- The Inner Mother -

What is the inner mother?

We all have different parts that make up the whole of who we are. You may be aware of your inner child, the part of you that still embodies who you were as a child. Many of us know this little person because we were that little person. We know her worries, fears, emotions, desires, and dreams.

Just as we have an inner child, we also have an inner mother. And this part of us may be less familiar. But it's the part of you that will help you heal your inner child. This part is the part that has you nourishing yourself, making time for self care, and encouraging you to thrive in life. It's the part that brought you here today.

What is NOT the inner mother?

She is not critical, she does not shame or blame, she is not overbearing, controlling, attacking, or neglectful.

However, often we model our inner mother after our mother and learn to care for ourselves from our parents. That includes all of the human flaws, traumas, and projections. So, you may meet your inner mother and realize she is the critical voice in your head, or the one that induces shame, or the one that is keeping you from showing up for yourself and nurturing your growth. This is why you are here! It is imperative that you separate your human mother from your inner mother, otherwise you'll never be able to fully embody the mother archetype.

The inner mother is the part of you that embodies the mother archetype, she channels that energy, from here on out. But she can't do so if she's still mimicking your human mother. Your mother, father, and caregivers may have had some very lovely characteristics, that is not to be discredited, but you are not your mother, so your inner mother can't be her either.

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