

## Inner Child Healing

When our alive True Self goes into hiding, in order to please its parent figure and to survive, a false, co-dependent self emerges to take its place. We thus lose our awareness of our True Self to such an extent that we actually lose awareness of its existence. We lose contact with who we really are. Gradually, we begin to think we are that false self---so that it becomes a habit, and finally an addiction.

*Author Charles L. Whitfield, M.D., Healing the Child Within*



**Cate Gerstberger LLC**

Personal Growth Mentor / Reiki Master / Teacher

303-480-0166 / [cate@categerstberger.com](mailto:cate@categerstberger.com) / [www.categerstberger.com](http://www.categerstberger.com)