

~ 30 minutes

Begin by finding a comfortable position, either seated or lying down. Allow yourself to settle in, closing your eyes gently.

(pause)

As you begin to relax, take a deep breath in through your nose, feeling your belly rise, and exhale slowly through your mouth, releasing any tension you may be holding.

(pause)

Allow your breath to find its natural rhythm, inhaling and exhaling at your own pace. Feel your body becoming heavy and grounded with each breath you take.

(pause)

Bring your awareness to the present moment, letting go of any distractions or worries. This time is for you—an opportunity to nurture and heal your inner child.

(pause)

Now, envision a warm, soft light surrounding you. This light is gentle and nurturing, a safe space for your inner child to come forth. Allow this light to wrap around you, bringing comfort and peace.

(pause)

In your mind's eye, imagine yourself as a child—visualize the younger version of you. What do they look like? What are they wearing? Observe them without judgment, simply noticing the feelings that arise within you.

(pause)

As you connect with your inner child, notice if there are any emotions that come up. Perhaps you feel joy, sadness, or longing. Allow yourself to feel these emotions fully; there's no need to rush or push them away.

(pause)

Now, imagine that you can approach this younger version of yourself. You are safe, and you are here to offer love and support.

(pause)

Gently kneel down or sit beside your inner child, looking into their eyes. Allow them to feel your presence and your unconditional love. You might say to them, “I’m here for you. You are safe, and you are loved.”

(pause)

As you share this moment, listen to what your inner child has to say. What are their fears or dreams? Allow them to express themselves freely, knowing they are in a safe space.

(pause)

Now, take a moment to share words of comfort and reassurance with your inner child. You might say, “It’s okay to feel what you’re feeling. You are not alone. I will always be here to protect you and help you heal.”

(pause)

Imagine wrapping your arms around your inner child, holding them close. Feel the warmth of your embrace, and allow this nurturing energy to flow between you.

(pause)

As you continue to hold your inner child, visualize the soft light surrounding you both growing brighter, filling you with love, acceptance, and healing.

(pause)

Now, take a moment to envision the healing light infusing your inner child with confidence, joy, and the freedom to express themselves authentically.

(pause)

With every breath, feel the love flowing from your heart to theirs. Picture this healing light washing away any pain or hurt, replacing it with a deep sense of peace and comfort.

(pause)

As you share this sacred moment, you may wish to gift your inner child with something meaningful—a small token, a word of affirmation, or a cherished memory. Allow this gift to symbolize your commitment to nurturing and protecting them.

(pause)

Now, it's time to gradually bring this connection to a close. Begin to let go of your inner child, knowing that they will always be a part of you. You can return to this place of healing whenever you wish.

(pause)

Gently say goodbye for now, reassuring them that you will carry their essence with you as you continue your journey.

(pause)

As you prepare to return to the present moment, take a few deep breaths, feeling the ground beneath you once more. Wiggle your fingers and toes, bringing awareness back to your body.

(pause)

When you feel ready, slowly open your eyes, taking a moment to adjust to your surroundings.

(pause)

As you come back, reflect on the experience you just had. Know that the bond with your inner child is strong and that you can nurture it anytime you need.

(pause)

Embrace this healing journey, and carry the love you've cultivated within you as you move through your day.

(pause)

Thank you for joining me in this meditation. May your heart be filled with love and compassion. Namaste.