

~30 minutes

So coming into a comfortable orientation on the mat where if you're seated just resting your feet on the ground and keeping your back straight in the chair closing the eyes and allowing the hands to rest on the lap or to rest on the ground by your side.

If you're lying down then I invite you to allow the feet to fall off to the side and allow just one moment here for any last minor modifications to the body to allow the body to fully relax and fully release into the ground or into the chair.

As we close our eyes, we know that we are journeying inward but that we remain safe. We remain in a familiar environment and we are communicating only to ourselves in this practice.
(pause)

And so we can rest throughout this practice knowing that this is a familiar and safe place.

So now we turn our attention to the breath and begin to slow the rate of breathing. Inhaling and exhaling through the nose and just allow the breath to slow down over these next two minutes. Staying with the breath in and out through the nose.
(pause 60 seconds)

Deep, full, complete breaths.
(pause 60 seconds)

And notice over these two minutes now how the breath has changed, how the rate of respiration has slowed, how the body and the mind are relaxed, quiet and calm and with this awareness on the breath, I invite you to take that awareness one step deeper inside now by focusing on the hips and the lower belly and by bringing our awareness to this lower part of the abdomen we begin to turn into our inner child.
(pause)

We began to turn inward and to make contact with that child.
(pause)

And so keeping our awareness here I want you to imagine a door

I want you to begin to picture every aspect of that door. Picture every aspect of how it looks. Its texture, its color. The handle perhaps see it vividly with the mind's eye.
(pause 60 seconds)

And behind that door is your inner child waiting to greet you, to communicate with you, to be with you.
(pause)

And so here as we begin to journey into this inner child connection, I invite you to ask yourself permission to bring this inner child into this experience by just simply repeating the following three times.

To my beloved inner child, my inner self. I invite you and welcome you into this practice and to emerge through that door at your own pace and at your own time. With complete freedom of choice.

I invite you and welcome you into this practice and to emerge to that door at your own pace and at your own time with complete freedom of choice.

I invite you and welcome you into this practice and to emerge through that door at your own pace and at your own time with complete freedom of choice.

And here now we begin to pay attention to this child. How does he or she look? Is he or she hesitant to come through the door?

What are they wearing? What are their mannerisms?

Are they eager to meet you?

Or they shy?

There's no right or wrong here.

There's no criticism.

It just simply is what it is.

And notice what we're doing is we're connecting in to the true nature of that inner child how it really feels at this moment, not at all times perhaps just at this moment.

So really witness taking a few minutes here to just stay connected to the visual arrival of that inner child.

(pause 2 minutes)

Staying with the image

staying with the vision

staying with the connection.

(pause 1 minute)

Just witnessing here not observing from a perspective of belief or thought.

Just passive observation.

(pause 60 seconds)

Now if willing invite this inner child to come next to you, perhaps sitting on your lap or sitting next to you and repeating the following three times.

Help me understand what it is that you need healing

Help me understand what it is that you need healing

Help me understand what it is that you need healing.

And now again, we just witness we sit back and observe.

(pause)

We let the inner child do the speaking here.

(pause)

We keep our mind quiet calm and relaxed.

(pause 2 minutes)

We let the internal environment speak and now furthering this connection to the inner child, we can ask one further question.

Help me understand what I can do for you.

Help me understand what I can do for you.

Help me understand what I can do for you.

(pause 3 minutes)

And again, we witness

we allow the inner child to speak

(pause)

not our mind

(pause)

and now we give thanks.

We give thanks to this experience and we give thanks to the connection to our inner self, our inner child.

And so with all the love and radiance of your heart shining on to that inner child, perhaps you can feel that into the hips or the lower belly or perhaps you can see this projecting onto the child.

But all of that love and radiance and gratitude shining directly onto the child.

Here now this is not necessarily a discussion of the response of the child but rather simply an experience of you radiating love directly to your inner child.

(pause)

Your inner self

(pause)

and taking just a moment or two here to stay in this experience

(pause 2-3 minutes)

and very slowly now opening the eyes, wiggling the fingers and the toes and bringing awareness back to the mind and the body

(pause)

coming back into the room fully back into your experience fully.

But before we resume our complete waking experience again taking one moment here to just remember what came to you in this practice this meditation and allowing the subconscious experience to become part of the conscious mind. Taking a moment to really commit to memory what experience you may have just shared with your inner child and what insight and guidance you may have received here.

Namaste and to all be well