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Have you met your Inner Child?

You might see them as yourself in your early years.
You might seem them as a patchwork of childhood.
You may even just see dreams of youthful play.

An awareness of your Inner Child can you bring balance to your life.

#innerchildwork #csa #healing

First, not everyone associates childhood with playfulness and fun. If you, like me, have experience the wounds of emotional, physical, mental, sexual, or any other type of abuse - childhood can rouse feelings of suspicion, fear, and vulnerability. You may carry pain buried deep..

inside that aims to protect you from both your present self and the child you once were.

For years, I buried this pain afraid to release it for fear I might disappear in the weight of it. I feared connecting with my inner children as much as they feared being seen.