

LOOK WITHIN and LISTEN **Your Inner Child is Speaking**

By: Marla Brucker

It's time to slow down, stop, look within and listen -- for the inner child needs to be recognized!

When was the last time any of us stopped to listen and understand our actions and or reactions to situations and events that occur in our lives.....Who has the time?

An increasing number of medical specialists now believe that a significant amount of illnesses are stress induced or stress related. Yet, in a clinical situation sick people do not always acknowledge being under noticeable stress.

Stress often exists *below* the conscious level of awareness – a result of repressed memories and emotions that often times **block** the flow of positive, healthy feelings, attitudes and even bodily functions. This subconscious process usually turns internal unrecognized stresses and unresolved issues into dis-ease, pain, illness and or personal or professional limitations.

The mind-body (healing) connection plays a crucial role in the perception of our inner being. Memories held within and imprinted from the beginning of our existence are stored at the level of consciousness when perceived. Situations that had an impact on a child at a certain level of emotional maturity will remain locked within the child's subconscious mind where it was originally experienced, until the inner child begins to heal.

Although we may intellectualize about events in our past (as well as in the present), coming to terms with these imprinted emotional memories and letting go of their impact is considerably more difficult. This is essential for one's healthy existence of mind and body.

The *Inner Child Working* continues to be a wonderful avenue in assisting the clients with releasing of subconscious blocks and emotions that have interfered with their desires, goals, successes and health.

There are three ego states that exist within each of us; the child, the parent and the adult. They differ from Freud's concept of the Super Ego, Id and Ego. These ego states are based on the theory of human functioning; each ego state has a distinctive internal representation of interpretive meaning in one's life. When these parts are in conflict, a person's ability to function becomes clouded and difficult, which then can lead to dysfunction and or emotional and physical imbalance.

A positive hypnotherapeutic approach helps in getting to the causative factors, which facilitates the process and assists the client through issues in a more expedient manner.

The Child Ego State – Experiences its learning by recording everything he/she hears, sees and feels into its subconscious. Through these recordings (though at times somewhat distorted in its interpretation of experience), the child develops an awareness of him or herself as an individual. Up until the ages of 7 or 8 children process their experiences and information at the subconscious level. Children's understanding of their (emotional) experiences, although internally recorded, doesn't always have a full comprehension of the actual reality.

The Parent Ego State – All information in this *parent ego state* comes from the person(s) the child is most dependent upon. This state models itself from the *real parent*. Sometimes positive, approving modeling takes place and other times negative, critical and disapproving modeling occurs.

For a hypnotherapist working with the inner child, this ego state is of great importance. The main concern is the negative attitudes of the *parent ego state* as they are formed through mirroring messages from the *real parent*. This can cause a repression of the child's normal expression of emotions which are responsible for his/her emotional difficulties. Information in this ego state is interpreted literally and recorded as *truth*. In this *parent ego state*, the child seeks acceptance from the real parent, therefore modifying their behavior so that love, acceptance and approval is received. When a child doesn't receive the necessary approval, "Guilt" is generally felt in association with the fear of abandonment. (Guilt usually manifests itself in negative feelings, which keep people from growing.) The conflict that occurs between the *child ego* and the *parent ego state* is an expression of the problem; this being the core of emotional disorders seen by a hypnotherapist.

Generally, when one remains stuck in the *child* and *parent ego state*, a child in the process of developing his or her personality will begin to organize them self around protection from a fear of abandonment. The child then creates a whole cast of "false selves" designed to gain love and win approval. This behavior can follow them into their adult life, which can later interfere or interrupt the process of reaching one's goal. The fear of abandonment continues to brew at a subconscious level, only to display itself later in either a defeatist or self-destructive form, or in some type of dysfunctional manner, mentally or physically.

The Adult Ego State – This ego state serves as a balance to the *child ego state* and the *parent ego state* – enabling him/her to see life as it really is, not through the eyes of the real parent or the eyes of the child's "make believe" world. The *adult ego state* accumulates data from life experiences. In this state the person takes information in and processes the lessons, understanding and wisdom from each experience. The *adult ego* can see whether the emotional data in the *child ego* and *parent ego state* are appropriate or irrelevant to the feelings and behaviors that go along with it.

When the *adult ego* is clear in its intent and is in balance, then and only then can hypnotherapy be of full benefit. The *adult ego* is then able to see the picture and desire the changes.

The conflict of the egos between the *child ego state* of the “**I Want**” and the *parent ego state* of “**I Should**” are a great cause of emotional dysfunction. The beginning of self-protection through loneliness, isolation and confusion takes over the natural, authentic real self. This is due again to the fear of abandonment which continues to brew at a subconscious level only to display itself later in either a defeatist, self-destructive form or some type of dysfunctional manner. This can be resolved though when the *adult ego state* sees the picture, and desires the change with the conviction of, “**I am, I can, I will...NOW.**”

Working with the inner child continues to be a wonderful tool in assisting and releasing of blocks that have interfered with the client’s desires, goals and successes.

Inner Child Working involves hands-on participation. Each person will be asked to participate in a writing and drawing exercise that will be executed with their least dominant hand. Therefore, one's critical thinking is by-passed. The information obtained by using this technique allows for old emotions that are adding to current difficulties to be brought to one's consciousness. This exercise helps one to access resources of inner wisdom and guidance. This will enable them to select an appropriate memory to specific questions they will be asking themselves; concluding with an exercise in giving their inner child the unconditional love it truly needs to allow the old memories and the blocks of emotional energy to begin to free itself and lead to greater insight.

So eloquently stated by Joan Borysenko in her book, **Guilt is the Teacher, Love is the Lesson**, “*The natural child, or soul at birth, is filled with the creativity, wisdom, love, joy, enthusiasm and contentment that radiate from the Self. We call this state of being happiness and authenticity. Happiness is the substance of our soul and a reflection of the greater spirit from which our individual consciousness springs. Happiness is inborn, it cannot be taught but it can be forgotten...*” This work will help one, to remember that state of happiness.

Individuals will be able to go inside and gain more insight about them selves. In addition, they will take with them tools that will enable them in acknowledging, getting more in touch with, and then letting go of old blocks that no longer serve them. The *Inner Child Working* is a great methodology in helping clients confront issues of secondary gain, and self sabotage and limiting beliefs.

“You really have to look inside yourself and find your inner strength, and say ‘I am proud who I am.’” Mariah Carey

Marla Brucker, DCH, R.HA

Marla Brucker is an accomplished motivational trainer and seminar leader. As a peak performance coach, Marla has inspired thousands worldwide to realize their hidden potential by learning to trust their intuition, as they move toward achieving greater success. Marla has her Doctorate in Clinical Hypnotherapy, is a Registered Hypnotic Anesthesiologist, a Master Practitioner in NLP, and is a certified laugh leader, and a seminar leader with the American Seminar Leaders Association.

Dr. Brucker has been practicing in the area of performance enhancement, hypnotherapy and counseling since 1978. She has worked in hospitals, mental health clinics, educational institutes and social service agencies. Marla has been teaching hypnotherapy since 1991 and is Executive Director and CEO of the Motivational Institute of Hypnotherapy, a certified hypnosis school in San Diego. She also conducts seminars and leadership training programs in Energy Therapies, Peak Performance and Psychokinesis. Her frequently requested empowering Mind over Metal seminars are the highlight of many professional and corporate gatherings, seminars and parties. Marla is in private practice, working with individuals and groups.

Read more about my work on my website at www.SanDiegoHypnosis.com .

To Your Success,

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