

## Meet Your Inner Child Guided Meditation

This guided meditation will help you reconnect with your inner child...

To get started, find a comfortable position to spend the next few moments together and begin to turn your attention to your physical body simply noticing how it feels in the present moment...

Those of you that feel safe may choose to close your eyes...or soften your gaze gently down past your nose...

Turn your attention inward now by taking a few deep breaths, inhaling through your nose as you feel your lungs and belly expand, then exhaling slowly as you invite your body to begin to relax...

We will now spend the next few moments together to discover and connect with your inner child...Call to mind an image of yourself as a child spending a moment or two allowing whatever comes to mind...resist any urge to judge yourself or this practice and give yourself permission to see whatever it is that you're sensing as an opportunity to turn your attention inward to explore...

As this image comes to mind, begin to notice:

How you look or what you're wearing...

What you're doing...

What expression is on your face...

What you're feeling...

What you're wanting or needing...**[1-2 minutes]**

Once you have this image in mind, begin to visualize your wise adult self walking over to your child self.

Does the child feel lonely?

Does the child feel happy?

Does the child feel scared?

Simply notice whatever comes up as you stand next to your younger self...

Imagine your wise adult self kneeling beside your child self and grabbing their hand. Look into your child eyes and affirm the following silently or aloud noticing any shifts or changes in your sensations or feelings as you do so:

*"I'm here with you now"*

*“You are safe with me”*

*“I love and accept you for exactly who you are”*

*“You are seen, heard and understood by me”* **[1-2 minutes]**

Some of you may decide to pause the recording now to continue with this practice while others will begin to gently expand your attention outward again returning more fully and presently to the room or space around you... wiggling your fingers and toes, opening your eyes if they have been closed ...

Remember this practice as you return to your day, taking moments throughout to reconnect with the needs and wants of the inner child that lives within you...