

# Deep Listening

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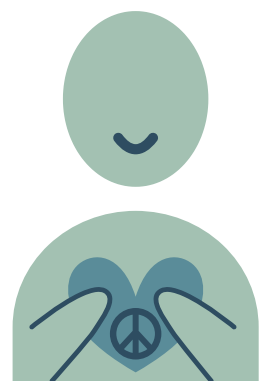


## Cultivating Loving Self-Awareness: Listening to the Child Within

With the image of your inner child still in your mind, let's move into a conversation. This is not a formal interview; it is a gentle and loving dialogue.

Approach her with a sense of infinite love and acceptance. This is a safe space for her to be seen and heard without any judgment. Ask her the following questions and simply hold space for whatever comes up. The answers may arrive as words, feelings, images, or even just a sense of knowing.

**Remember, your only job here is to listen, not to fix, advise, or judge. Just listen with a heart full of love.**





## Honoring Her Voice

As you engage in this loving dialogue, consider having a journal or notebook nearby. This is a special space where you can record everything your inner child shares with you—whether it's a feeling, a memory, a fear, or a need. Writing it down shows her that her voice matters and that you are truly listening. It's an act of validation and a promise to honor her needs and wisdom.

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