

Phase 2: Inner Child – The Original Wound

“It is never too late to have a happy childhood.”

— Tom Robbins

The shadow often begins in childhood. When we were small, we learned which parts of ourselves were acceptable and which were not. The parts that were rejected did not disappear—they were simply buried.

Your Inner Child is the keeper of your original wounds. This is the part of you that was told to be quiet, to stop crying, to grow up, to be good. It is also the part of you that holds your purest creativity, wonder, and joy.

Identify where childhood silencing is physically stored in your body today through somatic mapping. Revisit your origin stories to reparent the parts of you that were left behind.

In this phase, you will:

- Meet your Inner Child through visualization
- Identify the messages you received about being “too much” or “not enough”

- Begin the process of reparenting yourself