

# **Week 4: The Inner Senses and Your Heart as a Guide Through Time and Space**

## **Lesson 1 – Your Heart as a Guide and Portal**

- The power of your heart is unlimited and is your first guide.
- Identify how your heart tells you “yes” and “no” and how your body responds to these messages.
- Any time and space, including other dimensions and the quantum field, can all be accessed through the heart. This is the place of connection to your Higher Self and God, and therefore to all wisdom.

## **Lesson 2 – Your Inner Screen**

Bringing information from the heart and hearing the energy, displaying this energy on an inner screen, or sensing the energy in your heart center. Then answer the following questions:

1. Do you hear a sound? What is the quality of this sound? What feeling does this sound evoke in you?
2. Do you feel a sensation in your body? What is the quality of this sensation? What feeling does this sensation evoke in you?
3. Do you see a color, image, or energy? What is the quality of what you are seeing? What feeling does this image evoke in you?

## **Lesson 3 – Your Inner Senses**

Go through each guided practice 3-5 times, then go through the practice again while using a voice recorder to answer the questions posed in each.

Self-Guided Practice: return to the practices from Lesson 3 finding nuances in how you perceive even more subtle information. A master finds infinite subtlety in all things. Here are some questions to guide your practice of refinement:

1. What are the finite details you notice when revisiting the same energy?
2. Does it become easier or more challenging as you practice multiple times?
3. How does your mental and emotional state affect your experience?
4. How does your food and caffeine intake affect your experience?
5. Does the time of day affect your practice?

6. Is one sense easier or more difficult to access during a specific energy? (For example, your auditory sense is usually the strongest, but during the energy of water it is challenging to hear anything).

## **Lesson 4 –Your Inner Child**

- The inner child is part of your ego system and lower self. This means that when there is not a trusting rapport with them, they will unintentionally sabotage your experience.
- The lower self works through your willpower. You must reclaim your willpower as your own before you can give your will to a Higher Power, thus enabling you to access higher states of consciousness
- Your lower selves will attempt to sabotage your attempts or control your experience with higher states because higher states are by their very nature, an unknown. The lower self does not do well in unknown situations; it prefers the known and the expected.
- Everyone has several inner selves, lower selves, and wounded inner children. These selves are created from poignant and memorable experiences during our developmental years, which concludes when we are between the ages of 24-26.
- Establishing a loving relationship with all of yourself is the foundation of healing.
- Please note: as you move through the next process, you may meet several inner children, such as when you had the first encounter with your inner selves. Be aware of which one is calling to you the most and focus your attention there. When you return to practice these meditations again, a different self may come forward allowing you to learn something new and heal. Go with the natural flow and do not try to control the experience; allow your inner child to guide you.

## **Self-Guided Reflection with the Inner Child**

This self guided reflection may bring up challenging emotions or painful memories, so be sure to create a comfortable and soothing environment to respond to these questions. I recommend creating a ceremony around this reflection, not only as practice for creating sacred space and entering an altered state, but to honor this process as part of your healing.

Some ideas to help create a soothing environment: play peaceful, quiet music in the background; drink calming herbal tea, light a candle or incense; answer these questions outside so Mama Gaia can hold you through them. Take breaks as needed.

P.S. If you are finding it difficult to answer these questions with words, how else could you reflect on these questions? Try creating art, music, or moving your body to open up space for the answers to come through.

You may want to hold a ceremony as part of your healing process. I have included simple ceremony preparation instructions.

#### Ceremonial Preparation:

1. Prepare a sacred space to be your temple.
2. Prepare your body, your outer temple, in a sacred manner, cleansing yourself, intentionally selecting your clothing, and moving mindfully.
3. Center yourself by bringing your awareness to your belly, heart, and mind.
4. Bring energy from your angels into your heart space, then answer the reflection questions on paper.
5. After you have answered each question, hold the paper close to your heart and express your love and gratitude for everything you have experienced in life, then with reverence, tear up the paper and release the energy contained through burning, flushing down the toilet, or burying them outside.
6. Give yourself care after this ceremony through rest, play, or creation. Walk, dance, sing, paint, shout - continue to allow release and allow the emotions to flow through you without holding on to any stories that accompany them. Continue to surrender to this process and release, release, release.

#### Reflection Questions:

1. What are the negative self-images or beliefs that you still hold about yourself, and at what age do they originate? Answer this in as few words as possible, with one word or phrase, followed by the age. This can give you an idea as to how many inner children are needing your love and care.
2. How do these negative self-images or beliefs affect your thoughts?
3. How do these negative self-images or beliefs affect your choices?
4. How do these negative self-images or beliefs affect your behaviors?
5. How do these negative self-images or beliefs affect your relationships?

6. How do these negative self-images or beliefs affect how you feel about yourself?
7. Hold the paper to your heart and say aloud:

*I thank God/Creator/Source for every experience in my life. Thank you for every teacher and challenge. Thank you for leading me to this moment. Thank you for the wisdom I now carry in my being.*

*I release these lessons with love and gratitude. I release these lessons with love and gratitude. I release these lessons with love and gratitude.*

*And so it is. Thank you, thank you, thank you.*

After answering these questions, give yourself time to release everything you have dredged up and do something fun, relaxing, and playful! Let your inner child feel joy and your current self feel free. This could look like taking yourself on a walk to a place you love, dancing and singing to your favorite music, taking a drive to your local farmer's market or cafe, calling a friend - anything that will bring a smile to your face!

## **Guided Meditation – Getting in Touch With Your Inner Child Meditation**

Questions for your inner child:

1. What are you afraid of?
  2. What unmet need do you have?
  3. What do you need from me to feel safe and loved?
- As best as you are able to, record your experience in writing or with a voice recorder throughout this meditation.
  - Throughout this experience, remember that you are showing up as a loving and wise adult for your little self. You are being the safe guardian they never had, so bring your most compassionate parental version of yourself to meet them. If you find it difficult to show up with this energy, invite an older and wiser version of yourself to also be present with you, to guide and mediate the conversation.
  - Express your desire to love them and listen to them, and let them know they can come to you with anything and ask for what they need. Allow them to feel

the truth of this commitment. Ask if there is anything they want that you can give to them after this meditation and wait for an answer.

- Come back to the body. Reflect on your experience, and if you are able to, give your inner child what they asked for at the end of your meditation. If it is not possible to give this to them right away, make a commitment for when you will be able to give it to them and make sure you write this down so you don't forget! You don't want to let your little self down.
- You may find you are particularly sensitive after this experience. Be gentle, and give yourself extra time and space to move at the rhythm of a small child, instead of a fast paced and stressed adult.
- Repeat the meditation and document any changes. Are there different aged children that come forward? Do the needs or fears change during different practices?
- Please note: If answering aloud is throwing you off and you cannot concentrate, let go of answering aloud and simply move through the meditation internally. Come back to recording aloud to practice another day.