

AN INTRODUCTION TO INNER CHILD HEALING

Experience Permanent Healing from Within

Release Barriers to Giving and Receiving Genuine Love

Break Free from Painful Relationship Patterns

Be more aware in parenting yourself and your children

Create a more conscious, free and healthy inner life and family life

Reclaim yourself from the past

Become able to live your life naturally in the present moment

**"The unkindness of your own relations has made
you astonished to find friendship anywhere."**

- Jane Austen, *Sense and Sensibility*

Our inner child self is the lens through which we view and experience the world, often without ever realising it.

Suspicion that we will be "ripped off" or blind faith that seems to always lead to disappointment and betrayal are two examples, often existing in the same person, of the inner child view of the world that can hold us hostage, no matter how much we may want to live otherwise.

The more perfect we believe our upbringing to have been, the more likely we are to be unconscious of the wounds our child self is carrying. The most harmful and dangerous wounds are those which are unconscious, for we have no power to heal, make alternative choices or learn to live in a new way, if we don't even know what it is that has us caught in repetitive suffering (we may imagine that the world is to blame, when in truth, we are battling our unconscious inner pain).

If you have a quality of the driven perfectionist within you, then your wounded child is at work wreaking havoc to your ability to feel satisfaction, contentment, happiness and inner peace.

Your perfectionist wound might show up in the push to overachieve, always seeking to transgress your natural limits (you may not even believe you have any, or should have any, if only you were stronger or better!) or it might show up in the inability to ever complete a task, or sometimes to even finish one, because there is the inner realisation that it will never be enough for your perfect, critical inner driver, so you procrastinate, experience paralysis and somehow never feel that you are really tapping into your potential as a human being.

Yet a healthy child (whether in the flesh or within us psychologically) is able to be productive because he or she knows that success and failure are all a part of life and part of being human.

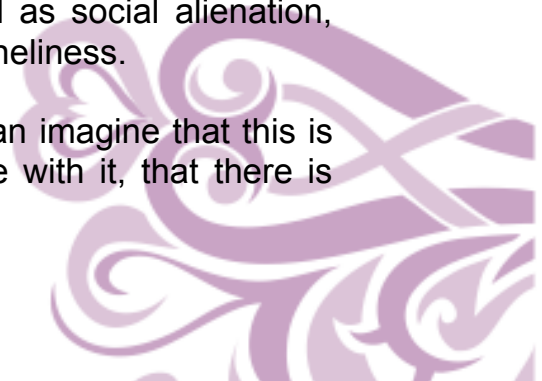
A good parent self (again whether to an actual or inner child) knows that the only thing that is anywhere near perfect is a robot! Perfection is not for humans. Certainly no healthy child is or should ever be required to even aim somewhere near perfection! The greater the demands placed on us to achieve, be good, be perfect, be quiet, put up with it, or be the family saviour or black-sheep (or both), the more wounded our child self is likely to have been.

A demand to be anything other than the messy, interesting human beings that we are as children, in order to be loved, leaves us with a profoundly deep and mistaken message – that as we are, we are not enough.

Our view of ourselves and the world is therefore built on a false foundation of never being good enough and yet always having to strive to unattainable perfection – and of course, because we are human, we will never get there.

This is a recipe for constant struggle and often quite deep inner suffering which can manifest in addiction, over-achievement (which will always catch up with us eventually and demand that we learn to accept our darker, failing selves too, sometimes in a spectacular fall from grace if we are not going to learn it willingly any other way), a constant anxiety or sense that something is just not right, as well as social alienation, fear, inexplicable bouts of rage, depression and loneliness.

Put bluntly, it feels absolutely awful and yet we can imagine that this is how life is and believe that we just have to cope with it, that there is nothing else we can do!



This resignation and inner defeat, often masquerading as strength and stoicism is actually typical of a child raised in a dysfunctional environment that they could do nothing to change. They learned to bear it, because they had to, at great personal cost.

People with such children inside of themselves rarely believe that things can change for the better. They often hope for the best but expect the worst. They have come to accept their inner bondage into suffering because they don't know what they don't know – that is was a response to the past and not an indication of how they have to live in the present.

This is where Inner Child Healing becomes so helpful.

Without becoming aware of the wounded child within, and doing the inner work of parenting ourselves in a new way, we just soldier on, recreating the same suffering and difficulties over and over again, wondering blindly when or if it will change.

In such a state we are unable to create healthy, loving relationships, cannot seem to feel safe and welcome in the world, and believe that we have to change ourselves to be worthy of love, happiness and success, which somehow always seem to elude us in any real, concrete sense where we feel whole and at peace with ourselves and our lives, as though we have finally found our place in the world with security and peace.

It is the tragedy of so many creative, artistic and gifted individuals that they cannot manifest their talents fully in the physical world, or enjoy healthy and loving supportive relationships without a sense of guilt, fear or distrust, because of an invisible block within themselves. They might imagine that this is just 'their lot in life' but this isn't true!

Inner Child Healing is a key to release us from this terrible prison of suffering and struggle, confusion and inability to experience life in a loving, relaxed and satisfying way.

It leads us to connect with the wounded child self, become aware of his or her wounds, listen with love and acceptance, and then act as a conscious loving adult in response to what you discover from the conscious position of 'that was then, this is now' realising that as an adult, you have the capacity to choose and act in a way that you simply were not able to as a child!

And this is the beginning of your liberation from the past and your rebirthing into the present.



The Inner Child Healing coursework has been created to guide through the entire process from meeting your child self, getting to know his or her reality (which is often quite unconscious at first) and then learning how to separate you out from the pain of your family of origin and find a way to parent yourself that is less about your painful past and more about who you are truly, in the present moment.

This work is a gift of hope with you and your willingness to give yourself time and attention and love as the ingredients that transform that hope into a brand new reality. This work gives you back to yourself. For many it will be the first time they ever consciously felt in possession of their own selves and the feeling of inner security and peace is empowering.

The awareness that is unlocked from this work is of benefit if you have just started your inner journey or have been working on Inner Child healing for years.

You will always be able to gain wisdom from connecting with the pure child consciousness in you that is so emotionally truthful and unselfconscious in a natural and instinctive way. Doing this work takes you to your truth. And when you live from that place, you will always find your way.

The Inner Child Healing Pack is for those of us ready to take the plunge, clear out old programming and live healthier, happier lives free from sabotage and toxic shame and self-doubt.

The **Inner Child Healing Pack** includes

The full 49-page workbook of practical guidance through the full process of Inner Child Healing

Your **free gift** of the Inner Child Healing meditation MP3 worth \$17.95!

The **Inner Child Self-Healing Pack** is available now at www.alanafairchild.com for \$32.95 including your gift of the Inner Child Self-Healing Meditation absolutely free.

This is a beautiful healing therapy and an investment in yourself.

My wish for you is that this work brings you greater inner peace than you have ever known, helps you heal your relationships, finances and health and frees you from inner suffering, into love.

