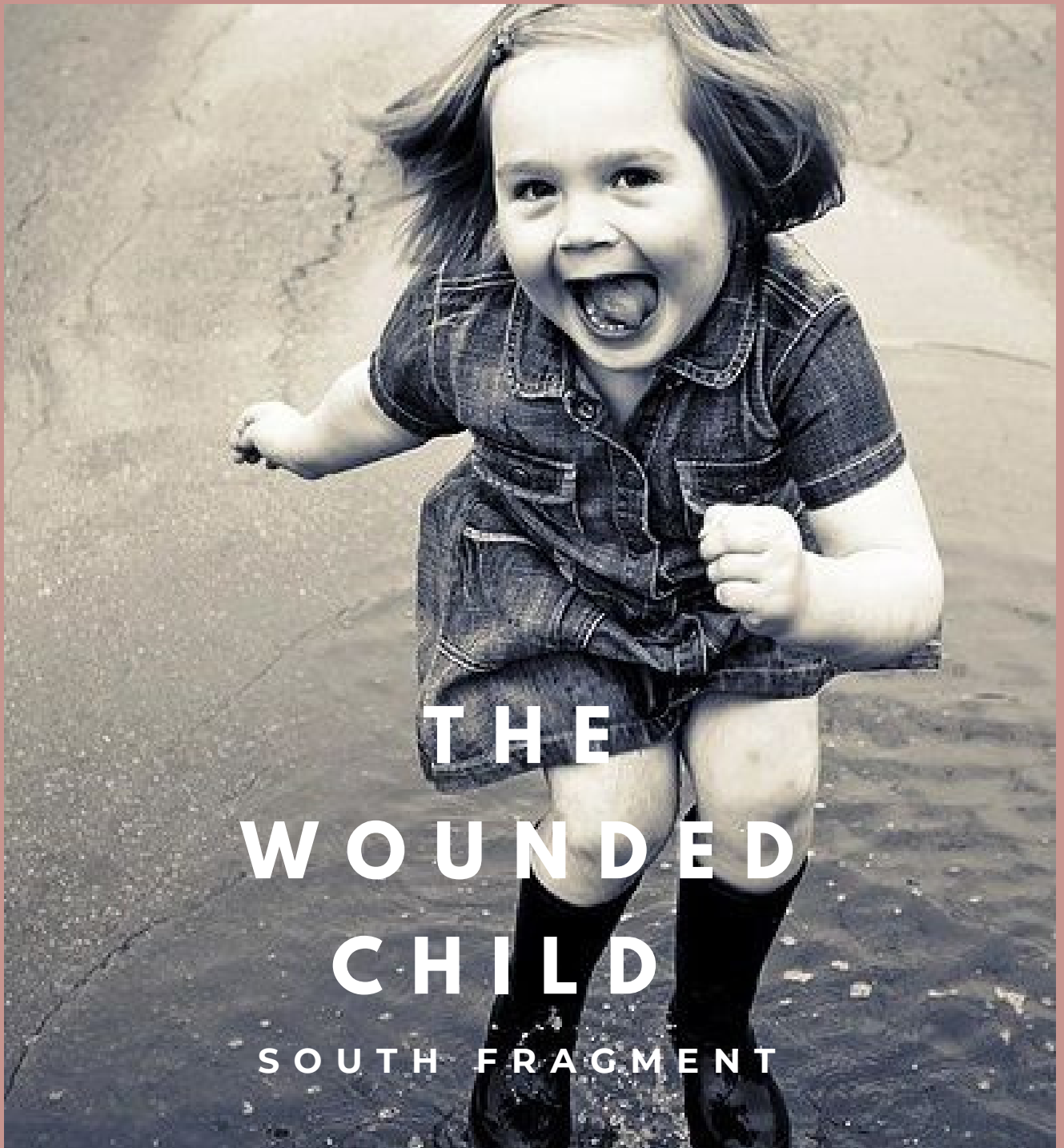


ELEMENTAL EROS

SESSION 6



THE
WOUNDED
CHILD
SOUTH FRAGMENT

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YOU CAN TALK DIRECTLY TO THE CHILD WITH THE LANGUAGE OF LOVE, SAYING, "IN THE PAST, I LEFT YOU ALONE. I WENT AWAY FROM YOU. NOW, I AM VERY SORRY. I AM GOING TO EMBRACE YOU." YOU CAN SAY, "DARLING, I AM HERE FOR YOU. I WILL TAKE GOOD CARE OF YOU."

- THICH NHAT HANH -

THE CHILD

FRAGMENTED ENERGY OF THE SOUTH

DIRECTION : SOUTH (FRAGMENT)

ANTIDOTE: MOTHER

The relationship with our own Inner Child is the most important one we can cultivate in the our life time. It is the foundation of true Self Love.

When we are able to embrace our inner child with compassion and love, we heal the the unmet wounds of our childhood and shift the feelings of suffering to freedom.

Our wounded child is often caught

in old childhood survival strategies and beliefs that are based on a wound based identity. When we go in and do the alchemical work we can relinquish the grips of these beliefs within our own unconscious and allow the full life force of our inner child to shine forth.

When we love our inner wounded child from mother, we heal our hearts and enable our inner child to feel free, joyful, full of life and bursting with creativity. When we tap into our inner child we create magic.



WOUNDED CHILD PRACTICES

1. TRACKING YOUR WOUNDING

Find where your inner child lives in your body. Notice when she becomes activated. What kind of situations and beliefs does she have. See if there is a pattern.

2. MOTHER LOVE - SELF PARENTING

- Create temple space.
- Evoke your mother through movement and music. Once rooted there and only once rooted, evoke feeling of WC in your body.
- Step into the place in front of you, allowing feelings and her reality to reveal itself through you.
- Step out,
- Reconnect with Mother.
- Hold your WC.

3. NATURE WONDER

- Go to the wild. Cross threshold, evoking your Mother energy.
- Wonder until you find a place that feels wounded.
- Tune into this place through your body and tell this place about how you see its been wounded
- Tell the place about your own wounding
- Make any notes of any revelations.

INNER CHILD PRACTICES

1. NATURE WONDER

- Shift consciousness,
- Cross threshold,
- Evoke your Mother in body and the presence of your Inner Child.
- Let your Inner Child guide you on the wonder, always taking care of her. Seeing what brings her alive, her curiosities, her playfulness.
- Find a place that feels like she can be free and engage with that place from the fullness of her expressive joy.
- Notice what it feels like to let loose and notice how the natural world responds, if at all.
- Make notes.

2. CREATE AN ALTER

Create an alter for your inner child. Place photos, flowers, scents, candles. A sacred space for her to feel cherished. Have fun doing it.

3. GO ON A DATE

Discover what your inner child likes to do and then take her out to do that. Sing, dance, paint, jump in puddles etc. Do this at least once a week.





INNER CHILD / WOUNDED CHILD ALCHEMY

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IN YOUR JOURNAL

discovery time for you

- Where does your wounded child act out to get her needs met? How does she do this?
- What behaviors do you engage in to avoid feeling the pain of her reality?
- See if you can stay with the feelings and practice self love - creating an alternative feedback loop for her experience.
- Make notes about the life of your inner child. What brings her alive. Reflect back on your childhood and discover what you loved to do. What were your favorite activities.
- When and how did this get shut down?
- Get to know this one. As Jung says:
"What did you do as a child that made hours pass like minutes? Herein lies the key to your worldly pursuits"



RESOURCES

Reading from:

- Bill Plotkin - Wild Mind - South: Wounded Child chapter.
- Reconciliation ; Healing the Inner Child. Thich Nhat Hanh
- Bethany Websiter - Healing the Mother Wound

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