

Intro

Welcome! I am so happy you are here.

My name is Sharon Salomon. I am a spiritual healer, psychic medium & channel. I am here to assist you with your spiritual journey, whether you are just starting to explore your healing journey, dealing with spirit chords & attachments, or you are deepening your exploration into astral travel, communication, physical opening, manifestations and magic...

I am so very happy you have chosen to watch this session video and download this PDF.

As you may know, this is a donation based session. My purpose is for it to be accessible to absolutely anyone who would like to have a healing experience and would like support. And so, you can donate on my PayPal link below this paragraph, any amount you feel, anything that works for you. If it is zero, that is absolutely fine. This is how the Quantum Financial System works!
paypal.me/SharonSalomon888 or PayPal email: sharonsalomon18@gmail.com

This session is designed such that you can do it many times over, and find different parts of you and layers that open up. My deepest hope is that this helps you and supports you on your journey.

The Session

This session is a little under half an hour, and will give you some insight and methods into revealing & releasing limiting beliefs which are affecting your life, while embracing & bringing home your shadow-self. It is an inner child meditative journey, and includes a practice of allowing yourself to be seen, and a practice of embodying gratitude.

- ♥ Fear-based limiting beliefs are simply your ego-mind trying to protect you from threat. These beliefs – *“I’m not good enough”, “I’m a failure”, “I’m worthless”, “I’m unlovable”* etc – went in very early in your life.

For this exercise you will choose one of those beliefs and find a time or event in your childhood when you knew that belief to be there. It will be a difficult, traumatic, scary event.

Close your eyes, and allow yourself, the you as you are right now, to observe yourself as a child going through this event, almost as an outsider. Breathe into it and see it all, as it was. See the child's reactions to what is happening. See the fear, confusion and whatever else the child is feeling.

Notice how you feel now. Notice the feelings in your body too. You may notice that these feelings are how your body communicates with you today when there is danger or fear.

Can you see how the beliefs taken on during those events and traumas are affecting your life today?

Would you ever tell another child *"You are not good enough"*? No. Seeing yourself as a child going through this will help you to comfort, embrace, and reach out to your Inner Child.

- ♥ It is not to judge your mind or yourself for having held these beliefs and for having said painful things to you. It is to lovingly embrace that part of yourself that works so very hard to protect you.

Close your eyes, centre yourself and breathe into your heart, one hand on your heart and one on your solar plexus, and speak to your mind. *'Thank you Mind. Thank you for working so hard for us, but you can rest now. I've got this'*. Say this as many times as you feel.

Let your body breathe the words in. Notice how you feel.

You are bringing all parts of yourself back into yourself, back home. Embrace and give love to all your shadows.

- ♥ Since none of those limiting beliefs are true, take time to claim what *is* true.

Be the leader of the trinity that is your Soul, your Inner Child, and your Mind.

If you had a boisterous, information-soaking, excited, super-protective puppy, you would not let it run wild and run the show. You contain it, train it, and most importantly give it love.

Say the words of truth to yourself, and breathe them in fully: “I am worthy”, “I am lovable”, “I am divine”, “I am amazing”, “I am enough just as I am!” and any other resonating truths.

Let your mind and body absorb it and feel it. Practice it. Say it daily until you feel it in your heart – affirm.

♥ Connect to your Inner Child.

See the beautiful, innocent child who you witnessed earlier in your observance of their traumatic / difficult event. See them in your mind’s eye.

Close your eyes, and be there for her or him. Breathe slowly and deeply and truly see her / him.

Talk to the child. Tell them how sad you are that they went through such a difficult, traumatic, frightening ordeal. Tell them how sorry you are that you ever told them that they are *‘not good enough’*, *‘not worthy’*, or anything else, and that you are now in charge of your mind, and you are there for them.

See and feel if she / he will let you hug her / him. Embrace and hold the child as you hold yourself with your eyes still closed, and tell them how much you love them. Tell them how wonderful they are, that they’re worthy, beautiful and sweet and lovely, valuable, intelligent, amazing, and anything that resonates.

See the child’s face as she / he takes this in, see the child feel it and respond to you.

Trust how this ripples through time and heals.

- ♥ Let yourself be seen. Let yourself be seen for the truths about you. Get comfortable with ‘eyeballing’. Really *seeing* and *looking into*. Practice this with me on the video for the few minutes I do it.

Practice eyeballing with others. Look people directly in their eyes when they speak and share with you. See how you feel and how it is received when you *truly see them*.

Practice with someone who is willing to eyeball with you. Look into each other’s eyes for an extended period – eye to eye, heart to heart, soul to soul – and breath each other in.

- ♥ Practice Gratitude.

Be thankful for every “little” thing in your life. Notice. Say it out loud and feel it. Feel how wonderful it feels to love it all.

Trust that when you begin to raise your frequency in this way, the Universe begins to mirror this back to you.

Contact

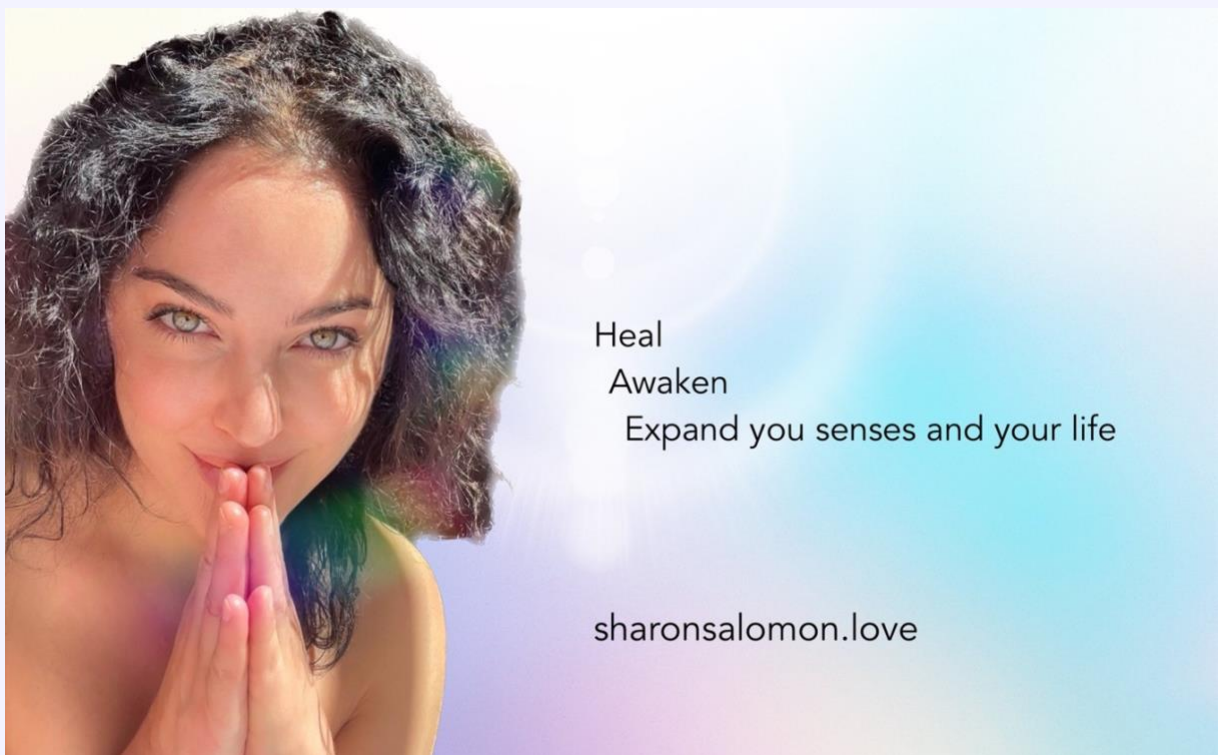
I would love to hear how this has been for you!

Thank you for watching and reading, and for trusting.

hello@sharonsalomon.love

or

Telegram: @sharonsalomon



Heal
Awaken
Expand your senses and your life

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