

Topic

Reparenting Exercise

This is a practice that you can do to bring some more attention to your healing and the stories and Imprints that may run your life. You can set aside some time each day to do this exercise to bring some awareness to where this sits with you.

You can do this in a journal, on one side write what the child needed to say, and on the other side what the wise woman part of you would love to respond with.

Give yourself the words and love that you couldn't get at the time.

1/ Observe your feelings around anger, frustration, powerlessness, or anything else that keeps arising. What is the feeling that is most present?

2/ Does this remind me of something? A time in my life? An age? Just feel into how old you are or you may even get a memory of a time when you had to do something to make someone else happy. or you have a similar feeling to what is happening in the present moment.

3/ If you can go back into the story - what happened that made me feel this way?

What did I need that I didn't get at the time? ie. a parent checking in with you - holding space for you to have a big cry, get angry, express yourself

4/ What does my inner child/teenager/ adult need to express that wasn't heard?

Write down all the feelings that you didn't get to say or express..... ie. Why can't you listen to me, this isn't what I want, my voice is important. I have feelings too. It's not my job to make you happy.

5/ What words did she need to hear that she didn't get. (offer those words to younger you, from the wise woman part of you)

ie. I am sorry you didn't get the support you needed. I am sorry you weren't able to express how you felt. I am sorry no one listened to how you felt.

6/ Sit with those feelings - allow them to be there, welcome them in. No judgment - just compassion and empathy.

Then..... after you have done that - we want to create a new imprint. We always operate from the imprints we were given or decided, so you want to change this imprint.

To find what the Imprint is... watch your thoughts around this feeling. It might be something like...

" I have to keep everyone happy, or other people's feelings are more important"

Or

" me and my feelings are too big for this family:

Or

" you can't trust anyone - people are always out to harm you "

Or

" Struggling is what we do in this family, life doesn't flow for us "

There are so many Imprints that we carry. Some are good, some are helpful, and many are not. The trick is feeling into what are the stories we carry and do we still play them out now.

Even if you can't place an imprint or a story - , just see the child part of you holding those stories and responsibilities around having to shut down and try and stay safe and keep everyone else happy or being small or saving others or whatever it is and give the younger part of you space to express how she feels about this Imprint.

Then you as the embodied woman can tell the younger version of you what you would love the new imprint to be. You get to decide. You are in charge.. You create the new imprint moving forward.

The new imprint can be.....' Its safe for me to be here', Its safe for anger and emotions to be expressed and released'... , or - 'its safe for me to be heard and get my needs met.' 'I am only responsible for my feelings' or whatever you feel you need or want the new imprint to be.

It can be... 'I can trust life and life supports me or money flows to me easily' or whatever you want it to be.

Visualise yourself as a 3yr old, or younger, or older, (trust what you get) and see your parents connected to their higher selves and visualise them telling you all the new belief systems that you now want to create. Imagine them telling you all of these things like the new story. Do this every day for a few minutes for a few weeks to really cement the new imprint.

Then look for evidence that it is true. Things like emails, people saying something to you, life flowing, abundance in some form.....Look for how the new story is manifesting in your life. The more evidence we can find, the more our energy shifts to creating a new story.

This is the new imprint :)