

KaleidoSoul's 2025 Great Big Celebration of Inner Children
Session 1, with Michele Manos

From the Mouths of Babes: Embracing Our Younger Selves

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Exploring Childhood Experiences

- Can at times be challenging, even painful
- Some memories can be triggering, traumatic
- Choose topics, time periods that are comfortable
- Throughout this series:
– **Do what's right for YOU.**

Engage a Protector card (Happy Child or other).

Remember what's shared here stays here.



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Today's Adventure

- Overview of Younger Selves in our SoulCollage® practice
- Meeting some inner children
- Ideas for new cards, new eyes on existing cards
- Tapping wisdom from younger self Neters
- Shadow and light
- Then and now (repurposing)
- Individual explorations
- Small group sharing
- Full group questions, discussion



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What to Bring for Today

- Your journal and pen
- A favorite photograph of you as a child or teen
- A printed version of the **handout**
- Specific cards: SoulEssence (Transpersonal), Happy Child(Committee), Inner Critic (Committee)
- Your Committee cards that represent inner children, younger selves
- Some Committee cards that are not younger selves, but include images of children
- Some Committee cards that reflect an emotion or feeling, whether younger self or otherwise
- Images of children and teens that are meaningful to you



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Our Younger Selves as Treasures

- Help us understand, embrace our journey and who we are.
- Reflect the potential that remains, who we may yet become.
- Provide enthusiasm and honesty.
- Demand authenticity.
- Welcome adventure and don't fear failures.
- Range from infancy to young adulthood. ("The rational part of a teen's brain isn't fully developed and won't be until age 25 or so.")
- Younger selves may offer the purest expression of our soul's essence.

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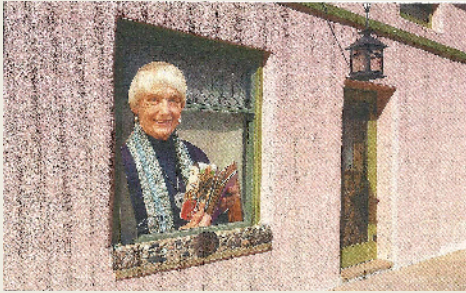
How do we identify and embrace these parts?

As you wish, but here are some ideas:


- Memories, photographs, diaries, report cards
- Reminders of "those times" - books, music, film, TV, news, fashion, food, activities
- Review phases, eras, stages from infancy through young adulthood
- Other people's memories and reflections (**ask people!**)
- Existing SoulCollage® cards (already named or yet to be revealed)
- New cards, revisions of existing cards
- Create lists, collect images, make placeholders
- **Discussions and sharing with others about this process**

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Our Younger Selves and SoulCollage®



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Seena Frost's Organization of the Deck

- **COMMITTEE** (me, me, me)
- Archetypal COUNCIL
- COMMUNITY
- Animal COMPANIONS
- Transpersonal cards

Diagram from Bee Sturges, Facilitator

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The Committee Suit – personality “parts”

- The unique composition of *you* - one aspect per card
- The glorious and the prickly – light and shadow
- Identities, traits, skills, roles
- Experiences, emotional expression
- Tendencies, preferences, habits, perspectives
- Aspects from throughout one's lifetime, includes child parts
- Can include aspirations, goals, works in progress

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Welcoming your cast of younger selves...

- Reside in SoulCollage® **Committee Suit**
- Includes **“The Happy Child”**
- May represent any younger age, phase
- Cards made intuitively, intentionally, or blend
- Offers authenticity, enthusiasm, honesty
- **Some of our “oldest” Neters**

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Younger Times in Other Suits

- Community
 - Who shaped, supported, challenged you? *Opportunity for inventory!*
- Council (archetypes)
 - What archetypal energies were being expressed or capturing attention?
- Companion (embodied animal helpers)
 - Were you aware of them then?

Useful question: *When did I meet you?*

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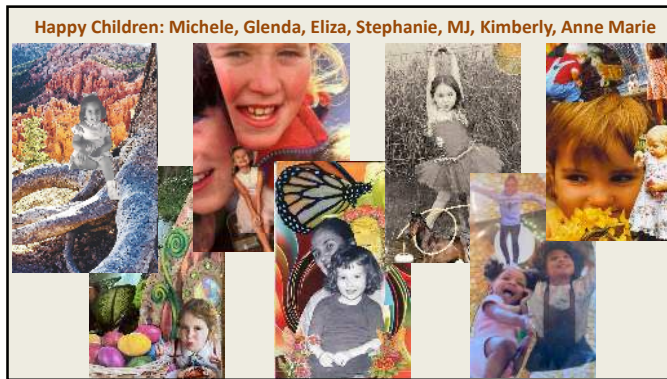
The Happy Child Card

Seena Frost suggested everyone create this card.

“Make a card for this one as it is in there somewhere.”

You may have additional, but distinct, joyful cards for your younger selves.

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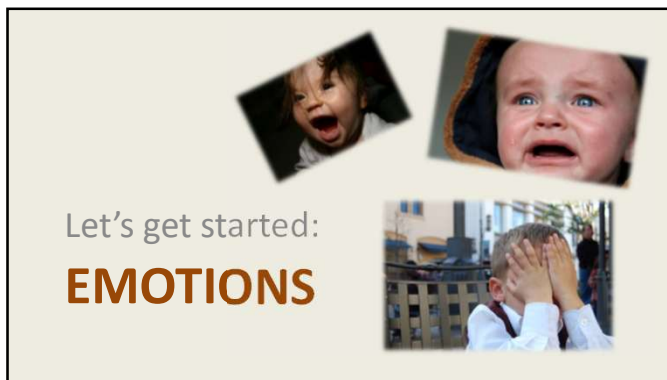


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Younger selves come in many forms

- Emotions, emotional states
- Circumstances, roles
- Traits, personality
- Talents, challenges
- Hopes, dreams
- Interests, activities, favorite things
- Let's brainstorm, share
- Make lists, take notes
- Identify cards, images

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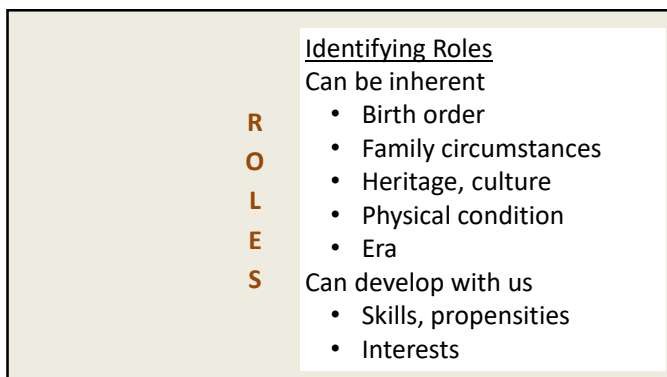


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Example Emotions

- Joyful
 - Frightened, fearful
 - Curious
 - Angry
 - Shameful
 - Confused
 - Distrustful
 - Lonely
 - Proud
 - Jealous
 - Sad
- Note some memorable, meaningful childhood emotions.
 ➤ Gather cards, images as you go.
 ➤ Share in chat, if you're willing.
 ➤ Choose one (card or image) to explore further.

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- Note some memorable, meaningful childhood roles.
 ➤ Gather cards, images as you go.
 ➤ Share in chat, if you're willing.
 ➤ Choose one to explore further.

Example Child Roles

- Little Sister, Big Brother
- Stepchild, Adoptee
- Only Child
- Mommy's Helper
- Father Figure
- Latchkey kid
- Family Reader, Translator
- Teacher's Pet
- Peacemaker
- Entertainer

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Personalities in Progress

IN OUR SERIES:
Take notice of
archetypal energies at
play in your youth.

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Traits

- Fearless, adventurous
- Helpful, generous
- Defiant, rebel
- Loud, gregarious
- Studious, bookworm
- Energetic
- Timid
- Curious
- Pleaser

➤ **Note some childhood traits.**
➤ **Notice underlying archetypes.**
➤ **Gather cards, images as you go.**
➤ **Share in chat, if you're willing.**
➤ **Choose one to explore further.**

Descriptors

- Gifted Child
- Coddled
- Spoiled
- Neglected
- Sheltered
- Sensitive
- Difficult
- Odd

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Hold on to
your dreams

What one loves in childhood stays in the heart forever.
Mary Jo Putney

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What was important to you then?

- Note a few of your favorite things, places
- How did you enjoy spending time?
- Physical activities? Creative endeavors?
- Whom did you admire or want to be like?
- What challenged or captivated you?
- **What did you want to be/do when you grew up?**



➤ **Note some responses, including at least one favorite thing.**
➤ **Gather cards, images as you go.**
➤ **Share in chat, if you're willing.**
➤ **Identify one unfulfilled dream - the sillier the better.**

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Social and Cultural (generational)

E.g.,
Child of the 60s
Wartime Baby
Sex, Drugs, and Rock and Roll Teenager

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Child/Younger Influences (Committee Cards)

Child Neters, Younger Selves *Associated with a young age*

- Happy Child
- Frightened Child
- Teacher's Pet
- Tomboy
- Child of the 60s
- Little Bookworm
- Teenage Rebel

Lifetime Neters, Eternal Aspects *Active throughout adulthood and anchored in childhood years*

Skeptic
Adventurer
Performer
Leader/Boss
Avid Reader

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Younger Roots of “Current” Committee Neters

Many, if not all, of our current aspects have roots in our younger years.

Younger components offer a deeper appreciation of Committee Neters.

A Neter’s youthful roots can help

- express it more authentically, joyfully
- keep it in balance

Or it may simply be FUN!

NOTE: Some cards may contain youthful images. Others may not.

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INNER CRITIC Neter

Ask the card a simple question:
When/how did I meet you?

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Listening to Neters



then



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The “I Am” Poem: Nancy Weiss, MeCards for Kids

- Developed for children, but powerful for all
- **Simple, single sentences**
- Begins and concludes with “I am ...”
- Especially helpful for new and mystery cards
- Can be used as is, excerpted, expanded
- Ideally, with scribe who reads prompts and notes responses
- Can also *listen* and scribe for yourself
- *May be more accessible than IAOW*



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The “I Am” Prompts

I am ...	I pretend	
I wonder	I feel	I understand
I hear	I touch	I say
I see	I worry	I dream
I want	I cry	I try
I am	I am	I hope
		I am



Try it with your child *role* Neter –

- Consult card or image for role or trait
- Use handout, or copy from this
- Listen, then write
- Keep it simple – single sentences

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Listening to Younger Selves: Some Ideas

Brief information
Focus is on individual cards
Test runs (Lightening Round)



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Listening to Younger Selves

Simple introductory prompts

- I am ...
- I am from ... (place, time)
- I am *your* ...
- Don't confuse me with ...
- I am *not* ...

Simple questions

- When did I meet you?
- How can we get reacquainted?
- What don't I know about you?

Quick advice

- I notice you are ...
- Seems you are longing ...
- It might be fun to ...
- Don't be distracted ...
- Make time to ...
- Today, take the step of ...

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"Then and Now" Conversations with Younger Selves

- *Once, I believed ...*
- *Now, I understand ...*
- *Then, I feared ...*
- *Now, I have the courage ...*
- *Then, I didn't understand ...*
- *Now, I see clearly ...*
- *Then, I loved to ...*
- *Now, I am happy to see you ...*

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Exploring balance – the light and dark in all

Every Neter (card) carries both!

Can help or hinder.

Too little or too much can be problematic.

It's all about balance.



Simple prompts

- Too much of me ...
- Too little of me ...
- Without me ...
- If you ignore/deny me ...

Possible questions

- How can you help me?
- How might you hinder me?
- How can I keep you in balance?
- What tips you out of balance?

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Explore balance with your Happy Child

- Ask it to complete these sentences:
 - *I am essential ...*
 - *Too much of me could ...*

AND/OR

- Ask it to answer in one sentence:
 - *How can you help me?*
 - *How might you hinder me?*



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Let's listen to a young emotion

- Consult card or image you chose
- Note its name or create stand-in name
- Invite a one sentence "I am ..." or IAOW
- Ask it to complete these sentences about its current status:
 - *Too much of me could ...*
 - *If you ignore or deny me ...*
 - *I can give you honest feedback about ...*



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Let's revisit a favorite thing

- Consult with a card or image you chose
- Note its name or create a stand-in name
- Invite one sentence introduction ("I am ..." or IAOW)
- Ask it to complete these sentences:
 - *Then, it made me so happy when ...*
 - *Now, I've also found joy in ...*
 - *Admit it! You still love ...*



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Something you wanted to be/do when you grew up – an unfulfilled or abandoned dream

- Use a card, image, or placeholder you chose
- Note the name or create a stand-in name
- Invite a one sentence introduction (“I am ...” or IAOW)
- Ask your Neter to complete these sentences:
 - *Then, I longed for ...*
 - *Now, I am interested ...*
 - *In this new year, let’s try ...*
- Invite any other wisdom.



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Group wisdom from the youngers

- Gather Happy Child and other chosen child cards/images
- Thank them for helping you during this session.
- Ask them, as a unified group, to complete these sentences:
 - *Gift yourself the freedom ...*
 - *Let go your grown-up habit of ...*
- Invite any other wisdom or ask your own questions.

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