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# Forgiveness/Loving The Inner Child



## Synopsis

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

## Book Information

Audio CD

Publisher: Hay House; Unabridged edition edition (September 15, 2004)

Language: English

ISBN-10: 1401904084

ISBN-13: 978-1401904081

Product Dimensions: 4.9 x 0.5 x 5.9 inches

Shipping Weight: 0.6 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars 49 customer reviews

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## Customer Reviews

Louise L. Hay is a metaphysical lecturer and teacher and the best-selling author of numerous books, including *You Can Heal Your Life* trade 0-937611-01-8, which has sold 30 million worldwide; *You Can Heal Your Life* Gift edition 1-56170-628-0; and *Empowering Women* 1-56170-609-4. Her works have been translated into 26 different languages in 35 countries throughout the world. For more than 25 years, Louise has assisted millions of people in discovering and using the full potential of their own creative powers for personal growth and self-healing. Louise is the founder and chairman of Hay House, Inc., a publishing company that disseminates books, audios, and videos that contribute to the healing of the planet.

No one delivers nurturing and acceptance like Louise Hay, one of the key voices in the recorded self-actualization and self-improvement movement. Her warm, caring tones are familiar to millions of listeners, and this recording is a basic building block in Hay's philosophy of better living. Learning to forgive is the foundation of happiness and peace--and that means forgiving everyone, including yourself, claims Hay. To bolster her personal talk, loaded with maternal kindness and tough love, she adds valuable guided meditations. Hay knows people so well that these segments will touch listeners where they hurt and where they love. D.J.B. © AudioFile 2006, Portland, Maine--  
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Always loved Louise Hay! This is one of her very best. She obviously takes great care in preparation and production of high quality resources. VERY highly regarded and recommended!

It's okay, not great. Louise Hay did a beautiful tape years ago about loving the inner child that is excellent. Was hoping this was a newer format of that very-well-done-one. Not so much.

I have received a lot of inspiration and healing on a deep level from Louise Hay's teachings. Her shared knowledge is a blessing.

I really enjoy this a lot, I listen to it from my MP3 player before retiring, sometimes I listen while sleeping, waking occasionally. I don't know if what is said will stick with me, so it's not unusual for me to listen to it repeatedly, I don't get bored. Almost everyone suffers from self-doubt and even self-hate (we are only human you know), so give yourself a break by listening to these words words and helpful self-love. This type of message is also known as "guided meditation." Close your eyes, parts of the body are told to relax, then the message begins, soothing and compassionate.

I found a visual way of letting go of the extra baggage I have acquired since childhood. I will be referring to this DVD often for re-enforcement...

I was at a group Dec 11 where this CD was used. When done and the lights raised at least half present had tears in thier eyes. It is a powerful excercise in letting go, forgiving the past and meeting the future. Louise Hays CD's and tapes have been helping people for almost two decades. They are the best of the best. If you can buy only one, start with " You can heal your life" ( The book that

made her famous and helped millions.) Most likely if you are like the rest of us, you will soon thereafter want to own her CD's and tapes. Don't hesitate to buy her products. You are worth it!

This CD has helped me realize the things I was holding on to that I had previously been unaware of. Listening to this CD for the first time was an emotional experience for me, but it was worth it. It is helping me move in a positive direction, even after listening the very first time. I strongly recommend this CD.

I love Louise Hay! At first I was taken aback by the voice she used during the first part of the CD. It almost seems a little hokey. But I gave it another chance and the next thing you know it's working! If you are holding onto guilt and self-judgement, then this is the CD for you. I am a big one for that. I feel refreshed after listening to this CD and releasing some of that judgement and embracing the real "me". It's very effective. I will be using it again and again. You really can't go wrong with anything she does! Namaste'....

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