

Inner Child Essences

from Golden Ray

The Inner Child Essences

This beautiful set of 36 Inner Child Essences has been created and developed by Shimara Kumara.

Introduction

These Sacred Inner Child Essences have been given to the world, through my higher self, from the Ascended Masters who are guiding the spiritual transformation of this planet at this unique time. This book contains the channelled information I received for the Inner Child Essence combinations as well as other issues related to Healing the Inner Child.

Healing the Inner Child is one of the most empowering things we can do for our emotional well-being, which promotes a raising of consciousness, higher understandings of one's own childhood and, most importantly, a clearing of deep emotional hurts and imbalances. As we release fear, lack of self-worth, guilt and a myriad of other ego patterns, so we start to heal our inner child, that we may experience more joy, peace and love in our hearts and lives. This leads to a transformation of our life and more harmonious, loving relationships as we create a new reality.

This then brings deep emotional healing and transformation of the past to create a new future: one based on emotional and mental balance, restored inner peace, and, most importantly, more Unconditional Love. Resolving our unhealed issues helps to change our whole life for the better, including all our personal relationships. We then feel more joy and happiness, as our magical, healed inner child creates a more loving reality in our daily life, through our positive thoughts and emotions. This also helps to raise our consciousness to higher levels on our path of spiritual unfoldment, thereby healing us through all the dimensions of our being.

I was very blessed to be helped with this book by my partner, Jeremy Opie, not just through his typing up of my channelled information (which is often difficult to decipher!) but also through his inspired creation of the additional essence indications and references to the chakras and subtle bodies. These are wonderfully accurate and will be very helpful to practitioners and all those using the Inner Child Essences.



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A wonderful selection of Flower, Gem & Crystal Essences
promoting Unity of Mind, Body & Spirit.



Both the Inner Child Essences and related Inner Child Divination Cards are a joyful gift from the Ascended Realms and Mother Earth, that we may all become, that Rainbow Warrior and Magical Inner Child that delights in helping to co-create a new Divine Future for all mankind.

Shimara Kumara

Healing the Inner Child

The inner child is the small one, held within our hearts, who is often hurt or damaged in some way from incidents, shocks or trauma's which often happened in childhood, but also later in life. Our very birth is often traumatic. Add to this karma, the conditioning and attitudes of our parents, school teachers, the media and society generally, which we subconsciously adopt as our own. While some of these are positive attributes, many come from a negative ego perspective and can cloud the radiance of who we truly are. These lead to personality changes and emotional or mental patterns which then go on to affect our whole life and all relationships as the wounded child cries out for help and healing.

With a little introspection we can see how who we are now has been created from our past, and unless we can change any negative patterns we carry, we will continue to create a future based on this past. As we create our own reality, based on the way we think, feel and act, we can start to see how we can change not just ourselves but all situations and relationships around us for the better. As we become clearer, the magical Inner Child is freed and our personality becomes lighter, more playful, creative and loving.

Healing the inner child is our biggest challenge in life! It develops a more positive personality, balanced emotions, more spiritual connection and the most powerful soul growth to be experienced in one lifetime. With higher levels of consciousness we know that there is no such thing as coincidence and we understand that we very purposefully chose the exact circumstances and family to be born into, before incarnation from the other dimensions, to best fulfil any karmic obligations and to give us the most perfect earthly vehicle for the growth of our soul. Many souls at this time have chosen to clear enormous amounts of karma to try to make this their last earthly incarnation and therefore seem to have had very difficult childhood's; however, the soul knew that at this very special time in Mother Earth's history all the help that was needed to become clear would be available to us. These Sacred Essences and the related Inner Child Cards are some of these tools of Light to help us transform and access more of the Unconditional Love, forgiveness, peace and joy held within us, so that we may then experience the incredible magnitude, power and abundance of our Highest Divine Being.

Healing the Relationship with our Parents

Healing any issues related to our parents is particularly important during our inner child work, and especially for a truly balanced expression of the male and female qualities within ourselves, which, again, affect us on deeply emotional levels. This balance within is also very important in creating a balanced expression in all our relationships with others. The two, very powerful Inner Child Essences 'Mother'

and 'Father' are specific essences to help transform problems in this area. In the related Inner Child Cards, there are also 3 different cards relating to Mother and 3 different cards relating to Father, to help clarify which issues need working on for more balance on all levels.

Why is this Relationship so Important ?

Some of the issues connected to our parents we may be very aware of, the obvious ones being the death of one or the trauma of a parent leaving the family home through divorce. In either of these two cases, and many others, we need to sit quietly and go back in time to view the situation through the eyes of the inner child (see also Inner Child meditation CD). Apart from the obvious shock, trauma and sadness there may be other thoughts and emotions, which have been suppressed. The most common of these are anger, "why did they go?", fear that it could happen again or a fear of death, and also guilt, "it must have been my fault". These and many other subtle patterns, like ripples on a pond, will have ongoing effects in all our relationships until they are healed and transformed.

There may also be personality clashes, in which case we need to go within and ask what is that parent showing me, and look at what we need to learn. For instance, you may have chosen a judgmental, angry or dictatorial parent as a mirror, to see any similar patterns that you also need to change, or to let go of fear, or maybe to learn how to stand up for yourself.

Parents personality patterns will rub off on the child, as he or she uses both parents as role models for the way to think, feel and behave. This then becomes deeply ingrained and a permanent feature of our personality. It is most important to understand the need to develop more Unconditional love and forgiveness for any parent we have a difficult relationship with, for this is the way that we have chosen to open up our heart chakra and return to love and peace within ourselves. Look back to the way in which your parent was brought up in their childhood to see their family traits and how they were probably trying to do their best despite those patterns.

All of the above applies even if a parent is deceased and is particularly important if a child is adopted as they will need to work on two sets of parents, and they may often be carrying issues related to rejection or a deep lack of self-worth, which is why they chose the adoption process before incarnation, so as to bring these issues or karmic patterns more into their awareness, so that they may finally be healed and resolved.

All of life is eternal, so any healing you do on a relationship will not only help you but also them, for they will know, on a soul level that you are doing that work and they will feel your love and forgiveness reaching them through the dimensions. This will also help you both to let go and cut any emotional cords either of you have created etherically through the energies of regret, sadness, anger, guilt or emotional neediness. As these cords or ties are released through the energy of Divine Love both then become free to move on in life, or on any other dimension. We need to be sure to release these "holding on to" patterns from any personal relationships, so that our aura becomes clearer, we can then stay in our own space, have more energy and become our True Self.



The child on the front cover is, guess who?

She came into this life with psychic and spiritual gifts but felt fear and great loneliness. She chose for this life a childhood of poverty consciousness, so that she could learn to access her own Divine Abundance; a father who was seriously ill and not there for her, so she could develop more compassion and forgiveness; a mother who struggled to do her very best for the family, so that she could eventually learn that life is not meant to be a struggle, (that one took a long time!). Yes, its me!

*Shimara ♥
Kumara*

The Inner Child Essences

These unique and beautiful combinations of flower and gem essences have been given to us by the grace of Mother-Father God. The sacred flowers and gems are gifts of love from Mother Earth for Her children. The blends, specific guidance on each essence and combination were given to Shimara from the Infinite Intelligence of the Creator, the Angelic Realms and the Devas of the plant and mineral Kingdoms. The beautiful blue glass bottles ensure that the high vibrational frequency of the essences, suspended in pure water and alcohol, is maintained.

The Inner Child Divination Cards

We have also created a boxed set of beautifully illustrated, full colour Inner Child Divination Cards, which have been attuned to the Angelic Realms, who have agreed to work closely with all those using the cards, as they have also agreed to do for all those who are working with the Essences. The Set includes a book with full Card and Essence information, how to give readings for oneself and others, along with powerful I AM Presence Affirmations, for each card and associated remedy state.

Ordering the Inner Child Essences

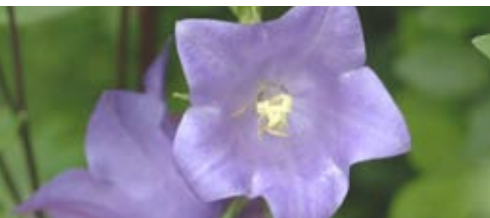
You can order the Inner Child Essences as individual 15ml bottles, in self select sets of 12 essences or in a complete set of all 36 essences. You can also order the Inner Child CD and the Inner Child Divination cards from us.

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Prices: For our latest prices, please see our current order form or look on our website - www.crystalherbs.com



Crystal Herbs Ltd

1d Gilray Road, Diss, Norfolk. IP22 4EU. UK.

Tel: 01379 642374 www.crystalherbs.com

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Reg. Office: 2 Lambeth Street, Eye, Suffolk. IP23 7AG.