

The Magick of Inner Child Healing

Hey there, amazing soul!

Ever remember being a kid and thinking you could conquer the world, or at least your backyard? Good times, right? But what if I told you that your childhood self -- your inner child, still exists inside you and plays a major role in your adult life?

That's right, Witches! Your inner child, that free-spirited, wild-hearted, truth-telling little you, is still kicking around in your psyche. And sometimes, that kid needs a bit of TLC. That's where the magick of inner child healing comes into play.

Inner child healing goes beyond the realms of conventional psychology, dipping a toe into the waters of shadow work. Now, before you freak out, let me explain. Shadow work is not as ominous as it sounds. It's about bringing to light the parts of us that we've hidden away, usually because of fear, shame, or guilt. It's about embracing our whole selves, the good, the bad, and the ugly.

And no, shadow work doesn't involve a dark room and a flashlight (though it can if that sounds fun to your inner child). It's a metaphorical journey inward - a voyage of self-discovery, acceptance, and ultimately, healing.

Let's be real for a moment. Life's not always a joyride. As we navigate our way through its ups and downs, our inner child can get wounded. Ignoring these wounds, big or small, can lead to unexplained fear, anxiety, or a nagging sense of dissatisfaction in adulthood.

But there's good news! You have the power to heal yourself. Healing your inner child is like being your own therapist and patient at the same time (talk about a cost-effective solution!).

Here's the part of the magick. Inner child healing is not about pointing fingers at anyone or unearthing childhood trauma for the sake of drama. F*ck that. It's about understanding our emotional reactions and triggers better. It's an opportunity to show up as a caring adult for our inner child who might still be scared, hurt, angry, or lonely.

So how do we do it? It starts with self-awareness. Take a few moments each day to check in with your inner child. Ask how they are feeling. Listen to their fears, validate their feelings, and reassure them that they are safe. It's basically an adulting 101 for your inner self.

In essence, inner child healing is a magickal journey of self-discovery, self-acceptance, and self-love. It enables you to remove the barriers that are preventing you from living your life to the fullest. And trust me, it's worth it.

