



Realms of Akasha

Week 4 Inner Child Connection

To connect to the Akashic Records, you need to be in a pure state.

The connection with your inner child can bring you to this state as your inner child is your purest state.

The inner child is the doorway to our higher self and the higher self is the doorway to your higher wisdom and connecting and interpreting the Akashic Records.

So we need to clear the layers that are covering the inner child.

Up to the age of 8, we live purely as a child, in the moment, we create, everything seems magical, there is play, fun and joy.

Children live life to the fullest, they allow themselves to feel whether they are sad or happy.

When we grow up, we start adopting beliefs from the programming of parents, society education system, societal system/paradigm.

There is less play, less magic, less joy as we grow as our priorities change and shift to education, good grades, job, money etc.

When we become adults, we suppress the inner child.

We do not allow ourselves to feel fully or believe in magic or possibilities or potentialities anymore.

We lose the innocence touch and instead put rules on how things should be.

This is not your fault, this is due to the programming that everyone goes through.

And this in turn makes it difficult to connect with higher consciousness because we are not in the state of flow but rather we stress on having everything figured out.

The ego mindset comes into play as an adult being serious, sarcastic or in a hardened state.

So we should return to innocence and we do so by awakening the inner child.

Awaken the inner child by

1) Knowing what the inner child wants from you?

Acknowledgement, acceptance, safety, forgiveness, encouragement,
appreciation, love and compassion



2) What the inner child wants to do?

Play and have fun, create, explore, adventure, discover, love and be loved, curious, wonder, give and share, be happy

Take the opportunities that come your way to return to innocence.

The key is to combine your adult knowledge, experience & maturity with play, fun, wonder filled attitude leads to boost in synchronicity and boost in your energy and mood.

Meditation to awaken the inner child

https://youtu.be/ArSR1_lBhxU

Meditation @ 42 min mark

Homework

1. Each day, do at least one thing that will make your inner child happy.

2. Treat yourself with some nice, wholesome, interesting and fun.

For example a game, singing, dancing, learning something new, drawing, driving alone a scenic route, music, painting etc.

3. Or anything that child asked you in the previous exercise.

4. Idea is to be present to take care of the inner child rather than neglecting its needs.

5. The more you do this the more you'll open the connections with higher self, source, akashic realms and realms of possibilities.

