

# Release your potential

## Liberating the Inner Child

What do you want in your life right now?

What are you experiencing that you want less of?

depression  
loneliness  
resentment  
stress  
pain  
lack  
fear  
apathy

*What else?*

Inner child work can help you turn your current life challenges around.

If you are willing to change you can!

*Are you ready?*

To start you need to stop looking outside of yourself and look to the child within, the emotional part of you.



Then you can make massive changes in your life from a place of increased personal power.

Our inner child is a major influence impacting on relationships, health, finances and inner peace!

Inner Child work can provide you with a unfolding map of inner potential to address life issues at the foundation cause – the emotions! This is done by using a holistic approach that incorporates mind, body, spirit and heart.



If you are ready and willing you CAN achieve what you want to achieve!

**The most important relationship of all is our relationship with ourselves**

Though all workshops in the Emotional Mastery Series work on building this relationship ....

### **LIBERATING YOUR INNER CHILD**

Focus's particularly on the 'relationship with self' aspect

The emotional mastery series encourages us to build this relationship layer by layer

### **LIBERATING YOUR INNER CHILD**

....checks in with the depth of this connection and promotes the inner permissions needed to

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explore the vulnerable emotional parts of you -  
the wounded child and the wonder child.

Like all the workshops in this series it promotes  
self love and emotional management not through  
suppression but through connection.

## LIBERATING YOUR INNER CHILD

.....focus's on building that  
'Relationship with Self'  
by exploring, validating and releasing  
old unsupportive emotional baggage from the wounded  
child and connecting to confidence, innovation and the  
inner strength of the wonder child.



You have an opportunity to release, replace and bring back to its natural  
balance, whatever it is that you spontaneously need to, according to the  
inner wisdom that resides in you, as it does in all of us.

This is an intelligence beyond the intellect that knows exactly  
what is needed to be released and replaced relating to any goal  
you have set your intention on.

You can experience familiarity with the **inner you** learning to love and  
accept and get the best out of each part of you  
even the bits you may want to reject.

Theses 'bits' also have their value, needs and wisdom.

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You can learn to love and embrace your own wonderful company!

Then in turn you show up more fully in your relationships with others, with money, with your health and your wellbeing.

You will do the following in this workshop

- ❖ Set a goal clarifying what you are wanting in your life right now
- ❖ Through the experience of foundation processes you are provided with holistic personal growth tools that use the power of the group to connect, clear and change the old that may be keeping you from your goal.
- ❖ Through the experience of new processes particularly designed for building a relationship with self you continue this connection, clearance and positive change within you that ultimately creates positive change around you.
- ❖ Promote self love through the little inner you which in turn promotes good relationships, health and wellbeing.
- ❖ Through the power of the group – the microcosm of the great macrocosm of the relationships in our world – you can fast track the process of releasing the old, replacing with the new, creating new permissions with other human beings which is a key step to fully owning your inner power.
- ❖ Experience an environment that is nurturing, healing and supportive.

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**Look forward to new horizons in your life created from the inside out!**

Here's some of what others have reportedly gained from doing this workshop

*Inner contentment after living very stressfully*

*Confidence in knowing what to do when challenges occur to support the emotional self in the best way possible*

*Less blame, Less hurt, Less pain*

*More Joy, More intimacy in relationship with partner, More clarity*

*And lots more*

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