

Connect WITH YOUR Inner Child

Is there a pattern occurring with the type of situations you constantly find yourself in? If so, it's possible that an old memory or 'story' from your childhood is being triggered, calling out for attention and healing. Dana Mrkich explains how connecting with our inner child can set us free.



Have you ever had an intense emotional reaction to something and thought, 'Where did that come from?' Chances are it didn't come from what is happening in real time but from somewhere deep in your memory – a reaction to something hidden and protected by your inner child.

Even as adults, we all have an inner child, which affects us every day. It represents who we were before we picked up layers of influence from parents, teachers, family, friends and society. Unable to deal with any negative thoughts and experiences that might have occurred during our childhood, our inner child, taking most of it personally, gradually retreats into her shell where she feels safe. Nevertheless, those feelings are still there, waiting for the day when we are emotionally mature enough to deal with them.

When we catch ourselves repeating a pattern in life over and over again, it is often caused by our inner child getting us to replay a story in the hope that, this time around, we can change the ending. Until we have re-connected to the parts of us that may have been wounded when we were younger, life will continually provide opportunities to heal them.

Take 36-year-old Trish, for example. Her father didn't adequately support her financially,

nor was he emotionally available to her as she was growing up. She consistently attracted non-committal partners who let her down and treated her less than she was worth. Trish also regularly found herself in work situations where she was underpaid and undervalued. On a subconscious level she was re-creating the dynamic she'd had with her father, this time trying to get the support and acknowledgement she'd never received, which would finally allow her to feel loved and worthy.

We all want to feel special and valued, so often we rely on others to make us feel this way. The problem is, it's not someone else's job to provide us with the emotional connections we lacked in childhood. However, certain relationships do bring our attention to any lack of emotional connection felt by our inner child. Trish had to learn to love herself no matter what, tell her inner child she was worthy and of value, and stand up for herself by honoring her true needs.

We have to give ourselves everything we feel might have been lacking in our childhood, including nurturing, protection, unconditional love and support. Until we give our inner child our full love and attention she will, without doubt, sabotage many aspects of our life – just like any little child would that's feeling neglected or ignored!

Make the Connection

As an exercise, think of an intense emotional reaction you recently had to something or someone; a type of person you regularly attract or a pattern you experience that evokes the same kind of feelings within you time and again. Did you know that about 90 percent of that strong emotional energy has nothing to do with the situation in front of you?

Either in meditation, through journaling or with the help of a therapist, recall a time in your childhood when you felt that same way, or experienced this same pattern. Ask yourself: How do I feel whenever this happens and who made me feel this way when I was younger?

Trust the answers, words and memories that come; they provide a clue as to the wound that is trying to be acknowledged now. When we take responsibility for finding the real root of our strong emotional responses, we experience great liberation and freedom and allow ourselves to live in a much more authentic and conscious way.

What can you tell your inner child that she needed to hear all those years ago? Ask her what else she needs. You may be surprised by the simplicity of the clear responses that come.

Finally, take your inner child out of the closet and say: "You are good enough. You are loved and worthy. It is okay to speak up and express your truth. You will be safe. I will protect you. I will love you."

In accepting our past we free ourselves to create a new story for our future. We can then start attracting people and situations that resonate with our newly-found emotional wholeness and inner sense of self-love, acceptance, security, and connection, making for much healthier relationships and life experiences. **em**

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