



JEEVATMAN
LIFE COACHING
THE LITTLE SCHOOL OF MAGIC

Embracing & Releasing Inner Child Integrating your Light & your Shadow

*End being judgmental toward yourself
embrace the magical being that you are.*



*Healing doesn't need to
be painful or difficult.
It is Love that heals;
it feels good to love.*



Welcome to the magical world of Inner Child Healing!

Most of the problems we encounter in life are emotional in nature. Although the mind tries its best to control them, it is emotions that *move* us - and they can uplift us or disrupt our lives when we let them run free or try to reason, suppress, or 'fight' them.

With pressure building in all areas of life, many people are now facing internal *challenges* they do not know how to address, partly because of a widespread lack of understanding about the nature of emotions; but also as a result of an accumulation of stressful/traumatic experiences that are triggered, and need to be released and healed.

Embracing & Releasing Inner Child - Integrating your Light & your Shadow is a transformational process designed to help you heal emotional wounds and integrate the parts of yourself you have denied, rejected, or suppressed because they hurt.

The process is an invitation for honest and intuitive inner work where you follow your soul's calls and responses. It gives you the space, time and skills you need to navigate the three phases of healing and take your emotional well-being into your own hands.

You will improve your ability to deal with the emotional stresses of daily life; become more compassionate toward what you judge unworthy in yourself; and harness the inner voice of truth, wisdom and intuition known as the 'intelligence of the heart'.

Healing is like life - it's a personal journey. There is no rigid pattern to how it happens. The journey is yours and it is a beautiful one. 😊

"So much has shifted in me! Body & soul have opened up & I'm full of gratitude for everything I experienced in my life - & for coming across the phenomenon you represent, Frederic! This is a gift for life!"

Vineeta,
Educator, Therapist, Author,
UAE, India



The Wounded Child & the Child of Joy

We all hold within ourselves a beautiful being that has been described in traditions around the world as the *wonder child*, the *magical child*, the *king* or *divine child*. This 'child' is none other than our own radiant, fearless, joyful, loving, and powerful unconditioned self who only longs to fully embrace the wonder of being alive. It is who are are.



*“Sometimes
all it takes to
understand life
again is to talk
to a three years
old”*

But we also host in the inner recesses of our consciousness, a neglected, often 'wounded' child hiding in the shadows and periodically making us behave in irrational, harmful ways.

Most of the dysfunctional behaviours and emotions we experience in adulthood are rooted in traumatic childhood experiences.

Those memories, and the emotions associated with them, are still alive within us. They manifest as underlying feelings of guilt, anger, shame, rejection, anxiety, and never feeling good enough, however hard we try.

Unhealed emotions block the expression of our talents, intelligence, creativity and love. They rob us of our ability to experience a loving relationship with ourselves and others.

Trauma is not limited to obviously traumatic events such as betrayal, injustice, violence, abuse, or loss. Many things that are of no significance to the adult world trigger intense emotions in children.

Trauma, like stress, is not always about real-life events but it's about how we *experience* and *feel* about those events.

Unresolved childhood traumas make dysfunctional adults

“Stuck energies force you to be someone who doesn’t exist anymore: the angry child deprived of love, the frightened child who doesn’t feel safe... by letting go of those energies, you let go of your past.” Deepak Chopra

An infant’s deepest need is to feel acknowledged, appreciated, and *belong*. Feelings of rejection or being ignored/excluded are deep wounds/fears we carry inside ourselves. They generate an underlying sense of insecurity that can lead to chronic anxiety, and the feeling that we do not deserve to be loved, successful or happy because there’s something fundamentally wrong about ourselves.

A child who has been wounded becomes an adult who goes through life demanding the love s/he never experienced and usually ends up in relationships that are re-enacting the traumas and deepening the wound.

As we pay more attention to our inner life, we recognise that toxic emotions are actually parts of us/ subpersonalities that feel scared or angry because they suffer.

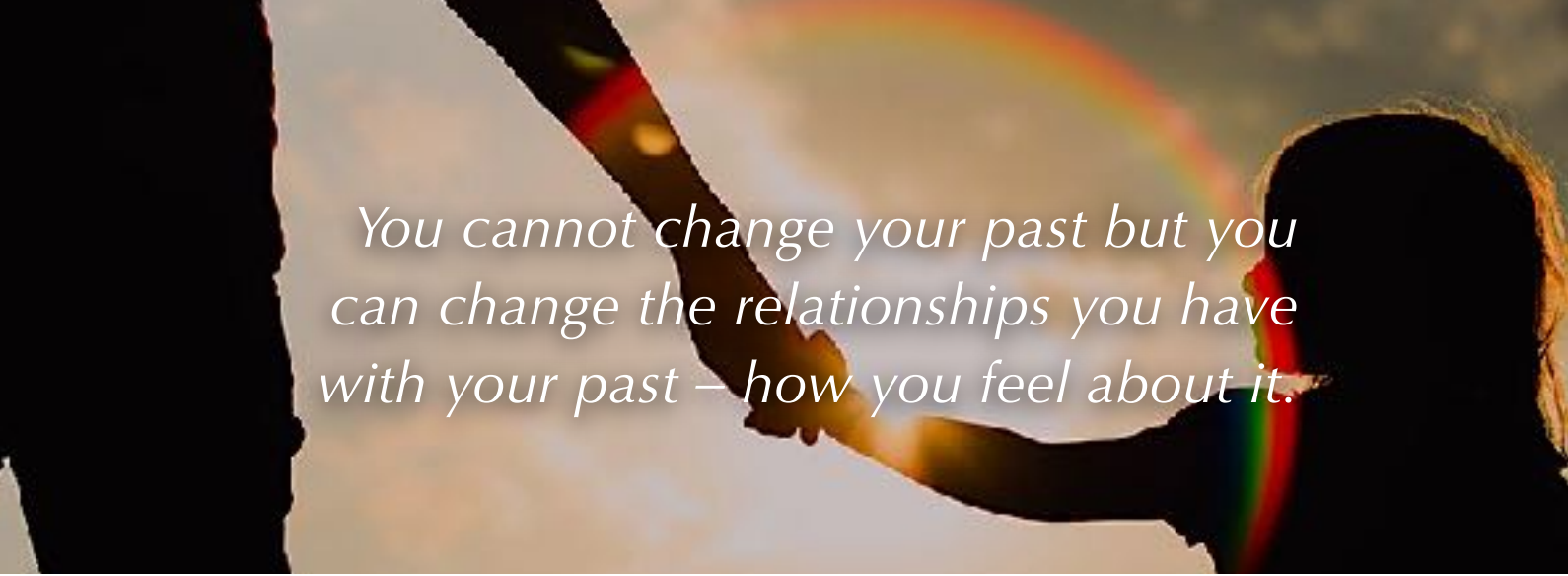
Healing happens as we develop a more loving relationship with those parts and make them feel safe, accepted and loved.

“To ‘heal’ is to accept & embrace the parts of you you could not accept or love.



To heal is to become whole again and reclaim the natural goodness of heart, the strength and confidence that are innately ours. It permanently transforms patterns of self-blame into self-acceptance, love, and allow us to recover and use the resources that were committed to suppress internal inner conflict.

By attending to our own healing, we break the chain of generational traumas and guarantee our children the emotional well-being they deserve.



You cannot change your past but you can change the relationships you have with your past – how you feel about it.

Set your heart free

Embracing & Releasing Inner Child Integrating your Light & your Shadow is a unique process carefully crafted to help you revisit and transform the relationship you have with your own story. The process is conducted *online* as *one-to-one therapy* and once or twice a year as a *group process*. I also offer in-person retreats on demand. [Get in touch](#) for more information.

- ✦ Discover the roots of dysfunctional relationship patterns;
- ✦ Understand the nature of *emotions & how to safely stuck energies old bondages*;
- ✦ *Unpack the gifts hidden in a difficult childhood*;
- ✦ *Become more compassionate & transform judgments into acceptance, appreciation & love*;
- ✦ *Learn to handle yourself more gently & improve your ability to care for your – & others – emotional needs.*

*We were not born
to feel small, sad,
anxious or resentful;
we're built for Joy,
Clarity, Energy &
Love!*



The process includes embodiment practices, somatic experiencing, breath-work, chakra nourishing and balancing, practices to open the heart, release emotions and channel energy for self-healing. guided inner journeys, reflective exercises, appreciative/compassionate listening, and individual guidance. All sessions are recorded and you keep the audio inner journeys with you.

The Process

12 weekly calls within a 4 months frame; ongoing personal support & guidance through the WhatsApp group; guided inner journeys & skill training for each step of the process; open sharing & Q&A sessions; all materials available for life; 2 months follow-up.



“Thank you so much for the most beautiful workshop. I had done inner child work before but your love & compassion really made such a huge difference. So so grateful!! 🧡

*Dimpy, Counsellor, Healer,
Pune*

We start by dedicating one month to train the five skills required to approach your inner world: Presence, Awareness, ‘Being with’, Moving the Breath, and channelling Energy. The actual process takes place through weekly calls followed by a week of personal practice.

STEP 1 - What is Inner Child? Subpersonalities; stages of development; the healing journey;

STEP 2 - Understanding breath, energy, emotion and creating a safe space through anchoring;

STEP 3 - Your Wonder Child - an exploration of innocence, curiosity and freedom;

STEP 4 - Review your personal story and unveil the gifts hidden in childhood pains;

STEP 5 - Going into the Heart to access the dimension of feelings, subconscious memories, inner wisdom and intuitions.

STEP 6 - Meet your wounded child & explore the nature of your relationship with her/him;

STEP 7 - The Inner Parent - embodying the ‘self’ as the only true caretaker of the inner child, already whole, already healed, already free;

STEP 8 - Uncover the ‘Protector’ & the strategies you created to remain functional in a world of insensitive, uncaring adults;

STEP 9 - Processing call - open sharing; inner dynamics; Questions- Answers;

STEP 10 & 11 - Releasing and integrating the Protector and the Wounded Child; Appreciation, Forgiveness & Blessings,

STEP 12 - The Divine Core - our relationship with the Cosmic/Universal/Divine Parent.

Experiences

This afternoon, when I turned on your audio, something miraculous happened inside. I felt every cell of my body vibrating with gratitude - grateful for everything around me - everything! As I'm writing this, I still feel it & I know it will stay with me. Your words are a switch that turns judgements into love. 🌸🙏

Quynh, Hanoi



I wrote to my little girl that I am proud of how strong and independent she has been, all those good qualities I see in her ... it feels comfortable :) my anxiety seems to go away since we talked and I started to look at myself with more understanding .

Thao, Saigon



This has been tremendous & life-changing! The release was extremely powerful. I felt very alive after. I keep practicing the breathing and being here & now - it's funny how initially it felt so difficult but then it's like, 'yeah, that's the only way to be!

Rashmi, Mumbai



OMG, I finally managed to enter the fortress & liberate the little princess! Yes! I'm feeling it! Finally! It feels so light today - still walking the same streets but they feel different and the pain in the solar plexus has gone 🥰

Le, Saigon



The overall impact of your program is slow, but a very strong influence on my life. The authenticity & vulnerability you express is touching deep & encouraging me to be fearless & honest.

Rajni, Bhubaneswar

“Entering my heart was such a beautiful experience! I could see the power, the gentleness & vulnerability, the softness, the tenderness, the love bursting in all colours. I felt overwhelmed with tears seeing the joys of my Inner Child blooming in that beautiful world I have inside ... I felt I could welcome the outside world, myself, my children, my husband - all welcomed in the warmth, the care & grace of the healing green & white energies of that space ...

Neha Udaipur

Who, When, & Where

Embracing & Releasing Inner Child ~ Integrating your Light & your Shadow happens **online** as *one-to-one therapy* and *once or twice a year as a group process*.

- ✨ 12 weekly calls recorded & made available;
- ✨ Ongoing personal support/guidance through the WhatsApp group;
- ✨ Recorded guided inner journeys and skill training for each step of the journey;
- ✨ Processing sessions, question answers and follow-up.

In-person retreats are also available on demand. Online work goes a long way to help you heal/handle/transform emotions, but deeper healing tends to happen in group: trauma occurs in relationships and it is in relationships that healing becomes complete.

I am offering Inner Child Healing since 2016 after I discovered it first-hand for myself in the most unexpected way before discovering there were well-established therapeutic procedures for it.

Inner child becomes Shadow Work and Past Lives Karma Release when we move out of this lifetime's frame of reference to venture into the wider field of collective subconscious archetypes and the soul's many lives.

Contact me for inquiries or to book a free call:

Mail frederic@fredericlabarthe.com,

WhatsApp +919602861296

For more details visit fredericlabarthe.com/inner-child

Read my story fredericlabarthe.com/my-inner-child-story

“And now here is my secret, a very simple secret: it is only with the heart that one can see rightly, what is essential is invisible to the eyes.

*The Little Prince
Antoine de St Exupery*

-  @frederic.labarthe
-  @Frederic Labarthe
-  @fredericlabarthe

