



Healing Inner Child Program Workbook

Published by **Pathways of Light®**

Toll Free 1-800-323-7284 or 386-615-7284

www.PathwaysOfLight.org Email: info@pathwaysoflight.org

Healing Inner Child Program Workbook,
Healing Inner Child Meditation and Laminated Focus Cards
Copyright © 1991-2015 by Pathways of Light®

All rights reserved. No part of this book or the companion audio recording may be reproduced in any form — except for brief quotation (not to exceed 500 words) provided copyright and publisher are credited as above — without permission in writing from the publisher.

Pathways of Light® is a registered trademark of Pathways of Light, Inc., a nonprofit organization.

www.PathwaysOfLight.org

Contents

Introduction	1
Guidelines for Participation	2
Nurturing Qualities	3
Week 1 — Nurturing Your Inner Child	4
<i>Becoming the Nurturing Parent</i>	
Week 2 — The Inner Critical Parent	8
<i>Replacing Self-Criticism with Self-Nurturing</i>	
Week 3 — Inner Child Baggage	12
<i>Recognizing and Healing Self-Destructive Thoughts</i>	
Week 4 — Connecting with Higher Self	16
<i>Learning to Connect Your Inner Child with Inner Wisdom</i>	
Week 5 — Transforming Fear	20
<i>Recognizing Needy Inner Child Cries for Love</i>	
Week 6 — Stop, Look & Listen	24
<i>Paying Attention to Who Is in Charge</i>	
Week 7 — Healing Relationships	28
<i>Seeing Through the Needy Inner Child to the Light Essence</i>	
Week 8 — Simple, Uncomplicated Love	32
<i>Expanding Your Identity to Being Love</i>	
Pathways of Light Spiritual College Courses	36
Weekly Focus Cards	38

Introduction

During your eight weeks of Healing Inner Child Program participation, you will give your mind the assignment of paying attention to what your needy inner child says, thinks and how it behaves. You will learn to observe it with detachment and compassion, realizing that you can transform and heal it with the help of your Higher Self.

You will learn to journal each day as you listen to your needy inner child. You will have a weekly focus card and guided meditation CD or MP3 to help you bring your inner child issues to your Higher Self for transformation.

Using this combination with commitment and consistency leads to deep inner healing. You will find that, with the support of your Higher Self, you can free yourself from the limitations of your needy inner child's beliefs and fears.

There are many helpful activities focused on healing your needy inner child. The result of participating in these activities in a nurturing environment is like the transformation which occurs when a caterpillar becomes a beautiful, liberated butterfly. You will recognize together that you can fly, that you can release your limiting beliefs and fears and apply unconditional Love to everything you experience.

This workbook can be a journal of your inner child healing. Space is provided to write notes about your experiences, meditations and discussion questions. Later you may want to look back at what you wrote. It will serve as an encouraging confirmation of your progress. You will see how much insight you have gained and how far you have come.



The purpose of Pathways of Light is to provide helpful, healing resources that nurture and support the return to our true nature as Love. As we open to the Love within, we naturally want to extend It to others. Pathways of Light offers training in a new kind of ministry that helps us remove our blocks to the awareness of Love's Presence.

Pathways of Light courses, publications, CD's and DVD's help us become aware of our mistaken thoughts and open to the Truth within to have our perceptions corrected. Pathways of Light doesn't lead to something outside ourselves, but leads to the Spirit within.

When we remember that of ourselves we do not know, but the Holy Spirit within us does, we become more willing to let go of our limited, fearful thinking. We become more willing to allow the wise Teacher within to gently help us forgive and lead us Home.

Pathways of Light is nonprofit, providing self-study and correspondence courses with *A Course in Miracles* orientation. Pathways of Light, a church without walls, is dedicated to following the lead of the loving Teacher within. **Website: www.PathwaysOfLight.org.**



Guidelines for Participation

The purpose of the Healing Inner Child Program is to provide a loving, supportive, non-judgmental, group environment to nurture and heal your inner child.

The Healing Inner Child Program is simply a vehicle. You are the driver, responsible for your own growth.

We are all each other's teachers. We are here to learn from each other.

If anything doesn't fit or feel right to you, put it on a mental shelf — you may want to come back to it later. You don't have to accept anything.



Agreeing to the following guidelines will help everyone gain the most from their participation.

1. We listen with an open heart and open mind.
2. Out of mutual respect for each participant's innate wisdom, we accept everyone's opinion or expression as valid for that person at that moment.
3. We remember that we each have free will. Each of us is free to choose what ideas we accept as true for us.
4. Out of respect and value for each person's time, we arrive before the scheduled meeting time so the group can start promptly.
5. While acknowledging each person's right to express themselves, we are also aware of keeping our own sharing to a reasonable portion of the available time.
6. We agree not to use our sessions as a place to dwell upon our troubles. Rather, we use our time together as a place to look at perceived problems, explore the thoughts behind them and open to new perspectives from Inner Guidance.
7. We hold what is expressed in each session confidential so that everyone can be comfortable sharing their feelings.
8. We are committed to attending sessions regularly to maintain the continuity of our awakening process.
9. We use our time together for sincere focus on self awakening. We reserve social conversation for after the session or other agreed upon times.

Nurturing Qualities

Qualities to nurture in ourselves to help the group process and foster inner child healing.

Non-judgmental

Focused

Relaxed

Supportive

Open to Spirit

Caring

Enthusiastic

Friendly

Gentle

Sensitive

Respectful

Trusting

Honoring Self

Flexible

Attentive

Spontaneous

Patient



Giving

Open

Self-Empowered

Receptive

Empathic

Calm

Sincere

Accepting

Loving

Playful

Nurturing

Nurturing Your Inner Child

Becoming the Nurturing Parent

Connecting with Your Higher Self

Letting go of the concerns of the outer world and tuning in to your true Spiritual Nature.

Getting Acquainted

Getting to know each other.

Guidelines for Participation

Creating a safe nurturing environment for growth.

Three qualities you want to focus on developing:

1. _____ 2. _____ 3. _____

Healing Your Inner Child with Love Meditation:

[Click to Listen](#) (Female Voice) [Click to Listen](#) (Male Voice)

Guided meditation to recognize and transform needy inner child issues.

Draw and write about your experience.

Reading and Discussion

A sharing of insights from the following reading material.

Nurturing Your Inner Child

We all have a need to feel loved and accepted unconditionally. If your parents were not loved unconditionally as children, they each developed an inner child which felt unloved. This made it hard for your parents to love you the way you wanted and needed to be loved. When you were not loved unconditionally, you too developed an inner child which felt unloved.



Your needy inner child, which feels unloved, is locked into the past. It feels that the past has been difficult and painful, and is afraid that the future will be the same way. It is afraid and doesn't feel worthy.

The thoughts and beliefs of your needy inner child are based on fear, hurt and remorse. It may feel anxious or depressed. There can be a sense of urgency, uneasiness or even depression. The needy inner child thought system carries with it a sense that everything could be lost if it makes a mistake. There are thoughts of self-recrimination and replaying of old thought patterns of parental disapproval, which now manifests as self-judgment.

The underlying message of your needy inner child is, "Life is a struggle. I secretly believe I'm not good enough. I won't survive unless I try very hard to prove my worthiness." Life appears difficult, hard and tedious to your inner child. It is constantly on guard, watching for signs of disapproval which confirm that its worst fears are true. Your needy inner child constantly compares how it is doing with how others are doing, followed by labeling itself as either superior or inadequate.



Your needy inner child looks at life as a series of circumstances in which it is being attacked and needs to attack in return. It feels a need to keep up its defenses and protect its territory, whether it is physical territory or beliefs. To your needy inner child, life feels uncertain and sometimes frightening, because it is afraid of making a mistake and being judged. It looks for escapes and ways to avoid responsibility because of fear of not doing it 'right.' The judgment it fears may come from others, but more often it comes from the internalized critical parent.

Your needy inner child believes it is the victim of the world. It sometimes takes a fatalistic attitude, believing that it cannot get what it wants, no matter how hard it tries, so why bother. It carries an underlying feeling of hopelessness and helplessness. The delight of living playfully, with fresh imagination for each day, is squelched.

The way out of this needy inner child rut is first to gain a sense of detachment, which allows you to observe your needy inner child's thought system in action. Whenever there is a feeling of fear or tension in your body, you can know that there is an underlying attachment or identification with a needy inner child belief system.

The first step toward becoming a *nurturing parent* for your needy inner child is through non-judgmental observing. Observing with non-judgment and love allows you the freedom, the detachment and the perspective which fosters deep healing. As you learn to be compassionate and understanding of your inner child, the journey to healing begins. If this is done consistently, the needy inner child begins to feel safe and eventually sees a new path, a new direction. As you continue this path of observing your needy inner child with love, a sense of hope that the past need not be repeated begins to emerge.

There are several phases to this healing process. Consistency is important to help your needy inner child feel on solid ground. You need to approach your inner child with understanding, compassion and unconditional love. This means changing a habit pattern. It means letting go of self-judgment and caring for and nurturing yourself in new ways.

Self-judgment or self-recrimination never has and never will heal your needy inner child. Just like the man who feels better after he stops hitting his head against the wall, when you let go of self-judgment, you feel better. Battering your inner child is never the solution — it just reinforces the problem. *Inner kindness, gentleness and consideration always help.*

When you consistently treat your inner child with kindness, gentleness and consideration, changes can occur in a short time. It may feel like a miracle. Sadness and depression are replaced by a new sense of hope and a growing sense of inner confidence that life can be better.

As this new nurturing parent treatment of understanding and unconditional love continues within you, gently and surely a transformation occurs. This transformation process starts at very surface levels and moves to very deep layers within your psyche. It is helpful to be patient and consistent with this healing process.

As you continue down this path of nurturing and healing your inner child, you will feel more relaxed. You will have a sense of trust that you are safe and loved, which grows into a strong inner knowing that everything is all right.

As you make a commitment to being your own nurturing parent, you will find yourself naturally healing the inner child in others. This reinforces and accelerates your inner healing. Nurturing yourself with unconditional love is the royal road leading your inner child safely Home.



Discussion Questions

Silently reread the first four paragraphs. What stands out to you the most as you read this? Why?

Reread the next four paragraphs. Practice observing in the moment.
What are you experiencing?

Reread to the end. What stands out the most to you? Why?

Why is loving yourself in the moment so important to healing your needy inner child?

Optional Group Activity — Bringing Love & Acceptance to Your Inner Child

Drawing imagery that helps your needy inner child feel nurtured.

Focus for the Coming Week

Working with the Focus Card for the coming week — Nurturing My Inner Child.

Closing Thoughts to Practice Through the Week

Tuning in to the feeling of this week's Focus Card and envisioning yourself practicing this through the week at home, work and at play.

