

- METAPHYSICS COLLECTION -

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The Inner Child



Editrice Italica

- 1. INTRODUCTION**
- 2. TWO CHILDREN INSIDE US**
 - 1. The Wonder Child**
 - 2. The Inner Child**
- 3. HUMANITY IS THE VICTIM OF VICTIMS**
- 4. THE FIVE WOUNDS**
 - 1. Rejection**
 - 2. Abandonment**
 - 3. Humiliation**
 - 4. Betrayal**
 - 5. Injustice**
 - 6. The Masks**
- 5. THE FOUR FEARS**
 - 1. Fear of facing situations**
 - 2. Fear of being abandoned**
 - 3. Fear of loss**
 - 4. Fear of death**
- 6. METHOD TO RELEASE THE INNER CHILD**
 - 1. Observe the inner child**
 - 2. Understand the inner child**
 - 3. Forgive**
 - 4. Rescue the inner child**

7. MEDITATION IN THE INNER CHILD