

A F F E C T I V E A L I G N M E N T

A step by step guide to getting Well from
Within - body, mind and soul!



D R J U L I A N N E D O N A T O
NET Certified Chiropractor
Certified Belief Clearing Practitioner
Affective Alignment Advisor

lessons

01

F U N K I E
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I N F I N I T E L Y
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lessons

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P U R E P O W E R

lessons

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W O N D R O U S
W O M B

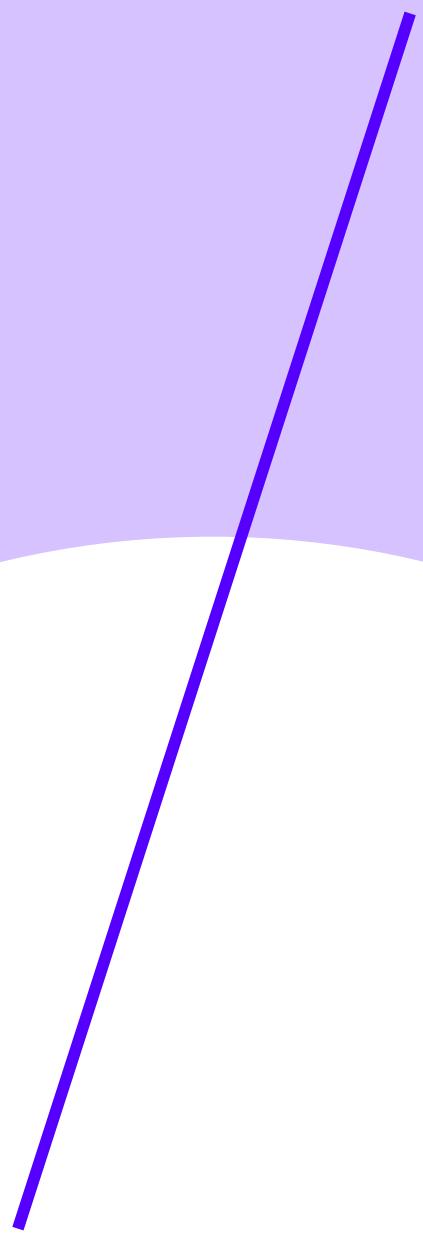
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S A F E
S T A B I L I T Y

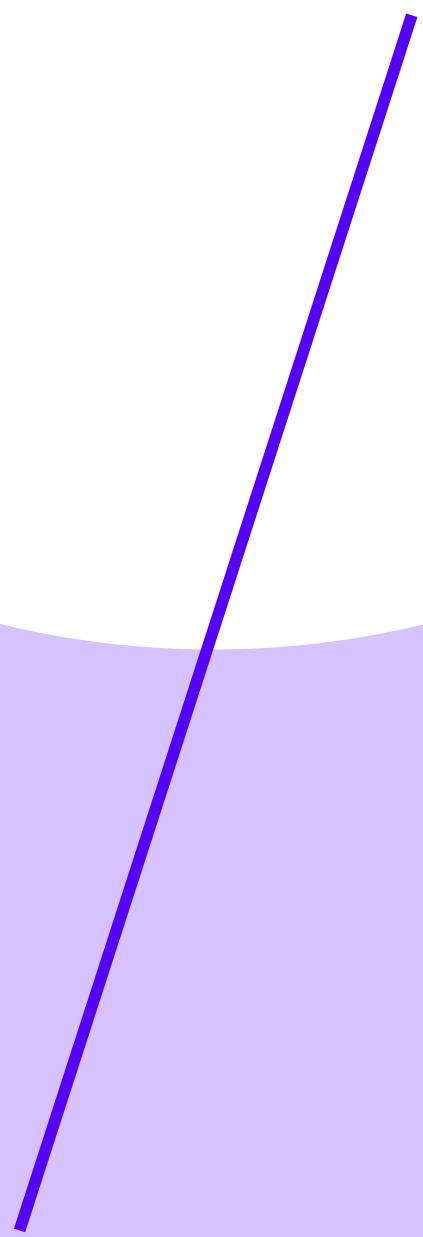
BONUS

I N N E R
I N F A N C Y
&
B Y E B Y E B A D
B E L I E F S !

01



B O N U S



01

Inner Infancy

A guide to healing your Inner Child



Inner Child wounds can leave blockages in our entire beings. As children, we are very sensitive and impressionable - leaving us vulnerable to deep hurts that shape our entire personality and development. When we don't address our inner child wounds, some blockages may never fully heal.

In this lesson, you will find a number of exercises that I have found to be quite helpful and profound. A good majority of the time, the original event that leaves blockages in our Chakra and energy system stems from childhood. So these exercises are good to be paired with not only the Inner Child Meditation,

Inner Infancy

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but also the associated Chakra Meditations.

Do these at your own pace, and do not force anything. Some wounds might feel too deep to address at the moment, and that is perfectly okay. The beauty of this program is you have these exercises for life and can choose to do these at any time, when you are ready to do so.

Inner Child Letter



o This is one of my favourite exercises to do. I myself have done this a number of times, and continue



to do this exercise today.

- This is one that creates shifts overtime that can have a profoundly positive effect on your life and overall emotional wellbeing.
- I know this to be true from my own personal experience, and am very happy to share this with you.

o For this exercise, you will be writing 2 different letters, one from your inner child to your adult self, and the other from your adult self to your inner child.

Inner Child Letter



- o We will take each letter separately.

Inner Child to Adult Self:



- In this letter, connect back with your inner child.
- Write out all of your thoughts and emotions, no matter how childish or immature they may seem to your adult self.
- In this exercise, the goal is to let go of rational thought and allow yourself to be a child again.
- Any experiences or memories that come to mind, embrace them.
- If you think something wasn't fair and you want to have a temper tantrum about it, write it all down on paper.

Inner Child Letter



- Any fears or hurts you experienced, write it down.
- Whatever comes, let it flow through the pen.
- This letter is only for yourself to see, so don't hold anything back.
- Do so without judgment of yourself, or guilt or anything else an adult being might experience.
- Really embrace and honour your inner child for this exercise by being honest with your feelings, with no filter.



Adult Self to Inner Child

- o In this letter, I want you to write down all of the things you'd like to say to your inner

Inner Child Letter



child to reassure
your own safety and
love.



- Any lessons or advice you want to give, give.
- Tell yourself everything you wish an adult had told you when you were a child.
- Behave and respond to yourself the way you desired back then. Write it all down.
 - In this letter, acknowledge and listen to your inner child and respond appropriately to what he / she wants and, more importantly, needs.
 - Once both of these letters are written out, read them back to yourself, starting with the Inner Child to Adult Self letter.

Inner Child Letter



o Once this letter has been read, talk to your inner child and tell him / her that you understand and everything is going to be okay.



- Read your Adult Self letter to your Inner Child.
- Show your inner child that you are ripping up their letter, not because you are ignoring what they experienced and felt, but because you are letting go and releasing these thoughts and emotions and no longer need to carry them around.
- You are giving your inner child permission to let go of all of the bad, and keep all of the good.

Inner Child Letter



- Once you have done this, give yourself a big hug and tell your inner child that you love them and will always be there for them to protect them.

- Once this exercise is complete, a big shift has taken place.
- Please know, this is an exercise that can be done any time your Adult Self feels as if you are being childish.
 - This is usually a tell tale sign, that your inner child is reacting to an experience you had in the past that your inner child felt wasn't dealt with appropriately.

Inner Child Letter



- Each time you do this exercise, you are making another shift.
- Sometimes, you may experience the same emotions.
- Sometimes, they are different ones. But know that with each letter, you are giving yourself a piece of the puzzle you didn't have before.



Inner Child Play



- o This exercise is short and sweet and one I myself do once a week, and for the duration of your program (and beyond), this is something I urge you to do for yourself as well.
 - It is best done on a weekend or other day when work responsibilities won't get in the way.
 - This exercise involves a bit of self reflection as you travel back in time in your mind's eye to when you were a child
 - Remind yourself who you were.
 - What kinds of things did you enjoy doing for fun?
 - Did you play dress up?
 - Did you colour, paint or draw? Did you dance and sing?

Inner Child Play



- Did you play outside and get dirty?
- Really remember what gave you a feeling of joy and freedom.
- This is the biggest difference between children and adults. Children are free. Adults are bogged down with responsibilities. So, for this exercise, allow yourself to be a child again.
- Ask your inner child what he / she most wants to do today. Sometimes, it may be as simple as laying in bed wearing PJs all day doing nothing but watching T.V. or reading a book. Whatever it is that your inner child most wants to do, allow yourself to do this, one day a week, or even for a few

Inner Child Play

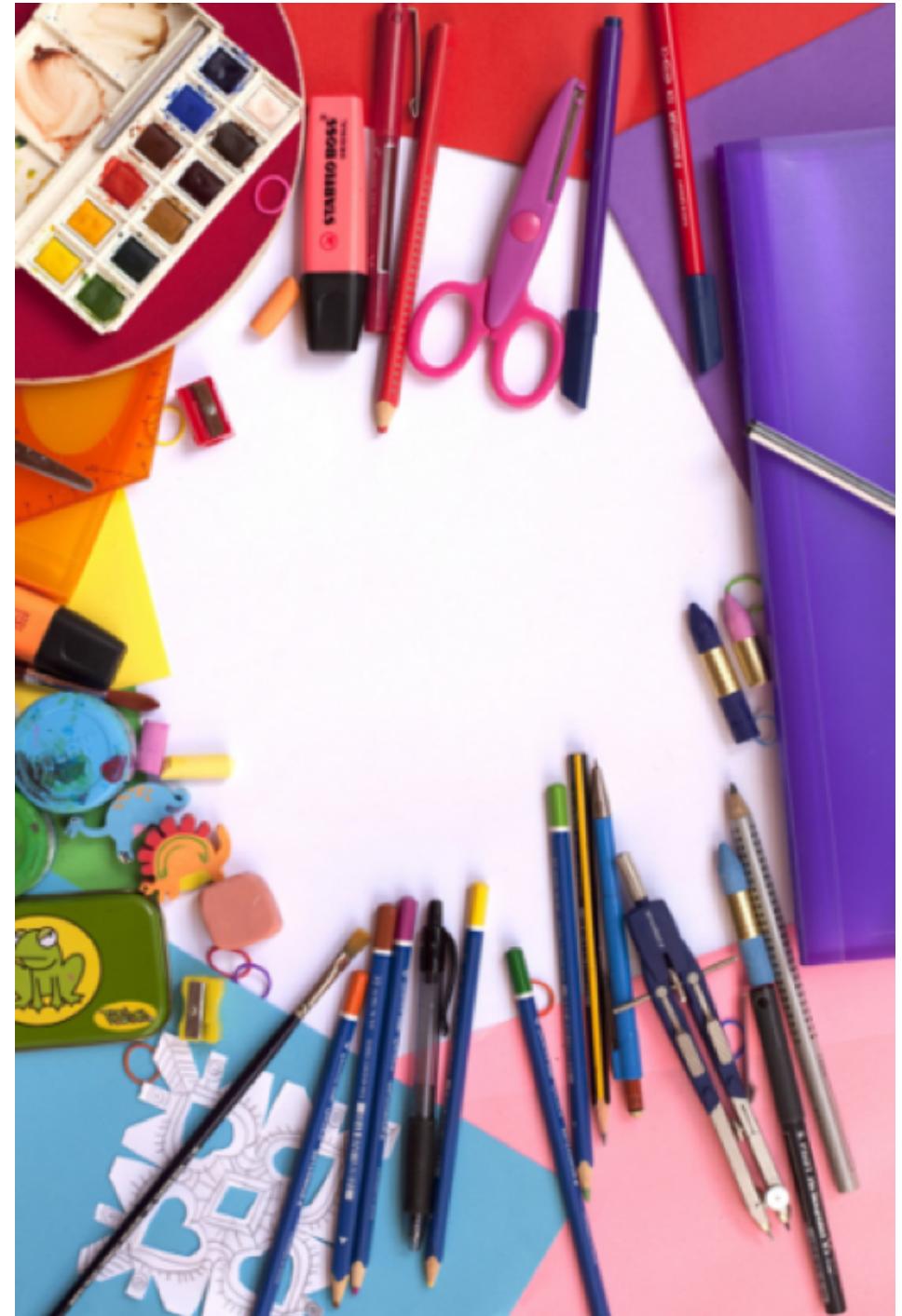


- hours a week.
- Not denying your inner child what he / she wants most, is a huge step towards inner happiness and inner peace. So, I urge you to find a day, evening, or a few spare hours to allow yourself to be a child again.
 - Go jump in mud puddles in your backyard, or build a snowman / go tobogganing in the winter time.
 - Get messy with arts and crafts, or engulfed in toy trucks and dolls if that's what your heart desires.
 - Not only will your inner child thank you for it, but your adult self will too.

Get Creative!



- o This exercise is another way to let your inner child play.
- o Do something creative - whatever you feel drawn to.
 - You may want to do something artistic like draw or colour.
 - You may feel called to write a poem / creative story or even act in a play.
 - Anything that gets the creativity centre in your brain activated.
- o As children, we did this all the time without thinking twice. This is a side to our personalities we feed less and less the older we get and the

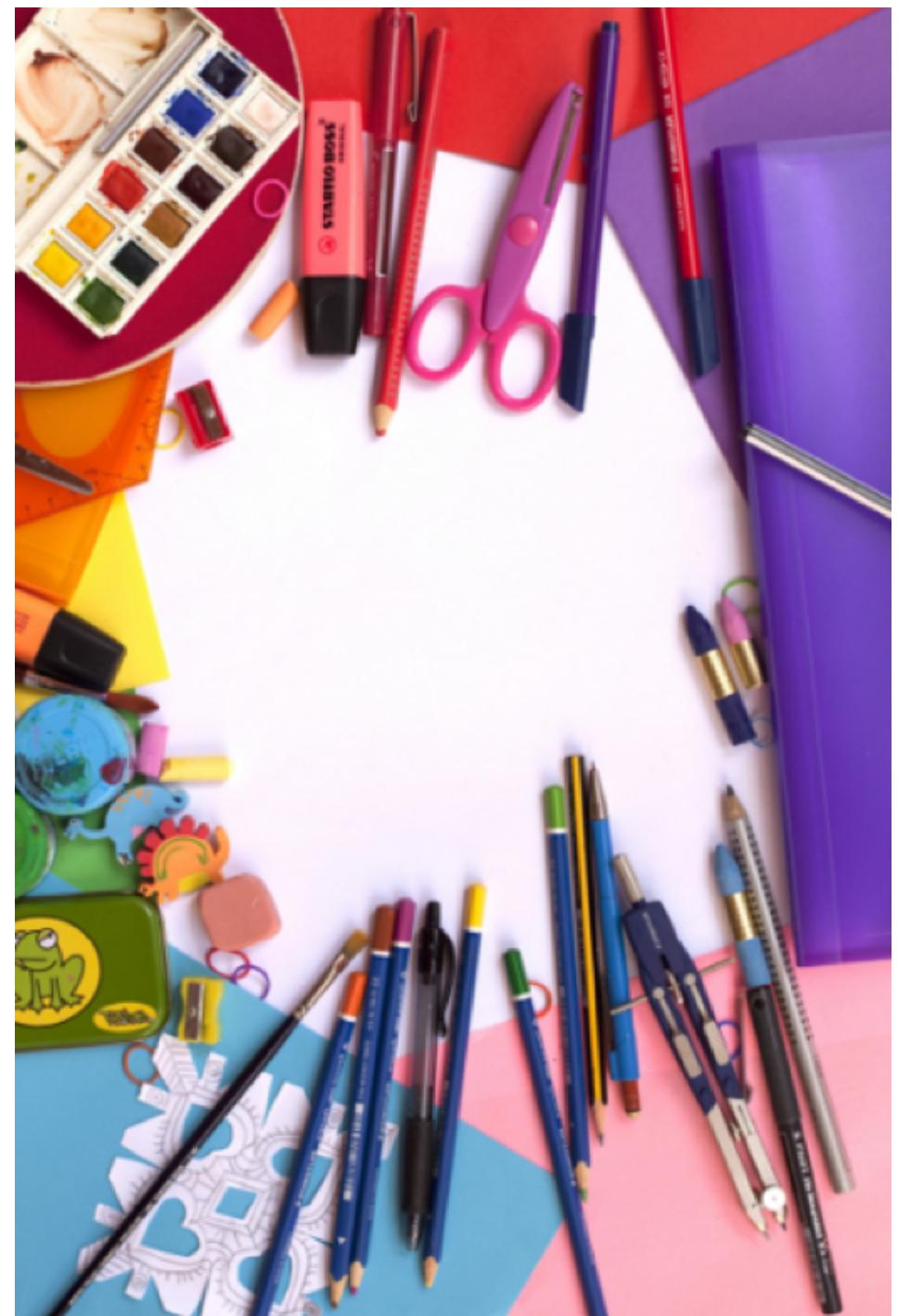


Get Creative!



more responsibilities we take on. But, it is an important thing to do for your inner child.

- o For me, one of my favourite ways to turn off is by colouring.
- I find colouring books with motivational/inspirational quotes and I create something pretty.
- Another fun activity I like to do is Diamond Art or Hook n Latch.
- You can do anything that you feel called to.
- This is a great way to keep your brain occupied without watching T.V. or playing video games or doing something in front of a screen.
- We all have too much screen time these days



Get Creative!



and letting your creative side play is a great way to heal the inner child, screen time free!

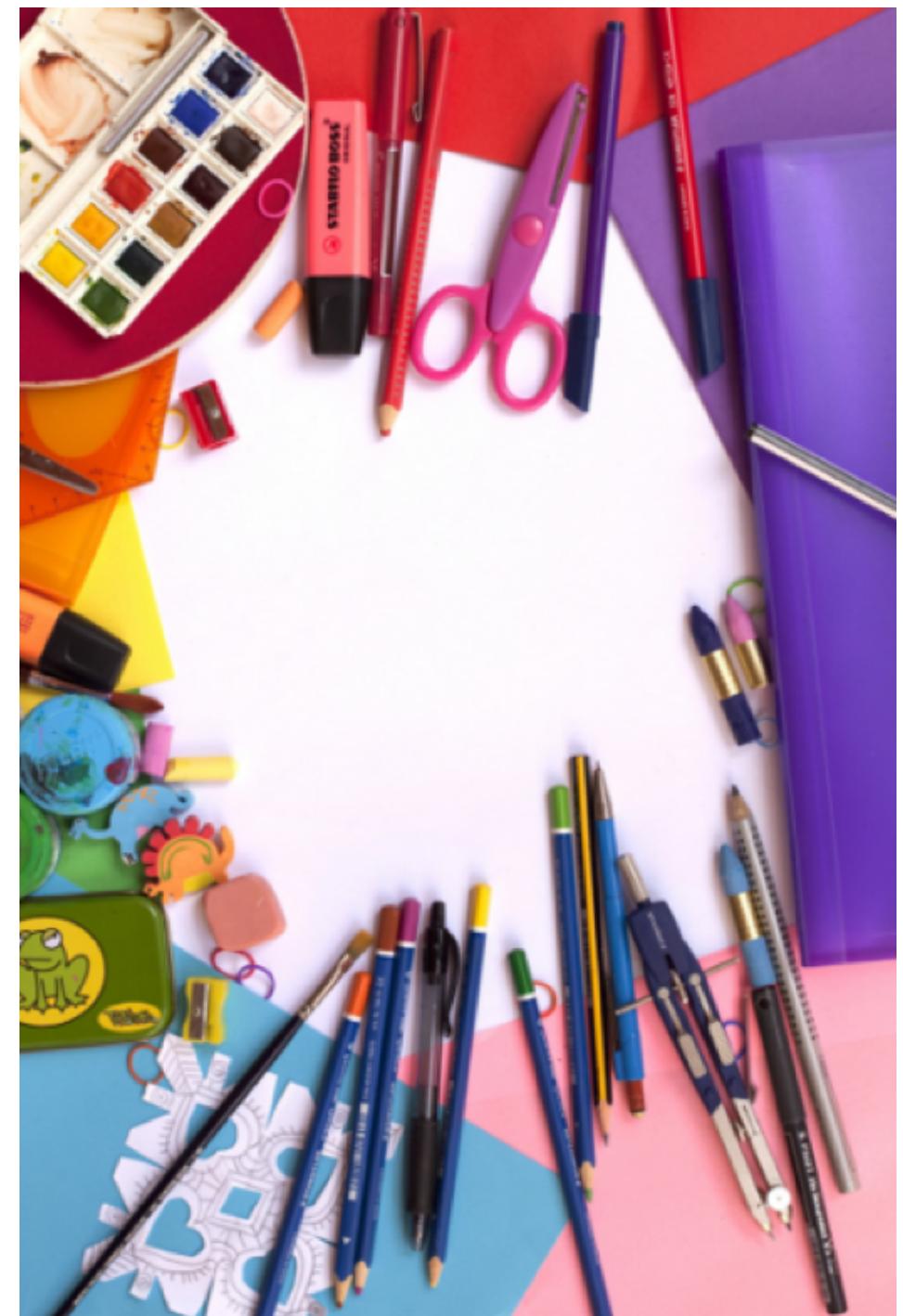


Photo Time



- o This exercise will seem very strange at first, but I want you to look at a photo of yourself when you were a child.
 - Ask yourself how looking at child you makes adult you feel.
 - Do you feel sad?
 - Happy?
 - Angry?
 - Lonely?
 - Loved?
 - Whatever comes up for you, pay attention to the events that come to mind that made you feel these things.
- o If you feel something negative, go deep within



Photo Time



and have a conversation with your inner child.

- Nurture, love and protect yourself.
- Make a deal with your inner child to have a symbol for your own freedom. Something for you to summon up whenever your inner child feels the need to escape and be alone with his/her thoughts.



- This might be a ladder, a floating bubble, a bird soaring high, a horse or dog running happy and free - anything that comes to mind that you/your inner child can associate with release and freedom.
- Reassure your inner child, that you are right there beside them to either speak up

Photo Time



on their behalf, or
to support him/
her when he/she
speaks up for
him/her self.

Say to him/her
“You are not alone
anymore, nor will
you be ever again.

I am here. I love
you and I’m so proud of you.”



Cry it Out



o This exercise is simple, yet extremely difficult. Too often, our inner child buries our hurts and puts them in a box never to be opened. We pretend we don't care. We pretend it didn't affect us. But the wounds are real. They did leave a mark.



o For this exercise, you must admit that to yourself. Reopen those wounds, and allow yourself to cry. Let yourself feel in order to heal. Do this as often as you can. This is a very big piece to the puzzle.

o Find some time when you can do this in whatever way you have to in order to feel safe

Cry it Out



enough to do this.

o It was once said to me "Anger is deep hurt" and that is the absolute truth of the matter.

- We get angry because it is easier than being sad.
- Anger feels strong.
- Sadness feels weak.
- In reality, it is exactly the opposite.
 - It takes so much strength to be sad.
 - Being angry is easy.
 - *Find your inner strength and let yourself have a good therapeutic cry.*



Childhood Memories



- o This exercise is a very simple one and shouldn't be hard to do. All you have to do is think back on happy childhood memories and relive them.
 - If you had a favourite song, get back in touch with your inner child and sing that song to him / her.
 - If you had a favourite movie, watch that movie.
 - Do both of these without judgment or embarrassment. Look at it as therapy for your own inner healing.
 - I myself - now a fully grown, independent adult - still watch The Neverending Story and the old cartoon Power Rangers and I still sing *NSYNC songs. And you know what? It makes



Childhood Memories



me just as happy now as it did back then!

- Doing these things, no matter how silly or childish they seem, are so important for nourishing the child within. Make an effort to do these things regularly.



Inner Infancy



I hope you have enjoyed these exercises to heal the inner child. Work on them whenever you feel called to do so.

If you can, for extra healing, focus on what Chakra might be blocked by some of the things that may come up for you in these exercises.

- For example, if you look at a picture of yourself as a child and feel scared, this photo is reminding you of an event that left a blockage in your root Chakra.
- If it doesn't come to you simply by looking at the photo and thinking back, it might be a good idea to then pair that exercise with the Root Chakra meditation that is in your package so you can pinpoint exactly what experience left you feeling this way.