



Connect with your Inner Child

Connecting with the inner child:

- Helps release limiting core beliefs
- Lets go of pain from the past and unhealthy patterning
- Builds faith, trust and a renewed sense of safety
- Increases self-esteem and self-worth

Picture yourself at about 3 years old. If you have a picture, around that age, that would be helpful. Look into his/her eyes. What do you see? What kind of mood is he/she in? Notice his/her mannerisms and how they hold them self. Be willing to connect, offer to get to know him/her, wanting to understand. Ask if it is okay to give him/her a hug and notice the response. Is he/she willing to trust you or resistant?

Focus on building a relationship, as if the child inside were separate from you. This way you tend to be more patient, loving and kind, as you would with any other 3-year-old. As adults, many of us have lost the sense of trust. The way to regain that trust, is to connect with the inner child and pay attention to your heart's needs. Take a little quiet time each day to build this relationship. When you are done, thank them for giving you the opportunity to reconnect and mend old wounds. Then picture this child shrinking small enough, to place him/her into your heart, for safe keeping.

Connecting with the inner child, is about getting into your truth and discovering your value, self-love and compassion. This will allow you to get in touch with your guidance, build confidence and create win/win situations, rather than coming from "scarcity/either/Or" thinking.

Self-love is NOT about being selfish, self-centered or feeling sorry for oneself. It is about coming from a place of self-acceptance and abundance. Doing this work, will allow you to give from a place of overflow, rather having to feel last or left out. Instead of carrying resentment or feeling empty inside, you will have the ability to fulfill your own needs. When your needs are fulfilled, you will attract from a place of wholeness.