

Identifying and Sealing the Wound

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Words That Heal: A Dialogue for Your Inner Child's Core Wound

Now that you have listened deeply to your inner child, reflect on the words, images, and feelings that arose. As you read through the messages below, see which ones resonate most with what she shared. This will help you identify her primary wound.

Once you have found the messages that speak to her deepest needs, you can begin to make the commitments that will help to heal her. To seal this powerful encounter, we will now perform a closing ritual, promising to continue this journey of love and care.





SEALING THE ENCOUNTER CLOSING RITUAL:

- **Healing hug:**

Hug your inner child (physically hug yourself).



- **Sacred promise:**

"I promise to come back and visit you every day. I promise to listen to you and take care of you. I promise to give you the love you have always deserved."



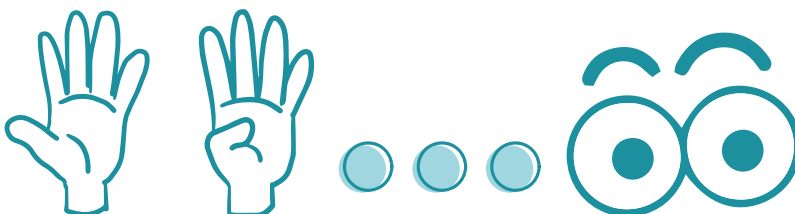
- **Symbol of connection:**

Imagine giving her something special (a jewel, a flower, a crystal) that symbolizes your commitment to her.



- **Conscious return:**

Count down from 5 to 1 and slowly open your eyes.



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AFTER THE ENCOUNTER:

- Write what you experienced in your journal.
- Don't analyze, just record.
- Allow yourself to feel any emotion that arises.
- Hydrate and take care of your body.



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