



## Connecting with your Inner Child - Best Selling Author Amanda Hill shares how we can heal our inner child to become the very best version of ourselves

- Anu:** Hi, listeners. Welcome back to the **“Victim 2 Victor”** podcast. My name is Anu and I am your host. In today's podcast episode, I have a wonderful guest on my show, Amanda Hill. Amanda is a best-selling author of iTunes me, as well as the creator of the mood munches book series for children. She was nominated for the global Woman of the Year 2020 Awards with her podcast show you choose you now. Amanda is an emotional literacy Support Assistant, as well as a teacher with 30 years' experience of working with children from a wide variety of cultures and backgrounds. Amanda is a leader in helping parents and adults to heal their inner Wounded Child so that they can become the very best version of themselves to inspire their children. Who are our future? Hello, Amanda, welcome. It's so lovely to see that beautiful face. How are you today?
- Amanda Hill:** Amazing. Lovely to see. And thank you for inviting me on. I'm just so excited to connect with a kindred spirit.
- Anu:** Likewise, like by them, you know, we said we share similar journeys and we share similar perceptions towards life. And I'm just so excited to talk to you more about that so that you can inspire others.
- Amanda Hill:** That's it, because that's our role just to inspire and be who we are truly, without a need to be anything else.
- Anu:** Absolutely genuine, to the heart genuine to the soul. I know who you are. Yes. Tell us about yourself, and what have you been doing what brings you here today.
- Amanda Hill:** So I am Amanda, I'm going to be very honest, I was last few years, hidden under layers of should be could be should dues must dues. What I've realized is that all came from society outside of me, and I lost myself and was totally unhappy, and isolated. And I did that to myself. And even though I've got amazing husbands and son, I couldn't connect. And the reason is I couldn't connect, because I didn't have a name for who I was and what I've come to realize through, I'm just me. And it's as simple as that. And I am joy, I am love. I'm up, I'm down, I'm in the middle, I used to make emotions and thoughts be true. And I realized they're just visitors, and I don't need to be attached to them. And we were talking about the ego, my he ego and pride, I'm going to put them hand in hand was running a lot of the show, I was proving as a child, I was told I wouldn't get anywhere. So I was running my life, proving to get the results. But at

what cost and the cost was I was denying who I wants to be, it should actually just be in flow, connect with all humans, because we are built for connection. But my fear stopped that and disconnected me. So what I've done, I put out my first book, I choose me, which was unveiling my story of my past to let go of it for me. But I also put in some help some guys that I use, that can help anybody whose feeling lost like I was. But in choosing me and this is where the powerful revelation has happened. I can let go of all that hurt and pain and decide who I want to be in this moment. And that led me to create the mood munches for children who are emotions, and I'm talking about all of them shame, guilt, all those ones we don't like to talk about. And then recently, I've started my podcast for you to choose you. Because I hope my story will inspire people to realize that justice valuable justice worthwhile, but they need to choose them. We all need to choose ourselves first.

**Anu:** And do you think that that's a big issue at the moment with how we're raised in this society to be so institutionalized? You know, the control that's placed upon us.

**Amanda Hill:** Is the conditioning we have been conditioned with my step. My knowledge is that children are born perfect, and they're curious, creative innocence. And yet as soon as we put them into an establishment of school, they're conditioned to do it a certain way that was made up by someone along the time I don't know when. But they had denied doing it their way and I can see I was denied doing my way. That's why I became a teacher because as a young child, I was told I was stupid. I'd be lucky to get a job sweeping a street and I believed it because it was coming from the I was taught to respect them. But what I realized, is listening to what they wanted me to do, I did it took me a long time. But I lost how I learned. And I know every child, every human, in fact, is capable of learning. The job of a teacher is to stand there, see who's in front of them, and teach them that way. And that's what I endeavored to do. And it doesn't matter, I had a big thing about time, you know, in societies, as you're mentioned to this, at this stage, this is their sage, I didn't get married till I was 40. I'm early stepping into my being this now in my 50s. And I've let go of the story that had to be any other way. And I'm just ready now. And it's when you are ready, you will choose you.

**Anu:** You know, fantastic for a woman in your 50s

**Amanda Hill:** No, I think that's letting go of a lot of my sorrow. And the stories people are saying to me, I'm looking younger now. Because I'm not carrying the responsibility and the weight of the world on my shoulders anymore. I'm just me, and in showing up, truly being authentically me. With love and compassion. I'm inspiring my son. Now my husband, we're connecting at a deeper level. And it was just me and my ego that was in the way, a meeting, right. Okay, for that one. You had a huge attachment. I'm right, you're wrong.

**Anu:** Just letting go of the ego, right? Woo, again, I think even just saying that it's a lot of people would argue against, you know, you're not meant to let go of ego, it's more kind of making friends with it, you know, and understanding it. And you know, its purpose in your life, because, you know.

**Amanda Hill:** Has a purpose because like my ego, you know, in school put me along the levels to do this exam, that exam to get where I want. So it has six success, but we confuse ourselves that we are our egos. And we're not that's just a form that looks good or

bad in certain situations, what the truth is, and there's a powerful film called the Peaceful Warrior. And there's a scene where this boy's battling with this footed figure. And what I was so surprised it was his ego. And he had to let the ego go and to let your ego go still be there. But let go of the control that has on us. That's actually accepting and trusting your essence, your truth of who you really are. And that's where I'm still journeying it because Vegas will keep suffering if you forgotten about me. I go, oh, no, I haven't. But I'm just choosing not to go there today. And then sometimes it wins. And I go totally on that story and run with it.

**Anu:** Oh, wow.

**Amanda Hill:** But that's just being human.

**Anu:** Yeah. Does your ego have a name?

**Amanda Hill:**

Yeah, I've made a lot of press mistakes along the way. And yeah, even in that name is a bit of judgment isn't there? But I just I can laugh at it. Because I do laugh at myself a lot, because I took things so seriously. And it had to be this way. And if it wasn't, I was a failure. And actually, in my failures, there's nothing wrong failing actually is just the first attempt in learning.

**Anu:** Yeah .Absolutely yeah, we need to fail in order to learn.

**Amanda Hill:** Exactly, of course, a little one, a three year old now, the first time he or she took their steps, and fell down and got up, you encourage them to get up again. They didn't just get up, walk past it. Hey, I'm Walker, and then you didn't as a mother, when they fell down, say, oh, darling, you tried but you're not a walker suited to walking. And yet we do that to ourselves as adults and youngsters every day?

**Anu:** Absolutely. God, I suppose all throughout school, you know, it's achieving those grades and then getting into the best colleges, and then you know, and then graduate in tons of debt. It's just Oh, goodness,

**Amanda Hill:** What for?

**Anu:** What for? This is this?

**Amanda Hill:** Who's it survey? Yes, if you have to have a degree or whatever to get into a certain job. But I think we're at the stage now that we need to look at the way we're going with jobs and think right? Because there are machines and things that can do a lot of things for us now. But who do you want to be for the rest of your life? We are conditioned for 18 years to study, study, study, study to get this result then we've got this resource in our hand and we don't know what to do with it.

**Anu:** So yeah, I remember that at that point. When I had my certificates my thinking what now? Let's go get a job. You know, as a personal trainer 11k a year you know, because I was an experienced by us.

**Amanda Hill:** Yes. But there are so many labels and attachments and with you know, what's your job is worth. To me. Motherhood is the biggest job I've done and I'm still doing it and I'm still learning every day. We're not paid for that doesn't come with manual and this is how to do it. Because it's all our own journey and our children chose us, I believe, to travel together. And I'm learning so much for my son now, because I'm not making him right or wrong, and I'm letting go. That he has to be any other way then who he is. And that's all right.

**Anu:** Yeah. Because he's 13. So obviously, as you know, peer pressure at school as well.

**Amanda Hill:** Thirdly, wants to fit him. I'm embarrassing Mom, I'm an idiot and hospital a couple of weeks ago, he turned into the little boy again, say, Mom, what's wrong with me? And I just knew, then all he needs is for me. And I hit this as parents, we need to get your safe. I'm here. I'm not leaving you. But you've got this. You can do this. I trust you. You can do it. But I'm here just as a backup.

**Anu:** Yeah. That is a beautiful approach. And I think this really needs to go viral. You know, every parent needs to know this because parents place so much pressure on themselves. And then that comes off on to their children about how to parent I mean, there is no right or wrong way.

**Amanda Hill:** No, no, but we've been told a good mother is and everybody I can guarantee or a good father is and you'll have that line finish in your mind. But that came from what I've realized now, it came from what I didn't get from my pet mom. And probably she didn't get my mum advice of ethnic travels down generations. So who's going to actually say, No, enough enough, a good mom is, unless this happens, and then that's fine and not making it right or wrong. You are you are in your journey, mistakes to be made. And that's fine. Nobody's going to die from these mistakes. The fear that we're going to get it wrong and be judged by other people.

**Anu:** Oh, my goodness.

**Amanda Hill:** Judgment.

**Anu:** Yes, big time.

**Amanda Hill:** I know for some other people, I realize I'm my harshest critic. Yeah. And I tell myself off Am I in a Pepsi goes off for one and I think I'm telling off and then I'm expected to be told off by others around me. I might just go why wasn't I shut off?

**Anu:** Yeah, yeah. It's my Yeah, because for the past couple of weeks, I've, I've been so judgmental against myself. And I felt I felt judged as well, but by my little boys nursery, because I haven't been getting into nursery on time, because I'm just quite flat out at the moment. Yeah. And you know, and I feel that they're not really understanding my schedule and thinking it's a nursery. I'm paying them. You know why they're so bothered, but for them, it's about routine for the child.

**Amanda Hill:** Yes. Because it's because the children because I've worked in nursery, and you have snack time, but if we're just things together, yeah. So basically, is that upsetting the appplecart? However, life happens to us. And we've got to be accepting that life sometimes gets in the way in the best laid plans, it doesn't go always the way we want it. And that's fine. It's letting go of it. There has to be that way. That's where the freedom is.

**Anu:** Exactly, yeah. And I've always lived like a free spirited life. And, you know, in a way, I really want my little boy to have some of that as well. But I also understand that you know, he has to have some kind of routine as well. So I guess is finding that balance,

**Amanda Hill:** But you'll have a routine regardless. Because if you didn't get an error, so you have routine. When he was born, you got into he taught your routine here to be fed changed, etc. Yeah, I know, I read all the books. I remember I read the Anna Ford book, and that went out the window. Because I Well, I can't do it, like you say, and

then I found another one a wish. But oh, this is much more gentle and it's actually the gentleness that we need the compassion.

**Anu:** But some parents are really militant, and they're really good at routine and really good at sticking to whatever is in the book, you know, and I really rate those parents.

**Amanda Hill:** Yes, but they're comfortable with it. You say? You've got to realize what is your comfort zone? And what is your discomfort zone and with me, I've avoided my discomfort zone, because it's Yuckiness and I'm learning to sit in it and the lessons coming to me like Bang, bang, bang, bang. But that's where I need to be enough of the comfort. I know what I can do. Well, it's not about that. It's what I am uncomfortable with and don't do so well and be kind to myself with it.

**Anu:** Wow. But you're also the CEO of your household now.

**Amanda Hill:** Yeah, Chief energy officer. Lila ladies.

**Anu:** We're all the CEOs.

**Amanda Hill:** We are because I realize we are just energy now and you know if I've had a bad day managing well off, my husband said to me is scary to be around you because we're walking on eggshells not to upset you. And I just thought, wow, I wouldn't don't I wouldn't take responsibility for that. Now what I do and I come in from school, because I'm a teacher as well. I stopped at the door. And I think right let that go. That's done with now I'm coming in as mummy who do I want to be? Or wife. And I actually acknowledge them now. Whereas before I'd come in, I've had a bad day, these are both rare and it was still all about me. And it's become so much lighter. Because even it's just been five minutes of nourishment. I'm home, I love you had a nice day. And then we can be.

**Anu:** That's amazing. And I guess that comes down from your growth and your self-awareness.

**Amanda Hill:** Totally. I was totally ignorant to it before. And I'll be totally honest with you. The other day, I went so hard I in a way, I wish I was still ignorant again, but when I was ignorant, I was just always in that low energy or hypomanic, I have to do it to prove everybody. And I'm wanting to be we're not a weighing scales, up and down. I want to find that equanimity, the middle part where everything is calm, and we've all got it in us. It's just been trained out of us. And it's coming home to self. That's what I call it. And in coming home to myself, and giving myself the self-love the self-care and the time, so I get up two hours before them in the morning, do meditation and things and journaling. And that's my time, and I've let go what I was trying to get from them in that time for me. One, then there's no attachment and then I can just be okay. You're you I if my husband's a bit I say oh, I'm here for you. I'm not getting involved with it. You do you? I do me but we're always together.

**Anu:** Yeah. Tell us about your schedule. And because it sounds like you've got a quite a busy schedule.

**Amanda Hill:** Yeah. So I guess up about five 530 in the morning, I do fit down and make myself a hot drink of lemon. And then I do an hour meditation.

**Anu:** Okay.

**Amanda Hill:** And that sets me up. Because in that meditation, I say, right, who do I choose to be today? Because sometimes I do wake up in a bad mood, I but I acknowledge it. But that's just a mood that's obviously wants to come out. And rather than make it wrong, acknowledge it, welcome it, and it goes. But I want to inspire I want to be joy, I want to have fun. I want to be productive. And then I go in and my language to scholars who show up to be and I say I could see it in your face, I could see how you're wearing a uniform, I could see how you're standing. And it's got nothing to do with what's on the curriculum. You have to acknowledge the human being first. And I've done that. And then when I get home, I'm on calls. We do have dinner time. And then I go to bed quite early. And I have quiet time and journaling time where I can vomit all the yuckiness out of the day rather than vomiting it over other people, which is what I had a tendency to feel my friends know what why me. But it's not why me I've changed it from my means for what for.

**Anu:** Power of words, right?

**Amanda Hill:** Oh, totally. And the choice of words. So before with the Irish Catholic me I was all faulting, blame and guilt. And I inherited that from my parents. And now I don't use those words, I say what's your responsibility in my son's doing mama chart, I've got no responsibility. I said, darling, you chose to be in his family. You are a member of the family. And as a member of the family, you have responsibility. I don't like doing the washing and the chores. Your father doesn't like to do his chores. But we all have responsibilities to make the house work.

**Anu:** Yeah.

**Amanda Hill:** That's about the family where to and I think children really need to, he had chores growing up. But whereas now he's a teenager, he just wants to game and play and be which is fine. And I get that but then he also has to do the chores and responsibility. He doesn't like it. He doesn't like us to make him do it. But that's my choice. Because I said too much that we didn't give you any of this and you went out into the world wild on your own. You didn't know what to do.

**Anu:** Absolutely. I mean, and it was at a certain point where you had this awakening.

**Amanda Hill:** I suffered from depression for years and it was always the worst me and my family six snap passivation over six I did over think I was living in my mind. Having Alessandra I thought because I wanted children so badly because I wanted this perfect family. And then I got postnatal depression with him for three years and there's regret that I was I was there but I wasn't there. And it's actually realizing it's not nothing to do with him. But I was still feeling empty and I'm thinking Gosh, now I'm 50 I've got the house. I've got the husband, I've got the child so I've got the job. Everything is perfect from the outside. But why am I feeling so empty? And then I that's when I came home to myself. It's always been a new but I've avoided it because it was painful.

**Anu:** When did you start to write?

**Amanda Hill:** It was in 2019 I started writing the book and the first draft of this a few of my publishers sent it to me and I sat there all the time good to be published all that I read the first page and oh my god, this is dreadful. It was so the victim is were with me and all feel sorry for me and I went, I just tried to I went, No, that's not who I am now, though, though. That was such an attached. I stopped going out and she said, I can't

believe you're the first person who before you've written your first book has outgrown it. And I am growing each day because even who I was six months ago, I can look and cringe and go, okay. But all those stages have to happen. And I'm going to continue going to the day I die, and discovering what's more and more, who I am. To be centered to be grounded to be loving, and compassionate to everyone.

**Anu:** Yeah, no. And I can totally relate to that. Because I was the same. I mean, my when I first started writing, it was a form of healing for me, but it will victim me poor.

**Amanda Hill:** Yeah.

**Anu:** And then I kind of cringe. And I don't want this to go out. Like, I've got to look good. Ego just crept in there. Yeah, absolutely. So yeah, so I just had, yeah, it took a while. But I finally you know, got to where I wanted to remodel.

**Amanda Hill:** Yeah. And you'll grow even from this point onwards you know, who you'll be in six months, you'll listen to this conversation. But that's where you are now. And this is what I realized I lived in the past with regret, or in the future of worry and anxiety. But I was never in the now. And actually, there's nothing to fear in the now that's just you, me sitting here having conversation.

**Anu:** It's beautiful to be present, you know, and you're right. And, again, I think because of my trauma and PTSD, I missed out on a lot of the present. It's always we all...

**Amanda Hill:** And there's no what my thing for children, as a teacher, I want to change education. So they realize, stop caring about the results, moms and dads, that's a message to you to listen up, there is just what is now and it's your child, wherever they are just trying to do find their way. But there's no way to be such who they are. And accept that and trust that and love that. Because the universe presents you with the lessons you need to learn. But you've got to be raised to be addressed to listen. Now be mindful, and then the present. That's one thing, I'm being very mindful you know.

**Anu:** What could people do like parents? What could they do to start off with to, you know, stay present and to, obviously help support their child and not put too much pressure on them?

**Amanda Hill:** I think the first thing is acknowledge your human and human car with flaws. And there's going to be good days and bad days. But a simple when you're brushing your teeth, because we all do this in the morning. Are you actually there brushing your teeth? Or are you catastrophizing, what hasn't happened, and worrying? Because I know I was, although I was there physically, I wasn't there in the moment. And to me, I can't be doing that, because I want to do 10 things at once, because that's effective. And what I have learned is I never did anything properly or effectively take the word properly out. I did it half-heartedly, and was never satisfied with anything. So if you start with yourself, it's got nothing to do with your children. By the way. No, I made that very clear. If you're a tendency to go into your mind and not be present imagery and things like preparing dinner, going shopping, and you're not actually aware of your environment, and how you're feeling and being in that moment, then that's the first thing you need to do. Acknowledge that you're not which is fine, no right or wrong. And then choose next time for three minutes. I'm just going to try really mindfully feeling it use your senses. So what does it feel like? What's it tastes like? What does it smell like? Because our senses are given to us to experience and yet we

ignore them. Listen to what your body's telling you. And then you'll be I've got so much more time back. Sounds madness, but I've got so much time by being present. And in that space, you start to heal and be aware, and then you can see your child, however they are. And I know as parents, we don't want them to suffer or go through pain. But you know, I can see rather than say, Oh, don't worry about its going to be fine. No for them that whatever they're going through is not fine. Rather than say, oh, get over us. It's not a big deal. This is a big deal. So just say, I see you, I hear you. I'm here. Nothing else. You don't have to fix. You don't have to change. Because what you're providing them is security and trust that you have trust for them. And that they can trust themselves and what they're experiencing or going through is fine.

**Anu:** And there's also like, obviously what you're saying though, is about having empathy for your child and, you know, showing compassion and it's again, it's how you communicate with the child and A lot of these are counselling skills, aren't they? So, you know, maybe.

**Amanda Hill:** But is how? Well this is what I became aware of, because when my son, I asked him to go find some milk and he couldn't find you. It's not my fault. It's not in that and I went, Whoa, I never said fault. But my sons, my husband said to me, do you not realize that's the language you've been using about yourself the whole time. And we're not even aware of it. Now. It's so automatic, and that's the voice in your head. And so when listen to the tone of voice, you say when you're speaking to the child, because if there's anger, you're not angry with them at all. You're angry with yourself for not being what you want to be.

**Anu:** Absolutely.

**Amanda Hill:** And there's got to be forgiveness. Because we are human. Firstly, before you're a mom, you're a human, for your dad, you're human. And we are in a wounded children masquerading as adults, because some our parents, they weren't in as much knowledge as we have now. And they did the best they could with the resources they have. We have many more resources, but we've got to create the toolbox, that it's okay just to be who you are. We don't have to keep up with the Joneses and compare ourselves. But we're taught to compare ourselves so much. And there's nothing to compare.

**Anu:** What is there to compare? Absolutely. And you're right, because we were obviously inherited to have these values and beliefs to talk a certain way. It's so difficult to snap out of that, though.

**Amanda Hill:** Oh, no, when you've been conditioned, I was sure that 50 years they knew although they died, my parents, I had this luxury this I will continue it. But in that there was a bit of arrogance. And that's what I'm being present to now the pride and arrogance I've still got, which is fine. I'm not making it wrong. But I'm just sitting there going. Okay, that's interesting. Yeah. And I just, I just know that I'm committed not to having my son filled out, but he's brought up anxiety and worry, and it's hit me and I went, there was a story Oh, how dare he have that when I've done all this work? And he's guessing it. But what I didn't realize how our energy the CEO, that energy walking in was guilt, shame fault. And not on a verbal level, but on a level he was picking it up. Made it to be him because that's what mommy is. That must be how life goes.



- Anu:** Wow. Yeah, absolutely. And also regarding limiting beliefs, I mean, you know, our belief system, we carry that throughout our life. And, you know, the, I can't do that I'm not good enough. You know?
- Amanda Hill:** Yeah, exactly. Although we don't often say I'm not good enough out loud. That's the one we hear ourselves around the head with quietly. But you're told, like I was told I couldn't do and I didn't get reading and the way we were taught reading it back in the 70s, I just didn't get that. I still don't get sexually. But I didn't have they weren't prepared to see me for what I needed. And that's where a lot of my pay is so that I had to become, to fit in to learn, and it just didn't work for me. So I got that I'm confused. I don't get it. But we were taught we got this and been told off in those days. Luckily, that's changed. But I still realize I still tell myself off, which I thought I'd let go of, but I don't. But I just say a mirror work, especially as you look yourself in the eyes in the mirror and say I see you, you are good enough, you are pretty enough. You are clever. Whatever the story is, everyone will have a different one. But you're enough just as you are. And what you are is beautiful. You are whole and there's nothing missing. And you don't need anything outside yourself to fix yourself with this, nothing to fix
- Anu:** And these kind of affirmations I have been coming up on my reminders daily every three hours.
- Amanda Hill:** Because we get so busy in doing whatever mode you're in. We forget and they get off. I've got to see I didn't do that. Then you break self not doing it and then it the cycle starts again. Rather go Okay, fine. I didn't do it. So I'm going to do it now.
- Anu:** Yeah.
- Amanda Hill:** But that's why I guess up in the morning and the evening, am I have those hours for me. Because if I didn't schedule them, our mind needs formula nation and structure. So my mind that's planned in my diary. Yeah, never did that before. I never really taken that on seriously in the last year. Okay. And the results have been breathtakingly because I've suddenly got all this time. And I can be productive because I'm not running going into work in my head. Yeah, I'm writing in from my joy today. And even I walk into them they're going for I said, Oh, I can see you're not feeling great today. Well, that's a choice you've got. So I said, it's just my colleagues and they go, what are you? I'm feeling joy, happy and then you can say my classroom then. And I can laugh. I love my advisor. That's fine. I am gonna show up in the classroom and you can just say me whatever, but I choose to be me.
- Anu:** And again working in a school, oh, my goodness, I know how stressful it can be trying to discipline children. What's your views on that on disciplining children?
- Amanda Hill:** Discipline comes from a fear of lack of control and wanting it, I've become very clear on that. And I was a control freak. So I wanted everyone to be happy, and well behaved. But what I can see, right needs to trigger me was when children are angry, especially the older ones, and we're giving you back chest, whatever you want to call it. But they're coming from a wound that something wasn't listened to. And actually, what I do is children like that, I just take them out, have a five minute words of look, you need space, that's all you need. And it's fine. And you don't have to be any other

way. Don't change how you're feeling because that feeling is true. It needs to be seen and give you space. But you see, because we've got to get the lesson taught and the time ticking. We dismiss that. And then they act up in the playground, because that's the next space they go to, and they get into fights. And they get in trouble for that. Whereas the actual see who's in front and what's showing up. Because they might have come from an upset at home in the morning. They're still carrying, you know, we have upsets at home, and then we go into work, and then we bark at people. Because we're not there, we haven't let it go.

**Anu:** And just the amount of classrooms that I've been in where you know, teachers are just shouting at the people.

**Amanda Hill:** Yeah, well, yes, that is because and I was swimming in that stress for years until I thought no copy a teacher anymore. And I did leave teaching for a year or so bought an office job. And I realized No, I am a born teacher. And I love that. But it's going in with, right this lesson needs to be taught. But I have no control of how it's going to go. I planned up to the hills, so I know needs to happen. But I cannot control the children in the class and how they're going to listen to whatever. And what I do is this method, right? That's not working. And I have actually said right, stop this put music on everybody get out their seats, dance, we five minutes pure dancing, being silly, pulling silly faces. And that shifts their energy. So right, we've had a bit of fun now. And they know they know I'm the fund. They think I'm the fund mad strict teacher budget, because it will happen. But it doesn't have to happen my way. And that's what I guess you're more present to. And then what I've realized recently is I was getting very angry with the anger inside a child. But I realize not at the time, a fact that when I got home. And what she was demonstrating was exactly how I felt as a child and it wasn't met the needs. And I was angry because I just I couldn't make it better. At that time. I just forgave myself and said, she needs to go through that. And you just pick it up tomorrow. And you say I'm here for you, whatever you need. That's all any of us want. I'm here for you with no judgment, I'm here for you with open arms and space for you to be you.

**Anu:** To be heard and understood.

**Amanda Hill:** Yeah.

**Anu:** That's all it takes. Right?

**Amanda Hill:** It is.

**Anu:** And again, from a teacher's point of view, it takes a lot of strength to get to that place. And it takes a lot of self-reflection and growth.

**Amanda Hill:** Because I was conditioned for X number of years to be a different way. What my dream for the future is children who have at the age of three, four, perfect, they're curious, they want to do it. And luckily, in early years, were still allowed to learn through play, which is vital. I wish that went up to eight years old. Because then they're learning rather than having textbooks and filling out sheets. They can be experienced learn what they like, what they don't like, that's all fine. And then from that space, they'll be so trusting and who they are. They'll just take everything else like a duck to water. But we've been told no, it has to be this way and the government keeps changing it every few years. Now we want this result know what that result.

And there's confusion. They just want a result the result is actually a human being who's happy. It shouldn't be about an A grade. It should be a whole complete who's trusts themselves loves themselves, and has that curiosities about what's next. That thing I think created from nothing. I am innocent enough not to have any expectations. We were all born from that. And we were just conditioned out of it. And if we can change schooling like that, and I think mindfulness times between lessons needs to come into practice. It's of three minutes, right here we are. Be present. How's your body feel? What do you feel in different parts? What emotions are there don't make them right or wrong. Breathe into them. Breathe out. Because the breath is with us from birth to death, and that is that our greatest comfort our anchor.

**Anu:** Absolutely. And it's, it's interesting about the approach that you took to your teaching style. I just think that if many teachers applied that, wow.

**Amanda Hill:** They'd let go so much baggage and demands and expectations that they've carried for years. I carried it for years, it's my responsibility to be the best, but the best is actually just what the moment is? You can't plan for that?

**Anu:** Absolutely not. And in terms of your inner child healing. So I know, you know, you talk a lot about this as well.

**Amanda Hill:** Yes.

**Anu:** And how, how have you felt that your field your inner child?

**Amanda Hill:** Well, the first time I went to that was probably about two years ago, I fiancé, she sat there with a back to me in a right hand, crying her eyes out. And I thought, Oh my gosh, because I thought it was my mom's responsibility, the teachers responsibility, but I'm an adult now. And I could go back to and the next day, she was there with open arms. But even recently, she's been triggered again, through my son's anxiety. And I just realized there's so much sorrow for what she didn't get. And all she was looking for safety and love. So I've just embraced that and said, I see you, I hear you. You're part of me, you're always been a part of me. And I'm sorry, I've ignored you. And I'm here for you now. A lot of us weren't even, you know, a child. We are all children still.

**Anu:** We are absolutely. And it's about nurturing your inner child

**Amanda Hill:** it is. And that's what my biggest takeaway is that I'm energy of nurturing, passion, love, and healing. And I'm doing it for myself first, because it starts from myself, preview, it starts with yourself. We've all got different jobs. We've all got different stories. It doesn't matter. But the basic thing we all wanted was security, love, compassion, and forgiveness.

**Anu:** I think definitely the basic needs, apart from food, shelter, and water, of course.

**Amanda Hill:** Yes.

**Anu:** Yeah. And you, you've gone about stepping into your discomfort in what ways do you do that yourself?

**Amanda Hill:** Well, I've done a mindfulness for Cerise, they, one part of it was the body scan. And I just started bawling, crying, I thought the mind was strong. And rather than making it right, no, I hear the mind trying to take over here. I just released it. And I had so much sorrow that I was released, and I wasn't even present for and then what came out of it was because I didn't did four hours of silence. And me no TV, no interactions with

other humans. Nothing but just sat there felt the pain where if it wasn't the body, say I see I welcome you let the emotions come. And what came out was underneath all that sorrow was terror, pure terror, of being left and abandoned. And not fitting in. And I just left it and so is and it lost its power. But literally, I have to give myself time and it happens through meditation. But I can choose at any time, even in the middle of a day when it's all going oh my goodness. And I say Oh, look at me going into overwhelm. Let's choose not to. I'm here, I do you breathe in three deep breaths, clean me up, because I'm so connected now to my breath. That anchors me. And it's the realization I'm not there. I'm not in that Panic of the child or that dangerous situation. I am who I am now. And those are just memories. But what the memories have done, and I have repressed the emotions that accept them because I didn't finish the trauma response. Animals in the wild, you know, the deer is chased by the lion. And when they escaped, you see him they actually shake it off. We didn't shake it off. I didn't shake it off. So I thought it trapped and now I'm ready to release it because I had the things I can't be less things. I'm a teacher, I'm mentioning control. But I say to the kids, I am a human. I don't know everything is another thing. I don't need to know everything. I'm just being honest and vulnerable with you. And in that there's so much exceptions from children, but we just don't have that acceptance for ourselves as adults. So it's time to be kind to you.

**Anu:** There's an, I remember as a child when all my teachers I don't know if I think things were definitely different about them. You know, there wasn't as much kind of healing and development that we have now. You know, it was a big hierarchical system went to the Teachers near me think you know, yeah, to bow down to them.

**Amanda Hill:** To be seen but not heard. We just did what we were told, got a pass on their head a for conduct. And if we go that's the only I have a child.

**Anu:** That's all I remember like I hated my childhood and because of that I just felt so suppressed

**Amanda Hill:** You weren't allowed to be free to express your way? Because you got to do it their way and I want to break that big story that we've got going there.

**Anu:** And so what kind of ways have you got to go about this because I feel that your message needs to be heard, I feel that you need to be going into schools training teacher.

**Amanda Hill:** I would love to do that. Well, I'm actually going to train myself up to teach mindfulness in school because I think that's a given. I've created the mood munches because as my job is analysis, I'm working with children that have difficulties in class are not just academically, but it's emotional. You know, its how they feel about themselves, which is key. So I've created the move bunches, because I very recently realized that I'm not my emotion. Without I am sad. No, you're feeling sad. I'm not angry. I'm feeling anger. And so I've created these fun, colorful characters. And as I said, before, I've done guilt, shame, projection, and stress, because they are all valid feelings, they all have a place in the world. But for children to be able to say, Oh, I'm having toys, my blaze has come to visit me. And then you don't have to make it right or wrong. He's just coming to visit, he's not going to stay a bit like a roommate. And then he's thought, but you've allowed the feeling without repressing it to be without judgment. And there's so much

freedom in that. And it's helped not only the children's help parents who have read the books at home, because opened up the dialogue. Wow. Yes, I felt that too. When did you feel that upset or guilt mummy? Because, you know, as children, they look at their parents as Super people. You've got it together, but we haven't. Let's cut that story out. There's no togetherness there is just what is.

**Anu:** Yeah. Wow, that's really interesting.

**Amanda Hill:** I just wanted a toolbox, which is why I made the books and I made it right. He wanted parents, as my head is a parent, another one for teachers. Because we all have our stories and our baggage from our past that we're pulling behind us. And it's time to cut the cords and say I don't need that. I don't need this. We're enough in ourselves and if lockdowns taught me anything is either by it I don't know about yourself. I didn't buy go out. Buying stuff wasn't needed as long as I have food on the table. The heating on?

**Anu:** Yeah, that's really.

**Amanda Hill:** All I needed was the company and the companion of family. And that's pure connection.

**Anu:** Absolutely material possessions. Many were.

**Amanda Hill:** Told we need them to look good. I need to have a new buy this and you will be full and happy for the rest of your life. Rubbish. I Cisco that was there Cisco selling?

**Anu:** Yeah.

**Amanda Hill:** We've got everything inside ourselves. And we've got to come home to ourselves. It starts with our breath. It starts by accepting your body just as his start listening to your body when it gets nickels and pains. Welcome. Without judgments, any feelings and let yourself just Pay. Because I promise you they don't last I thought if I let them in, they'd never go. That was the fear. But in less than welcome to the men. They've just gotten shut up. And I've let go, No, attach.

**Anu:** Let me go.

**Amanda Hill:** Let it go

**Anu:** Oh, fantastic song for this purpose.

**Amanda Hill:** Oh is the amount of another film because I watched inside out years ago and people say oh, you're crazy inside out characters. Just now I'm creating more than that. Because they were just the four basic ones. I want to get on to all those ones that I held on to being an Irish Catholic. Yes, the guilt, the shame. The horror I'm doing the more because they're all to be validated and see him for what they are. Nothing more, nothing less. But and also then, last Christmas, so I don't know if you've seen it by Disney came out. Wow. The most amazing film is realizing that we are souls we've come down into this body to experience and then what happens through inherited narratives and judgment, we lose that innocence and to share that to children as a family because it can be discussed at an adult level but for children basters the freedom you know to actually dance with the leaves as they're falling off the trees that is joy that's bliss. That's happiness has got nothing to do with a result and a piece of paper.

**Anu:** Absolutely. Yeah, and you find as well now because I know you did a talk about let's talk about self-harm, but today And, you know, with social media and you know, the

millennial generations, Generation X is just, you know, getting hooked on technology all of a sudden, do you find that it's impacted on their mental health?

**Amanda Hill:** It's I mean, there is a place for technology. And I couldn't be talking to you like this without it. However, they've been conditioned us, including me, because I have a phone and guess what I'm checking it and looking for results. But one thing I do, I then pick up my phone for two hours in the morning, because I realized what I was doing was seeing the light, see that need validation from others. And what I've noticed with young, especially my own son, they even communicate their texts, they don't talk, they don't actually be in the presence of person touching the hands of persons, I see you, I hear you. It's just all done by a machine. That's a few words. And that connection, I think that's what it's doing. They're becoming disconnected and programmed, this is the only way to communicate. But that is a false way, in my opinion, is a forswear communication because I can write a text to you, depending on the mood you're in, but I can't see you can read it one way and I could amend it a totally different way. And a lot of upset can be avoided if whereas if I met you in person, I would just by how you're feeling? And the words I would use

**Anu:** it Yeah, because I've had that as well, when some millennial in you know, in distant family. They'll message me and then I'll just pick up the phone and call them.

**Amanda Hill:** And yeah, they'll go away call it I did that to get comfortable with. When I saw about discomfort testing tool, you have me maybe uncomfortable, but to them, it's just so second nature, because nobody's actually taught them the other way. I was lucky that I was we didn't have computers in school. And when I started teaching, we were beginning computers, one huge computer that was trundled around the whole school, we still didn't know how to use it. Mobile phones hadn't been invented yet. They went out to you. If you want to see somebody you actually had to call them up and raise them and spend a couple of hours to get through it all. Yeah, on a landline. Yeah. And then you are allowed to build a landline because that costs money. And so mom to get off. You've seen her today. Yeah, we've got to say to her now that you've put in, but you couldn't just go because you're on the way its school. In fact, we want to get out there again, and meet up with our friends and just laugh and be. So a tip would meet folks still need their phones. You can't get away from that. But to have limited time on phones, give them two hours before they go to bed, no phone so that they can get out of their heads and just start to relax. And if they were desperate to see their face, right, right. Arrange a time to go see them at the weekend.

**Anu:** Yeah, absolutely.

**Amanda Hill:** Sounds simple. But we don't I'm gonna be honest with this. You know, it's easy for me to put him in front of the DVD when I was having a bad time because I was trying to do my work as well. So machines were babysitting my child, or hold our hands up to that one. And then, you know, he wants to do something, but it doesn't fit in with my schedule.

**Anu:** Yeah.

**Amanda Hill:** Because we've all got schedules, but we're so addicted, the schedules that lockdown, let's throw the schedules out the window. And I'm in fear that we're going to pick them up and carry on and I plan not to do that.

**Anu:** That's good. I mean, did you find with the COVID, as well as I've been a lot more people self-harming.

**Amanda Hill:** I think what it is, was the fear of isolation and fear. I stopped watching the news on day one, because I could see that's where I could go. And I'm not doing that to myself. That's a choice. I work with kids and families all the way through COVID is a key word, but I never got fits. But I knew I wasn't going to go because this isn't going to affect me. I'm just going to keep showing up. But I do know, especially younger children where you learn to stall, the social skills they've missed out on them. They've had parents trying to do their jobs. Look after the kids, it's been too much. So the parents have become asked kids to pick that up as the CEOs giving off that energy. And then they've come to school with that axed and what I wanted to do when we first went back to school is don't do any curriculum for the first two weeks and just let them get out there socialize, talk, learn to talk to one another again. And of course because it demands that didn't happen, how I would have loved it to happen. But I'm fortunate enough that I have in my But I can do that with children that need it. But I think there's Elsa as I am, I think that needs to be in every school in every organization.

**Anu:** I think so too. So where do I think I really asked you to know, in terms of your next steps.

**Amanda Hill:** I was running with this podcast for hours, showing up with Alessandra having anxiety, it hit me in the face, and it's made me realize I've still got healing to do about my own childhood. So I'm just taking one step at a time now, I'm continuing to do but my message is, I am enough, you are enough. We get to choose in every moment, the connection for me to be present for my husband and son is paramount for me to be present for myself and give my time is paramount. Because if I give that first, everything else just flows. And this is what I found. So I was triggered to go back into my head, basically. And I nearly went there for two days. And then I let it go. And I'm just seeing what's possible each day.

**Anu:** Oh, yeah. Because we, we get stuck into these to do lists only. I don't know. I have my sticky on my Mac right now looking at me.

**Amanda Hill:** Yeah. I used to write a list then I love the fast fashion process.

**Anu:** But how about just having on that to do spend quality time with...

**Amanda Hill:** I've got it. I've got this tie right in front of me. And it says joy, love my intention today joy, love, be authentically me. And I'm writing that all the time because it still hasn't got 100% true, then I have a task that has to be done. I answer emails, but I just schedule them in for an hour. And if they go over, I'm walking away. Because guess what? There's something to be there tomorrow. It's an email. Exactly. It's not human connection.

**Anu:** Say true. So what is your purpose?

**Amanda Hill:** My purpose is to let rip people realize that you don't need anything from outside yourself. You can come home to yourself with love and understanding. And let allow compassionate, and I'm still doing that to myself, I have good days and bad days. My purpose is to make parents realize you don't need to know it, there is no good, there is no bad there is just you and your child shows you and you can do this together and

let go of the demands from society and family because that's inherited. That's where it's come from. Who wants to write a new to do list that basically says be in the present. This is 40 it is nothing more. Enjoy.

**Anu:** And why is this important?

**Amanda Hill:** Because I don't want children growing up with a limited view or condition of view that there's only one way to be happy. And you're not enough as you are. That's just story that we've bought into property for 200 years, I want to change that narrative, I want to change education, you can get the answers to most things at the end of the Google button. We don't need to be learning this we need to learn in schools, how to be human, how to accept one another how to love who we are trust ourselves first. I don't want anybody to feel how I have felt in my lowest flow. This is why I stepped out of my world is me to the walk for because I will and their strength and their specific anger. I don't my son going through that. And yet what it showed me is he's got to go through it. But that's okay. I am not in control of that. I can just show up. But if I put trust in myself that it will be fine. He will be fine. I know that.

**Anu:** How can children create resilience?

**Amanda Hill:** By accepting that life's full of miracles opportunities, that things are there to be experienced, that there isn't a right way. There's not a result to be had there is the journey of getting to the end product, the end feeling but be present on the journey. It's the journey and this is for adults too. It's the journey that matters, but we've been conditioned to think it's a result.

**Anu:** I guess it's to be you.

**Amanda Hill:** Yeah, but accept yourself to be told you're not enough. You are perfect with the body you are given the eye colour even down to the hair colour is perfect for you. It's as simple as that. Don't change for anybody just grow and become ha are becoming more and more and more.

**Anu:** Listeners. If you want to read more about this, then please go on to Amazon.

**Amanda Hill:** Amazon for my books but I've also got a website, [amandahatchryle.com](http://amandahatchryle.com) where you can buy my books, go and buy podcasts. I'll be developing it further. And I won't stop writing books because this is a creative way I am finding to help others and help myself to starts with you. You choose you.

**Anu:** That's amazing and they are important messages, messages you have to give to everybody who's listening to the podcast right now. Honestly, it's mind blowing. And I just think it's one of the most important messages

**Amanda Hill:** Yeah, and we've got this together. We're not alone. I thought I was the only one thought like this and what I'm by meeting people like you, we are out there we've just got to keep showing up. Get the voice heard until it goes to the powers that be and they finally ready to listen.

**Anu:** Listeners, please do share this with all of your network all of your friends and please do contact Amanda as I know she'd love to hear from you.

**Amanda Hill:** Definitely here. So let's make this go global. Let's make well it is a beautiful place. Let's be beautiful with it.



**Anu:** Let's do that. Amanda, it's been an absolute honor having you on my show. Honestly, it's been today. I feel so inspired.

**Amanda Hill:** It's been joyful. It's been Yeah. Nice. Thank you for giving me the space for being you. Dynamic Mum, and just watch this space.

**Anu:** Love it. Thank you same to you. Have a lovely day. Bye.

**CLOSING:** And while this episode comes to an end, do you may want to check out my book of **“Victim 2 Victor”** now available on audio and where I have shared my journey of evolving through self-help and his determination to cast off my damaging past. My goal is to reach out to fellow survivors of abuse and provide hope and motivation in their lives. I hope that I can help victors transform their lives and achieve amelioration in the process of discovering their true self. I also have a 12 week self-development plan which is absolutely free and it aims to guide you on your journey to recovery. You can find the link in the description below. Please like this podcast and tag or share it with somebody whom you know is going through a similar situation and may need help. I will be back with another podcast soon. Until then take care and stay empowered.

