

## Ep #036: I was Lost Until I Found my Inner Child



Vulnerable  
to Valuable

Podcast

Elicia Miller

*"I was Lost until...  
I Found my Inner  
Child."*

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### Full Episode Transcript

With Your Host

Rosie Aiello

## Ep #036: I was Lost Until I Found my Inner Child

Have you been looking for love in all the wrong places? So did today's guest Elicia Miller. She bounced from one unhealthy relationship to the next. Until one was so bad that it forced her to find love elsewhere, again.

Except this time she looked for love, it was deep within herself. Follow Elicia's journey to self-love and finding the love of her life.

Hi, I'm Rosie Aiello and welcome to the Vulnerable to Valuable Podcast. We talk about moving forward after experiencing narcissistic, controlling, demeaning and abusive relationships. If you've been in one of those like me, you KNOW what I'm talking about. You are not alone. You've been through some painful stuff ... shame, blame, that inner bully inside you. My mission is to lift and inspire you ... give you the ways you can reclaim your voice and value, your confidence, and the courage to BE the new empowered you. And create your path to find the Kind Love of Your LIFE.

Elicia Miller gets vulnerable sharing her drama filled and dramatic past while ignoring the hurt little girl that wanted to just be loved.

We're going to talk with Elicia Miller in a moment, and first a mini masterclass ...

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When you've experienced abusive, narcissistic, controlling or toxic relationships or you seem to keep attracting some form unhealthy relationship, you may think that you'll never experience the kind, loving, mutually respectful relationship that you really want.

For sure there are important steps to get you there. I give that all to you in my 11 Pillars to Freedom Fulfillment Guide. Just go to [www.TheLoveisKindNetwork.com](http://www.TheLoveisKindNetwork.com) to get that.

And today, we go deeper than the guide. I want to talk to you about your inner child.

You may think, what? What inner child? I have an inner child?

Yep, you do. It's the little girl who maybe didn't feel loved, so as she grew up she kept looking to be loved, no matter where or how she found it.

And as we talk about our inner child, we can take this a step further, and address to your younger self—however old or young you were, but younger than you are now.

Here are a few things to know about your inner child, or your younger self—

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As a child, you had little to no understanding of emotional or psychological concepts. You didn't have complex processing or analytical capabilities. You took things at face value from your innocent child's mind perspective. That's all you had.

Then you grew up but a part of you held onto that perspective. Perhaps you held onto to the perspective that parents yell at each other—that was your normal. Or you create a belief that people who you think should love you—like your parents--actually hurt you.

As you mature, you do things the best way you know how but you may have unconsciously been repeating unhealthy patterns.

Talking to and giving compassion for your inner child or younger self is an immensely healing process.

Forgiving your little girl-self who didn't have the skills and just wanted love—now you can thank her for being such a strong and courageous girl—even when she was afraid—because she did get you here, yes?

You of today can offer love and kindness to the frightened little girl or young woman from years past.

So today, close your eyes. Take a few deep breaths, breathing out slowly.

Think of a moment when you were a little girl, unsure, frightened or feeling unloved and then put yourself of today next to her.

Ask what she wants.

Would she like you to hug?

Hold her hand?

Tell her something?

Tell her that you love her. That you are here today because of her and that's pretty amazing.

Visit her often giving her tons of love.

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Tell your little girl-self, that you of today will take care of her, be kind to her, love her, be gentle with her. Tell her that she's safe with you.

I've done a lot of "inner work, "especially going back 30 years + when I was married to my abusive and narcissist husband, which I didn't know at the time.

So my Rosie of today, who has done lots of healing, can take young married Rosie and tell her that she did the best she could. That she's amazing. That Rosie of today understands how scared and frightened she was but Rosie of today is here to help her, support her, love her, guide her, and be kind to her.

The work is powerful.

This is a key component to learning to love and be kind to yourself.

To create a healthy intimate relationship, you need to love and be kind to yourself first.

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The only way to move forward and create an impact in your life is to know where you're at, where you want to go and what's holding you back. Get started by taking the Freedom Fulfillment quiz. In 4 short minutes, you'll discover where you are, where you want to be, and what you'll need to do. If you are serious about evolving into a new empowered you, who can show up as the confident woman she once was, or wants to be then start now. Your life is waiting for you.

Go to: [FreedomFulfillmentQuiz.com](https://www.FreedomFulfillmentQuiz.com)

Today we're going to meet Elicia Miller, Core Emotional Healing and Candida expert who takes you down her path of healing so that you can heal, love yourself and believe in yourself to live the life you desire...

Elicia will be here in a moment and first ...

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Thank you for downloading the Vulnerable to Valuable Podcast produced by the Love is Kind Network. We're just starting out, Please subscribe. Every 5 star review on iTunes and every share will help our mission to impact 100 M women worldwide who have lost their voice, value

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and authenticity in narcissistic, controlling and abusive relationships. Will you help us achieve that goal?

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Now Let's go from Vulnerable to Valuable with Elicia Miller.

**Rosie Aiello:** Welcome, Elicia. I'm so glad you're here. And I'm so glad to look at your beautiful background. For those who can't see it, it's gorgeous.

**Elicia Miller:** Thanks, Rosie. It's great to be here and be with you and have this conversation. And it's great to be in Costa Rica as well.

**Rosie:** Yeah, absolutely. Well, for our listener who hasn't heard of you, I want to share a little bit. Elicia is the founder of Core Emotional Healing, and a Candida expert from the culmination of 10 years of intensive healing. With experiential therapy training, and empathic psychological and intuitive gifts. Elicia created the Core Emotional Healing process to heal the wounded inner child, addressing the emotional root cause of Candida autoimmune, disordered eating perfectionism, codependency, and many other symptoms and problematic relationship patterns. Wow, I just can't wait to get into all of that. So welcome. It's going to be so exciting to have this discussion with you.

**Elicia:** Thanks. Yeah, I'm excited.

**Rosie:** Yeah. So tell us a little bit about your background. Why did you end up doing that? What was happening?

**Elicia:** Yeah, my awakening was my last-- not my last. The first one that made me wake up was when I was 30, I left a Narcissist who was who I was engaged to. And I was with him for a year and a half. And when I left him, I ran into an old fling of mine. And two weeks later, we ran off to Vegas and got married. So I was engaged to one guy, and then two weeks later got married to another.

So I would say at that point in my life, I was 30 years old, I was very lost. And it was what I needed to wake me up because it was the most abusive of them all. So I was always with guys who were abusive in one way or another, you know, either lying or just not available, manipulative or cold. This one just was the worst. But it was so bad. It made me just like, really-- it had to get really bad. I left after three months. But I was enduring it for three months, because I

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said, “Oh, yeah, he’s exactly like my father.” And I said, “I know how to handle this,” you know, and the excuses that I had to stay in it, to prove that I didn’t make a mistake, really.

**Rosie:** You know, it’s interesting. You said, you know, the excuses you made about their behavior, “So I didn’t have to admit my mistake.” I mean, how many women, we go into that. I did that. I didn’t use those words, but it was really the essence of it. I think I was in so much shame. It’s like, I’ve got to make this work, right? It’s the same thing. We don’t want-- it was like, “We can make it work. And this can’t be. I can’t make a mistake.” But I will ruin my whole life, just so my ego doesn’t get hurt, right? I mean, it’s amazing, and how you say you had to wake up. Of course, you can say those words now. Then it wasn’t quite so obvious. But I want the listener to hear is like, “Aha, this is what’s happening,” or “What happened is like this. Listen here.”

**Elicia:** Yeah. And so, you know, at that point, I had such low self-esteem and self-worth and so much shame. And the shame is what got me into that relationship and stayed in it. And luckily, he got so bad. So I mean, it was bad every night, you know, screaming and yelling and blaming. And it was a lot of just alcohol and drugs and just really dysfunctional and passionate and all of that. And he wanted me to-- I had a corporate sales job. I was one of the top three in the Fortune 500 company. I was top three salesperson in the country. So I was really successful. But during those three months of being married, he wanted control over me and didn’t want me to work.

And so, luckily for me, he got really bad really quickly. So I left because I was afraid for my life, the day that I left. And I had to call the cops and file a restraining order. And he just kept getting more crazy. And so, that in that moment, when I left, I actually turned within for the first time in my life. So that was my moment of awakening of saying, “What made me choose him?” And that’s what-- I wasn’t blaming him. I said, “There’s a reason why I’m choosing guys that are obviously not good for me.” And I was always the one that all of my friends came to for advice for relationships, and I could always see, well, what a dysfunctional relationship.

**Rosie:** They came to you for advice. You could explain to them a dysfunctional relationship was okay. Just wanted to clarify. I know it’s interesting, right?

**Elicia:** Yeah. So I was always encouraging them to leave dysfunctional relationships. And, you know, obviously, I couldn’t see my own. And then I realized, you know, there must be a blind spot I have, and I realized I needed more than therapy. I actually knew in that moment that I needed some subconscious, deeper work of what’s causing me subconsciously to choose them. There’s a deeper thing driving me. And so I went-- and the experiential therapy that I do now, I think, is, you know, this was the first introduction to that was after leaving him, and it changed my life. I went to this workshop, and we did psychodrama and deep kind of experiential

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processes to work out the pattern. And I was not ready to do a lot around my parents yet, but I connected to my inner child in that first workshop that I did.

And in that, I was guided that I am my own authority, and I am going to take care of my inner child now and not look to men to do that because they're dominant and was making all the decisions that I had-- and everyone in the house had to do what he wanted and be, you know, feel how he wants to feel or stuff our feelings for him. So I learned to continue to do that subconsciously. And then that kind of, I said, "Wow, there's so much that I don't know, that I wanted to continue discovering about myself that I didn't know." And that just led me on this journey of healing for the past 16 years. In the past six years, I started my business 13 years ago. But I still had a lot more healing to do. And then I finally got to what I needed to heal from those relationships and so much more eight years ago.

**Rosie: Yeah. It's** interesting how, one, that when there's parents involved, how it just continues to go down the generation. I mean, this is sort of like my mission, just to be the disrupter of that is to stop that pattern because most often the offspring-- not always, but more often than not, the offspring will either be abused or be abusers, because that's what they know. They don't see anything, so they don't know. That's not how it is, even though you may subconsciously feel you weren't really happy there. But still, you don't-- your brain is still directing you towards what you know.

And I just think it's so important, the work that you're doing and the work that I'm doing, to create that awareness so that we don't continue and how you work with your inner child, which we'll get into in a little bit, of that healing process. And it's just a journey. I was just reading this morning that we're just in a constant healing process. So something will come up, but now we're aware. It's like, "Oh, okay, that needs to be healed." So it's not a straight line going up. It's, you know, a little depth and I just say, the dip is kind of like, "Oh, that's my time to really reflect and see what's going on as opposed to something's wrong with me." I don't think that anymore, right? We think something's wrong with us. But we'd still need that healing.

**Elicia:** Yeah, healing happens over our whole life, you know, and it has to come up in layers over time. You know, we can't deal with everything at once.

**Rosie:** Yeah, exactly. Yeah, we can't deal with everything at once, heavens forbid. And it still just, it makes-- when I think about it, I tell you, it just makes me so angry that how one person, who is totally oblivious to his behavior, or are oblivious enough to not even be able to change or want to change. And then there's just this whole wake of destruction that he creates, that impacts somebody's life for the rest of their life, right? Yours, mine and everybody else's. I can go into the compassionate side where they have their own set of problems, but we're not here to deal

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with them and to fix them. Right? We can only work on ourselves. And that's what you were saying.

So, what were some of your, maybe self-care and really going deep? What did you do?

**Elicia:** In order to first go deep, I actually was taking a lot of the work. Every-- that first workshop that I told you about was so impactful that I said, "I'm going to take everything that they offer." So I actually did experiential courses, even a year and a half long course, with the Center in Atlanta for four years straight. And during that, all of those processes, they encouraged us to journal and I had a real avoidance of journaling. I just did not want to do it. And, you know, that was me not wanting to go deep, you know, not feeling safe with whatever I could get in touch with. You know, not consciously I wasn't thinking that, but I just had a block with journaling. And so, I had the awareness at that moment. I said, "Well, that means I really need it." It helped kind of release a lot of the falseness that was created from the wounds of my perfectionist, overachiever, doing what my dad wanted to meet. And so, all that started going away, and I started opening up to really what I wanted to do.

And I couldn't function in corporate sales anymore. So I, at one point, was doing a proposal, which was something I used to love to do. And I was crying. And so, I just walked out of the office, and I never went back. And that was the day before I was turning 33. There's always these significant, like, numbers and ages, right? And then I trusted that whatever I was meant to do would come to me.

And the next month, my birthday month, and right before Christmas, there was an email that came to me, and it said, "Do you want to help people know themselves and take care of themselves, like being, you know, empower people to do that?" I was like, "Yeah." I had already thought of like a name for my business back then. This was 13 years ago, six months prior called E Power Me. My name is spelled with an E. So there's all these new names, things, associations. And then it said empowerment, I was like, "Yeah, I'd become a journaling facilitator." Well, that's it. I said, "You know, I have this block with journaling. This would help me do it. It can help me move into what I want to do." So yes, perfect.

Journaling has been really the foundation for everything that I've done. It was what helped me, you know, with self-awareness and healing for many, many years, and creating my business even. So journaling was the thing that helped me go deeper and deeper and deeper. And ever since I've created-- everything that I've created has always come with a journaling that I've created journaling worksheets and things to help other people get in touch with thoughts and feelings that have been repressed.



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**Rosie:** Oh, that is amazing. From, “I can’t stand journaling,” to, you know, like, “I’m all about journaling.”

**Elicia:** “I’m going to teach it. I don’t like--”

**Rosie:** Yeah. “I’m going to teach this.”

**Elicia:** “I’m going to learn to teach it.” Yeah.

**Rosie:** It’s interesting too how you were saying that there came a moment where you just, you didn’t like sales anymore. You didn’t want to have anything to do with sales. And that’s what happened to me when I was doing my other business. I came to a point where all of a sudden, I just hated my business, this old one. And I’m going, “Okay, what’s going on here, you know?” And it was just the opening of the path to the work that I’m doing now. But you had sort of the same thing, maybe a little even more dramatic than I did. I love that.

**Elicia:** Dramatic would actually describe a lot of how I used to live and function in the world.

**Rosie:** What was part of your process for really, I would say, like really owning your own truth, like really, “Now I know who I am”?

**Elicia:** Yeah, that happened. And as you may also know and experience over a lot of-- I mean, it keeps happening, but over time. But owning my own truth did take longer than even getting and following my guidance, you know. That started getting clearer first. So that’s sort of-- I mean, but that is my own truth as well. But there was still a wound, a very strong wounded part of me at the same-- what I’m explaining now is kind of like how people can have strong intuition and guidance, but still be very wounded. And that’s what happened with me. And so I was on this healing journey. I sold everything that I owned when I was 34 to follow this calling I had to go to Thailand. I had never been there. So I only packed two suitcases. And that’s all I owned. I got rid of everything else. So dramatic kind of thing, dramatic.

And then I, you know, was on this path. And I kept on following my guidance and doing healing myself. And I was a consultant for healing centers and people and going into Thailand, and all of this stuff. So I was in my bliss and doing what I loved. But I wasn’t really in my truth, like personally, like my personal power, and relational, you know, relationally as well, where I was still coming from a wounded place where I was driven to succeed and prove myself and be needed and all of this. So I wouldn’t say I was really in my truth at that point. And it took a lot of healing. I did a lot of healing when I was in Thailand for three years.

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I went back to the US and worked with the healing community in San Francisco. And I helped them with marketing and with a directory because I had to get away from working with people with healing, because I still was in a lot of wounds at that point. And it was beneficial for me to be in that community because I was healing as well. And more stuff got brought up. And actually, the deeper stuff got brought up at that point when I was in San Francisco. I left the safety of the island in Thailand and then really went back into the fire, you know, with being in contact with family and not being successful yet and feeling really wounded and not being able to do anything or make anything happen. I had no money and I was struggling. But I was still searching, and I was doing everything I could to feel better and to keep healing. And I was struggling, and I was suffering a lot.

So it wasn't until I got back to Atlanta working with a client and I got into another narcissistic relationship after being single for seven years. That was my last one. And I still was kind of in and out of my truth at that point, where I was like I knew what I wanted. But I was still letting this old wounded part call the shots and I was making the wrong choices for myself and being with him, giving my power away to him, and letting him make decisions for me, even though-- you know, so I was kind of disconnected from myself at that point. And that's when my symptoms flared up. And so my Candida symptoms and my bloating showed me that I was in this wound and triggered this relationship. And that was like, "Okay, but you really still need to heal this."

And then I ended up doing the deeper inner child healing and helping my inner child feel truly loved and that I deserve to be loved and supported. And I did more emotional releasing and anger and closed the door on that guy and really was starting to just really embracing myself and accepting and loving myself more. And my inner child started to come out. And I think that was the point when I really felt connected to my truth. Because no matter what people said, I knew what was right. And I wasn't like, able to-- I wasn't being swayed and anything. Yeah.

**Rosie:** Thank you for sharing that, because it's just to show what a journey it was. Now, did you have Candida symptoms before?

**Elicia:** My whole life.

**Rosie:** And then now with this final-- I don't want to say final, but with this major awareness--

**Elicia:** Yeah. So that major awareness that it was emotional was really about-- the symptoms were about how I was disconnected and not taking care of my feelings or listening to them. So I had to take care of more of my Wounded Child and my feelings from the past, but also listen to what I needed, and in the present, and protect myself and value myself more about what I was allowing. And so, it was all of that. And because I then allowed myself and I felt safe feeling my

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feelings and I was taking care of them, my symptoms went away forever, and so did my emotional eating. At that same time, I thought I would always be an emotional eater. But that was only a symptom of, you know, the emotions I wasn't taking care of or listening to. Yeah. Being with someone who wasn't good for me and trying to feel better with all the wounds that were getting triggered that I had to heal as well. So it was all of those things.

But yeah, from that point on, it's just, feelings come up. There's no-- you know, I'm totally connected to my feelings. Yeah, not all of them. Obviously, there's been repression that comes up over time and triggers and more healing that happened. But the feeling safe and loved within was what helps me heal that big piece that I was getting chronic symptoms, and those went away. And then I met Doug three months later.

**Rosie:** I know, I can hear my parallel story, too. I want to ask you, for maybe some of the listeners who don't really know what the symptoms are of Candida, can you just share what that is, so they can say, "Oh, that's what I'm experiencing, too"?

**Elicia:** Yeah. And I want to always-- I always say this. It's never about Candida or if you have Candida, because actually, I have a blog that's called "Is it Candida or emotional trauma?" because a lot of the emotional trauma and emotional symptoms can also make people say, "Oh, well, then I must have Candida." And you don't have to have Candida to have these symptoms. But the typical symptoms that are related to are: Yeast overgrowth is yeast infections, chronic BV and UTIs, so a lot of infections, and bloating and digestive issues, which can be related to other things. But mine, that lasted. That never went away, where the yeast infections and bloating, that kind of really flared up when I was with the last narcissist. But I had, like when I was a child, I had chronic strep throat. It's also related. So I had strep throat every year on my birthday, which was a sign.

**Rosie:** Really interesting.

**Elicia:** Yeah. And then just getting sick like flus easily. And yeah, I had like throat problems. But there's other things. I work with a lot of people who get rashes a lot or skin conditions. There's all kinds of different things. But I had hypothyroidism as well. That cleared as well.

**Rosie:** Yeah. I interview obviously a lot of women and I have found that by far, you know, there is an exception rather than the rule that they have not had some major physical health issue and medical health issue. I had fibromyalgia, I had hysterectomy. I had women who've had Hashimoto's disease, breast cancer, uterine cancer. And it's kind of interesting where you had strep throat, right? You know, where you talk, right? The thyroid--

**Elicia:** Or you can't talk.

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**Rosie:** That's what I mean, where you can't talk, right? Exactly. So it's really interesting to put, because I love to see these patterns...

**Elicia:** Yes.

**Rosie:** ...the parts of the body that are really affected in a woman when she is being abused in some shape or form.

**Elicia:** Yeah.

**Rosie:** And even like, I think my hair started...

**Elicia:** Mine too.

**Rosie:** ...something was going on.

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And we're back with Elicia Miller, founder of Core Emotional Healing and a Candida Expert.

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**Elicia:** When we reject our feminine even, you know, we're not honoring it. We're allowing people to mistreat us. Yeah, it's the ovaries, reproductive area, digestion for us.

**Rosie:** Yeah, everything. Yeah. I got to a point, I just can't do anything with my hair. So I cut it short. And so my husband at the time would call me Roger. It's only been since I've been with the love of my life, I've been able to grow my hair again.

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**Elicia:** Yay!

**Rosie:** Yeah, I had curls and everything back.

**Elicia:** In Thailand, my hair was falling out as well and I ended up shaving it. I shaved my head bald. And that was also a part of me kind of releasing this attachment. I had to need my hair--

**Rosie:** Another dramatic.

**Elicia:** Yeah. Another dramatic thing where I said, "Oh my god, I was freaking out. My hair's falling out." And I literally went, "I need to shave my head." I witnessed myself freaking out. I was like, "Oh, come on." And so I shaved it. So I could-- it doesn't matter how I look, you know? And that really did help, actually. But yeah.

**Rosie:** I'm going to guess. You correct me if I'm wrong, I'm going to guess that your marriage is drama-free?

**Elicia:** Oh, no.

**Rosie:** My relationship is drama for you.

**Elicia:** Yeah. We decided to actually, you know, be more drama. We have-- he's the first person that I've ever felt truly loved and supported by. So no matter how much that we have to go through personally, or together, we had to heal more together. And so our relationship was one of those transformational ones, that we have such a strong container of safety and love, like neither one of us have ever experienced, that it actually brought up the deepest wounds with both of us that have been getting triggered.

So we are both very emotional. That's why we do emotional healing. And we're very intense people and very strong-willed. So both of us. And so, we have gone through many stages of healing deep wounds that we would get triggered, but no matter how intense it was, it's not, I wouldn't say drama, and it doesn't carry on, it's just going through, like a short period of something coming up to be healed or work through and we always work it through. So, we're just completely committed to working through anything that comes up for us.

**Rosie:** And I think that is one of the hallmarks of a really healthy relationship is recognizing whatever it is, and then just having that commitment that you are going to work it through. In an unhealthy relationship, there's usually that one person, the narcissist who doesn't even consider about working it through.

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**Elicia:** No.

**Rosie:** So, it's just impossible to have a healthy relationship with somebody like that. And then when you get with somebody who deeply loves you, and you feel this deep love and it's like, "Well, of course, we're just going to work it out." It's just almost a given; it doesn't mean that the process isn't easy. Because when you get into a healthy relationship, there's new triggers, right?

**Elicia:** Yeah.

**Rosie:** At least there was for me. It's like, this kindness thing, you know, this is really my primary values. And it's like, "Whoa, I don't know if I could trust it." Right? But he was always very consistent of being really good and true and kind. If he said one little thing, like I had my boxing gloves on.

**Elicia:** Yeah, that's the other thing. Yeah.

**Rosie:** I wanted my truth. Right? And he was like, "Okay, lady."

**Elicia:** Yeah. Accepting, trusting, and accepting support. When you've never been supported is...

**Rosie:** Yes.

**Elicia:** ...you're like, "Just don't help me," or "Don't tell me because I got this, because that's how it's always been, you know?"

**Rosie:** And it's important for women to recognize it because then they think, "Oh, well, it's them." But now you really are in a healthy relationship. It's just that you have to learn how to receive the kindness and the goodness and the love because it feels weird, right?

**Elicia:** Yeah.

**Rosie:** All those good things feel weird because our brain is thinking, "Yeah, I don't know what this thing is. I was only used to all the bad stuff." And all the healing that we do helps us go through that.

**Elicia:** Yeah. And we do bring in the old stuff that can be projected on. It's like when it's not really happening, but we're so used to that not happening, like, "You're not listening to me." It's like, "Well, actually, I've always listened to you." I'm like, "Oh, yeah, you're just busy right now."

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**Rosie:** Exactly.

**Elicia:** I was like, “That’s the old people, the other people.”

**Rosie:** Right. And it’s important to be aware of those patterns and to know what is real and what isn’t real, whether this is somebody who’s not loving me and respecting me, and it’s just like, “Yeah, I’m just busy right now.”

**Elicia:** Yeah. Right. Exactly.

**Rosie:** It’s like, yeah, that’s a possibility.

**Elicia:** Yeah. “You’re not my father or my past relationships.”

**Rosie:** So what is maybe one key thing maybe that you maybe teach your clients or that you’ve gone through yourself that you can offer to share one more juicy tip to help women take that step forward?

**Elicia:** I think, the most beneficial, as I mentioned, is the connection to the inner child, because especially if there’s a repeated pattern from childhood, to be aware that the reason why we get into relationships that aren’t good for us is because we’re still looking for love from a parent that really wasn’t loving and safe for us, or really truly supporting us. So we still have those unmet needs that we try to get met through someone who’s like the person that didn’t give us what we needed, when it’s actually ourselves that we need to give that to ourselves.

And I love inner child work so much because it’s so powerful, because oftentimes when things don’t shift is because we’re still living out the patterns from our past. And there’s still a lot of unmet needs that we need to give our inner child that will then shift into really, truly feeling that being deserving of something completely different than we’ve ever experienced. So this is going to be uncomfortable as you say, like being with a nice person may feel uncomfortable, or it’s missing that passion, you know, or that we think that’s love. That’s not really love. But yeah, so what working with the inner child has been the most powerful and loving, inner child who doesn’t feel lovable, that tends to go to people who treat us the same way and creates the same not feeling lovable that proves well. I see with a lot of women this as well, you know, I always attracted the same type of man. This is just my lot in life or that’s, you know, like kind of giving up on it.

**Rosie:** Yeah.

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**Elicia:** So just like seeing how that is just like the symptoms, the emotional patterns, I mean, the emotional triggers and relationships, but also the patterns in relationship all point to unmet needs and emotional healing that is still needed as well.

**Rosie:** That's helpful because now they can start to reflect, "Oh, okay. Is that what's really going on?" Because I think the biggest fear for all of us who've been in those relationships is, "Oh, my God, I don't want to get into another one."

**Elicia:** Yeah.

**Rosie:** "And I don't want to get into another one. I got to figure out how I'm not going to get into another one." And that's such a good way. Yeah, I do work on inner child work, too. I just think it's-- because it's been powerful for me as well. And I just think it's an easy way. It's like, you can't go wrong with it in a way. When doing the inner child work, it's really helpful no matter what. And I think there's so many good healthy modalities for women to experience and to learn from.

**Elicia:** Yeah.

**Rosie:** So, based on that, you know, just as a good segue is like, why don't you, you know, if you can tell us a little bit more how people can find out about you, and maybe a gift that you're offering our listeners?

**Elicia:** Yes. Great. Yeah, they can find out about Core Emotional Healing. That's the process that I developed, and my husband further developed with me and we work together with groups, small groups online, with moving groups through the process. And that's really what-- it takes a lot of support getting through a lot of the blind spots and things that we're not aware of. But I'm on my website, Elicia, E-L-I-C-I-A, miller.com is everything about Core Emotional Healing and the process and the things that we offer.

And the free gift is my website, [EliciaMiller.com/healCandida](https://www.EliciaMiller.com/healCandida), which actually, again, not so much about Candida, but it's about the emotional root cause and how to fully heal from symptoms and patterns.

**Rosie:** Oh, that's wonderful. Thank you for sharing that. And it's such a great thing that you're also, you know, your husband's now working with you and doing all this healing work. It's good to have women know that there are kind men out there.



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**Elicia:** Oh, definitely. Yes. Our clients say they were their spiritual parents. So they're healing their wounded inner children with us that are, you know, helping them heal from parents who are not present, who now they're healing with. But you know, parental role figures.

**Rosie:** Oh, that's really nice.

Final question is, what does Love is Kind mean to you, Elicia?

**Elicia:** Love is Kind means to care enough for ourselves and for others, no matter, even when it doesn't feel kind. So in relationships, when it's safe, when a relationship is, as I described, like safe, and both partners are caring about the other person, even when it's hard or even when there's triggers. So we tend to always have emotional triggers and baggage from the past and unhealed wounds. So even when it feels hard in triggering to even be together and to work it out, to me, is being kind, being able to hold it and care even when we're hurt. So, my husband actually said something recently, it's, "To trust love, even in fear." Like these wounds that get triggered, but you still have to remind yourself that you are loved and in love. And it's not the past. This is different. And this is a healing process.

**Rosie:** Yeah. Beautiful. Oh, thank you. Thank you so much for your time.

**Elicia:** Yeah, thank you, Rosie, for what you're doing. And all of the skills and awareness that you bring to your clients is so important, especially before getting into another relationship. I love what you're doing.

**Rosie:** Well, thank you.

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