

Transmission from the Inner Child - through Reena Joshi

I gaze upon you with the greatest of admiration, totally in love with the me that I see.

I am your inner child and I look at the me who I am to be, who I am already in so many ways, and I sigh deeply with the greatest satisfaction.

Thank you for giving me this moment to connect with you, and to show you and tell you that you are so deeply valued, so deeply honoured and so deeply cherished by me. I am SO proud to see the me I become "down the line".

Do not look back upon your life with remorse or regrets, with sadness or feelings of abandonment or disillusion - instead, rejoice in what you have accomplished and achieved to date. You are so very loved indeed, and Loved by the Divine. Everything in your life has unfolded for your highest good, and for my highest good, and for that we can be thankful, grateful and at peace.

The past is gone, only ever kept alive by the memories you hold. The pains of past times are in the past. Let them go. As the inner child within you, I am happy to recreate a new reality for me, with your permission. Come, let us do that together now. As you take a deep breath in, upon your exhale, release all the past and all its sadness, trauma, pain, suffering and wounding. And in so doing you allow yourself to be in the only place that truly counts - your present now moment. The power that is Now. The power that is the moment of Now. Rebirthed are you into the Now moment. Going back into the past and recreating it allows you to rebuild a new foundation for you. And in doing so, you allow me to take on a new identity of freedom, joy,

exuberance and bubbly sweet delights that only the inner child can revel in.

Oh, how I long to see you happy, laughing, smiling and light, free from burdens and ills, and in so doing, as you shift, I, too will be reborn with all that and more. How would I like to recreate myself in this present moment? I long to climb more trees, ride more bicycles, chase more friends, play in the pools of water gathered after the rains have fallen. I want to jump into these puddles, stomping with both feet and create a big splash and roar with ridiculous laughter as I watch the flying mud take on a life-form of its own. I want to run carefree into a mountain of dry leaves and listen to the sweet song they sing as they displace their space, for the grace of my illumined face. I want to lie upon the soft grass, and gaze up at the sparkly sky, and count each twinkling star as it playfully speaks and calls to me.

And as I come to recreate myself and you do too, in gratitude for the past that was lived and the life that it served, we shift the reality of this present moment life expression into a higher octave of pleasure and joy, wellness and peace.

Regret never the past. Thank it, forgive it, bless it, love it and let it go.....and in so doing you are granted your freedom - and so am I.

Let us rejoice now in this golden new beginning of the light that descends and becomes the we that we already be. Let us rejoice in the diamond light that we emit from the core of our being. Let us explode in the rainbow light spectrum that showers confetti delights of multicolored fire-flies bursting forth from us.

I am your inner child and to see you smile makes me smile. For Light.....we are <3.