



Forgiveness/Loving the Inner Child

Louise Hay

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Forgiveness/Loving the Inner Child Louise Hay

Through the visualization techniques on this CD, Louise L. Hay creates a safe atmosphere so that you can forgive others and love the child within you. Your inner child depends on you for the love and approval that you may not have received when you were a child. Going within and learning to love and comfort that inner child will bring many wonderful changes to the quality of your life.

“Many times we hold on to old hurts and punish ourselves today for something someone did to us when we were children. That doesn’t make any sense at all. The past only exists in our minds. It’s the inner child that really needs the healing, because the inner child is the one who has had all of the pain. Love is the most powerful healing force there is, and the pathway to love is through forgiveness.”

—Louise L. Hay

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