



INNER CHILD CONNECTION



Working with your Inner Child can be one of the most profound and transformative aspects of healing. Your Inner Child represents the younger parts of you that still carry the emotions, beliefs, and unmet needs formed during childhood. When these aspects are acknowledged and nurtured, deep healing and integration can occur.



MORE REASONS TO DO INNER CHILD WORK OR MEDITATIONS



- ♥ **Heal your adult self:** Inner Child work helps heal your adult self as well as your Inner Child who always needs your love & support.
- ♥ **Recognize old emotional patterns** that may still influence your reactions, relationships, and choices.
- ♥ **Understand unmet childhood needs** and begin offering yourself the compassion, reassurance, and support you needed then.
- ♥ **Release limiting beliefs** about yourself that may have formed during childhood.
- ♥ **Develop greater self-compassion** by understanding where certain fears, sensitivities, or behaviors originated.
- ♥ **Reconnect with joy, creativity, playfulness, and curiosity** that may have been suppressed or forgotten.
- ♥ **Create a sense of safety within yourself** by developing a more nurturing relationship with your younger self.
- ♥ **Recognize emotional triggers** and respond from your present-day awareness rather than an old wound.
- ♥ **Strengthen self-worth and self-acceptance** by embracing parts of yourself that may once have felt rejected or unseen.
- ♥ **Bring awareness to memories or emotions** that still need acknowledgment, allowing them to be witnessed rather than pushed away.
- ♥ **Support deeper integration** by bringing the younger and adult aspects of yourself into a more loving relationship.
- ♥ **Inner Child meditations** are a tool to assist you in healing the Adult self as well.



Inner Child Guided Meditation Resources



UNDERSTANDING THE STARGATE

Here is the link to understanding the Stargate before you listen to the Inner child meditation:

soundcloud.com/thestargateexperience/working-with-an-etheric-1



INNER CHILD MEDITATION

Here is the link to the Inner Child meditation which is channeled by Prageet via a group of Ascended masters called "Alcazar".

soundcloud.com/thestargateexperience/the-inner-child-work-dissolving-limitations-accelerating-growth



FREE INNER CHILD MEDITATIONS BUNDLE

Here is the link to receive the FREE Inner Child meditations complete bundle if the meditation above resonated with you:

thestargateexperienceacademy.com/free-experiences

Scroll midway down to Inner Child Course Bundle to sign up and receive.

(They just recently offered this free to everyone)

