

Inner Child Healing



Sunflower

Hidden deep within our innermost psyche, we each have an "inner child" that was grievously wounded, and whose unhealed state creates ongoing havoc in our lives.

We actually have a whole "family" of inner children of various ages, most of whom are carrying unhealed trauma of deep wounding.

This essence is for help with the healing of that innermost wounding.

Affirmation: “I call upon this lovely sunflower to help heal my wounded inner child.”