

JOURNEY TO THE  
INNER CHILD —  
JOURNEY HOME TO  
SELF



© Lucia River-Wilde





Dear Soul,  
There is a part of you  
who remembers everything—  
not in words,  
but in whispers,  
in the way your shoulders rise at loud voices,  
in the way you soften at the scent of rain.  
This part of you is your inner child—  
the one who once danced without asking,  
cried without shame,  
and trusted the world before it taught you otherwise.  
That child still lives within you.  
Not lost. Not broken. Not too much. Just waiting.  
Waiting for you to come back  
—not with blame,  
but with balm.



Inner child work is not about blame.  
It is about becoming the parent you always needed.  
It is about witnessing without fixing,  
loving without conditions,  
and holding space for every ache and every giggle  
that once went unheard.  
This is a journey of self-worth rediscovered—  
of walking barefoot through the garden of your own becoming,  
noticing what still grows,  
what's been trampled,  
and what needs gentle tending.  
There is no rush here.  
No rules.  
Only remembrance.  
Only love.  
Let this be your return—  
to the one who still lives within,  
to the garden that still blooms,  
to the truth:  
You were always worthy.  
You still are.

With love,  
Lucia River-Wilde





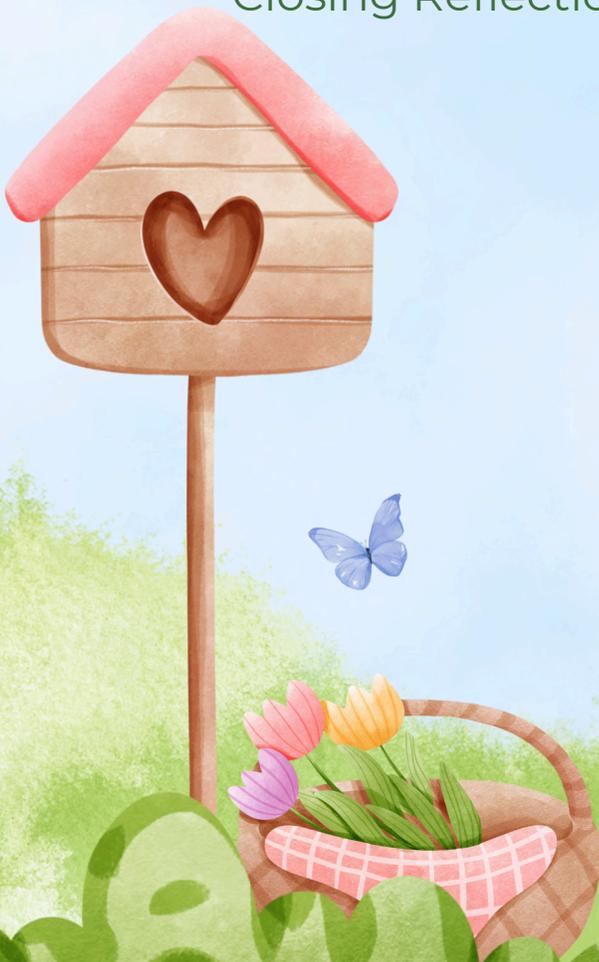
## Part 1: The Garden Within

- A Gentle Visualization + Creative Reflection
- Tending the Garden Within—5 Steps to Nurture, Heal and Love

## Part 2: Dear One – A Letter to My Inner Child

- A Guided Writing Practice for Continued Healing and Homecoming

Closing Reflections: A Celebration of You!





*Part 1: The Garden Within*  
*A Gentle Visualization + Creative Reflection*

*A Guided Imagining ~ continued*

This garden is simply reflecting what's true for you right now.

And somewhere in this garden,  
your inner child is waiting.

See them there—curious, cautious, or hopeful.

They've been waiting for you.

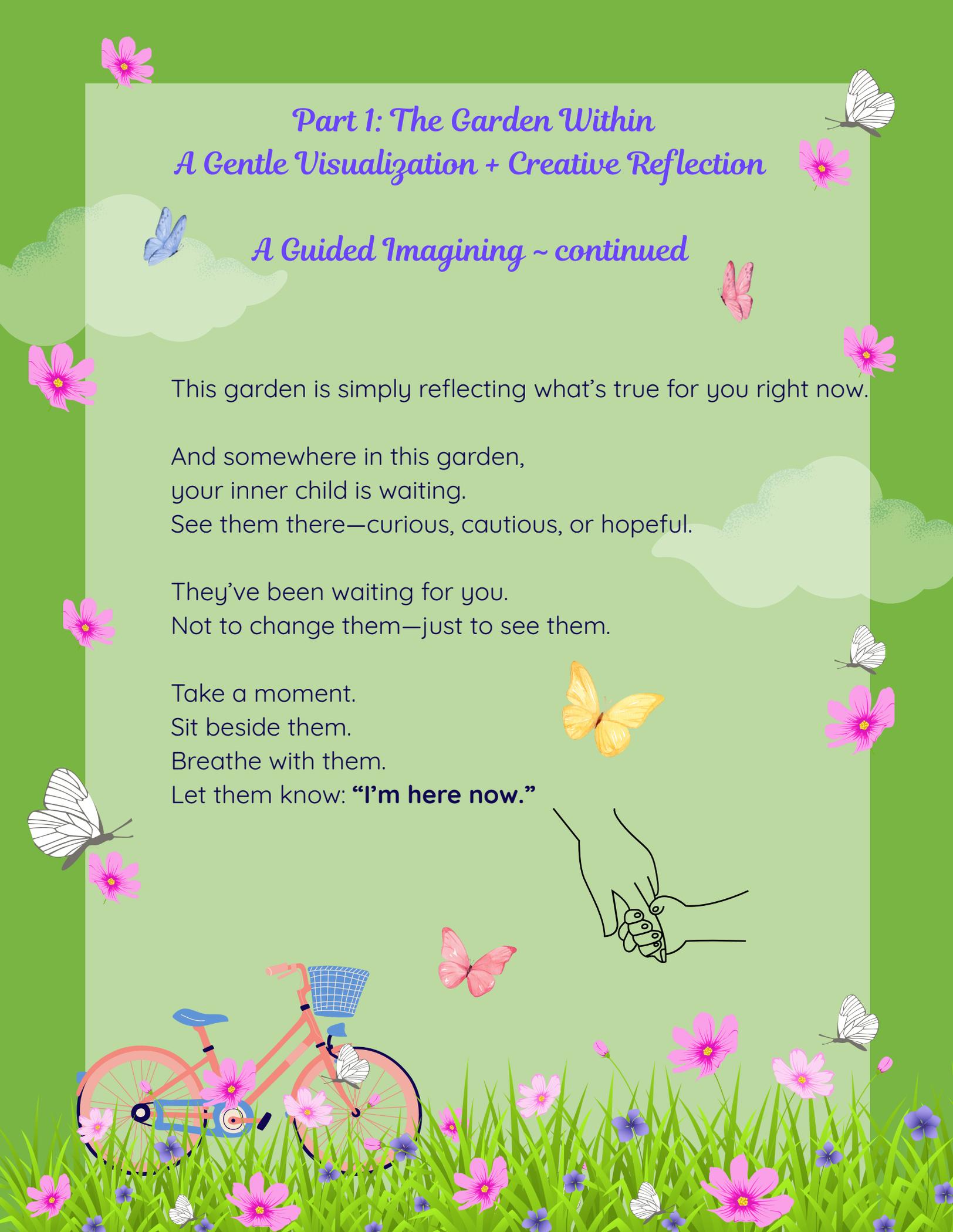
Not to change them—just to see them.

Take a moment.

Sit beside them.

Breathe with them.

Let them know: **"I'm here now."**





# Part 1: The Garden Within

## A Gentle Visualization + Creative Reflection



### Your Reflection:

### Draw or Describe Your Inner Garden

In the space below, create a visual or written reflection of what you saw. You may wish to:



- Sketch the layout of your garden
- Describe it with sensory language
- Label different areas (e.g., “The Forgotten Meadow,” “The Tree of Truth”)
- Include how your inner child appeared to you

This is not about perfection. It’s about connection.





## Tending the Garden Within

Once you've walked through the gates of your inner garden  
and seen it as it is—  
you are ready to tend to it  
not as a task,  
but as an act of devotion.

This is your sacred soil.  
And you are both the seed and the gardener.



## Step 1: Observe Without Judgment



Walk the paths slowly.  
Notice what's thriving and what's struggling.  
Where are the wildflowers blooming?  
Where do weeds crowd out the light?

Instead of labeling anything as "bad,"  
become a curious witness.

Ask yourself:

- What feels overgrown or neglected?
- What parts of me have I avoided?
- Where is there beauty I forgot to see?

Write down or reflect on what you find.  
Awareness is the first kindness.



## Step 2: Clear What No Longer Serves



Some weeds are old beliefs.  
Some fallen branches are past hurts.  
Some shaded corners are truths we've avoided.

You don't need to yank or destroy.  
You can clear with gentleness.

Ask:

- What belief is crowding my growth?
- What pain needs composting into wisdom?
- What am I ready to lay down?

You might write these on slips of paper  
and bury them, burn them, or release them in water.  
Make it a ritual if that feels right.  
Let it be sacred.



### Step 3: Fertilize with Compassion



Now it's time to nourish.

Self-love is your fertilizer.

Compassion is your water.

Boundaries are your sunlight.

Feed your garden by asking:

- What does my inner child need more of?
- What words do I need to hear today?
- How can I show myself care—even in small ways?

You might write a mantra like:

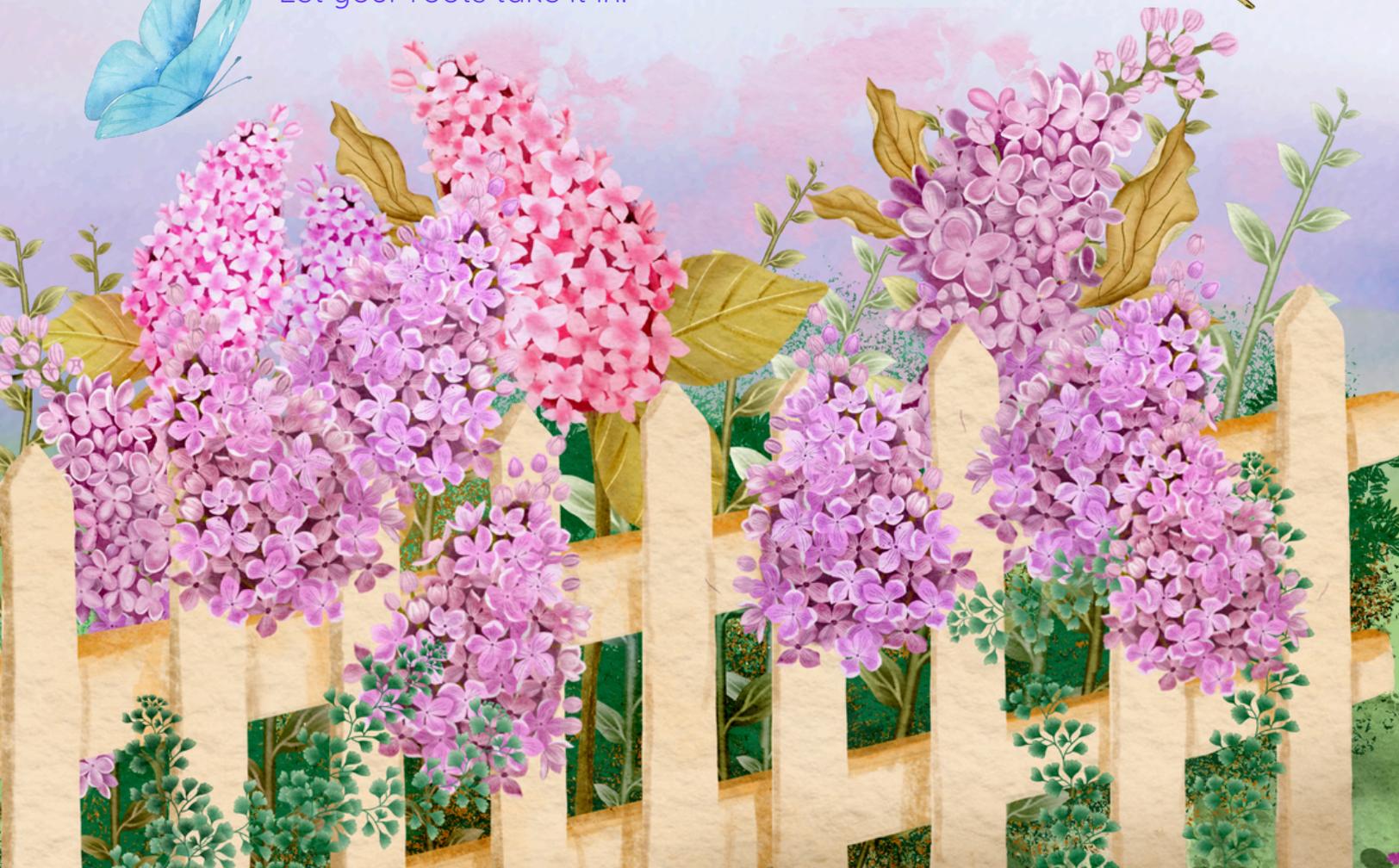
“I am learning to love myself in all seasons.”

or

“My tenderness is my strength.”

Speak it to the soil.

Let your roots take it in.



## Step 4: Plant Something New

Now that space has been cleared and the soil enriched,  
what would you like to grow?

It could be:

Trust.

Joy.

Playfulness.

Self-worth.

Boundaries.

Peace.

Choose one or two.

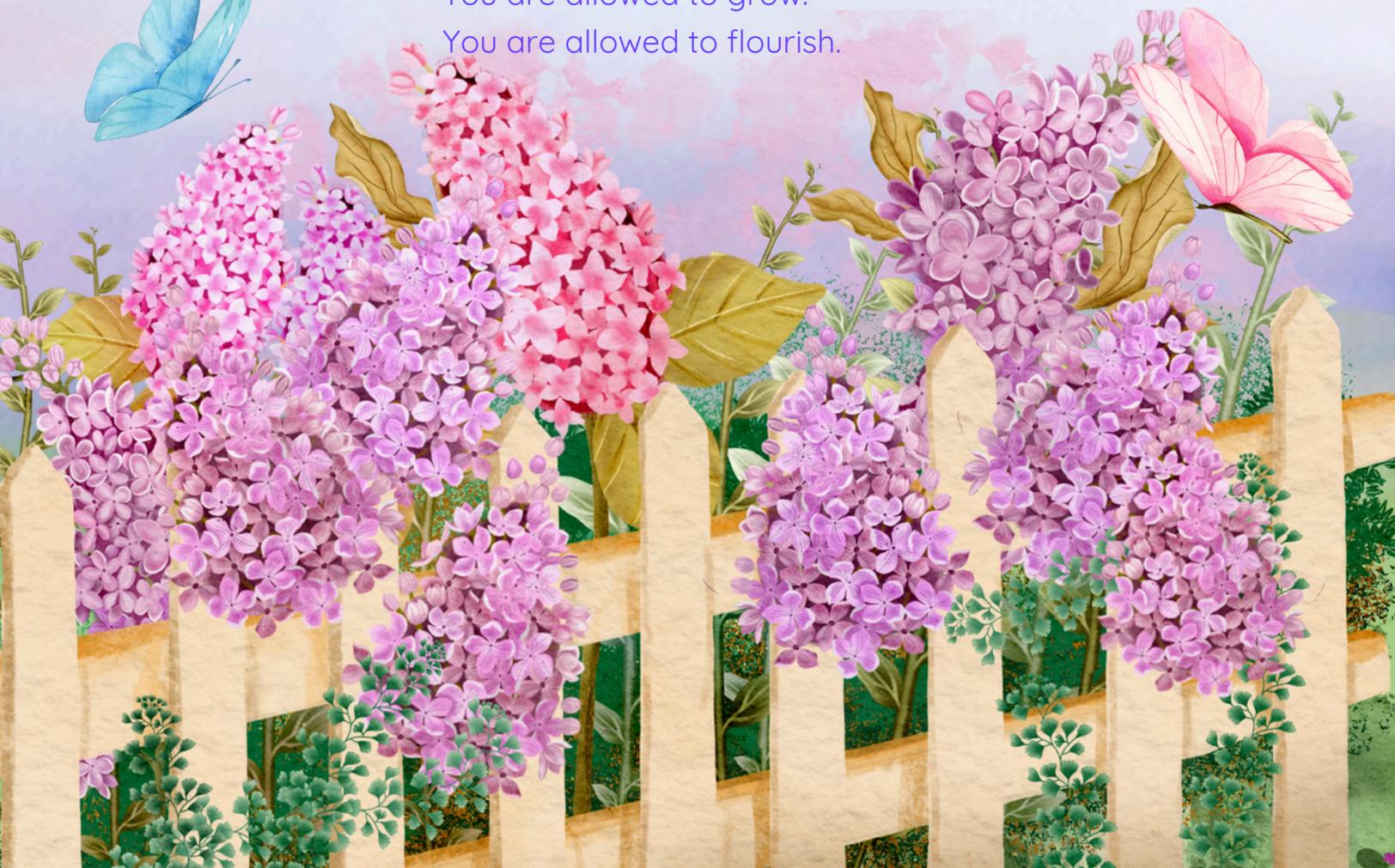
Imagine planting them as seeds.

Give them names.

Promise to return often to water them.

You are allowed to grow.

You are allowed to flourish.





## Step 5: Return Often

Healing isn't one afternoon of gardening.  
It's a relationship.  
It's returning—over and over—  
to check on what you've planted,  
to sit in the sun,  
to pull new weeds gently as they grow.



Let this garden become your home.  
Let tending it be your practice.

Let loving yourself be your revolution.





## Part 2: Dear One - A Letter to My Inner Child

A Guided Writing Practice for Healing and Homecoming

You've walked through your inner garden.

You've noticed what lives there—what thrives and what longs for light.

Now, it's time to sit beside the one who still lives at the center of it all:

Your inner child.

She (or he/they) is still listening.

Still hoping.

Still holding pieces of the story you may have forgotten.

This is your moment to speak directly to them—  
with tenderness, truth, and love.

There's no need to get it perfect.

Just let yourself be, and write what is currently living in your heart.





## Guided Prompts: Writing Your Letter

You may use any or all of these sentence starters.  
Let them open the door to a deeper conversation.



Dear Little One,  
I see you...  
I remember when...  
You didn't deserve...  
I'm so sorry that...  
You were so brave when...  
You made me laugh when...  
If I could hold you right now, I would...  
Here's what I want you to know...  
You are not too much. You are not too little. You are...  
From now on, I promise to...  
I love this about you...  
I will always...  
You are safe now because...  
Let's grow something new together—like...  
♥ With love,  
Your grown-up self

Take your time.  
You can write your letter all at once or come back to it over many days.  
Let this be a space of healing, not pressure.





### Optional Closing Ritual

Once your letter is complete, consider one of these gentle rituals:

Read it aloud to your reflection, or while holding something that feels nurturing (a soft blanket, a photo, a toy from childhood).

Place it in your inner garden journal or tuck it somewhere special—beneath your pillow, on your altar, in a box of keepsakes.

Write a reply from your inner child, if it feels right. What might they say back?





## Closing Reflections: A Return to Love

You've walked with courage into the garden of your inner world.  
You've witnessed its seasons with soft eyes—  
seeing what still blooms,  
what asks to be tended,  
and what quietly waited for your love.

You listened.  
You cleared space.  
You wrote truths that may have never been spoken aloud.  
You gave voice to the child within—  
not to blame the past,  
but to bring compassion to the present.

This is not the end.  
It is a return.



A return to self-trust.  
To tenderness.  
To the knowing that healing is not about fixing—  
it is about loving all that you are.

You do not have to carry what was never yours to hold.  
You do not need to relive what hurt you.  
You are allowed to move forward in peace.  
You are allowed to bloom.

Let your love be the sunlight.  
Let your breath be the rain.  
Let your daily choices be the roots that grow new life. ❤️





🌸 Affirmation 🌸

**“I am learning to love the one I’ve always been.  
I tend to myself with kindness,  
and I grow in the direction of peace.”**

🌻 Moving Forward 🌻

- When you feel lost, return to your inner garden.
- When you feel unworthy, reread your letter.
- When old patterns appear, respond with new love.

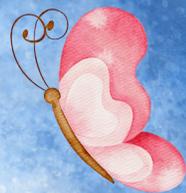
You are not who you were.

You are who you are becoming—

and who you are becoming is deeply worthy of love.

You are the gardener now.

And the garden is already beginning to bloom. 🌻



# JOURNEY TO THE INNER CHILD JOURNEY HOME TO SELF



© Lucia River-Wilde



May The Light Within Always Shine