

Exploring Inner Worlds: A Creative Application of Teal Swan's Teachings

Materials Needed:

- A device with internet access (for watching a video)
 - A private, comfortable space where you won't be interrupted
 - A journal and a pen or a word processor
 - Your choice of creative supplies:
 - Art supplies (paper, paints, markers, colored pencils, clay)
 - OR a word processor for creative writing
 - OR digital art/collage software
-

Lesson Plan

Part 1: Introduction & Setting the Stage (15 Minutes)

Goal: To establish a clear focus for the session and connect with the core theme of inner exploration, a central tenet in Teal Swan's work.

Activity: The Opening Question

In your journal, take five minutes to respond to this prompt:

"Think about a time in your childhood when you felt completely, authentically yourself—joyful, sad, angry, or curious—without judgment. What did that feel like in your body? What details do you remember about that moment?"

This exercise isn't about deep analysis yet; it's simply about activating memory and feeling. It sets the foundation for today's primary focus: understanding and creatively engaging with the "Inner Child" concept.

Learning Objectives for this Lesson:

- **Analyze** one of Teal Swan's core psychological concepts (the Inner Child).
- **Apply** this concept to your own personal experience through structured reflection.
- **Create** a unique piece of art or writing that expresses a dialogue with this inner aspect of yourself.

Part 2: Conceptual Exploration (30 Minutes)

Goal: To understand the functional definition of the "Inner Child" as presented by Teal Swan, moving beyond a simple idea to a practical framework.

Activity: Guided Viewing

Watch Teal Swan's video titled "**Fragmentation (The Worldwide Disease).**" It provides a foundational understanding of how our inner self can become fragmented and introduces the idea of

parts of ourselves being "stuck" in the past.

As you watch, consider these questions (no need to write answers yet, just keep them in mind):

- How does she define a "fragment" of consciousness?
- What is the relationship between a painful memory and the "Inner Child"?
- What is the proposed *purpose* of reconnecting with these parts of ourselves, rather than ignoring them?

Part 3: The Creative Application (60-75 Minutes)

Goal: To move from intellectual understanding to creative, intuitive expression. This is where you will apply the concepts in a hands-on, personal way.

Activity: Create a "Dialogue"

Your task is to create a piece that represents a conversation or connection with your Inner Child, inspired by the memory from the opening exercise or by feelings that came up during the video.

This is not about producing a masterpiece. The goal is expression and process, not a perfect product. Choose the medium that feels most inviting to you right now:

- **Visual Art (Painting, Drawing, Collage):**
 - Create two distinct figures or symbols on the page. One represents your current self, and the other represents your Inner Child.
 - How do they interact? Are they close or far apart? What colors, shapes, and textures represent each one? What does the space between them look like?
 - You could create a diptych: one panel showing the child's experience, the other showing your adult self's response to it.
- **Creative Writing (Letter, Poem, Short Scene):**
 - Write a letter *to* your Inner Child from your adult perspective. What do you want to tell them? What do you want to promise them? What do you admire about them?
 - Alternatively, write a letter *from* your Inner Child to your adult self. What do they need you to know? What are they afraid of? What do they miss?
- **Digital Art / Sculpting with Clay:**
 - Use the prompts from the Visual Art section to guide a digital creation or a physical sculpture. Focus on the relationship, distance, and emotional texture between the two aspects of self.

Allow yourself to be fully absorbed in this process. If you feel stuck, refer back to the feeling from the opening exercise. What does that feeling look like? What does it want to say?

Part 4: Reflection & Integration (15 Minutes)

Goal: To solidify the learning from the creative exercise by articulating the insights you gained.

Activity: Post-Creation Journaling

After you have finished your creative piece, set it in front of you. In your journal, answer the following questions:

1. Looking at your creation, what is the most surprising element that emerged?
2. What was the most challenging part of this creative process? What was the easiest?

3. What message or feeling does your piece communicate back to you?
 4. How has this exercise changed or deepened your understanding of Teal Swan's concept? Write down one key takeaway that you want to remember from today.
-

Optional Extension Activities:

- Explore another of Teal's core techniques, such as "The Completion Process," and notice how it relates to the Inner Child work you did today.
- Find a public park or natural space and spend 30 minutes doing something your Inner Child would have loved (e.g., swinging on a swing set, looking for interesting rocks, watching clouds).
- Keep your creative piece visible for a few days as a reminder of this internal dialogue and connection.