

INNER CHILD HEALING PROCESS



1. What needs to be integrated? What is the struggle?

2. Where do you feel this in your body?

3. When have you felt like this before (during your childhood)?



4. What do you want to say to that younger part of you? What did you really need to hear at that time?

5. This was your original imprinting... but the world needs the healed version of you... the more truthful, compassionate imprinting... that you are worthy... enough...



Can you thank that part of you (child part) for serving you, and trying to keep you safe, and protect you from harm?



6. Where on a scale of 1-10 do you sit with the new imprint (of feeling more lovable... worthy...?)



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7. What is standing in the way of you being a 10? Who is around you, who can you imagine blocking you from feeling this or holding you back?



8. Now it's time to envision an energetic boundary around you. Thank them for what they have passed on to you (while often trying to do the best they could).

Now you can give yourself the containment, grounding, the love and safety that you need. Now you can be fully expressed.



9. Ask yourself - I am willing to be enough.. to be lovable.. to have time for rest and healing...

Go slowly and gently... this practice takes time...



*** Credit and love to Lael Stone for sharing this process.

