



Womb Letter™ #1 — Inner Child



Dear Little One

Hi sweet soul,

I see you. I've always seen you. Even on the days you felt invisible, unheard, or too much for the world — I was here, quietly holding space for you.

I know it hasn't always felt safe to be yourself.

I know you've carried more weight than your little hands should have held.

And I know there were moments when you wondered if you mattered.

You do. You always have.

You are not too much.

You are not too little.

You are exactly enough — and you don't have to prove it to anyone.

It's okay to laugh loudly.

It's okay to cry when you need to.

It's okay to rest without earning it.

Run barefoot in the grass.

Paint outside the lines.

Dance when the music touches your heart.

You are free to be curious, messy, and magical all at once.

You are free to change your mind, to explore, to grow.

I promise to keep listening when you speak.

I promise to keep you safe in my care.

I promise to let you play, dream, and wonder.

I am so proud of you.

I am so grateful for you.

And I will never let you go.

With all my love,

S. McDonald

