

## INTRO TO...



# The 6-Day Inner Child Healing Quest

by Atalia Bunce

Welcome to a sacred space of transformation. A place where healing goes beyond what you've known and begins to awaken what you've always carried within.

This journey, lovingly crafted by Atalia, guides you in discovering and reconnecting with the parts of yourself that have been longing to be seen, heard, and held. Through carefully designed journal prompts, guided meditations, and embodiment practices, you'll gently move from inner woundedness to a renewed sense of safety, self-worth, confidence, and empowerment.

We embrace each sacred day with a dedicated pillar that offers you support and structure for the day. Helping you remember who you truly are beneath the layers of pain and emotional unrest.

Atalia encourages you to gift yourself 30 minutes each morning to devote entirely to *you*. These moments of reflection and reconnection is where your healing begins to take root. And once you start feeling the shift, the peace, clarity, and self-love, you may find this practice naturally becomes part of your daily rhythm long after the six days are complete.

Prepare for a metamorphosis!

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## **Pillar 1 — Safety (DAY 1)**

**Acronym: S.A.F.E.**

- **S → Slow the breath**
- **A → Anchor in body**
- **F → Feel the ground**
- **E → Exhale release**

### **1.1. Guided Meditation**

Refer to the attached audio for a 6-minute "Safety Anchor Guided Meditation."

**Clear Focus:** Safety is the cornerstone of trauma healing. Without regulation of the nervous system, deeper work can easily become overwhelming.

**Why This Meditation Works:** Polyvagal research shows long exhalations + grounding touch reduce fight-or-flight.

**Step-by-Step Plan:** Sit, hands on heart/belly, breathe (3 in/6 out), repeat mantra: *“I am safe. I am here. I am held.”*

## **1.2. Practical steps to apply after your meditation**

After completing the Safety Anchor Meditation, set aside 5-10 minutes to journal. Choose 1-2 prompts that resonate most. See journal prompts below.

**Environment:** Write in a quiet, comfortable space, ideally where you did the meditation.

**Reflection:** Write freely without overthinking.

**Frequency:** Use these prompts daily or weekly alongside the meditation. Revisit your responses after a week to notice patterns or shifts in your sense of safety.

## **1.3 Integration Practice: Grounding Into Safety**

After journaling, underline one insight or action from your writing to carry forward into your day, like a reminder to breathe deeply when stressed. Put a reminder on your phone so that every time you look at your phone, that prompt will appear. This practice creates more awareness. Within a couple of days, you won't need the phone reminder anymore, your mind and body will be attuned.

## **1.4 Daily Golden Nugget: The Science of Safety**

When your body slips into a “fight-or-flight” state, it's simply trying to protect you — but staying there too long can create imbalance. In this heightened state, stress levels rise, inflammation follows, and over time the body can drift away from harmony and health. During these moments, the stress hormone cortisol is released. While a little cortisol helps you stay alert and focused, consistently high levels can strain your nervous system and overall wellbeing.

Remember, even everyday stimulants like caffeine can signal your adrenals to release more cortisol, tricking your body into believing it's under stress. So choose calm, nourishing substances that remind your body it's safe.

## **1.5 Journal Prompts**

1. **Body Sensations:** What sensations did you notice in your body during the meditation (e.g., warmth, tingling, heaviness)? How did these sensations shift as you placed your hands on your heart or belly and repeated the mantra?
2. **Mantra Resonance:** Which part of the mantra—“I am safe,” “I am here,” or “I am held”—felt most comforting or challenging today? Why do you think that is?

3. **Safety Anchor:** Describe a moment in your life when you felt truly safe and grounded. What elements (e.g., people, place, actions) made that moment feel secure? How can you bring one of those elements into your day today?
4. **Breath Awareness:** How did the 3-second inhale and 6-second exhale feel in your body? Did the longer exhale help you release tension or connect to calm? If so, where in your body did you notice this?
5. **Daily Safety Practice:** What's one small action you can take today to reinforce a sense of safety (e.g., pausing to breathe, setting a boundary, or creating a cozy space)? How might this action honor your inner need for security?

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If this has sparked your curiosity, consider it a gentle nod of approval for the exchange. Be sure to purchase the full document on our website.

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**NB!!! Remember to add your name and email address as a reference**