

### Transcript Day 3

So here we are on day three, Inner Child Part 2. How mysterious.

Did you get your guided tour done yesterday? What came up for you? Did you do some journaling or something afterwards to help process the things that came out for you? I'd be really interested to know how you got on. Please share in the group if you want to.

So today, following on the inner child theme, if you have photographs of yourself as a child (if you don't, we're going to be able to work with that too, so don't panic). If you've got photos of yourself as a child, I'd love you to look through them and pick one that really resonates with you. I'm going to show you mine in a minute.

If you can make a cardboard frame, or if you've got a frame you can reuse all the better, because what I want you to do is, first off, pick that really resonating photograph. Put it in a frame like I have done with mine, there is Minnie me. This is little Emma. Give her a name as well, or him a name. I'll just call mine little Emma. It's a nice, small little frame. I really love that photograph. It really hits the spot for me.

If you haven't got a photograph, draw some sort of representation of you as a child. You could even look through magazines. Pick an image that symbolises your inner child for you, that'll still work. It'll still be just as powerful, because it's the meaning that you're going to give it, and the emotion and the attachment to that image.

So, when you've done that - you've got your image, you've got it in a cardboard frame, or maybe you put it in like a little card, or something like a little special card, do something with it that makes it a little bit special. Then what I want you to do is I want you to retrace steps of your house tour with your inner child, with you, or with your representation of that inner child, while you are doing this house tour again, just going through the motions of where you went, just see all of your steps. I want you to think really carefully about where you want to put your inner child.

Now, mine, I decided to put right next to the bed. It is. It's got a beautiful view. It's where I go to sit for quiet time. It's where I wind down at night. I feel really safe in that space. I feel relaxed in that space. And of course, it's the first one of the first things I see every morning and one of the last things I say at night. This can work on multiple levels. This, for me, is a reminder to check in with my inner child. I've put them somewhere safe. I've put them somewhere special, quite precious. But also, I get that a frequent visual reminder. How are you doing, what do you need from me today.

Because often, as adults, we are triggered and triggers are often previous wounds or hurts that haven't quite healed fully. Oftentimes it's to do with childhood. We'll all have stories of things, of adversities and things that have been quite difficult for our inner child to overcome and deal with. So this gives you an opportunity to more holistically and smoothly look at the inner child things when they're triggered. I love spending time with my inner child. I absolutely love it to bits. I look after her, I'm kind, I'm caring, and that really elevates my standards for myself in the now. It is freaky how it works, but it really, truly does. So, whether it's a photograph, whether it's a representation, something out of a magazine. You might see a nice flower or something. Go through the motions. Get more bang for your buck here, I'd love to see some photograph shares of your inner child in the group of the younger you, if you give it a little nickname, mine's a little Emma, like I said. And also, where you place this special being? That's the important thing. Using your walkthrough yesterday, where does this representation of inner child belong in your

home? And that's going to be completely subjective to all of us. I'm going to love seeing what you bring into the group. Please share. Please start gently opening up. Don't force yourself to do anything that feels too much out of your comfort zone. But I hope you've loved this two-day activity. It's a little bit different. I did this a few months ago, and I must admit, I got a lot out of it.

If this feels uncomfortable, I understand, but try and push lean into the discomfort. Get this done, because it will really become a framework for the rest of the, have a wonderful, magical day. See you again soon.

agical day, see you again soon.