



Connecting with Your Inner Child

Your inner child is a part of your subconscious that has been picking up messages way before it was able to fully process what was going on (mentally and emotionally). It holds emotions, memories and beliefs from the past as well as hopes and dreams for the future. It consists of what a person learned and experienced in the earliest years of their lives (birth to age 8 or 9). While for some this is a happy and exciting time, for others this can be quite the opposite. Our inner child holds onto memories of our childhoods which include times of learning, comfort, and processing information before our brains were developed enough to understand. Children view the world in different ways than adults and often times they are more open minded, look at things in black and white and haven't quite developed the negative self-talk and self-conscious aspects that adults experience. Our inner child is always communicating with us. When we are feeling anxious, or fearful, avoiding people/places and experiences, this is a sign that we may need to start listening to our inner child. What are their pains, hopes, dreams and needs? You may also feel like certain emotional wounds have come to the surface and it could be because you weren't able to heal these as a child who was to be taken care of by loved ones. When we feel trapped, we seek safety and comfort. We may also be pushed to pursue connection and adventure. When we connect to our inner child, we are inviting joy, hope and play so they come out of hiding. We make ourselves vulnerable and this welcomes healing. Provide your inner child with love.

Ways to Identify your inner child:

1. Acknowledge your inner child.
2. Picture a happy childhood moment.
3. Mirror work.
4. Practice self-compassion.
5. Write a letter to your inner child.
6. Identify your emotional triggers.
7. Make time for play.

Ways to embrace your inner child:

1. Have fun. Make time every day to play and engage in fun activities.
2. Revisit your childhood interests. What did you enjoy doing as a child?
3. Be spontaneous.
4. Let go of your inhibitions.
5. Live in the moment.
6. Spend time with kids.

While there are many signs of a wounded inner child, here are some of the most common:

1. People-pleasing behavior, such as trouble saying no.
2. Difficulty setting and enforcing boundaries.
3. Feeling guilty for standing up for yourself.
4. Avoiding conflict at every chance possible.
5. Fear of abandonment or letting go.



SAGE WIND TAROT CIRCLE ... MAY 2023

Words of Affirmation – There are a number of reassuring and calming things that you can speak to your inner child:

1. You are safe and loved.
2. I support you/I will protect you.
3. It's okay to feel sad/scared/anxious.
4. It's okay to say no.
5. I love you the way you are.
6. You are kind/smart/funny/important.
7. I am happy you are here.

Using tarot is a perfect way to connect with your inner child because it speaks to us in images and symbols and by doing so it bypasses our conscious mind and can get to the root of emotions, memories and trauma.

Tarot cards that represent the Inner Child:

- The Sun - Joy
- 10 of Cups – Play
- 6 of Cups – Feeling our feelings, nostalgia
- Page of Cups – Reclaiming our magic
- Queen of Pentacles – Compassion
- Ace of Cups – Inner peace
- Suit of Swords
- Pages

Traits of the inner child are often seen in the air signs of Libra, Gemini or Aquarius.

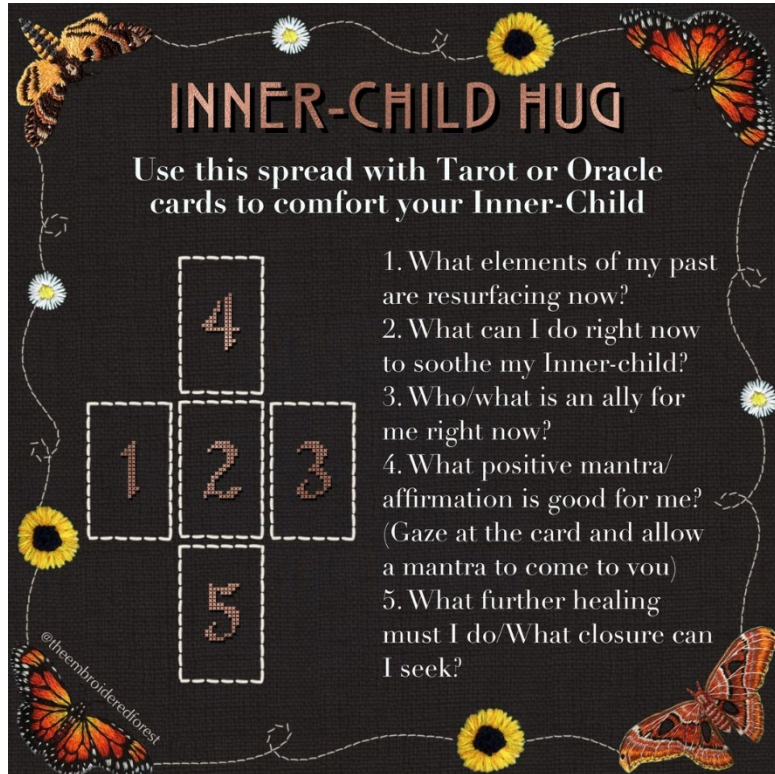
We are going to get creative and use the cards for some art. You can collage, colour or journal.

We are starting asking “What does my inner child need?”

After we are done, we will ask “How does my inner child feel now?”



Spreads:



Spread from @theembroideredforest

Using the Pages as signifiers, choose one that represents your inner child:

(from <https://www.llewellyn.com/blog/2019/02/a-spread-for-your-inner-child/>)

Card 1: This card represents the environment in which your inner child grew up. This is an important card, as it is not emotionally invested in your personal memories. It simply lets you know what energy surrounded you at the time your page archetype was developing.

Card 2: This card represents what was missing while your page was growing. More to the point, it reveals what your inner child feels it missed out on. This card reveals wounds or issues that may still need some healing work.

Card 3: This card represents what kind of environment your inner child craves. Note that this may not always be constructive energy, so please don't be dismayed if a not-so-friendly card shows up in this position. In many ways, this card can shed light on self-destructive behaviors or inner triggers. If it is a positive and constructive card, that is fabulous. Above all, know that there is no wrong or right card in this position

Card 4: This card represents how best to harness your inner child energy moving forward. This card also gives you hints and clues for empowering your inner child if it feels shy or timid as well as how you might cool it off if it is somewhat reactive.



<https://www.emeraldotusdivination.com/blog/2017/09/21/tarot-spread-inner-child>

Card 1: What caused the original wound in me?

Card 2: How am I currently dealing with it?

Card 3: What is a more enlightened way to handle it?



hey, listen to your emotions...

Bitterness shows you where you need to heal, where you're still holding judgments on others and yourself.

Resentment shows you where you're living in the past and not allowing the present to be as it is.

Discomfort shows you that you need to pay attention right now to what is happening, because you're being given the opportunity to change, to do something different than you typically do it.

Anger shows you what you're passionate about, where your boundaries are, and what you believe needs to change about the world.

Disappointment shows you that you tried for something, that you did not give in to apathy, that you still care.

Guilt shows you that you're still living life in other people's expectations of what you should do.

Shame shows you that you're internalizing other people's beliefs about who you should be (or who you are) and that you need to reconnect with yourself.

Anxiety shows you that you need to wake up, right now, and that you need to be present, that you're stuck in the past and living in fear of the future.

Sadness shows you the depth of your feeling, the depth of your care for others and this world.

