

# HEALING THE INNER CHILD - BACK TO THE BEGINNING SELF-GUIDED TRAUMA HEALING PROGRAM

## WEEK 2 - MODULE 2

### Your personal access to our week 2 program guide

- OBJECTIVE FOR WEEK 2 - Understanding our emotions, why we have them, why we need to start to understand them, allow them to move through us and be consciously FELT. How emotions allow us to tap into our own intuition. Understanding our body brain connection and how emotions move between the two to create pathways of mind thought and body senses via our nervous system. How important the nervous system is and why in our trauma healing experience. How to work your CNF consciously to balance body brain functions. A look at the shadow self and integration to work with body brain connection of the unconscious parts of our selves

Topics to cover

#### INTRO VIDEO TUTORIAL

- Exploring the world of emotions and what they really are
- Introducing the BODY BRAIN CONNECTION (and disconnection)
- Looking at how emotions show up in the body and how to identify BODY BRAIN synchronicities somatically

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- Looking at somatic healing solutions and coping mechanisms (EFT techniques) to apply when moving through ANY form of trauma healing
  - Looking at PTSD, Trauma bonds, behavioural loops, addictions and other various disorders and patterns that accompany a dysregulated SELF
  - A deep dive into the nervous system and how all trauma is in the nervous system and is not the response – how to regulate and balance your nervous system somatically
  - A look at shadow work from a Jungian perspective – How and why we do this and ways of doing this on a conscious level
  - Going back to our journal again, how do the lessons and discoveries of week 2 compare now that we have a deeper understanding of how our body and brain actually work and how our emotions are all connected to our body brain
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- ASSIGNMENT 2 – Going back over the time wheel, we will reflect and consider on times when you FELT certain ways as a child / teen / young adult - All those feels. Please use downloadables and printables to allow you to move through this experience in your own time. You can repeat this or go back to this as often as you like

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- **WHAT ARE EMOTIONS SLIDES** - How the Body Brain work together as a sensory vehicle and operating system to allow you to FEEL and UNDERSTAND your emotions. This infographic display goes deep into showing you how, why and where emotions get stored and how to process them
- **EMOTIONAL AFFIRMATIONS DOWNLOADABLE** - Once you have understood the emotions via the infographic slides and how they show up in the body as sensory physical manifestations and emotional energetic experiences, you will start to see how certain feelings show up in certain parts of you to trigger a response. This affirmation guide is a 'go to' for you to use in case you need a gentle reminder or a copying tool. Stick it on the bathroom mirror if you need a little reminder
- **TAKE OUR EMOTIONAL INTELLIGENCE QUIZ** - We will email you the results for you to keep as reference
- **Listen to the 2 part audio on psychosomatics** - They are quite long winded (more podcast) but detailed expressions
- **THE BODY BRAIN CONNECTION SLIDES** - The visual tutorial on the BB connection
  - **THE BODY IS A TEACHER OF SURRENDER - A POEM BY KAVIJI POET**
- **TRAUMA IS OUR SOMATIC EXPERIENCE BODY BRAIN VISUAL**

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- **INNER CHILD AND ADDICTIONS** - A post and personal story to offer insights into how addictions PTSD and other trauma types show up in the inner child experience and disconnect
- **COPING MECHANISMS - EMOTIONAL FREEDOM TECHNIQUES** - A video for beginners on the basics of EFT tapping and how you can use this coping mechanism as a strategy to help body brain balance, nervous system overwhelm, stress, anxiety and any other overwhelm hosted by the wonderful Sally Fazeli
- **THE CENTRAL NERVOUS SYSTEM AND HOW SOUND HEALING CAN HELP YOU REALIGN AND RECONNECT -**
  - Audio on the central nervous system and vagus nerve sound healing
  - Slides on the sympathetic and parasympathetic nervous system
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- **AN EXPLORATION INTO THE SHADOW SELF AND SHADOW WORK FROM A JUNGIAN PERSPECTIVE**
  - An audio / podcast on the intro to the shadow self. A deep one!
  - Peter pan and the shadow self pg 137 of Dear child
  - Shadow work pg 141 of Dear Child
- **ASSIGNMENT 2**
  - 6 Page downloadable / printable work sheets for you to use. The re-visit, Re-cap observations from past experiences and how you can use them to connect back to past experiences and understand how they made you FEEL so that you can release the memory /

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feeling and move into the future FREE of the weight of them. Use your EFT TAPPING techniques to help tap in so you can tap them out of your body and brain

- You can re-visit these print outs as often as you like and use them as a part of your ritual healing process that you can review back as and when you need

## A BRIEF LOOK INTO WEEK 3 -

Archetypes, self reflection and recognition, anima animus, a deeper exploration of the shadow self, Empaths V Narcissists, Communication and psycho-linguistic programming, an introduction into catharsis - The cleansing and purification process

SEE YOU NEXT WEEK IN MODULE 3 - WE HOPE YOU HAVE ENJOYED EXPLORING ALL THE FEELS AND REMEMBER, LOVE THE BODY YOU'RE IN - IT IS YOUR GUIDING GURU!