

K a t e L o y e ~ C e l e s t i a l S h a m a n i s m

Inner Child Homework **Date**_____

Child's age_____

Child's needs to care for_____

Become attuned to this call for aid by your child, inside.

Become the listener you never had, giving as long and as much time to be heard as your child needs. Become a really, really good listener. Take it slow....., just savoring what the child needs, and that time does not exist between you and your child. Only satisfying the needs, wants and desires of your child.

Watch and be a great Witness, as you witness your child and are present with your child's needs, you may notice an unfolding. Things will soften or unwind, or transmute and turn into light, love, contentment and satisfaction.

Breathe into this unfolding, transmuting, allow your Breath to alchemically evolve this block and open it to air and light.

Receive this new conclusion, of love, being loved, filled with air, open, soft, flowing, safe and brave. Able to face and cope in a new more creative way to life and the ever evolving flow of situations that are good and bad.

Celebrate yourself and your work and the wisdom and help you have received.

Blessings,

**Kate Loye
kate@kateloyehealing.com
845-255-4211**