



MISSION
LIMITLESS

Divine Feminine

INNER CHILD
HEALING

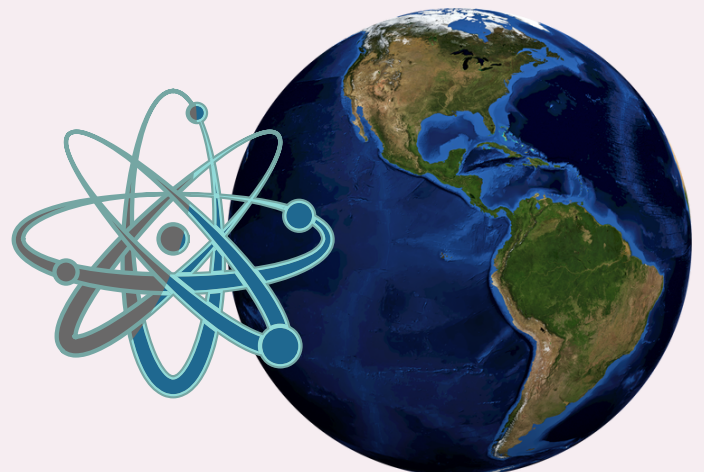
INTRODUCTORY NOTES

Very important when doing any healing work is to be very gentle, have your self love disciplines handy and use your conscious breath.

If Guilt comes up for any reason there are many tools you can use to nurture your heart.

There is no such thing as good or bad, everything is an experience for growth and we all chose our contracts before we came here.

The healing we are doing in these moments heals the world on a Quantum level.



USE THE TOOLS

Self Love Disciplines

3 Conscious Breaths Ease any Anxiety

Connect with Nature

Using the Ho'oponopono Prayer:
I am sorry, Please forgive me, thank
you, I love you

Read and work with the piece below

LOVING & LISTENING TO YOURSELF

‘I Love you, I am listening’

When is the last time you closed your eyes and said these words to yourself?

When was the last time you took the time to give yourself what you endeavor to give others?

‘I Love you, I am listening’

Notice when you say these words to yourself, what takes place within your body? The softness it creates in every part of your being.

Notice the space it blows open and the vulnerability you experience.

‘I Love you, I am listening’

Notice who came forward from within when you said these words to yourself. The self that arrived when you touched your heart and spoke lovingly to it.

This My Dear One is your unstoried self.

You have just summoned your Higher Self forward.

The gentle love that lives inside of you, the gentle light, the self, free from limits and heavy identities. How beautiful you are there behind your image.

Realize your power in this moment, how you can reach out from your busy life and connect here. I hope you can feel the tenderness in meeting this self now in the quiet of this moment.

Speaking these words to your heart acts as a reconnection with the self that we often ignore and sever ourselves from.

Saying these words to yourself realigns you with a part of you that gets left out in the dark most days and is often neglected and forgotten as we follow our pursuits.

‘I Love you, I am listening’ reconnects us with the other half and that other half is our true nature, the self we forget to nurture and love. We have left our love for ourselves behind, we have splintered off from our wholeness and spend our days in search for others to fill this hole we feel echoing in our depths....

We say, ‘love me’ to another
We say ‘give to me’ what is lacking
We say ‘bring me’ to greater love
We say ‘heal’ what aches
We say ‘fill’ what feels too hollow

We say all these things to the people that walk in and out of our lives, never to find the one, never to find the perfect person who can give us what we are so desperately wanting.

The discomfort you feel in life, the separation, the rejection, the alienation, the sense that you are not enough is because you are living in the space between your two selves. You are living in the reality that you are lacking and in need of filling because you have become separate from your own heart.

Once you find your way back to your heart, you will realize there is nothing you are in need. You will realize love is yours to give to yourself. With daily practice and time given to say these words to our own hearts, we begin to float. What once felt empty, now begins to fill, what once felt desperate feels hopeful. We become round and plump with our own love.

We stitch together the divide we created between ourselves, we step into our whole version of self. We have realized we have been the one, we have always been the one who can bring our lives into the fulfilling place we dream of. What we look for from others is fundamentally our work.

With every day we endeavor to love another, we too must learn to endeavor to love ourselves first. In so doing we fill our own needs first. Others who so graciously give love to us only add to our already full store of love, we no longer divide our self, we no longer splinter, we remain whole. We then swim completely emersed in love. All other love we receive then uplifts us to higher levels of love. It does not need to work to fill our aching gaps for we have done so already for ourselves. We fall into balance and alignment that is lead by the heart.

The vulnerability you meet in this space is what breaks down our barricades, our suffering, our neurosis. This vulnerability is the place of palpable beauty and love. No story, identity or pattern you carry can stand in this place, for your greatest power lives here and it defies all pain and suffering. It does not wound, it does not carry, it is love in its purest form.

Close your eyes now and let your breath fill your bones and dissolve your barriers and let it lift the veil between worlds. Let it soften you, just breathe ... and in this moment allow yourself to feel. You are safe here to allow all of your emotions to be heard and felt. Place one hand on your heart and the other on your stomach, lovingly hold yourself and repeat these words I love you, I love you, I love you, I love you, I love you, I love you ...

You deserve nothing but love, you deserve to be draped, wrapped, cocooned in love. You are not lacking of this Dear One, it is yours, here within you, there is a never ending supply of it. Just be here and drink of your nature. You are love, you are love, you are love.

Breathe, holding yourself ever so gently, growing more full from your own beauty with each inhale.

Let all searching outside of yourself stop here.

Take a moment to realize your source of unending nourishment and love has been inside of you all along, within your own heart.

I would like you to meet yourself here in this place as often as you can remind yourself, hold your heart, whisper ... I love you, I am listening and nourish yourself by your own hands, your own voice, your own heart.

Once aligned with your own source of love, we can love without condition, we can walk without weight, we can heal what we temporarily forgot in our humanness.

When the world gets too big in ways that get too loud to hear this part of you, when you have forgotten to tend to your own being, simply stop, find your way back here, let speaking to your heart take the lead as often as you can remember for in so doing, your needs will diminish as you embody your own great beauty.

Nothing is outside of you, your own kingdom and fulfillment is within.

Sarah Blondin

TRY THIS EXERCISE

Find a photograph of yourself, a happy childhood one (where you can see your eyes clearly if possible).

Spend moments looking into her eyes, connecting.

Ask her what she wants to tell you, to share her secrets, her strength, her belief in herself, her courage, her fearlessness and her childlike wonder with you.

Ask her what she loves, what brought her the most joy, what she dreamt of becoming.

Tell her ...
I will not forget you
I will not abandon you
I will meet you daily
I see you
I feel you
I hear you
I am you
I am here for you Now
I love you

Take those secrets with you and bring those experiences into your daily life, sing, dance, laugh more, life is not supposed to be serious.

