

Exercise 17: Techniques for Connecting with the Inner Child.

1. Travel to a place of safety.
 - a. Explore and get in touch with the place of safety utilizing all the senses.
 - b. Call in your inner guide. Ask them to join you and advise you on how to best meet with your Inner Child.
2. While in this place of safety, walk along a path with your guide beside you until you come to a place where you can see the child that you were.
 - a. Notice what they are doing, what they are wearing, etc. - clothing, shoes, hat?
 - i. See if they notice you. What is their facial expression? Do they look curious to know you? frightened? Depending on the child's reaction, ask for your guide's assistance in moving closer to the child and talking to them.
 - ii. If possible, move closer to the child and tell them who you are. Ask them if they would like to come sit with you so that you can talk.
 - iii. Communicate (dialogue) with the child. Let them know that you have come to help them heal all of their pains, hurts and fears. That you are here to give them whatever they desire. With your guide's assistance, answer any questions the child might have.
3. Ask the child if you can give them a hug or if they would like to sit on your lap so that you can hold them. Let them know that you are here to love them - that you do love them.
 - a. If the child is willing, hold them in your arms and feel their little hands and arms around you. Notice the detail in their face, eyes, hands. Let yourself feel the realness of this emotional connection.
 - b. Ask them if they would like a gift of anything that they desire. Give them whatever they ask for. If they do not know what they want, ask them if they would like a gift that you would like to give them (Ask their permission first.) Then give them a gift.
 - c. Receive any gifts that they would like to give to you.
 - d. If you can, honestly make a commitment to the child that you will not abandon them again and will be back to visit with them talk to them and do further work to fulfil their needs and desires.

4. Before you leave, ask them if there is anything that they need before you go. You may want to ask them to give you a signal so that you will know whenever they need you and can use that signal to call upon you.
5. Embrace them, kiss them, hold them one last time with a promise to return. (Don't break your promise to them as others have in the past. Say good bye.
6. Return.

Practice Exercise:

After you complete the meditation, answer each of the following questions:

Location: _____

What was the child wearing: _____

What were they doing when you first saw them? _____

How did they respond when they first saw you? Scared? Curious? Reluctant? Happy?: _____

What did they say to you or ask of you? _____

What gifts did you provide? _____

What emotions and thoughts came up as a result of this connection? _____

What event or events did you and your child experience when you went back to resolve unfinished emotions? _____

How easy or difficult was it to let your emotions come up in the incident you experienced in the meditation? _____

Did your inner child want a new mother/father (or relative) or to have the original person sent off to a healing center to be healed? _____

Describe how it felt to have the new or healed person show up at the door giving your inner child all the love and care that they have ever desired or wanted? _____

Write out in detail on the lines below what you experienced in the meditation and how it feels now having completed it? _____

Exercise 18: Healing Emotions

1. In what areas of my life am I suffering?
2. How do I feel about myself in my relationships or in my career?
3. What feelings do I have around the areas that are not working in my life? Is it sadness, worry, guilt, anger?
4. What is blocking me from being the person I want to be?
5. Where in my family of origin did I observe this way of being, as a child?
6. What are the consequences today, in my life, in continuing to be this way?
7. Why do I want to change?
8. What is my vision for my life in the future?

9. How will I feel and be in that vision?

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