small, or off - or anything else misaligned, this signals to you there is a misalignment between your authentic self and what is being said or asked of you. This signals a need for a boundary.

Conversely if your body feels expansive, inspired, free, peaceful, or aligned, you know that what is being said, done or asked is in alignment with your Truth - in which case a boundary isn't likely to be needed.

Note: When you have a tough choice to make and you're uncertain intellectually which direction to move in, drop into your body and ask the question or consider the options and notice how you feel. If you're feeling like the first example, that's a clear No.

Conversely, if you feel expansive and free or peaceful inside, this is a clear Yes. Always move in the direction of what feels most freeing to you in your body - your Soul knows the plan even when we don't!

How to set a boundary

Here's an example of how to set a boundary. The bolded steps are a formula that can be used in most situations.

1. **Clearly and respectfully state your boundary:**

"It's always great to see you, but going forward, can you please call ahead of time as it's not always convenient for me to have visitors."

"I ask that you speak to me with respect."

2. **State the consequence of your boundary not being respected or honored:**

"If you do visit unannounced, I may not have the time to spend with you, or I may not even be here."

"If you continue to yell at me, I will leave."

3. **Be prepared to hold your boundary and follow through.** This is where most people fold and why their boundaries aren't effective.

“Last time we spoke I asked you to let me know if you were planning to visit in case it wasn't a good time for me. As it happens, I have a lot of work this week so I'm unable to see you today. Perhaps we can make a time to catch up next week if that suits?”

“I've asked you not to speak to me in a disrespectful way, so I'm now going to remove myself from this conversation and leave” or “When you can speak with me in a respectful way let me know.”

Note: If you know you have something coming up where boundaries will be needed, have one or two prepared and practiced, so you're ready to say them with more confidence and ease.

Self Inquiry:

Where do you most need boundaries?

In each situation, ask yourself: What would your ideal boundary look and feel like in this situation?

Using the prompts in the boundary section, begin crafting one boundary at a time. Practice verbalizing your before you plan to say it to the person involved. You can also send your boundary in written form if this feels most aligned for you.



Chapter Nineteen

Attachment Trauma

There are many different theories relating to attachment trauma. I'm going to share the observations that I've consistently observed in my practice where we focus on healing inner child and attachment trauma.

In my experience attachment trauma is a trauma and has its roots in emotional or physical abandonment by a parent in the first few years of life - and sometimes in the womb. You can read more about this in chapter eight.

Baby or young child experiences an emotional disconnection and sometimes a physical disconnection from Mum or Dad and in response they form a set of beliefs and patterns. The beliefs and patterns formed tend to fall in the general categories of Anxious, Avoidant or Disorganized attachment. Those children who do not experience an emotional or physical abandonment or process it differently, form a secure attachment style.

Once again, this highlights the importance of prioritizing nurturing the emotional connection with our children - through pregnancy onwards.

Carrying attachment trauma significantly impacts our ability to deeply and comfortably connect with ourselves and others. It also inhibits our sense of safety and security within ourselves and our relationships.

When it comes to attachment trauma, we tend to attract partners with the opposite attachment trauma to our own. In cases of disorganized attachment, the dynamic or situation will determine whether individuals will lean into a more anxious attachment style or will pull away into a more avoidant style.

Because we draw in partners or sometimes friends who have different attachment styles, their default way of relating will often trigger ours and our default way of relating will trigger theirs. This can be very tumultuous and extremely triggering until such time as both parties are able to heal and dissolve their attachment trauma. This allows you to move into a more secure and harmonious style.

You may also notice that as you heal your own attachment trauma, you'll be far less inclined to tolerate someone else's attachment trauma - where previously it may not have been such an issue for you. It was part of the dance.

We will look at each style in their own right with Disorganized attachment being effectively a combination of both Anxious and Avoidant Styles.

Anxious Attachment Style

Anxious attachment style, like the others, is formed in response to an emotional or physical abandonment. It's an emotional disconnection often from Mum, although not always, in the first few years of life and sometimes in the womb. Because this particular trauma forms at such a young age, baby, or toddler is literally dependent upon Mum or Dad for their survival - therefore, if a disconnection occurs, they may and often do feel as though they're going to die. This is what causes anxious attachers to over-attach or to become needy or panic at the idea of someone close to them leaving or being alone.

This is the underlying reason that individuals with anxious attachment tendencies tend to form overly strong attachments, display increased neediness, or experience panic when confronted with the prospect of someone dear to them leaving them. The fear of being alone is terrifying.

When an anxious attachment trauma is activated, we can literally feel like we're going to die without that connection. In this situation, we may be inclined to completely abandon ourselves, our needs and desires, in order to secure some form of connection. This pattern will typically arise when we're paired with someone who is dismissive avoidant or disorganized and therefore not able to give us what we crave— as part of its purpose is to awaken us, and make us aware of our patterns in order to be able to heal and become free of them.

When a young child has an anxious attachment trauma, they form core beliefs such as:

- I'm all alone
- I'm going to die / not survive without them

- I have to do whatever I can to secure an attachment with Mum or Dad

Patterns are formed in response to each belief such as:

- Fear or sometimes sheer terror at being left alone especially in very young children
- Crying and clinging to Mum or Dad
- Doesn't want to be left alone to sleep
- Doesn't like being separated from Mum or Dad
- Resists even being held and cuddled by anyone other than their own parents
- An older child may begin to self-abandon through being a really good boy or girl, or through people-pleasing or doing whatever secures more attention, connection and affection from Mum or Dad

In an adult, anxious attachment trauma looks like:

- Tendency to chase and be overly focused on securing a commitment
- Panic, anxiety and dissociation at the idea of being left or on your own
- Over attaches quickly and romanticizes the relationship well beyond the stage the relationship is actually at
- Avoids being on own or needs a distraction if on your own
- Lack of boundaries with yourself and others
- A tendency to do whatever you need to do not to be abandoned
- Preoccupied with a partner leaving you and may feel like you're going to die if they do

- Tendency toward being “needy or clingy” in relationships, especially if you’re paired with an avoidant or disorganized style
- Fixated upon an ex-partner, constantly replaying conversations, checking their social media, new partners’ social media or trying to find out information about them from friends
- Tends to lose yourself in relationships or friendships

Anxious Attachment Healing Process - *it’s recommended to focus on both the Anxious Attachment Healing Process and the Emotional Abandonment Healing Process, as this is where the anxious attachment began.*

Create a quiet space free from interruptions and distractions. Have a journal handy or pad and pencil, some tissues and I always like to use an essential oil directly on my hands that I inhale which signals to my subconscious mind that we’re about to begin deep subconscious work - I do this in my private sessions too. Any pure essential oil is fine, provided you like the fragrance. You could also use a candle or some other item used specifically for this purpose.

Note: When it comes to connecting with your inner child—please follow the guide below and trust what comes up for you.

Some therapists suggest thinking of a photo of you as a child—I **ask you not to do this** as it limits your ability to be taken to the scene or age relevant to this particular theme of trauma. Instead, follow the guide below and you’ll be able to connect that way—trust yourself, your Soul knows how to heal!

Set an intention of your own or you may use or modify this: *“I intend to connect with and heal the inner children within me who feel*

anxious about being abandoned, rejected, or alone. I do so with love, compassion, and unity for all concerned.”

Process for Anxious Attachment Style

1. Recall a time **as an adult** where you've felt extremely anxious at the idea of being abandoned, panicked, or rejected. Or when you've felt a desperation or need to “cling or latch on” to someone.
2. Replay the event in your mind, recalling where you were, who else was involved, and what happened.
3. Notice the moment where you felt most activated in the scene.
4. Notice where in your body you feel the emotional charge.
5. Notice what physical sensations there are i.e. contraction, tightness, heaviness.
6. Notice what emotions are sitting in this part of your body - write them down.
7. Ask what other feelings or words are sitting in that part of your body - write them down.
8. Read those words back to yourself, example: *“I see the fear, panic, and desperation sitting inside you and I'm sorry you've felt like this for so long. I am here now, you are safe.”*

9. Then say: “I ask to connect with the younger version of myself who is sitting in this part of my body, feeling (name the emotions you were feeling.)”

10. And imagine that you can connect with them. Imagine you can see them, feel them, or just know they’re there.

11. Once you can imagine you’re connecting with them, you actually are *connecting* with them.

12. Notice approximately how old they are.

13. Notice how they’re feeling - what are their thoughts and emotions. They’re likely to be slightly different than yours were. Write them down.

14. Imagine you’re going into the scene to your younger version.

15. Wrap them up in a soft pink blanket (soft pink holds the frequency of unconditional love). Let your arms and body become a safe, secure, loving container for them.

16. Imagine looking them in their eyes - eye contact is super important as it creates safety and connection which is exactly what these inner children need.

17. Reflect back to them what they were feeling **using their exact words** and give them the reassurances they need i.e.:

“I see you’re feeling _____. I’m sorry that you’ve had to feel like this for so long, it must have been really tough.”

“I am your future self, I’m you all grown up and I’m here now to bring you home with me, where you belong and where I can create a safe and secure container around you. I want you to know that I’ll always be here, loving you, nurturing you and making sure you’re never abandoned or feel alone again.”

18. Ask if there’s anything they wish to say or share with you and reflect their exact words back, giving them the reassurances they need.

19. Bring in luminous violet light, fill their whole body and energy field with violet light as well as your own. Then place a white crystal in the part of the body where the emotional charge was. The crystal is encoded with healing that will adjust to suit the exact needs of your inner child. Allow the luminous white light to fill their entire body and into their energy field.

20. Now do the same with yourself, placing the luminous white crystal in your body in the place where the emotional charge was and allow the light to fill your whole body and energy field.

21. Now bring soft pink and gold into each of your bodies and fields - unconditional love and Divinity.

22. Notice how your inner child is feeling now compared to earlier. Shrink them down and place them into your heart.

23. Let them know that they are finally Home now where they’re safe, secure, loved, and that you’ll always be there holding their hand and loving them, no matter what. It’s time to rest now.

24. Notice how you're feeling. Take a moment to take a brief peek at the scenario you used initially, how do you feel now compared to before the process? Is there a reduction in emotional charge?

I would recommend repeating the same process with the same or different scenarios until there is no more emotional charge when you think of times when your anxious attachment trauma has been activated. Once there's no emotional charge - you have successfully dissolved this trauma and are ready to move onto the next, well done!

Note: It's very common to feel extremely tired or even exhausted following deep inner child work and this can come in waves or last for a few days. The inner child has not been able to adequately rest for decades in most cases. In dissolving this trauma for them they're able to finally rest. And because You are the inner child, you just got bigger, you will feel their tiredness too!

Self Inquiry:

What came up for you during this healing?

Create a daily practice of connecting with your inner children. See them, feel them and reflect their feelings and words back to them. Fill your inner children with soft shimmering pink and gold light, this will soothe them and help them feel safe, secure, and loved.

Dismissive Avoidant Attachment Style

A dismissive avoidant attachment style is also formed as a result of an emotional or physical abandonment or neglect as a young child. The physical abandonment doesn't need to be a parent actually leaving - it can also be a parent who is away a lot for work or working extremely long hours a lot, so the child doesn't really get to see and connect with their parent anywhere near enough as they need.

Emotional unavailability in a parent is also a precursor to attachment trauma. An abusive or neglectful environment or where a parent is overly harsh and rejecting of a child will also cause a dismissive avoidant attachment trauma to form. Narcissistic parenting falls into this camp too.

Dismissive avoidant attachment is a trauma response to the original abandonment, disconnection or neglect. The infant or child experiences the disconnection from a parent and they form a set of beliefs and patterns in response. Essentially the child learns that deep connection is unsafe or even dangerous, therefore it's safer to avoid connection altogether. This often looks like building a wall or being a bit stand off-ish, some will seem numb or as if nothing much bothers them.

A dismissive avoidant will also disconnect from their own emotions because they've never been taught how to connect with them and process them - after all, emotion and deep connection must be avoided to keep them safe. This is also why those with a dismissive avoidant attachment style are uncomfortable with other people's emotions, because they're unable to hold space for and connect with their own.

*Note to parents: It is absolutely vital as a parent to do our own healing around our own attachment trauma otherwise we **will** pass it on. Ensuring that we create space every day to deeply connect with our children and truly see them for the unique little humans they are and spending time cuddling them and nurturing them is vital for their emotional development and well - being.*

When a young child has a dismissive avoidant attachment style, they form core beliefs such as:

- Love and connection isn't safe
- I have to fend for myself
- There's no love here for me
- I'm on my own

Patterns are formed in response to each belief such as:

- Avoidance of connection or love
- Shut down, numb or disconnected
- Discomfort when someone shows affection
- May avoid eye contact
- May not show much emotion where other children ordinarily would
- Happy playing on their own, not really needing anyone

In an adult dismissive avoidant attachment trauma looks like:

- Emotional unavailability

- Discomfort with own and others' emotions
- Avoids deep connection and feels suffocated when others are needy
- Fears abandonment or rejection
- Is guarded or has a wall up
- Tends to pull away from emotional intimacy
- Prefers to keep friendships and relationships at a surface level
- May avoid commitment or become very nervous about commitment
- Does well with long distance relationships or relationships where they or the other person is not fully available, such as an affair

Dismissive Avoidant Attachment Healing Process - *it's recommended to focus on the Dismissive Avoidant Attachment Healing Process, the Emotional Abandonment Healing Process, and Rejection Healing Process as they're all closely linked.*

Create a quiet space free from interruptions and distractions. Have a journal handy or pad and pencil, some tissues and I always like to use an essential oil directly on my hands that I inhale which signals to my subconscious mind that we're about to begin deep subconscious work - I do this in my private sessions too. Any pure essential oil is fine, provided you like the fragrance. You could also use a candle or some other item used specifically for this purpose.

Note: When it comes to connecting with your inner child - please follow the guide below and trust what comes up for you.

Some therapists suggest thinking of a photo of you as a child - **I ask you not to do this** as it limits your ability to be taken to the scene or age relevant to this particular theme of trauma. Instead, follow the guide below and you'll be able to connect that way - trust yourself, your Soul knows how to heal!

Set an intention of your own or you may use or modify this:

"I intend to connect with and heal the inner children within me who avoid closeness and connection. I do so with love, compassion, and unity for all concerned."

Process for Dismissive Avoidant Attachment

1. Recall a time **as an adult** where you've felt that overwhelming need to pull away or put up a wall in response to someone wanting to get close or deeply connect with you.
2. Replay the event in your mind, recalling where you were, who else was involved and what happened.
3. Notice the moment where you felt most activated in the scene.
4. Notice where in your body you feel the emotional charge.
5. Notice what physical sensations there are i.e. contraction, tightness, heaviness.
6. Notice what emotions are sitting in this part of your body - write them down.

7. Ask what other feelings or words are sitting in that part of your body - write them down.

8. Read those words back to yourself, example: *“I see your fear, discomfort, and overwhelming need to pull away and I’m sorry that you’ve had to carry this for so long. I see you and I love you.”*

9. Then say: *“I ask to connect with the younger version of myself who is sitting in this part of my body, feeling (name the emotions you were feeling.)”*

10. And imagine that you can connect with them. Imagine you can see them, feel them, or just know they are there.

11. Once you can imagine you’re connecting with them, *you actually are connecting* with them.

12. Notice approximately how old they are.

13. Notice how they’re feeling - what are their thoughts and emotions. They’re likely to be slightly different than yours were. Write them down.

14. Imagine you’re going into the scene to your younger version.

15. Wrap them up in a soft pink blanket (soft pink holds the frequency of unconditional love). Let your arms and body become a safe, secure, loving container for them.

16. Imagine looking them in their eyes - eye contact is super important for these particular inner children, as it creates safety and connection.

17. Reflect back to them what they were feeling **using their exact words** and give them the reassurances they need such as:

“I see you’re feeling _____. I’m sorry that you’ve had to deal with this on your own for so long. I want you to know that I’m here now to keep you safe so you don’t have to feel that pain again.”

“I am your future self, I’m you all grown up and I’m here to bring you home with me, where you belong and where I can create a safe and secure container around you. I’ll be here loving you and taking care of you and making sure that your needs are met so you don’t have to pull away from closeness and connection anymore.”

18. Ask if there’s anything they wish to say or share with you and reflect their exact words back, giving them the reassurances they need.

19. Bring in luminous violet light, fill their whole body and energy field with violet light as well as your own. Then place a white crystal in the part of the body where the emotional charge was. The crystal is encoded with healing that will adjust to suit the exact needs of your inner child. Allow the luminous white light to fill their entire body and into their energy field.

20. Now do the same with yourself, placing the luminous white crystal in your body in the place where the emotional charge was and allow the light to fill your whole body and energy field.

21. Now bring soft pink and gold into each of your bodies and fields - unconditional love and Divinity.

22. Notice how your inner child is feeling now compared to earlier. Shrink them down and place them into your heart.

23. Let them know that they are finally Home now where they're safe, secure, loved, and where it's safe to allow others to get close to them and to love them too. They don't need to be on their own anymore. It's time for them to rest.

24. Notice how you're feeling. Take a moment to take a brief peek at the scenario you used initially, how do you feel now compared to before the process? Is there a reduction in emotional charge?

I would recommend repeating the same process with the same or different scenarios until there is no more emotional charge when you think about deep connection with another and being vulnerable. Once there's no emotional charge - you have successfully dissolved this trauma and are ready to move onto the next, well done!

Note: It's very common to feel extremely tired or even exhausted following deep inner child work and this can come in waves or last for a few days. The inner child has not been able to adequately rest for decades in most cases. In dissolving this trauma for them they're able to finally rest. And

Jen Araya Peters

because You are the inner child, you just got bigger, you will feel their tiredness too!

Self Inquiry:

What came up for you during this healing?

Create a daily practice of connecting with your inner children. See them, feel them and reflect their feelings and words back to them.

Fill your inner children with soft shimmering pink and gold light, this will soothe them and help them feel safe to connect. Once they feel safe connecting with you, they'll feel more comfortable connecting with others.

Disorganized Attachment Style

Disorganized attachment is effectively a combination of both anxious attachment and dismissive avoidant attachment patterning. While parts of us will crave closeness, connection, and emotional intimacy, the other aspects of us will shut down or avoid connection and emotional intimacy. This often causes us to feel quite chaotic and confused within ourselves in terms of connection and as a result, we often unintentionally create chaos and confusion within our relationships too.

A disorganized attachment style is the result of a child who looked to their parent for love and care and instead was emotionally or physically abused, neglected, or mistreated. This includes a parent who is completely shut down, emotionally numb, or uses the silent treatment to punish a child or a parent who was hostile or cold. A parent who was emotionally unstable, chaotic, or unpredictable towards the child or abusive toward other family members will also often result in disorganized attachment style.

This naturally creates a deep fear of intimacy, yet the need and often desperate longing for intimacy and connection is also present, simultaneously. This is why those with a disorganized attachment style can run hot and cold or they're either all in or all out. Their inner children are working hard to keep them safe.

When paired with an anxious attachment style, someone with a disorganized attachment style will tend to be repelled the more the anxious attacher seeks connection or commitment, causing the disorganized attacher to want to run away or shut down.

Conversely, if a disorganized attachment style is paired with a dismissive avoidant, this feels safer to the disorganized attacher and

they'll often lean in more - similarly to an anxious attacher. This will cause the avoidant to pull away - reinforcing that love, closeness and connection are unpredictable and not safe.

When a young child has a disorganized attachment style they form core beliefs such as:

- Love isn't safe
- I'm unloveable
- People aren't safe
- I have to fend for myself
- I won't survive without them
- I'm on my own
- I can't trust anyone but myself

Patterns are formed in response to each belief, such as:

- Intense shame
- Fear of rejection or abandonment
- Sadness and loneliness
- Difficulty trusting people
- Withdraws from people
- Becomes very independent and does many functions that a parent would normally do such as caring for themselves and other siblings
- Tends to stay on the periphery of groups although wants to have a close friendship like the other kids but doesn't know how or doesn't feel confident in their ability to do so

In an adult, a disorganized attachment trauma looks like:

- Intense shame, sadness, and loneliness
- Difficulty trusting people
- Feels unlovable or defective in some way
- Struggles with low self-esteem and self-worth
- Feels rejected easily and rejects others easily too
- Often involved in toxic, chaotic and high conflict intimate relationships
- Wants closeness and connection yet feels the overwhelming need to pull away from closeness and connection

Note to parents: In order to raise emotionally healthy, happy, and well-balanced children so they don't go through what we did - we must provide them with a secure, emotionally nurturing, and deeply loving environment. Just putting a roof over their head and food in their tummies is not enough. Thank you for being here and doing your own inner work so that you can be the parent you wished you had and that you most want to be for your child.

And to all singletons, thank you for doing the work too, as every individual's vibration is what contributes to the collective whole. Each time you heal a part of you, it helps heal the overall trauma collectively.

Healing Disorganized Attachment

Because disorganized attachment is effectively a combination of both Anxious Attachment and Dismissive Avoidant Attachment - it's

recommended that you take yourself through both of these processes until there is no emotional charge, you'll find them under the Anxious Attachment and Dismissive Avoidant Attachment Chapters. Ideally you'd also take yourself through the process for Emotional Abandonment as this is where your attachment trauma began. You may also wish to take yourself through the Rejection Healing Process if this resonates with you too.

Note from Jen: I know this may seem like a lot of work but the results of healing this trauma are profound and truly lifechanging. Spending a month or two focusing on healing this core wound will change how you feel and relate with others in the most miraculous ways. Disorganized Attachment Trauma is deep and debilitating, although you may not realize just how impactful it has been on your life until you dissolve it. There is so much here for you on the other side of healing this trauma!



Chapter Twenty

Enjoying the Journey

Healing is a journey of self-discovery rather than a destination. When you first begin your healing journey, I invite you to create space each day that's dedicated to your healing or healing practices. This might look like learning how to meditate, setting and reaffirming intentions, playing with visualizations, journaling, introspection, breathwork, taking yourself through one of the healings in this book, exploring your subconscious mind, or anything else that leads you inward.

The key is to go inward rather than gaining more and more intellectual knowledge. An intellectual understanding is good, but it doesn't make your trauma go away. Whilst intellectual knowledge is useful particularly when it comes to "managing" your trauma, if you learn how to go beneath the surface, with the right tools and techniques you can actually dissolve the trauma so it's no longer there. No trauma, no triggers, no dysfunctional patterns. The techniques in this book will help you do this.

Your invitation is to learn how to go inward and connect with yourself rather than going outward. The answers, guidance and healing you're seeking are already within you. As you heal you naturally become your greatest source for whatever you're seeking, paving the way to true sovereignty and Home to yourself.

Many people find it's easier to devote to their healing when they're being less social, this is also a hallmark feature of going through the dark night of the soul. Follow your inner guidance and if you're feeling like you need more time with yourself then have more time with yourself. The truth is that it's very hard to heal when you're busy and distracted with people and activities that don't feel aligned with you. In fact, you'll most likely find yourself wanting to let go of certain things or people at some point as you evolve beyond the version that once aligned with them.

We often go through cycles as we're healing, where we're less committed. This is absolutely okay, give yourself some grace.

A Few Tips to Get Started

I would suggest creating a regular routine of dedicating ten to thirty minutes each day to your healing journey, at least five days a week.

You may need to consider stepping away from socializing or certain people, places, or things that are likely to undermine or sabotage your efforts and progress.

Create a sacred space for yourself. It may be that you use essential oils during this time, soft lighting or special music or perhaps you sit on a special cushion, just for when you're healing or going inward. Whilst creating a dedicated space or ritual is not essential, when we do create a ritual like this, our subconscious mind learns that this is a time of going inward - it makes this time and space more potent.

Practice giving yourself grace. It takes time and practice to establish practices like these and to learn how to meditate, journal or set intentions, etc - so it will feel awkward at first. Even having the intention of doing so and taking action helps to create an energetic container to facilitate your practices. There will be days when it's easy and days when it isn't. Be gentle with yourself and avoid self-judgment or comparing yourself to others. Each journey is unique; we cannot possibly and reasonably compare one to another.

Get comfortable being misunderstood. It's common to go through a phase where those who are close to you, especially family, don't understand why you're doing this and can even become offended as they often feel rejected in some way. Their reaction is typically about them, their lack of understanding and their own programming it's not actually about you. Some find it easier not to share about their healing with those that aren't capable or willing to be supportive.

Choose your practices, therapists, healers, and teachings based on resonance. Do they resonate deeply within you? Does what they say and teach feel aligned with you? Always use resonance and alignment as your guide, even when you may not intellectually understand the why, your soul knows what it needs to heal.

You're releasing old versions of yourself whilst simultaneously giving birth to new versions. This means we'll likely naturally want to move away from certain people and things that we once loved and aligned with. This can be extremely confronting for all concerned. Please know that it's possible to let go with love and grace, these shifts are not personal - they're vibrational, although this can be hard to accept at times.

And although there may be times where you'll wonder if you're going to have anyone left in your life, please remember that there are people

and experiences that are meant to be in your life, to love you and celebrate you. But they cannot find you if you're still playing in places or frequencies that match an older version of you.

Be prepared to go through waves of fatigue or even exhaustion while you're healing. Not only are you creating changes to your outer world, first and foremost, you're creating change to your inner world, and this is often exhausting. If you can, rest more or take a nap when needed, you'll move through these phases more swiftly. This is a beautiful opportunity to practice surrender. There's also a lot of shifting and upgrades going on at an energetic and cellular level that you may not be able to see with our human eyes. When we keep pushing through and ignoring the call to rest, we limit our own healing and evolution. If you allow yourself to rest, you will move through the waves more seamlessly. Your guides have a way of ensuring that everything that needs to be done, still gets done - with more ease.

Be patient. It can take some time to see the ripple effect of the inner work you're doing reflected back in your outer world. You will begin to feel better first before you see the changes in your outer world. They will come though, pay attention, and keep turning your focus inward.

Provided you're actively going inward on a daily or most daily basis, you're actively engaging in at least one deep inner child healing each week and you're following your intuition or inner guidance (i.e., stepping away from environments that don't serve you), you will begin to see shifts in your outer world that match the shifts you're feeling internally.

Final Thoughts

The overarching purpose of healing is really to come Home to and Remember the Truth of who you are.

In other words, we are not our trauma. We are not our wounds. We are not the labels or limitations that have been placed upon us or that we've placed upon ourselves.

We are in fact children of the Divine and we each carry a spark of Divinity within us. This is not a religious sentiment. True Divinity extends well beyond religion.

When we heal, what we're really doing is dissolving or healing the parts of us that have become distorted, damaged, or corrupted in some way, so that we may return to our True Divine Essence. We're dissolving the parts that have kept us separate from our Divinity so that we can come into unity with ourselves which allows us to come into true unity with others.

For example, this belief that we're unloveable or not enough in some way, is not truth, it's a distortion. Distortions show us where our template has been damaged or corrupted. When we heal, we heal these distortions so that we can see our Truth, in this case that we are completely loveable and that we are more than enough, and we always were.

There's no shame in healing. I have yet to meet anyone, under any circumstances that does not have some healing or reharmonizing to do. Although many are not yet conscious of their own dysfunctional or distorted patterning or are not ready to acknowledge and take responsibility for their healing - there was a time when I wasn't either.

Many refer to being here on Earth as "Earth School." I tend to agree. We're each here for many reasons including to evolve in ways we wouldn't be able to without the experiences we've had. This may be hard for our human mind to accept at first.

As we lean into our healing, we also unlock wisdom and expansion to our consciousness that can *only* be unlocked by healing. We also unveil our Soul's mission through this process.

I personally see healing as a treasure hunt. I know that when I'm shown a trigger or a misalignment, when I lean in and heal and realign that aspect with my True Divine Essence, not only am I going to feel the ripple effects of that expansion in consciousness in all areas of my life, I'm also going to unlock wisdom that I couldn't have accessed any other way. And the incredible thing is that this wisdom, *our* wisdom, was always there - it's just that we couldn't access it before because we had a limiting belief sitting in the way. Clear the limiting belief and you can see and access the wisdom behind it. The wisdom of our own Soul.

I invite you to consider your own healing in a similar way, where you *get to* unlock wisdom, codes, and consciousness specifically for you. As you do so, notice the ripple effect of the expanded consciousness you're now holding. Remembering that with every single trauma you heal, the space that was once filled with trauma is now filled with light. The more light you're carrying, the more aligned you are with your True Signature Essence, the more easily and abundantly life flows for you.

Your purpose will also be revealed to you as you heal and dissolve the programs, patterns and labels that aren't yours. Oftentimes our greatest challenges are intrinsically connected to our Soul's purpose. However, it's not until we overcome those challenges and heal the trauma behind them, thus coming into greater alignment with our True Signature Essence, that we can see our purpose more clearly. It's very difficult to see our purpose when we're carrying a whole lot of distortions that aren't aligned with our signature essence. The more *you* you are, the more easily what is meant for you can find you.

Jen Araya Peters

Finally, please know that you're being guided, loved and supported by higher versions of yourself - they know the way. You have everything you need to fully heal and realign with your True Divine Essence and your highest timeline here on Earth. Trust and follow the call within you - even if it doesn't quite make intellectual sense, the pieces will soon come together as you *Come Home to yourself*.

And remember Dear One,

You came here at this time for a reason.

You have been drawn to this book and the codes within this book for a reason.

You hold the keys to your Universe.

It is your time to Heal and Come Home to the magnificent Truth of who you are.

I love you, it's an honour to hold your hand and walk beside you.

Love, Jen xo.

About the Author



Jen Araya Peters is a visionary healer, a global leader in the world of inner child healing and the founder of a 126,000 strong healing community. Jen has facilitated over 5500 inner child healings for her private clientele and is at the forefront of ushering in a new paradigm shift in the realm of inner child healing.

Jen Araya Peters has a soul mission to serve humanity by dissolving emotional and inner child trauma at its foundational roots, restoring their natural, Divine template. Jen helps to untether those who are ready, from the trauma and constraints of their past, liberating them to embody a higher version of themselves and to live a life of love, freedom and purpose.

When Jen is not creating or helping others on their healing and expansion journey, she can be found soaking up the sun, traversing the higher realms or indulging in a locally made sweet treat! Jen absolutely adores roses and always has the soft scent of rose essential oils filling her home. Jen lives in a small beach town near the sea in New Zealand, with her precious son Jordan and little black cat, Whiskey.