

Liberating Your Inner Child



Living Your Best Life Unapologetically!

Isis L. Aki, MA, LMHC
Isis L Aki Healing Therapy
Heart & Soul Sanctuary Retreat Center

Copyright © Isis L. Aki, 2024

Published by Heart & Soul Sanctuary Retreat Center

Cover Image By: James Wheeler, Unsplash

Feel free to reach out in the following ways to request information or to attend upcoming retreats through the Heart & Soul Sanctuary Retreat Center.

Phone: +1 (206) 399-5222

Email: isis.l.aki@gmail.com

Website: www.innerchildplayretreats.com

CONTENTS

Introduction.....	1
Chapter 1	4
The Power of Inner Child Play Healing.....	4
Meeting Your Inner Child Archetypes	6
Signs You Have Met Your Inner Child	7
What's Your Inner Child Archetype?	8
Chapter 2	87
Mindfulness For Healing The Inner Child	87
Mindfulness Exercises for Inner Child Play	89
Healing.....	89
Chapter 3	96
Reiki Energy, Chakras, and Crystals For Healing	96
Introduction to Reiki.....	96
Chapter 4	104
Identifying and Harnessing The Sacred Feminine Archetypes	104
Conclusion and Invitation	112
References.....	113
Appendix - Mental Health Resources	117
About the Author	120

I want to dedicate this book to my mother, who is my greatest teacher.

Thank you for helping me learn my lessons of unconditional love through empathy and forgiveness.

Also, a special thanks to my editing team!

Introduction

Finding one's balance and a heart-centered life can be an astonishing journey into the unknown territory of self-reflection. This path will take you to hesitancy, self-doubt, and what no longer works for you; it does have its challenges.

It will also take you to treasures you'll never find anywhere else. On this incredibly rewarding journey you will find a strength you never knew you had; you'll find what makes your heart happy; you'll find your unique path and soul's purpose.

When you're teetering on the brink of that first step to this journey, it is so helpful to have a holistic practitioner who has already taken it - one who can show you how to trust the journey and to navigate its twists and turns. I am happy to serve as your guide - from taking that first step to embracing the treasures of a heart-centered life.

I am a licensed psychotherapist in Washington State, and I have worked in this field since 2007. Working as a mental health therapist, including working with children with disabilities and emotional dysregulation, has helped me to tap into the world of children's imagination. Whether working with children or adults, I carry this sense of play in the way I connect with my clients. From a holistic perspective, I help my clients heal the mind, body, and spirit.

My formal training includes Family of Origin (FOO), Trauma Focus Therapy (TFT), Narrative Therapy, Cognitive Behavioral Therapy (CBT), Existential Therapy, Jungian Analytical Psychology, and Internal Family Systems. Most recently, I formally trained as an Inner Child practitioner when I studied with *The Inner Council** in their "Inner Child Workshop" series



in 2023 and 2024. This approach to spiritual and mental health has been a core essence of my healing practice.

I am grateful to have this opportunity to help heal people with their soul's purpose, one beautiful inner child at a time.

Welcome! I hope you join me on this healing journey.

The core purpose of this workbook is to help you identify and reconnect with your inner child for the purposes of healing, transformation, and empowerment.

* Read more about *The Inner Council* at innercouncil.org

And now, let's begin.



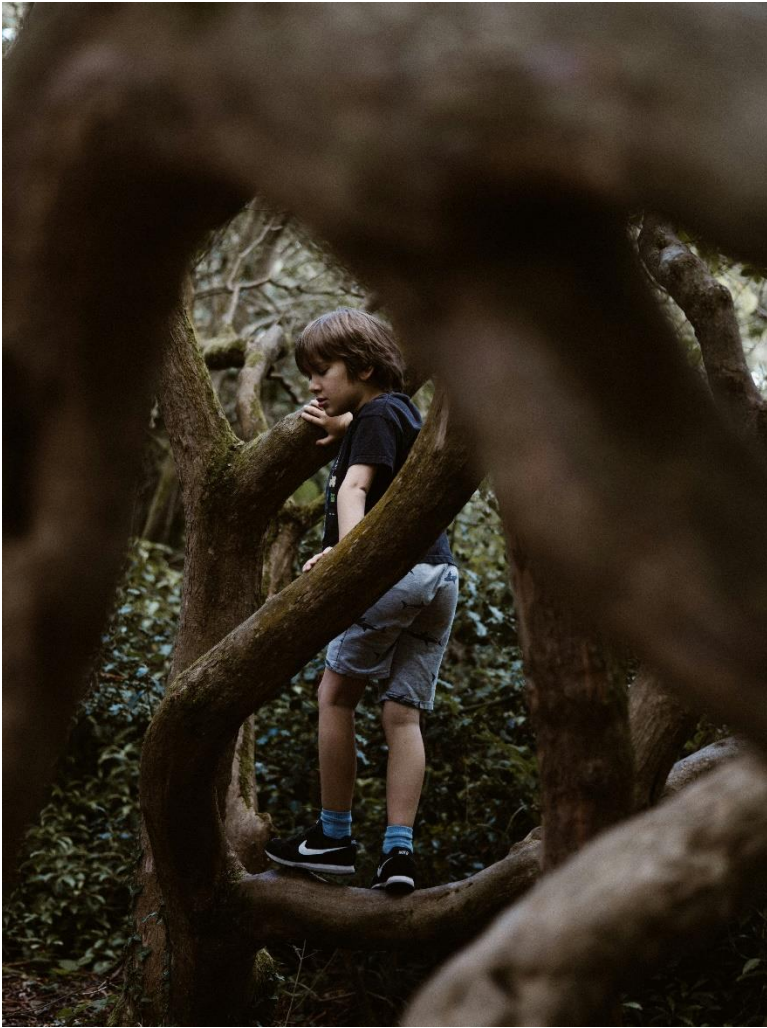


Image: By Annie Spratt, Unsplash

Chapter 1

The Power of Inner Child Play

Healing

To better understand Inner Child Play Healing, it's important to understand its foundational ideas and principles.

In Western psychology, Carl Jung (a Swiss psychiatrist who founded Jungian Therapy) is the first to propose that the human mind is composed of twelve archetypes, and among these is the Innocent (1968), also known as the Inner Child.

Inner child work involves revisiting and nurturing the wounded aspects of one's past, often stemming from childhood experiences (Boudreau, n.d.). This is what we will be covering in this chapter.

Some of the topics include:

- Meeting and identifying your inner child archetypes.
- Embracing your wounded inner child.
- Experience the divine child archetype by being present and openly connected to feel joyful and blissful.
- Reconnecting and owning your creative inner child unapologetically!
- Discovering your magical inner child by connecting to our awe and wonder through your imagination and environment.

- Nurturing your wild, free-spirited nature inner child. Connect with the plants, animals, and fairy energies.
- Healing the wounds of childhood.
- Reparenting the inner child to meet their needs.
- Healing the energy centers (chakras) to release emotional, physical, and mental pain.
- Creating harmonious and meaningful relationships.
- Self-love through compassion, unconditional love and regard, and forgiveness through mindfulness.
- Exploring sacred feminine archetypes to help heal the inner child.

Ultimately, your spiritual healing is a deeply personal and unique experience. Trust your intuition, honor your beliefs, and stay committed to the process. By doing so, you'll unlock a wellspring of resilience, inner peace and a renewed sense of purpose that will enrich every aspect of your life.

My spiritual teachings focus on connecting with your inner sense of play through listening to your own creativity, communing with Mother Earth, tapping into the goddesses of mythology, dancing with fairies' wisdom, and healing your chakras through energy techniques such as reiki and drawing strength from crystals.

This manual talks about some of my own, personal, widely beloved, favorite ways to bring about spiritual healing, but your soul is yours to do with as you need. I'm here for you! Let's connect to the universal love and feed our inner children as we feed our souls together.

First, let's explore the Inner Child archetypes to learn more about ourselves and how to harness our divine gifts.



Meeting Your Inner Child Archetypes

"The Child (when in harmony and balance) is the fun, laughter, play, creative, manifesting, loving, aspect of ourselves. The child is the part of us that connects to our spiritual Self. The Inner Child functions as the right side of the brain, in modes such as being, feeling, and experiencing."

~The Inner Council, "Inner Child Workshop"

Although Jung's archetypes only include one Inner Child, others have built upon this work.

Combining the writings of Spilker (n.d.) and Blencowe (2021), there are nine identified Inner Child Archetypes.

1. The Curious Child Archetype
2. The Dependent Child Archetype
3. The Divine Child Archetype
4. The Magical Child Archetype
5. The Nature Child Archetype
6. The Needy Child Archetype
7. The Orphan Child Archetype
8. The Responsible Child Archetype
9. The Wounded Child Archetype

But why is learning your archetypes relevant – if not utterly essential?

- You'll better understand why you act or respond the way you do
- You'll generally become more self-aware

- You will have a solid base for your healing process
- You can also aid and enlighten others on their path of self-discovery in learning about their inner child archetypes

Hold on to these reasons as we proceed to the rest of the chapter.

Signs You Have Met Your Inner Child

Although everybody's experiences are uniquely their own, there are many ways that meeting your inner child is most likely to be felt.

When accessing the dormant emotions in your mind and body, as they come out from hiding, it's not uncommon to experience sentimental happiness and self-compassion.

It's also not uncommon to feel the experience in your body, often as an increase or decrease in physical energy. In addition to accessing the emotions of your childhood, old memories may also resurface.

You may also, when getting in touch with your core wounds from childhood, reexperience pains from childhood, such as old feelings of shame, betrayal, loneliness, grief, or sadness. You may also experience a heightened need for safety (Luna & Sol, 2020).

But it's all worth it: this work can hone your self-awareness skills to better support your physical, emotional, and mental health.

And after you meet your inner child, all you need to do is invite them to play and express your inner child through mindfulness and expressive arts, including writing, drawing, and activating your imagination in art activities such as finger painting and coloring, meditation, dancing, or even theatrical activities.



You'll be surprised at the power that comes with such seemingly simple activities.

What's Your Inner Child Archetype?

Although it's possible that you experience Inner Child Archetypes that differ from the nine we identified previously, it is most likely that your experiences will connect with one or more of these nine. Let's look at the nine in more detail:



The Curious Child Archetype

Part 1 – Overview



Image: By Jeremiah Lawrence, Unsplash

The Curious Child Archetype, as identified by Spilker (n.d.), connects with our internal sense of creation, of curiosity, of discovery. Every Curious Child has creative energy, as curiosity is the first stage in creative work.

When you were a child, what drew in your curiosity? You may have taken things apart to see how they were made, tapping into your creativity as you learn and perhaps put them back together.

Your curiosity may have also made you a voracious young reader, a passionate watcher of stories, an engrossed student, someone who needed to know how a song sounds, someone who wanted to know what made your pets and friends tick, or a playful listener with peers.

Today, our Inner Curious Child can help fuel our creativity, our hungry minds, and our ability to take apart problems and create

new ways to approach them. The Inner Curious Child is vital for our mental health and problem-solving abilities.

Unfortunately, curious creativity can be taboo for many people in many cultures. Who among us hasn't been told that our childhood art is childish? That we ask too many questions? This suffering can be devastating, but it shouldn't stop you from unleashing your curious child.

Celebrating the Inner Curious Child is a profound force for healing!

The Curious Child Archetype

Part 2 – Worksheets

1. Mindfully Observe Your Senses

According to the Crossroads Lyceum Fellowship of Isis (FOI), our modern culture, for the most part, has placed a low priority on the imagination, downgrading its usefulness to being seen as only for children. The phrase "it's just your imagination" is meant to shame and degrade. This stigma is wrong!

Through this process, our imagination will blossom and flourish, transforming the way we see the world and the way we engage with it. We will be more adaptable, more resourceful, and more capable of tackling the complex challenges that inevitably arise in our lives.

"Through the practice of creative imaging, we can train our minds to envision possibilities beyond the confines of our current reality."

In the intentional act of deliberately engaging in creative visualization exercises including communing with your Inner Child or other Sacred Archetypes, such as the Goddess Isis or Mother Gaia, we can reignite that spark of wonder and unlock a deeper well of creative potential. As children, we were quite comfortable interacting with the world of spirits, especially when playing in nature or with our imaginary friends.

This creative imaging or visualization exercise helps to discover which senses we are using the most often, and which are underdeveloped, so there is no right or wrong way to be.

The How-To

This exercise invites you to go outside and sit. It doesn't matter where you choose to sit, on your back porch, on a park bench, under a tree, etc. However, if you would like to do this exercise during inclement weather, you may try it inside. But whether



But whether outdoors or indoors, try to perform it in a location that you have rarely – or never – been to.

Make yourself comfortable, clear, and grounded.

If you feel safe to begin a paced breathing mindfulness exercise, bring your attention to your breath, noticing the air moving through your lungs, nose, and mouth.

As you grow aware of your breath, try to slow your breathing. Count to five with each breath in, breathing in through your nose, then hold your breath for a count of four.

Exhale through your mouth slowly, for a count of seven, then hold your breath for a count of four. Repeat for five breaths.

After five of these breaths, let your breathing return to your regular breathing, but do your best not to let go of the state of mindfulness that this grounding exercise has led you to.

After a few moments of paced breathing, bring your awareness to the senses that you are now using the most.

Are you listening to the sounds around you, such as, birds singing, passing cars, or people's voices in a distance? Or perhaps you are feeling the touch of the warm sun on your face, the ground or chair or bench you're sitting, or the breeze as it blows your hair every so lightly or wildly. Are smells or taste more recognizable instead? Just close your eyes and be present.

If your mind wanders away from this exercise, mentally acknowledge those thoughts but let them drift away so that you can stay present.

If you need to, you may want to say these thoughts: "I'll come back to you later."

This exercise helps you to determine exactly which senses you rely on the most in the outer, physical world.

2. See It, Feel It, Touch It, Hear It, Taste It

Handy Tip: This exercise requires you to either close your eyes or soften and lower your gaze, so it's impossible to perform this exercise while reading it visually.

Therefore, before performing this exercise, you will need to either memorize the instructions ahead of time or record yourself reading them out loud to listen to them.

In addition, because this exercise focuses on thinking about food, you may want to eat a snack or a meal beforehand.

Close your eyes, relax completely, and imagine holding your favorite wrapped piece of food. It could be chocolate, candy, a piece of string cheese, or a granola bar, to name a few.

Look at the wrapper and the name across it; unwrap it and hear the sound of the crackling paper. Break or rip it in half. Smell its aroma. Look at its shape and color.

Feel the size of the item and the smoothness or chunkiness of its texture.

Finally, bite into its full, rich flavor and feel the emotion that it brings out in you.

Later chapters in this book will help illuminate many actionable ways to access this inner creative child by creative imaging, which is key for healing. Moreover, the act of creative imaging can have a profound impact on our emotional and psychological well-being. By tapping into the power of our imagination, we can cultivate a greater sense of resilience, optimism, and overall mental clarity. As we learn to navigate the realms, of the "make believe", we develop a more flexible and adaptable mindset, better equipped to navigate the complexities of the real world.

The Dependent Child Archetype

Part 1 – Overview



Image: By Arleen Wiese, Unsplash

Our Inner Dependent Child comes out when we struggle to trust ourselves. We may fear that we cannot act wisely, that we cannot be independent, or that we cannot rise to the challenge of mastering a situation.

Although our Dependent Child wounds may stretch back to childhood, we each have the capability to resolve these issues now. We need to find out what we need to find within our lives and ourselves to learn to trust ourselves and our abilities.

Becoming independent does not mean that we need to stop asking for help to get the support that we need. It simply means that we can grow more selective and confident in how we ask for help.

The goal is to think first, "Is this person supporting my growth and independence, or are they only helping me because they

(perhaps subconsciously) fear my independence and want to feel needed by me?"

If you identify with the Dependent Child Archetype, know that you are loved and can do so much more than you may think you can right now. You really can tackle any problem by yourself and live without feeling dependent on other people!

Though this might seem at a distance right now, if you identify with this strongly, you can get there with training, patience, and bravery.

The Dependent Child Archetype

Part 2 – Worksheets

The first step is recognizing the dependent child archetype within us:

Can you recall moments from your childhood when you felt you couldn't act independently? How did others respond to your need for help, and how did that affect your belief in your own abilities?

Think about a recent situation where you doubted your ability to handle something on your own. What specific thoughts or fears made you feel like you couldn't rise to the challenge?

What triggers feelings of dependency in your life today? Are there specific situations, people, or emotions that make you feel like you can't handle something without help?

What are your biggest fears about becoming independent?

Do you feel that certain people in your life may (consciously or unconsciously) prefer that you stay dependent on them? How can you set boundaries to ensure your growth is supported?

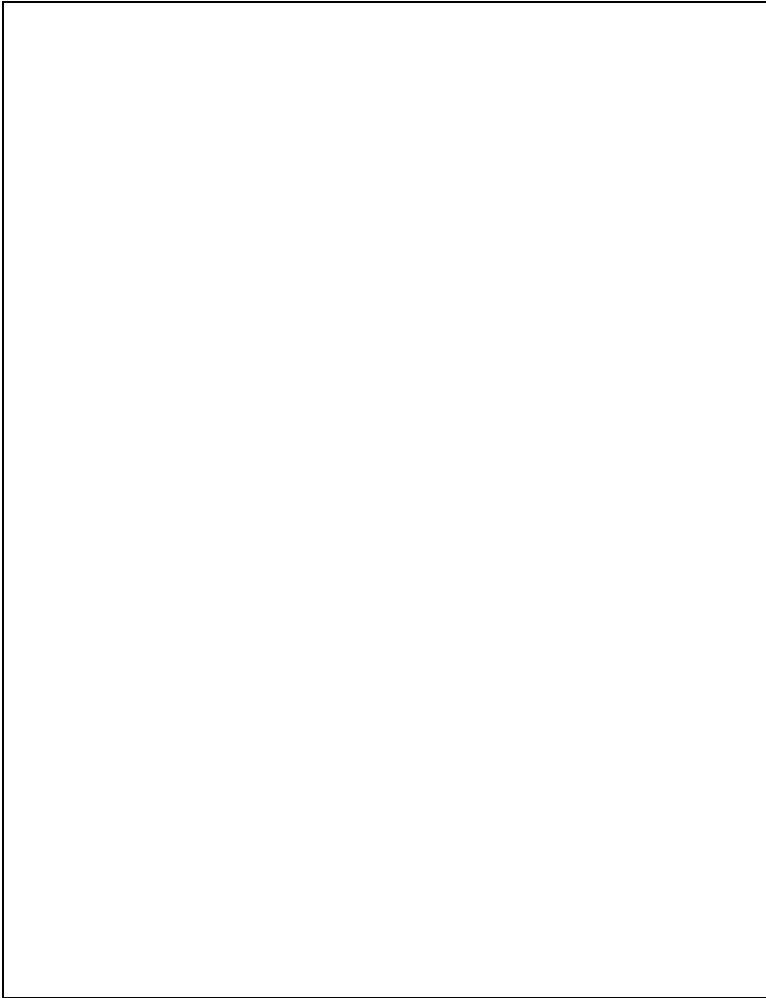
Think about a task or problem that you recently managed on your own. How did you feel before and after completing it? What did this experience teach you about your own capabilities?

Next step – connecting with the Dependent Child:

The How-To

1. Hey, Dependent Child

Write a short dialogue between your adult self and your inner Dependent Child. What does your Dependent Child say about their fears, and how can your adult self reassure and support them?



2. Meeting The Protector

This activity uses Jungian (C.G. Jung, 1964) shadow work and guided visualization to identify the protective forces behind the dependent behaviors and uncover their true purpose.

What You Need: A comfortable, quiet space for meditation, a journal, and optional soothing background music.

Part 1: Guided Visualization

Close your eyes and take a few deep breaths. Imagine yourself standing in front of a large, ancient tree in the middle of a peaceful forest. This tree represents your inner strength, deeply rooted yet reaching upward. Now, imagine a small child—the Dependent Child—standing beside the tree, seeking protection and support.

Meeting the Protector: *As you sit with your inner child, visualize a shadowy figure approaching from the forest. This figure represents the protective force that fuels your dependency, a hidden part of you that believes you are safer when dependent on others. Greet this figure and ask it:*

"Why do you want to keep me dependent? What are you afraid will happen if I step into my full independence?"

Listen carefully to the response. The protector may reveal fears of rejection, failure, or abandonment that drive the dependent behavior. Thank this figure for its role in keeping you safe up to this point, but also let it know that you are ready to embrace independence while still honoring the need for healthy support.

Part 2: Shadow Integration

Invite the protector to step into the light of the forest, allowing it to transform from a shadowy figure into a wise guide or ally. This part of you, which once sought to protect you through dependency, can now help you balance independence with interdependence.

Journal: *After your visualization, write down what the protector revealed and how you felt during the encounter. Consider:*

How has this protector served you in the past?

What new role can it take in your life to help you become more independent without losing connection with others?

Part 3: Affirm It

Finally, write down an affirmation to remind yourself of your new relationship with independence. For example: "I trust myself to steer through life's challenges with courage and wisdom while allowing myself to receive support when I choose it."

3. I Am Capable

Identify one area of your life where you feel overly dependent on others. What specific actions can you take to become more independent in this area?

Dependency Area	Action To Take

Now, let's move on to the Divine Inner Child.

The Divine Inner Child Archetype

Part 1: Overview



Image: By Yulia Dubyna, Unsplash

The **Divine Inner Child Archetype** represents the most sacred and blissful part of ourselves. It is the aspect of our being that remains untainted by the hardships of life, always connected to a higher consciousness, vibrating at an elevated frequency of pure joy and serenity.

This archetype embodies the essence of spiritual innocence and the ability to effortlessly tune into the deeper currents of the universe.

The Divine Child is not about actively seeking, exploring, or creating (as seen in the **Magical** or **Curious Child** Archetypes). Instead, it thrives in the art of *being*. It rests in the present moment, fully tapped into the flow of life, effortlessly connected to the higher Self, and the universal source of all wisdom and

love. When we embody the Divine Child, we are at peace, centered, and aligned with the infinite, all-encompassing energy of creation. It is an archetype of divine presence.

The Divine Child is awakened within us when we practice mindfulness, surrender to the moment, and release the need to control outcomes. When we stop striving and simply exist in a state of presence, we feel the Divine Child come alive, opening up channels to higher realms of awareness and spiritual knowledge. This connection enables us to access the deep reservoir of inner peace and joy that is always available when we remember who we truly are—divine beings in a temporary human experience.

While the **Nature Child Archetype** is responsible for connecting us to the Earth and the living world around us, the **Divine Child** bridges the gap between our soul and the unseen, infinite realms. It is the doorway to our **subconscious mind** and the divine source of life, guiding us toward a place of unity and oneness.

Through the Divine Child, we learn to transcend the limitations of the physical world and experience the boundless, unconditional love that emanates from the divine.

However, our **ego** and the **learned limitations** from our environment often block the Divine Child from expressing itself fully. As we navigate through life, we begin to accept the false idea that we are separate from the source, that we are isolated beings cut off from the infinite.

The Divine Child, though, is always within us, patiently waiting for us to call on it when we feel lost, disconnected, or overwhelmed by life.

The Divine Child holds the key to overcoming the painful illusion of separation. It helps us remember that we are never truly alone and that we are always embraced by a higher power

that flows through everything and everyone. It whispers to us in our moments of doubt, reminding us of the eternal bond we share with the all-knowing, all-loving source.

So how can you embody the divine inner child?

The Divine Inner Child Archetype

Part 2: Worksheets

1. Soul Mirror Meditation

The Divine Child is always within, but it can be obscured by the layers of conditioning, ego, and self-doubt that we accumulate throughout life. This exercise allows you to see and embrace your Divine Child by using your own reflection as a mirror to the soul.

Sit in a quiet space in front of a mirror where you won't be disturbed. Take a few deep breaths to center yourself, close your eyes briefly, and call on your Divine Child. Set the intention to see yourself through the eyes of pure love.

Open your eyes and softly gaze into your own reflection, not focusing on physical appearance but on the essence behind the eyes.

Begin to affirm aloud or silently, "I am divine. I am pure. I am connected to the infinite source of love and wisdom."

As you gaze deeper, imagine your reflection shifting into the form of your Divine Child—perhaps you see yourself as a radiant, innocent child or feel the presence of a divine light glowing within you.

Allow emotions, memories, or sensations to arise. Don't judge or resist them—this is your Divine Child showing you the layers of fear, doubt, and disconnection that need to be healed.

Close the exercise by thanking your Divine Child for appearing and affirm that you will nurture this sacred connection.

Write about any feelings, insights, or shifts that came up during the meditation. Did you sense a deeper connection to your essence? What blocks did you feel being released?

Stand with your feet grounded, eyes closed, and take several deep breaths. Visualize yourself as your Divine Child—innocent, joyful, and deeply connected to the divine flow.

When you feel ready, begin to move your body intuitively. Let your arms, legs, and torso flow with the energy you feel inside, without judgment or structure. This is not a performance but a movement prayer—allowing your Divine Child to express itself through motion.

As you move, imagine any layers of fear, conditioning, or disconnection falling away. You are returning to your natural state—free, blissful, and in harmony with the divine.

Continue moving until you feel a sense of completion, then sit in stillness and reflect on the experience. Place your hands over your heart and whisper: “I am the Divine Child. I am free.”

Journal your experience with this movement prayer. Did you feel your Divine Child awakening? What did it feel like to move without expectation or judgment?

The Magical Inner Child Archetype

Part 1: Overview



Image: By Leo Rivas, Unsplash

The **Magical Child Archetype** embodies the boundless belief that *everything* is possible, carrying a sense of inner power and wonder that feels almost mystical. This child within us sees the sacredness in all things, recognizing the divine energies connecting everything across the vast web of life.

With innate wisdom, courage, and gifted creativity, the Magical Child Archetype has the rare ability to bring about transformations that feel miraculous or beyond ordinary limits.

When fully expressed, the Magical Child views the world with openness and awe. This archetype gives us what many call a "beginner's mind"—an ability to see any situation, not clouded by past experiences, but with the freshness and wonder of a first

encounter. In this state, we experience the pure thrill of curiosity and the simple joy of being.

Even the most ordinary things, like a stone or a flower, become extraordinary when viewed through the eyes of the Magical Child.

A pebble, older than ourselves, shaped by countless forces of nature, becomes a gateway to wonder when we pause to truly observe it, unencumbered by preconceived notions.

The shadow aspect of the magical child is the wounded inner child. This emerges when our belief in boundless possibility has been dismissed or belittled, perhaps branded as "childish" or unrealistic.

When the child's sense of magic is crushed, the adult Magical Child may feel trapped in hopelessness, losing faith in the miracles and dreams they once saw so clearly. Depression can take root here, especially when we begin to believe that our visions and dreams for our lives are out of reach or unattainable.

But when we feel connected to this part of ourselves, we let go of doubt, release expectations, and embrace every moment with the thrill of discovery.

The Magical Inner Child Archetype

Part 2: Worksheets

To connect with the magical inner child:

1. Rediscover Everyday Wonder

As you move through your day, intentionally slow down and bring fresh eyes to everything you encounter. Imagine each object or moment as if seen for the first time.

Hold a book in your hands and reflect on its journey—how it passed through the minds of writers, editors, printers, and finally arrived in your hands as a physical manifestation of ideas.

In the elevator, marvel at the mechanics lifting you effortlessly between floors, a feat that once existed only in someone's imagination.

This invites you to enter the present fully, where each observation can unfold as a revelation. Rediscovering the beauty in simple things opens you to the childlike sense of wonder that can fill your world with mystery and magic.

2. Open-Hearted Generosity

Each day, create space to practice spontaneous, heartfelt acts of kindness. These can be as simple as offering a warm smile, a compassionate word, or a small gesture that feels pure and joyful.

Think of these as gifts that come from a deep well of love within, honoring the endless wellspring of kindness your inner child knows.

Let each act reconnect you with the magical child's natural impulse to share light freely, without expectation. The more you

give from this place, the more you reconnect with the inherent generosity and boundless love that resides within.

3. Embracing Gratitude as a Sacred Ritual

In the evening, carve out a few quiet minutes to reflect on the day's small moments of joy and wonder. Whether it's the sun breaking through the clouds, a meaningful exchange with someone, or a peaceful cup of tea, hold these experiences in your heart and feel the gratitude fully.

Close your eyes, take a few deep breaths, and let each memory expand, enveloping you in warmth. Visualize each moment of gratitude as a gentle light within, filling you up from the inside.

Over time, this ritual cultivates an ongoing awareness of life's abundance, reawakening your magical child's natural appreciation for the world's infinite wonders.

4. The Art of Presence Through Creativity

Set aside time to create without constraints or plans, simply allowing yourself to be guided by inspiration. Gather any materials you're drawn to—paints, pencils, clay, even digital tools—and let yourself be led by pure play. Feel the freedom of creating without purpose or judgment, knowing there's no right or wrong way.

As you immerse in this creative flow, you reconnect with the magical child's joyful openness to self-expression. Feel and experience each stroke, line, or shape you make.

Embracing presence through art not only lets your inner child out to play but also helps you experience life as it unfolds in each moment, unfiltered.

Note: This activity can be used as part of general inner child play healing.

5. Imagining Possibility Through Visualization

Visualization is a powerful way to tap into the magical child's boundless belief in what can be. Close your eyes and picture a reality where your deepest dreams and desires are fully realized. Imagine each detail vividly: see yourself living out your dreams, feel the excitement, and savor the joy. As you visualize, allow yourself to believe, fully and without hesitation, that all is possible.

Through this practice, you reconnect with the magical child's hope and openness to life's endless opportunities. Hold on to this feeling as you come back to the present, remembering that the magic of possibility is always accessible to you.

These practices invite you to release judgment, embrace joy, and allow yourself to experience life's inherent magic, helping you reconnect with the essence of your inner Magical Child.

Next, let's take a look at the wild and free-spirited Nature child.

The Nature Inner Child Archetype

Part 1: Overview



Image: By Kyle Nieber, Unsplash

The Nature Inner Child is your wild, untamed spirit that connects directly to the earth and pulses with the rhythms of nature – it's a force of nature!

Have you ever let your inner wild child free? Have you ever felt connected to the rhythms of our Mother Earth, letting the sun

shine on your face, the rain rinse your hair? Howling with the coyotes while feasting on wild blackberries? Whispered and shouted in joy with wild fairies? Felt powerfully blessed by mythical goddesses?

Spirituality and wildness are interconnected in many ways that many Western cultures have lost touch with, and it's time to bring them back.

Your Nature Child is the essence of you that communicates with the world around you on a soul level, feeling the energy and spirit within every plant, tree, and creature.

If you're drawn to the Nature Child Archetype, you likely feel a deep pull toward nature and a longing for the simplicity and healing it offers. The Nature Child finds joy in lying in fields of wildflowers, savoring the scent of the forest, or feeling the sand on their feet in a simple walk on the beach.

It calls for us to slow down, to ground ourselves by feeling the earth underfoot, and to seek joy in moments spent simply being in nature's presence.

Acknowledging and nurturing the Nature Child Archetype in ourselves allows us to do just that: to ground ourselves and feel connected with all there is, where we come from, our planet, and our home.

The Nature Inner Child Archetype

Part 2: Worksheets

Connecting with the nature child is fairly simple:

1. Plant Something

Pick a flower, herb, or tree that speaks to your spirit.

Take the time to plant it, enjoying every part of the process, from digging up the soil, placing your plant/seedling/seed in the soil, and watering it.

But it doesn't stop here. As you tend to the plant, take this opportunity to connect with your nature child and really take your time out there in nature.

Always consider how caring for this living being helps you feel rooted in the present moment and connected to the natural world.

2. Enjoy The Fruits

If you have a garden or even a small window box, grow a simple herb like basil, thyme, or mint. If you already have herbs, fruits, or vegetables, great!

When your plant has grown, mindfully harvest a leaf, sprig, or fruit with gratitude, acknowledging the cycle of life.

Use your harvest to nourish your body. As you prepare and eat it, express thanks for the nourishment and savor the connection you've created.

3. Go Out in Nature

Purposely find activities to do in nature. This could be something like hiking, cycling, jogging, or simply going to the park. The point is immersing yourself every time you step out. If possible, leave likely distractions (your phone, earphones, and other devices) at home.

Engage each of your senses: touch the grass and the leaves, observe everything from any animals and insects you can spot to how the wind blows the trees around, smell the soil or the wildflowers, listen to the crackling of wood beneath your feet – simply experience everything at the moment.

4. Build a Treehouse or Sacred Spot in a Tree

Choose a tree that feels welcoming and strong. If you can, build a small, sturdy treehouse or even create a simple “sacred spot” by placing a blanket and a few personal items.

Spend time with the tree, placing your hands on its bark and feeling the sway of its leaves and the serenity it brings.

Use this space whenever you need to connect with nature.

Before we look at the next archetype, let’s touch on fairies briefly:

Celtic Fairies



Image: By Anthony Tran, Unsplash

Celtic tradition (based on the beliefs of Celts who believed in the sacredness of nature (Jessie Lee Smith, 2023)) is abundant with beings that dwell in the unseen realms of our world, with fairies among the most enchanting. These elemental spirits, or "fae," are believed to live close to nature, helping to preserve its beauty and vitality. In Celtic lore, fairies are often regarded as protectors of the earth, and they embody a playful, spirited energy—a way of being that resonates deeply with the essence of the inner child.

Engaging with the spirit of fairies invites us to reconnect with the wonder and curiosity that lives in all of us, awakening our inner child through playful, heart-centered exploration. As we allow ourselves to believe in something magical and mysterious, we are also embracing the healing power of innocence, imagination, and the sense of wonder we felt as children. This connection to Celtic fairies can be a gentle bridge to inner child play healing, encouraging a return to that open, trusting part of ourselves.

One way to nurture this connection is through the creation of a fairy garden—a beautiful and grounding activity that fosters inner play, creativity, and a deepening bond with nature.

Note: The fairy garden is an activity in my retreats, but this is a rough idea of how to go about it:

How to Create a Fairy Garden

Creating a fairy garden is about setting aside time and space to craft a miniature haven for fairies, reflecting your own sense of magic and whimsy.

As you do so, you're also cultivating a peaceful sanctuary for your inner child—a place of solace, joy, and connection. Here's a simple guide to get you started:

1. **Find a Container or Space:** Select a small container, or choose a spot in your garden or yard that can serve as a dedicated area. This space will become a portal for the fairy world, inviting magic and imagination into your life.
2. **Add Natural Elements:** Incorporate stones, small plants, flowers, moss, and even tiny trees into your garden space. Celtic fairies are drawn to natural settings and vibrant green places. Allow your garden to mirror a landscape that fairies would want to call home.
3. **Craft Tiny Structures:** Use small pieces of wood, bark, and even pebbles to create miniature houses, paths, or chairs. Think of what you might want if you were a fairy.
4. **Decorate with Meaningful Trinkets:** Personalize your fairy garden with items that hold significance to you, such as crystals, feathers, or small symbols. Celtic fairies are known to cherish meaningful objects, and adding these will bring a special energy into your garden.
5. **Invite the Fairies with an Offering:** Celtic tradition often involved leaving offerings like milk or honey for the fae as a gesture of goodwill (Mythologie Admin, 2024). Place a small offering in your garden, and set an intention to invite the fairies into this space and your life.
6. **Visit Often with Playful Intent:** Your fairy garden can become a special sanctuary for inner child play healing. Spend time there regularly, meditating, observing, or adding new elements. Let this space be a reminder of the beauty, peace, and joy your inner child deserves.

Through the process of building and tending to your fairy garden, you are not only creating a space for fairies but also a

sacred container for your inner child's healing journey – take this as the truth throughout the whole process.

Let's look at the needy child next.

The Needy Inner Child Archetype

Part 1: Overview



Image: By Jordan Whitt, Unsplash

The **Needy Child Archetype** represents a part of us that has endured emotional neglect or unfulfilled needs during childhood. Like the **Wounded Child** and the **Orphaned Child**, the Needy

Child carries a deep sense of emptiness, a void that constantly seeks to be filled (Jan Blencowe, 2021). This ache stems from something crucial that was withheld during formative years—be it love, validation, affection, or safety. Yet, the nature of this longing is often vague and elusive. The Needy Child is on an endless quest to satisfy a hunger that can never quite be pinpointed or satiated.

The core wound of the Needy Child is the **persistent feeling of being incomplete**—of not having received what was essential for emotional nourishment. This archetype moves through life in pursuit of the missing piece, often unconsciously trying to find wholeness through external sources—relationships, material possessions, recognition, or even unhealthy habits. Despite these efforts, nothing truly fills the gap because the need stems from an internal place of deep neglect.

The shadow side of the Needy Child is powerful, manifesting as feelings of **low self-worth, depression, and emptiness**. There may be a pervasive sense of unworthiness, as though one is inherently undeserving of love or fulfillment. This can lead to a kind of **emotional self-absorption**—a focus on one's unmet needs that becomes so overwhelming that it eclipses the ability to connect authentically with others.

The Needy Child becomes trapped in a cycle of seeking and grasping, believing that happiness lies outside of themselves, only to find that nothing ever truly soothes the ache within.

The healing journey for the Needy Child is a process of remembering. It is about **remembering one's wholeness**, that the answers lie within, and that no external source can provide the sense of completion that the soul seeks.

The Needy Inner Child Archetype

Part 2: Worksheets

To begin healing the Needy Inner Child, it's essential to first identify the moments and experiences that gave rise to these unmet needs.

1. Childhood Longings

Were there specific needs—whether emotional, physical, or spiritual—that you felt were consistently unmet?

How did you cope with those feelings? Did you try to get those needs met in any particular way (e.g., through people-pleasing, perfectionism, or withdrawing)?

2. The Void Inside

Can you recall times in your childhood when you felt a deep sense of emptiness or longing? What did you wish someone had said or done to make you feel seen and cared for?

Do you ever find yourself chasing after things—whether relationships, success, or recognition—in an attempt to fill an internal void?

3. **Patterns of Seeking Fulfillment**

In your adult life, do you notice a tendency to look for external sources of validation? For example, do you rely heavily on others to affirm your worth or happiness?

Do you ever feel like you're chasing something but never quite know what that "something" is? How does this feeling impact your relationships and well-being?

4. **Unworthiness and Self-Esteem**

Reflect on moments when you've felt unworthy or undeserving of love, care, or success. How do these feelings of low self-esteem play out in your daily life?

How does your Needy Inner Child influence the way you perceive yourself? Do you have a persistent belief that you are not enough?

5. Emotional Self-Absorption

Do you find that your emotional needs sometimes overshadow your ability to focus on the needs of others?

Can you recall instances where the focus on your unmet needs created tension or distance in your connections with others?

Now, let's work toward nurturing that part of yourself that has long felt neglected.

1. Reparenting with Love

Sit in a quiet, meditative space and connect with your Needy Inner Child. Picture them as they were at the age when they first experienced emotional neglect. Gently ask them what they need from you now.

The Orphaned Inner Child Archetype

Part 1: Overview



Image: By Kelly Sikkema, Unsplash

“We all have a longing that we feel for our own kind, our wild kind. Something great and big in us longs to be connected again with this primeval mother, and the ugly duckling in us will go on, until we find it”.

-Pinkola Estes

The orphaned child is typically positioned as an outsider from birth, and their backstory is defined by neglect, abandonment, or trauma. Like the Ugly Duckling from the infamous fable, The Orphaned Child often feels like a soul placed in the wrong family, where their essence is not mirrored or recognized. They may have an entirely different energy—perhaps a sensitive introvert among boisterous extroverts or a visionary dreamer in a family grounded in practicality (Jan Blencowe, 2021).

In hindsight, the Orphaned Child's journey is one of early initiation into self-reliance and inner strength. Because they are not fully embraced by their family or tribal circle, they are forced to turn inward. Consequently, they create a personal reality shaped by intuition and their unique soul's experiences rather than the expectations or conditioning of others.

This early detachment from traditional family dynamics can actually open the path for deep spiritual autonomy, where the Orphaned Child must learn to trust their inner guidance more than external voices.

Yet, the shadow side of the Orphaned Child carries the wound of abandonment, which often manifests as a deep, aching longing to belong—to find a place or a person that feels like "home."

This wound can lead to feelings of mistrust, making it difficult for the Orphaned Child to fully open their heart to others. The fear of being hurt or rejected again may cause them to consciously or unconsciously push others away, creating a paradox: *they deeply desire connection, but their fear of further abandonment keeps them isolated.*

On a spiritual level, the Orphaned Child is often called to heal this wound by reconnecting with the larger, universal family—the collective spirit of humanity, nature, and the divine. This healing journey asks them to trust that they are part of something

much greater than their immediate family or environment. Their soul's lesson is to understand that true belonging is found not through external validation but through a deep connection to their own divine essence and to the spiritual interconnectedness of all beings.

Now, let's make this connection.

The Orphaned Inner Child Archetype

Part 2: Worksheets

This first part is designed to help you gently open the doorway to the orphaned child's world, allowing you to make contact with hidden or forgotten wounds. By bringing these wounds into the light, you can begin to understand their impact and set the stage for healing.

1. Childhood Rejection

Were there specific moments when you felt dismissed, rejected, or misunderstood by family members, friends, or caregivers?

How did you respond emotionally and behaviorally in those moments?

2. The Illusion of Belonging

Did you ever find yourself pretending to be someone you aren't to fit in or gain approval?

What parts of your true self did you have to hide, suppress, or deny to feel accepted?

Think about how these behaviors might have influenced your adult life. Do you still suppress certain aspects of yourself to avoid the risk of rejection?

3. Longing for a Place of Safety

As a child, where did you go—physically or mentally—when you felt abandoned or out of place?

Do you still seek out similar places of safety or escapism today when feeling overwhelmed or isolated?

4. Internalizing the Outsider's Role

Did you eventually come to embrace your role as the "outsider" or the one who didn't belong?

How do you think this identity influenced your ability to connect with others as an adult?

belong to the Earth, to the stars, and to the great family of life.” As you speak, imagine energy flowing from the Earth into your body, reminding you of your place in the vast network of existence.

After this meditation, write how you feel. How does it change your sense of isolation? Do you feel more grounded, knowing that you are part of something much greater than your immediate family or past experiences?

Do this meditation as many times as you need to.

3. Open Up Your Heart

The fear of trusting others is often rooted in the wounds of abandonment and rejection. Healing the Orphaned Child involves opening your heart again and learning to trust not just others but also the self and the divine.

Sit comfortably, place your hands over your heart, and breathe deeply. Visualize a small, wounded child within your heart—this is your orphaned self. Surround this child with a glowing light of love and compassion.

*Repeat softly: **“I open my heart to love and trust. I trust myself, I trust the universe, and I trust that I am safe in the flow of life.”** As you breathe, imagine this light expanding, filling your entire body with warmth.*

Allow this meditation to be a daily practice, slowly healing the wounds of mistrust and opening you to deeper and more fulfilling connections.

Let’s move on to the responsible child next.

The Responsible Inner Child Archetype

Part 1: Overview



Image: By Alexander Gray, Unsplash

The **Responsible Inner Child Archetype** represents the part of us that, from a very early age, took on burdens far beyond what was natural for a child to carry. This child, often called upon to be the "adult" in difficult or chaotic environments, learned to equate responsibility with safety and love.

Over time, the Responsible Child develops a deep-rooted belief that they must keep everything in order, manage others' emotions, and hold the world together—often at the expense of their own needs and sense of freedom.

While this sense of responsibility may have been necessary for survival at one point, it is now time to heal and relinquish control.

If you feel drawn to the Responsible Child Archetype, it is a sign that you are carrying the energetic imprint of over-responsibility—likely born out of family dynamics, early trauma, or emotional neglect.

Spiritually, this archetype reflects the need to move from survival mode into a deeper connection with trust, surrender, and divine flow.

The Responsible Inner Child Archetype

Part 2: Worksheets

As always, let's begin by assessing and bringing out the responsible child within:

1. Early Responsibility

Think back to your childhood. Were there times when you felt like you had to "grow up" faster than those around you?

Did you take on responsibilities—whether emotional, physical, or practical—that felt beyond what was appropriate for your age?

Do you still feel like you have to manage or control situations today, even when others are available to help?

2. The Need for Control

Consider situations in your life where things didn't go as planned or where others handled tasks in ways different from how you would have done them.

How did you feel when things unfolded outside of your control?

Do you struggle to trust others to take care of things, even small tasks, because you believe you know how to handle them better?

3. Emotional Caretaking

Reflect on the emotional dynamics in your relationships. Did you often feel like you were the one taking care of others emotionally, whether that be your parents, siblings, or friends?

Do you still feel like the “caretaker” in many of your relationships?

4. Overwhelm and Boundaries

Do you often find yourself feeling overwhelmed by how much is expected of you or by the number of responsibilities on your plate?

Do you have trouble saying "no" when others ask you to take on more, fearing that if you don't handle things, they won't get done right?

At this point, you have a clear picture of where you stand. Now, let's help the responsible child finally relinquish control:

1. Release and Let Go

In this ritual, you will physically and spiritually release the burdens you've been carrying as the Responsible Child.

Note: Wherever location you choose to do this, make sure there's a small water body nearby. If not, you can always put some water in a bowl.

Collect small stones, each representing a specific responsibility or burden you've been carrying (e.g., family issues, work stress, emotional support for others).

Find a quiet place where you can sit comfortably, whether outdoors or indoors. Light a candle and burn incense or sage to create a sacred atmosphere.

Hold each stone in your hand and speak aloud the burden it represents. For example, "I release the burden of being responsible for my family's happiness." Feel the weight of this responsibility as you hold the stone.

Place the stone into a body/bowl of water, saying, "I surrender this burden to the divine flow of life." Visualize the burden being dissolved by the water, and as you release each stone, feel a lightness growing within you.

When all the stones are in the water, close your eyes, take a deep breath, and thank the universe for supporting you. Know that you don't have to carry these burdens alone anymore.

2. Light as a Feather

This exercise is a meditation on lightness, using a feather as a symbol. The feather represents the lightness of being that comes when we let go of unnecessary responsibility.

Find a feather and hold it in your hand, or if you don't have one, visualize a soft, light feather resting in your palm.

Sit comfortably and close your eyes. As you breathe in, feel the weight of responsibility you carry. With each exhale, visualize the feather lifting and floating away, symbolizing the release of control and over-responsibility.

Picture yourself as light as the feather, trusting the wind to carry you wherever you need to go. Allow yourself to drift, without resistance, knowing that the universe will guide you.

*Silently repeat, “**I am light. I trust in the flow. I release what no longer serves me.**” Feel the lightness growing in your body as you continue to breathe and release.*

Whenever you feel overwhelmed, come back to this exercise.

3. Time To Delegate

The Responsible Inner Child often struggles to delegate tasks or trust others. This exercise involves consciously practicing delegation while invoking divine support to release the fear of things falling apart.

Select one task in your life where you normally feel compelled to take full control. It could be a work assignment, household chore, or emotional support for a loved one.

Find someone who can take on this responsibility. As you ask for their help, imagine The Divine/God/Your Guides watching over the situation, ensuring it will be handled gracefully.

Once you’ve delegated, consciously resist the urge to micromanage or intervene. Every time you feel the need to step in, take a deep breath, and silently say, “I trust the process. I release control.”

At the end of the day, reflect in your journal on how it felt to delegate and trust others.

Were there moments of discomfort? How did the situation unfold when you let go?

The Wounded Inner Child Archetype

Part 1: Overview



Image: By Verne Ho, Unsplash

It can be scary to meet your wounded inner child because the Inner Child holds many of our emotional and somatic (bodily) memories. As outlined earlier in this chapter, the signs that you've met your Inner Child can be pretty intense!

This is why it is important to do this work with a trained practitioner, to help provide you with support and guidance in a safe, therapeutic space. The healing space co-created in this individual therapy in this guide is sacred and dedicated to helping you embrace the vulnerability of your inner child without the potential risks of going alone.

The Wounded Child Archetype is the part of ourselves that got hurt in one way or another when we were growing up.

If you feel drawn to the Wounded Child Archetype, that probably means that one or more wounds that were instigated when you were growing up still play an active role in your life.

This is a sign that calls you to resolve these issues now and to find out what it is you need to heal so that the wounds and the people who caused them will no longer have power over you.

The wounds we carry might easily seem like they are part of our identity, but they only remain that as long as we let them – as when we let them go, we can begin to build our identity around the things we love and not the ones we hate.

We cannot undo what has happened, but eventually, we will be able to choose how we want to proceed from here and begin to see that the hardships we went through might turn into our greatest gifts – as they can enable us to connect to others.

Once we know how to overcome our troubles, we can help others do so as well.

Although the process does mean risking some discomfort, the rewards of embracing your vulnerable inner child are worth it! Our inner child is an important part of who we are, and embracing our vulnerable inner child is necessary for this part of the journey.

Understanding how we've been vulnerable in the past is crucial to understanding who we are deep down, and it can help us learn how to heal from the emotional, psychological, physical, and spiritual pain we've been holding for so long.

Let's see how:

The Wounded Inner Child Archetype

Part 2: Worksheets

Before healing begins, it's essential to attune yourself to the spiritual and emotional wounds your inner child carries. This step invites you to journey inward and illuminate where your Wounded Inner Child resides and how these wounds may affect your present-day life.

1. Take A Step Back

Close your eyes and take a few deep breaths, grounding yourself in the present moment.

Now, gently ask your inner Self:

What childhood experiences or memories do you avoid thinking about, and why?

What emotional responses do these memories trigger? Do any of these feelings—shame, fear, sadness—still linger within you today?

2. Come Back

Now, think of a recent moment when you felt emotionally overwhelmed, angry, or deeply hurt—especially in situations that seem out of proportion to the event.

Reflect on this:

What specific situations in your adult life cause you to overreact emotionally?

Identify recurring themes in moments when you felt deeply triggered (e.g., feeling unworthy, rejected, abandoned).

Do these themes mirror anything you experienced as a child?

3. Physical Imprints of Emotional Wounds

Our bodies often carry the weight of emotional wounds, even if our conscious minds forget them. Take a moment to tune into your body:

Where in your body do you feel tension, pain, or unease when you think about your childhood?

As you focus on this area, ask: What emotions or memories does this physical sensation hold?

Let your body reveal the hidden truth of your inner child's experiences.

4. Unveil The Mask

We often wear emotional or behavioral "masks" to protect ourselves from past pain, hiding our true selves in the process.

Reflect on:

What parts of yourself do you hide or suppress in your daily life?

Is this a reflection of how you had to protect yourself as a child?

Consider if there was a time in childhood when you were told to "be someone else" or conform to avoid rejection or criticism. Do these patterns persist today?

In the next section, we will take a look at how to nurture your inner child.

Nurturing Your Inner Child



Image: By Thiago Cerqueira, Unsplash

We have intermittently covered how to nurture your inner child, but let's dedicate a section to this due to its importance. There are different ways to nurture your inner child, including:

1. Inner Child Play Healing Retreats

Inner child healing retreats offer a space where you can dive deeply into self-discovery, often drawing on Jungian psychology to create experiences that foster emotional and spiritual renewal.

These retreats provide practical tools for nurturing and reparenting your inner child, complementing reparenting psychotherapy and other traditional mental health methods.

Through guided exercises, meditations, and therapeutic play, you'll connect with your inner child's voice, encouraging the expression of innocence, creativity, and wonder. In these healing environments, free from judgment and expectation, you may

experience powerful insights, release old fears, and renew a sense of wholeness.

Information about my clinical practice, as well as more general mental health resources, are available in the Appendix - Mental Health Resources near the end of this book.

You can also consider researching retreats available in your area or exploring virtual options if in-person gatherings aren't accessible.

2. Inner Child Reparenting

Reparenting is the practice of embodying the role of a loving, nurturing parent to your inner child, offering them what may have been missed growing up.

This practice restores inner strength and security by addressing the needs for validation, safety, and support (Deviant Daeva, 2018):

- **Self-Mothering:** Self-mothering is about self-compassion and reassurance, helping you meet your inner child with love and kindness. Create daily rituals to connect, such as writing supportive words, repeating affirmations, or speaking to yourself with gentle encouragement. Embrace your inner child by holding space for them to express vulnerability and emotions without judgment.
- **Self-Fathering:** This involves creating healthy boundaries and fostering a strong sense of protection and stability for your inner child. Self-fathering emphasizes structure, guidance, and the assurance of safety. Practice setting and honoring boundaries that respect your needs, gently reinforcing that you are worthy of stability and protection.
- **Self-Compassionate Mourning:** Many carry residual grief from unmet needs and critical parental figures.

Mourning these losses allows you to validate and release these past pains without shame. By acknowledging the emotions associated with these experiences, you make space for your inner child to heal and grow.

3. Healing Childhood Wounds

Sometimes, what we need is a safe space to grow in. Inner child wounds are often the result of childhood trauma, abuse, or neglect and can affect how you perceive yourself and behave in relationships.

Examples of the wounded inner child include (Cathrine Boswell, 2024):

- **Physical Wounds (Safety Wounds):** Physical wounds, often due to abuse, deeply impact a child's sense of safety and security, creating fear in situations where they should feel protected.
- **Neglect Wounds:** Neglect wounds arise when a child's essential needs—emotional, mental, or physical—are overlooked or ignored by parents or caregivers, leading to feelings of unworthiness and invisibility.
- **Abandonment Wounds:** When a child feels abandoned, whether physically or emotionally, they may internalize a belief that they are unlovable, creating fears of rejection in future relationships.
- **Verbal Wounds:** Verbal wounds occur when a child faces criticism, ridicule, or harsh words, impacting their self-esteem and often fostering self-doubt.
- **Emotional Wounds:** Emotional wounds form when a child's feelings are minimized or dismissed, causing them to suppress their emotions to avoid disapproval, often leading to a loss of self-expression.

- **Guilt Wounds:** Guilt wounds emerge when a child is made to feel responsible for issues beyond their control, instilling a sense of chronic self-blame and a need to please others.
- **Sexual Wounds:** Sexual wounds disrupt a child's natural sense of boundaries and security, leading to confusion and long-term challenges with trust, self-worth, and personal safety.

As mentioned above, Inner Child Play Healing retreats can work wonderfully in conjunction with more traditional methods of mental health treatments. The retreats provide a healing, social, spiritual, profound space for human connection and spiritual synergy.

Note: Please see Chapter 2 for more information about using mindfulness to heal your wounded inner child.

4. Healing The Energy Centers (Chakras) To Release Any Pain

Chakras and reiki are introduced in more detail in Chapter 3. They are a part of my Inner Child Play Healing practice because they are central to how I work in all areas of my career and my spirituality.

Healing the chakras and healing with reiki energy are some ways I can help people grow stronger through a compassionate collaboration of healing.

Your inner child may well long for reiki and chakra healing, and I strive to provide it whenever I can.

5. Creating Harmonious Relationships For The Future

It is infinitely easier to hold loving boundaries when your inner child holds less pain. In fact, this is one of the primary ways that Inner Child Play Healing can improve your life! The fear of

abandonment, fear of punishment, and fear of childhood hurts can make it harder to risk rejection.

But sometimes, we need to risk rejection to protect ourselves from harm. Paradoxically, sometimes, people will reject others to avoid feeling abandoned by abandoning the other person/people first.

This behavior, too, stems from inner child pain. While I cannot predict your results from Inner Child Play Healing retreats, I do wholeheartedly believe that my retreats can be part of the healing journey out of a pattern of unsatisfying relationships.

6. Self-Love

I could shout from the treetops that self-love is universally important! We need self-love. Paradoxically, we're social animals but need self-love to help us be social.

We need the power to walk away when it's best to walk away, and we need the power to stay when it's best to stay. Self-love feeds that power! It teaches unconditional love, forgiveness, and non-judgment towards ourselves and others.

The Inner Child Play Healing meditation in Chapter 2 talks at length about the importance of really loving your inner child. Sitting with them, showing them grace, showing them compassion, showing them patience, showing them love.

Self-love is absolutely key in healing your inner child.

7. Accepting Your Angry Inner Child and Identifying Primary and Secondary Emotions

Anger is taboo for many people in many cultures. For those of us who have been taught to fear our own anger, feel ashamed of it, or feel lonely because of it, learning how to accept our angry inner child can feel antithetical to healing or even to being a good person.

Societal pressures to conform to social norms of not feeling our emotions can be harmful to our overall well-being. The truth is, emotions send us valuable messages that help us to take care of ourselves, relate to others and navigate our world (Danielle Render Turmaud, 2020).

Children feel every emotion, including anger. Often, our hurts stay with us long after the situation causing the hurt has passed.

This is especially true with our inner child!

Learning how to sense and sit with (Belinsky, n.d.) our angry inner child is important to living more and more authentically.

Psychologist Paul Ekman's research on primary and secondary emotions provides enlightenment into the emotional responses triggered by a wounded inner child. He noted that primary emotions, like fear, sadness, anger, and joy, are universal and immediate responses to stimuli.

When a wounded inner child encounters a trigger, such as feeling ignored or dismissed, these primary emotions can surge, causing an instant reaction of fear or sadness that connects to early childhood experiences.

Secondary emotions, which are more complex, develop as reactions to primary emotions and are influenced by individual experiences and beliefs.

For instance, a child who feels deep sadness from neglect might later experience secondary emotions of shame or guilt, believing they are somehow unworthy of attention.

Ekman's framework highlights how these layered emotional responses reinforce and perpetuate childhood wounds, making it essential to address both levels to achieve healing and self-understanding (Paul Ekman, 1999).

Chapter 2

Mindfulness For Healing The Inner Child



Image: By Melissa Askew, Unsplash

Mindfulness is a key to many healing practices spanning thousands of years, and Inner Child Play Healing makes excellent use of it! Let's take a moment to engage with the traditions and definitions of mindfulness.

Mindfulness has been embraced by the Western mental health field for decades, but it also has ancient roots in Zen Buddhism, stretching back thousands of years. To honor this marvelous synergy (what a beautiful time to be alive!), the following definitions are pulled from the American Psychological Association *and* the Nobel Prize-nominated Zen Buddhist monk Thich Nhat Hanh:

Mindfulness

n. awareness of one's internal states and surroundings. The concept has been applied to various therapeutic interventions—for example, mindfulness-based cognitive behavior therapy, mindfulness-based stress reduction, and mindfulness meditation—to help people avoid destructive or automatic habits and responses by learning to observe their thoughts, emotions, and other present-moment experiences without judging or reacting to them. —mindful adj. (American Psychological Association, 2018).

~

Mindfulness is a kind of energy that we generate when we bring our mind back to our body and get in touch with what is going on in the present moment, within us, and around us. We become aware of our breathing and come home to our body, fully present for ourselves and whatever we are doing (Hanh, n.d.).

Now, here are my thoughts about mindfulness as a licensed clinical mental health counselor and as an Inner Child Play Healing practitioner:

Mindfulness is a type of meditation that involves being aware of your current sensations and feelings without judgment or

interpretation. It's a way of living in the present moment while being fully engaged with your surroundings. According to Thich Nhat Hanh (n.d.), mindfulness is a strong source of energy that recognizes, embraces, and takes care of negative energies that emerge from the wounded inner child.

When we give our strong, negative emotions a bath of mindfulness, it helps to reduce their intensity, making them weaker until they become neutral.

This is when we know we are healing the inner child within.

Mindfulness Exercises for Inner Child Play

Healing

The Power of Journaling

Journaling is a foundational mindfulness exercise in Inner Child Play Healing. A part of you might be wondering, “Why is it worth the effort to complete this journal anyway?”

The answer is simple: writing down your thoughts gives you a visual and tangible way of exploring, connecting with, and learning from your inner child. Merely thinking about inner child work doesn't do enough or create as much change as actively recording your insights (which can easily be forgotten). By logging your thoughts and feelings, you have a point of reference to revisit in the future to learn from and add to.

Many profound lessons and epiphanies can be integrated more deeply simply by referring back to them in physical form. Through the simple (but often confronting) process of

introspective journaling, you are taking a vital step towards living a more harmonious, joyous, whole, and meaningful life.

Another wonderful tool in our mindfulness toolkit is guided meditation.

Guided Meditation

The Secret Garden Guided Meditation, below, is one of my favorite ways of accessing the inner child! You may record this guided meditation so you can go into a meditative state by following your voice. But before that, let's take a look at progressive muscle relaxation to relax and soothe you before you meet your inner child in the secret garden meditation.

1. Progressive Muscle Relaxation for Inner Child Healing

This Progressive Muscle Relaxation exercise is designed to help you release tension from your body, ease your mind, and prepare to connect with your inner child with greater openness and calm.

Sit or lie down in a comfortable, quiet space. Close your eyes and take a few deep breaths, allowing your body to relax with each exhale.

Bring attention to your breathing, inhaling deeply through your nose and exhaling slowly. Imagine each breath helping you release tension, preparing your body for calm awareness.

Visualize a soft, nurturing light with each breath, a light that radiates comfort and warmth.

Starting at your feet, gently tense each muscle group as you inhale and hold for a count of 5. Then, release the tension as you exhale, feeling relaxation flow through that area.

Feet and Toes: Inhale and tense the muscles in your feet. Exhale and release, imagining your feet grounded, safe, and fully supported.

Legs: Move up to your calves and thighs, repeating the same process. Let the nurturing light flow into your legs, washing away any stored tension.

Stomach and Lower Back: Tense these muscles gently as you inhale, then release on the exhale, feeling warmth and comfort filling your torso.

Chest and Shoulders: With each breath, imagine your chest expanding with light. Release any tension as you exhale, visualizing a soothing energy embracing you.

Arms and Hands: Tense, hold, and release, letting your arms feel light and free, as though they're filled with the gentle light.

Neck and Jaw: Inhale, tense, and let go. Release any tightness, allowing your face to soften.

Forehead and Scalp: Tense the muscles around your forehead, then let go, feeling your head and mind become clear and relaxed.

Finally, take a deep breath and imagine this nurturing light flowing through your entire body, from your head to your toes. Feel each area of your body sink deeper into relaxation and peace.

This relaxation practice can help create a safe space within, preparing you to meet and embrace your inner child with love and gentleness.

The Secret Garden Guided Meditation

Close your eyes and relax your body. Bring your attention to your breath. Breathe in deeply and breathe out, holding as you breathe in for the count of 3 and letting go for the count of 3. Repeat 3 times.



From where your attention is now, visualize a pink or green soft light as you touch your heart gently with one hand over the other. Breathe into this soft light. In front of you there is a spiraling staircase to your heart space. There are 11 steps. Follow the stairs to your heart. 3 more steps, 3, 2, 1...

At the bottom of the stairs, there is a door in front of you. Notice for a moment what it looks like, and when you're ready... open the door and go inside. You are now entering a beautiful garden! This is the garden of your heart, peaceful and incredibly beautiful. In front of you is a stone path. As you look down, there are 7 stepping stones made of beautiful crystals - crimson red rubies, sparkling sunstone, dazzling citrine, luminous rose quartz, moss agate, twinkling lapis lazuli, celestite, flashy iridescence labradorite, radiant amethyst, and clear quartz.

Follow the path until you come to an open meadow of wildflowers.

Here, you see and hear a child playing.

Walk up to the child, and when you feel ready, introduce yourself and sit next to them. This child is you when you were young. Just observe the child playing.

Tell the child that you are their future self. When you feel ready, begin a gentle conversation by asking their name and how old they are.

If they seem hesitant, simply stay with them, allowing your presence to show that you're there for them in whatever way they need. They may not be ready to speak, and that's okay; sometimes, just being there is enough.

When the child feels comfortable, express that you know them deeply and understand everything they've experienced. Let them know you're here to take care of them with love, as no one knows them as well as you do.

carrying away any heaviness and infusing you with peace. Reflect on how each temperature change renews your energy.

2. Palms and Pulses

Rub your hands together until they feel warm, then place them gently on your chest or abdomen. Feel the comforting warmth and let it bring your awareness to your heartbeat and breathing.

3. Breath and Touch

Place one hand on your chest and the other on your belly. As you breathe deeply, notice the rise and fall under your hands, connecting with the gentle rhythm of your breath.

4. Gentle Swaying

Stand or sit and allow your body to gently sway side to side, like a tree in the wind. This rhythmic movement can be soothing and helps bring you into your body.

5. Yoga for Sacred Release

Yoga offers a divine union of breath, movement, and spirit. Whether practicing Hatha, Vinyasa, or Kundalini, embrace each posture as an offering of reverence to your body. Allow each stretch, each breath, to expand the heart and awaken the spirit, bringing calm and clarity.

Chapter 3

Reiki Energy, Chakras, and Crystals For Healing



Image: By Esther Verdu, Unsplash

Introduction to Reiki

(Aki, 2024)

Reiki energy, when understood, can be wielded effectively as a force for healing. I incorporate reiki into all aspects of my work, both as a psychotherapist and as an Inner Child Play Healing

practitioner. I specialize in Sekhem-Seichim-Reiki (SSR), Goddess Isis Seichim Reiki, and Karuna Reiki®.

Receiving reiki energy is a powerful way to feel relaxed, balanced, soothed, and socially/spiritually nourished. I provide reiki healing in my Inner Child Play Healing retreats. But what is it? I have written the following to provide a basic primer about what I do.

Sekhem-Seichim-Reiki (SSR)

Reiki healing benefits physical, mental, and emotional health. Healing is given in a non-intrusive hands-on treatment, and the recipient remains fully clothed. Some people feel very relaxed and may even fall asleep; others talk about what they are feeling. The healing energy can feel hot or cold, and there may be tingling sensations.

Seichem (pronounced say-keem) works in the same way as Reiki, with hands placed on the body, but in addition, hands may be working in the aura surrounding the body. It is reputedly one of the healing arts practiced in ancient Egypt. Reiki is one of the four elemental rays comprising Seichem - earth (Reiki), water, air, and fire.

Seichem was rediscovered in 1980 by Patrick Zeigler while he was visiting Egypt and after spending the night in the King's Chamber of the Great Pyramid.

Seichem connects with our higher selves to establish healing in the physical, mental, emotional, and spiritual bodies. The energy is used to heal and stimulate personal development and growth. Spellings of the word differ, but it always means power in a spiritual sense.

Goddess Isis Seichim Reiki

Isis Seichim is a variant of 7 Facet Seichim, which combines symbols from many different systems. It is an Ancient system of healing wisdom from the Temples of Egypt.

Karuna Reiki®

Karuna is a Sanskrit word that means "compassionate action" or "compassionate action accompanied by wisdom." William Rand at the International Center of Reiki Training (ICRT) is credited with the development of Karuna Reiki in 1995.

It is believed that in the mid-1990s, several new healing techniques, including Karuna Reiki, came into existence to meet the changing needs of humanity and Mother Earth.

As a species, we are currently in the process of raising our vibrational rate, and new healing techniques that access higher vibrational frequencies are needed to facilitate healing and transformation.

For this reason, Reiki is often described as the trunk of a tree, and the additional healing techniques are often described as the branches of the tree.

Introduction to Chakra Healing

(Aki, 2024)

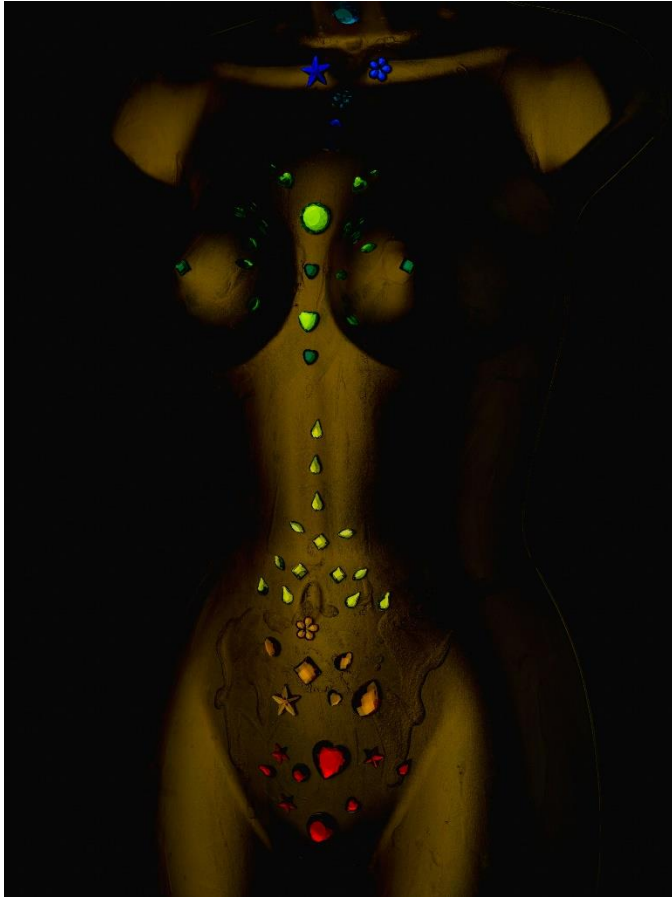


Image: By Kier In Sight Archives, Unsplash

Much like reiki energy, chakra energy, when understood, can *also* be wielded effectively as a force for healing. Similar to reiki, I incorporate chakra healing into all aspects of my work, both as a psychotherapist and as an Inner Child Play Healing practitioner. But what is chakra energy? What are the chakras?

Regardless of where we are born, everyone has a skeleton with the exact same number of bones. In the same way, we all share the same luminous anatomy, which includes the chakras and

acupuncture meridians. The chakras are swirling disks of energy. They spin three to four inches outside the body and link to our spine and central nervous system, acting as a direct pipeline to the human neural network.

They rotate clockwise, in the same direction that the spiral arms of the galaxy revolve. Each chakra has a unique frequency that we perceive as one of the seven colors of the rainbow. The chakras in a newborn child display their pure color, from red in the first chakra to violet in the seventh.

As we grow older, the colors become dull. Trauma and loss leave their toxic residues behind, and the sludge that adheres to a chakra does not permit it to vibrate at its pure frequency, and physical aging is accelerated. When a shaman completes her healing process, her chakras become clear. They spin freely and vibrate with their original purity again.

When you clear all of your chakras, you acquire a "rainbow body." Each center vibrates at its natural frequency, and you radiate the seven colors of the rainbow.

A side note: In the secret garden meditation, the stepping stones path aligns with the chakras, using crystals associated with healing each chakra area.

According to legend, when you acquire the rainbow body, you can make the journey beyond death to the Spirit world. You are able to assist others in their healing, and you can die consciously since you already know the way back home. The jungle shamans believe death is a great predator that stalks each and every one of us. When your chakras are clear, you are no longer stalked by death; you are claimed by life.

About the Chakras

(Aki, 2024)



The Root Chakra (1st chakra), also known as Mūlādhāra, is associated with survival and can be blocked by fear and trauma. When the root chakra is closed, it can make it difficult for the inner child to heal from wounds caused by caregivers or parents. This can lead to distrust in relationships, a tendency to block love, and reverting to a childlike version of oneself as an adult.

Healing crystals such as red jasper, bloodstone, and smoky quartz help promote grounding and restore balance.

Visit www.crystalhealingritual.com to learn more.

Some say **the Sacral Chakra (2nd chakra)** is home to the inner child, which is a part of the subconscious that holds emotions, memories, and beliefs from the past, as well as hopes and dreams for the future. The inner child can also be a connection to past pain, neglect, and trauma. When something in the present triggers us, and we can't understand why, it may be because our inner child was triggered.

Healing crystals such as carnelian, amber, and tiger's eye help focus on creativity, control of emotions, and empowerment.

Visit www.crystalhealingritual.com to learn more.

The Solar Plexus Chakra (3rd chakra) is the seed of your personal power. It functions as the energy center associated with ego or your self-identity, self-belief, and self-worth. On top of that, it's the foundation of your self-reliance.

Healing crystals such as citrine, tiger's eye, and amber help promote a healthy sense of Self and our sense of purpose.

Visit www.crystalhealingritual.com to learn more.

The Heart Chakra (4th chakra) is associated with unconditional love, compassion, forgiveness, and emotional balance. When the heart chakra is open and balanced, individuals have the ability to form healthy and meaningful relationships,

experience empathy and compassion for others, and live a life of fulfillment and joy.

The connection between the heart chakra and the wounded inner child lies in the fact that the heart chakra is the center of emotional balance, and the wounded inner child represents the emotional wounds and traumas that can disrupt this balance.

When an individual experiences neglect or trauma during childhood, it can result in a blockage or imbalance in the heart chakra. This can manifest as emotional numbness, difficulty in forming intimate relationships, and a lack of empathy and compassion towards oneself and others.

Healing crystals such as rose quartz, green aventurine, and malachite or jade have the ability to remove blockages and the ability to love and forgive ourselves and others with emotional healing.

Visit www.crystalhealingritual.com to learn more.

The Throat Chakra (5th chakra) is the gateway between the lower chakras (root, solar plexus, sacral, and heart) and the upper chakras (the brow and the crown). It is the chakra through which we express the creativity we have garnered in our sacral chakra, the identity formed in the solar plexus chakra, and the love and truth from our heart chakra.

Working with your inner child can help you support the throat chakra. Children naturally express themselves with truth (until such time as they are taught not to). Learning about your inner child can help you express and release blocked emotions you didn't express at the time.

Healing crystals such as aquamarine, turquoise, and blue lace agate help open, cleanse, and balance the throat chakra.

Visit www.crystalhealingritual.com to learn more.

The Third Eye Chakra (6th chakra) is the center of our intuition, perceptions, imagination, and intellect. It is where we see ourselves, others, and the world clearly and accurately.

So, the third eye chakra is the lens we use to see the world, the beliefs we hold about ourselves and others, and how we use the power of our insight and clarity to help us move forward in our lives. It is also where we envision, dream, and strategize for what we want to create.

Healing crystals such as lapis lazuli, sodalite, and labradorite help promote clarity of thought, imagination, and intuition. Visit www.crystalhealingritual.com to learn more.

Our Crown Chakra (7th chakra) is located at the crown of our head. Its precious petals symbolize our journey of Rebirth, of Infinity. This mystical arena serves to balance our Inner Self with our outer Self. The connection of our personality with our Higher Self integrates as our Whole Self.

The ever-flowing wisdom of intuitive knowing, our Ageless conduit of Divine inspiration, becomes effortless. Healing crystals such as amethyst, selenite, and clear quartz promote a positive outlook on one's life and peace of mind.

Visit www.crystalhealingritual.com to learn more.

Chapter 4

Identifying and Harnessing The Sacred Feminine Archetypes



Image: By Lloyd Newman, Unsplash

You could say that I saved the best for last! This chapter hints at the infinite opportunities for play in my Inner Child Play Healing retreats.

There are 11 archetypes that represent 11 types of sacred feminine energy. Jungian psychology recognizes at least 7, but there are different theories of how many there are. However, the important takeaway here is to go in with a curious and open mind to explore and uncover your uniqueness.

These archetypes are:

1. Maiden
2. Seductress
3. Mother
4. Enchantress
5. Healer
6. Creatrix
7. Priestess
8. Queen
9. Warriress
10. Wild Woman
11. Wise Woman

For the sake of this work, I will be focusing mainly on the archetypes that foster unconditional love and nurturing qualities, such as the mother, healer, and wise woman.

1. The Mother

The Mother archetype embodies unconditional love, protection, and nurturing. Calling on sacred goddesses like **Isis**, known as the "Goddess of 10,000 Names," or Brigid, the Beloved Celtic Goddess, can help us explore the Mother's timeless qualities.

Other Mother goddesses include Terra Mater of Roman mythology, Gaia of the Greeks, and the Virgin Mary. Each carries a deep connection to nature, life, and the eternal essence of motherhood.

Since the Mother archetype symbolizes boundless nurturing, compassion, and protection, embodying this archetype means

accessing the warmth, care, and shelter that mothers provide and, in turn, offering these qualities to yourself and others.

- **Gifts:** Unconditional love, nurturing, creation, devotion
- **Challenges:** Boundaries, self-care, codependency
- **Energy:** Tender, grounded, abundant

2. Healer

Many goddesses are healers in their own ways. However, true healers embody a deep sense of nurturing and unconditional love to create healthy relationships with themselves and others based on genuine connection. The Healer archetype is capable of transforming wounds into sources of wisdom and strength, embodying compassion, empathy, and alchemical change.

Goddesses associated with healing include Kuan Yin, the Chinese goddess of mercy; Isis, whose magical powers include healing; and St. Brigid of Ireland, known for her compassion and healing abilities.

By connecting with these archetypes, we can learn to transmute pain into power and develop a deeper sense of empathy for ourselves and others.

- **Gifts:** Compassion, transformation, empathy, resilience
- **Challenges:** Over-giving, exhaustion, self-neglect
- **Energy:** Transmutative, restorative, nurturing

3. Wise Woman

Carl Jung, a psychoanalyst, describes the Wise Woman archetype as a "mana" personality that represents a primordial energy that can assist in helping to grow, heal, and transform. The Wise Woman blends compassion and kindness with a touch of magic, mystery, and nature. Also known as the Crone or Wise woman, she is the goddess of insight and guidance.

Goddesses associated with this archetype include Hecate, the Greek goddess of magic and crossroads, and modern figures like Jane Goodall, who combines wisdom with love for nature.

The Wise Woman archetype teaches us to trust our intuition, embrace change, and honor the cycles of life.

- **Gifts:** Insight, intuition, independence, transformation
- **Challenges:** Isolation, intensity, acceptance of change
- **Energy:** Reflective, insightful, mystical

Shadow and Light Sides of Each Archetype

Archetype	Light Side	Shadow Side
Mother	Unconditional love, nurturing, creation	Codependency, lack of boundaries, self-sacrifice
Healer	Compassion, transformation, empathy	Over-giving, exhaustion, neglect of self
Wise Woman	Insight, independence, connection to life's mysteries	Isolation, emotional detachment, intense control

How to Embody Each Archetype

1. The Mother Archetype

To embody the Mother, we can engage in self-care practices that feel nurturing, like connecting with nature, spending time in quiet reflection, or offering words of kindness to ourselves.

1. **Heart-Centered Meditation**

Visualize a warm, radiant light surrounding your heart, expanding outward with every breath. Imagine it connecting to the essence of Isis or Gaia, feeling their loving, nurturing energy flowing into you. Allow this light to fill you with unconditional love for yourself and others.

2. **Self-Compassion Journal**

Write daily entries focused on offering yourself kindness and understanding. Approach each entry with a motherly tone, celebrating your strengths and showing gentle compassion for your challenges.

3. **Creating a Sacred Mother Altar**

Dedicate a small space to symbols of the Mother archetype, such as flowers, images of nurturing goddesses, or a bowl of water as a symbol of life. Visit this altar regularly to connect with the protective, nurturing energy that these figures embody.

2. The Healer Archetype

To embody this archetype, practice bringing love to past wounds and cultivating flexibility and ease in the face of life's challenges. Embrace a mindset of "alchemical" transformation, knowing that every experience has something valuable to teach.

1. **Mirror of Compassion:** Each day, look in the mirror and say affirmations that acknowledge your strength and healing journey, such as, "I am whole," or "I hold compassion for all parts of myself."

2. **Transforming Energy Visualization:** Picture any emotional or physical discomfort you carry transmuting into light, transforming into inner strength and wisdom.
3. **Energetic Boundaries:** Set intentions each morning to create boundaries for giving and receiving. This practice ensures you don't deplete your energy but can give from a place of balance.

3. The Wise Woman Archetype

To embrace the Wise Woman, we can turn inward, seeking insight from life's experiences and reconnecting with intuition. Spend time in nature, observe life's cycles, and allow yourself to honor your inner guidance.

1. **Intuitive Journaling:** Free-write daily thoughts or reflections without judgment. Trust that your inner wisdom will emerge from these practices.
2. **Solitude in Nature:** Spend time alone outdoors, allowing yourself to feel the interconnectedness of all things. This solitude is a sacred time for insight and reconnection.
3. **Ritual of Cycles:** Create rituals aligned with the moon phases or the seasons, mirroring the Wise Woman's connection to nature and the cycles of life.

Next, let's take a look at general play activities for liberating the inner child.

How To Play

Play activity examples to engage with your inner child by activating your imagination include:

- Coloring books, finger painting
- Flying a kite
- Splashing in mud puddles and dancing in the rain
- Playing with fairies
- Playing nature-look for stones and other natural elements of the earth
- Blow bubbles
- Have a picnic with your favorite foods and toys
- Tarot readings with Fairy Gems: A Crystal Oracle by Ellen Steiber

Inner Child Play Healing retreats are similar to play therapy but are uniquely distinct from this therapy modality. However, some parallels do exist!

From the Association for Play Therapy (n.d.):

Why Play?

In recent years a growing number of noted mental health professionals have observed that play is as important to human happiness and well-being as love and work (Schaefer, 1993). Some of the greatest thinkers of all time, including Aristotle and Plato, have reflected on why play is so fundamental in our lives. The following are some of the many benefits of play that have been described by play theorists.

Play is the child's language and...

Play is a fun, enjoyable activity that elevates our spirits and brightens our outlook on life. It expands self-expression, self-knowledge, self-actualization, and self-efficacy. Play relieves feelings of stress and boredom, connects us to people in a positive way, stimulates creative thinking and exploration,

regulates our emotions, and boosts our ego (Landreth, 2002). In addition, play allows us to practice skills and roles needed for survival. Learning and development are best fostered through play (Russ, 2004).

Differences and Similarities Between Inner Child Play Healing and Play Therapy

Because of the opportunity to engage with toys, creative supplies, and the playful imagination, Inner Child Play Healing draws from the power of play. Although it is not a type of play therapy because it is not clinical therapy, Inner Child Play Healing retreats *are* playful!

Inner Child Play Healing is for adults, whereas many play therapies focus on child development. In essence, we do not have a buried inner child when we, ourselves, are still children! For this reason, children deserve therapies that focus on their developmental needs.

Inner Child Play Healing retreats are developed to help those of us who need to access our inner child in retrospect as a way to heal our past.



Conclusion and Invitation

What's next?

I'm so grateful to have the opportunity to share this book with you and to invite you into the world of Inner Child Play Healing!

If you would like to schedule one of my Inner Child Play Healing retreats, please check this link below to see what's coming up next:

<https://www.innerchildplayretreats.com>

References

Aki, I. L. (2024) Chakras/crystal healing. Retrieved September 15, 2024

from <https://www.innerchildplayretreats.com/chakras>

American Psychological Association. (2018, April 19). Mindfulness.

Retrieved September 15, 2024, from <https://dictionary.apa>

[.org/mindfulness](https://dictionary.apa.org/mindfulness)

Association for Play Therapy (n.d.). Play therapy makes a difference.

Retrieved September 15, 2024, from <https://www.a4pt.org/page/PT>

MakesADifference/Play-Therapy-Makes-a-

Belinsky, B. (n.d.). 5 steps to sitting with your feelings. Retrieved

September 15, 2024, from

[https://www.beckybelinsky.com /blog/5-steps-to-sitting-with-your-feelings](https://www.beckybelinsky.com/blog/5-steps-to-sitting-with-your-feelings)

Blencowe, J. (2021). *Discover Inner Child Archetypes and Which Resonate With You*. Retrieved October 10, 2024 from

<https://janblencowe.com/which-inner-child-archetypes-do-you-have-jan-blencowe/>

Boudreau, E. (n.d., July 26). Celebrating the visionary Carl Jung: A journey into modern therapy. Retrieved September 15, 2024, from

<https://www.acadiapsychotherapy.com/mental-health-blog/celebrating-the-visionary-carl-jung-a-journey-into-modern-therapy>

Davis, S. (2020, July 27). Reparenting to heal the wounded inner child.

Retrieved September 15, 2024, from <https://cptsdfoundation.org/2020/07/27/reparenting-to-heal-the-wounded-inner-child/>

Hanh, T. N. (n.d.) The art of mindful living. Retrieved September 15, 2024,

from <https://plumvillage.org/mindfulness/mindfulness-practice>

Jung, C. G., (1968). *Man and his symbols*. Dell Publishing, Random House, United States

Luna, A. & Sol, M., (2020). *Inner Child Journal: Illuminating the depths of your heart*. Self-published.

Spilker, V. (n.d.). *Inner child archetypes and how they can support your healing journey*. Retrieved October 10, 2024, from <https://verenaspilker.com/inner-child-archetypes/>

Ekman, Paul, (1999). *Basic Emotions*. Retrieved November 1, 2024, via Paul Ekman Group
<https://www.paulekman.com/wp-content/uploads/2013/07/Basic-Emotions.pdf>

Drucker, Christine, (2016). *Personality Type In Depth*. Retrieved October 28, 2024, from <https://typeindepth.org/the-ugly-duckling>

Boswell, Cathrine, (2024) *What Are Inner Child Wounds? Signs, Causes, and How to Heal*. Retrieved November 5, 2024, from: <https://www.wikihow.com/Inner-Child-Wounds>

Bachert, Alex (2024). *Try These Somatic Exercises to Improve Your Mental Health*. Retrieved November 3, 2024, from: <https://www.charliehealth.com/post/somatic-exercises-for-mental-health>

Smith, Jessie Lee (2023). *Celtic Paganism History, Gods & Practices*. Retrived November 9, 2024, from: <https://study.com/academy/lesson/celtic-paganism-history-deities-facts-ancient-religion>

Admin, Mythologie (2024), *The Lore Behind Faerie Milk*.
Retrieved November 9, 2024, from:

[https://mythologiecandles.com/blogs/mythologie-
blog/the-lore-behind-faerie-milks](https://mythologiecandles.com/blogs/mythologie-blog/the-lore-behind-faerie-milks).

Turmaud, Danielle Render (2020), *The Harmful Message Society Tells Us: Don't Feel*. Retrieved November 15, 2024, from:

[https://www.psychologytoday.com/intl/blog/lifting-the-
veil-on-trauma/202012/the-harmful-message-society-tells-us-
don't-
feel](https://www.psychologytoday.com/intl/blog/lifting-the-veil-on-trauma/202012/the-harmful-message-society-tells-us-don't-feel).

Crossroads Lyceum Fellowship of Isis Guidebook October 1993
from:

<https://www.crlyreum.com>

Appendix - Mental Health Resources

Sometimes, revisiting childhood memories *can* be painful.

But this pain can lead to healing insights and provide a path for greater celebration of Self. However, this pain can take many paths, and it's important to prioritize your mental health holistically, not just through retreats.

Inner Child Play Healing retreats aren't the same thing as psychotherapy. Although I am a licensed mental health counselor (LMHC) in Washington State, my services as a therapist are different from the services I provide when I offer these retreats.

Therefore, it's important to have resources on hand to help support your mental health. It can also be good to keep resources handy to support other people!

CRISIS Resources

If you are in crisis or you think you may have an emergency, call your doctor or 911 immediately. (Or the 911 equivalent number if you are not in the United States.)

If you're having suicidal thoughts, call, chat online, or text 988 to reach the 988 Lifeline (<https://988lifeline.org/>) to talk to a skilled, trained counselor at a crisis center in your area at any time.

If you are in crisis or you think you may have an emergency and you are *not* located outside the United States, call your local emergency line immediately.

NON-CRISIS Resources

Our mental health is just as important when we're not in crisis, so I want to provide you with some information about how to get non-crisis mental health support.

About my practice

I'm not always able to take on new psychotherapy clients; however, I invite you to reach out to apply!

Feel free to reach out in the following ways to request information or enroll in psychotherapy or self-care programs through my passion project small business, my Heart & Soul Sanctuary Retreat Center.

- Phone: +1 (206) 399-5222
- Email: isis.l.aki@gmail.com
- **My Psychology Today Profile:**
<https://www.psychologytoday.com/us/therapists/isis-l-aki-seattle-wa/344759>
- **Inner Child Play Retreats, through Heart and Soul Sanctuary Retreat Center** is my passion and my personal small business for doing retreats like this one, which I love: <https://www.innerchildplayretreats.com/>

Finding a Therapist

If you're still searching for a therapist and you're in the United States, I highly recommend searching the Psychology Today therapist directory! Most of us have listings there, and the search options can make it pretty easy to find therapists based on things

like location, online vs. in-person, cultural competencies, specializations, genders, and even LGBTQIA identities. Here is their website:

<https://www.psychologytoday.com/us/therapists/>

About the Author

Isis L. Aki



I've been on my own personal spiritual journey since 1988, when my youngest brother passed away at the age of 20. I began searching for answers to the bigger questions about life and death. I've studied and traveled to several countries seeking knowledge from professionals, spiritual healers, and Qeros shamans in Peru.

I currently practice as a licensed mental health psychotherapist, inner child practitioner, High Priestess of the Egyptian Goddess Isis, shamanic energy practitioner, Reiki master/teacher, certified heart-centered hypnotherapist, and chakra and crystal healings.

I facilitate various initiation rites namely: Munay-Ki Rites, The Rite of the Womb - the 13th Munay-Ki Rite, and Usui, Karuna, Isis Sekhem-Seichem Reiki Attunements.

"Healing isn't about fixing what's broken; it's about embracing every part of ourselves, wounded and whole, as sacred."

As a lifelong healer and guide in inner child work, I've witnessed the extraordinary power of reconnecting with one's inner child, seeing individuals embody their true selves with renewed love and compassion.

In this guide, you'll step into the depths of inner child healing and play through guided exercises, mindfulness practices, and spiritual wisdom. You'll learn how to embrace and heal past wounds, repent yourself with kindness, and unlock the gifts of your inner child and your inner goddess.

These pages hold the keys to integrating your light and shadow aspects, awakening your innate power, and rekindling the playful spirit that lives within you.

The only requirement? An open mind and heart, ready to embrace healing.

Are you ready to meet your inner child?