



Help To Heal My Inner Child Energy Attunement

Find somewhere quiet to relax where you are unlikely to be disturbed. Make sure you are not dehydrated and please note that it is not advised to do any energy work after alcohol or recreational drug use. Never access an energy attunement when driving or operating machinery.

You may choose to play the energy attunement recording to assist you, or some other soft music of your choice. You can also do this in silence if you wish.

For this attunement I was guided to include:

- Worthy Essence
- Selenite Crystal
- 4 x Cosmic Batteries
- Angelic Energy
- My intention to help your Inner Child to heal
- A Loving Heart Chakra and Base Chakra Connection

Instructions:

- 1) Get comfortable and close your eyes.
- 2) Ask that all parts of you come into the now time in order to receive.
- 3) Call to your Higher Self to oversee this process and to draw in and integrate what you need for your highest and greatest good.
- 4) Focus on your breathing and relax, enter a light meditative state.
- 5) After a few moments (or when prompted to on the recording) think or say the affirmation 5 x times, with an intention to draw in the energy recipe that is created and ready for you to access.

“I release any and all resistance to healing my inner child now. I am whole, I am healed, I am here.”

6) You may feel tingly, shudders or like someone is with you.
Allow the energy in and know that your Higher Self is working with you.
Breathe deeply, stay relaxed, allow and receive.

7) After a few moments (or when prompted if using the recording) ask that the session is fully integrated and activated in your energy system.
You may feel energy moving, stay relaxed.

8) Come back to the present moment, have some water and click your fingers all around your aura.
Take a couple of deep, grounding breaths.

The attunement is complete. You may wish to use the affirmation to help to “bed in” the energy more if you feel you want to. Affirmations can be more potent when said out loud into a mirror, or you can simply say them in your mind if you choose.

A good schedule might be 5 x morning and night for 5 x days and then afterwards whenever you want to or feel you might need to release something more that is relevant to this specific attunement.

I hope this helps you SO much on your healing journey.

Love Kate x

Disclaimer: I am required to tell you that this is for entertainment only.

Assertion of Intent: This attunement was created and channelled by Kate Spencer. It may not be transferred, transmitted, copied, resold or otherwise used for any intention other than the personal use of the purchaser.