

## **Meditation: Embracing Your Lost Inner Child**

### **Preliminaries**

The first thing that must be done is to get relaxed. The most effective visualizations occur while your brain is producing alpha waves. Alpha waves result from complete relaxation. When you are in the relaxed alpha state, your brain power is in a heightened state of suggestibility. Sit down in a comfortable place. Be sure your head has support and that it is not too hot or too cold. You will begin by focusing on your breathing. Normally you are unaware of breathing, so by focusing on breathing you are making your unconscious conscious.

#### *Record the following instructions*

Start by sitting quietly and becoming aware of your surroundings....

Locate yourself in space and time. Feel your back and bottom touching the chair you're sitting in.... Feel your clothes on your body.... Hear as many different sounds as you can hear.... Feel the air in the room.... Just for now, there's no place you have to go and nothing you have to do....

Just be here now.... You can close your eyes if you haven't already done so.... You can be aware of your breathing.... Feel the air as it comes in and as it goes out.... Be aware of how it feels in your nostrils as you breathe in and as you breathe out.... If you have interrupting thoughts, that's okay. You can just notice them as if they were the sentences going across your TV screen during a program announcing heavy rains or an approaching storm. The important thing is just to notice them. Just allow them to pass by.... You can be aware of your breathing again.... Feel the air as it comes in and as it goes out.... Be aware of how it feels in your nostrils as you breathe in and as you breathe out....

Now imagine that you're walking down a long flight of stairs. Walk down slowly as I count down from ten. Ten . . . (ten seconds) Nine . . . (ten seconds) Eight. . . (ten seconds), etc. When you reach the bottom of the stairs, turn left and walk down a long corridor with doors on your right and doors on your left. Each door has a coloured symbol on it . . . (one minute). As you look toward the end of the corridor there is a force field of light. . . Walk through it and go back through time to a street where you lived before you were seven-years-old. Walk down that street to the house you lived in. Look at the house. Notice the roof, the colour of the house and the windows and doors . . . See a small child come out the front door . . . How is the child dressed? What colour are the child's shoes? Walk over to the child . . . Tell them that you are from their future . . . Tell them that you know better than anyone what they have been through ... Tell him that of all the people they will ever know, you are the only one they will never lose. Now ask them if they are willing to go home with you...? If not, tell him you will visit him tomorrow. If he is willing to go with you, take him by the hand and start walking away ... As you walk away see your mom and dad come out and stand by the front door. Wave goodbye to them. Look over your shoulder as you continue walking away and see them getting smaller and smaller until they are completely gone . . . Turn the corner and see [your Higher Power and] your most cherished friends waiting for you. Embrace all your friends and allow [your Higher Power] a feeling of love and acceptance to come into your heart . . . Now walk away and promise your child you will always be here for them. Hold your child in your hand and let them shrink to the size of your hand. Place them in your heart. . . Now walk to some beautiful outdoor place . . . Stand in the middle of that place and reflect on the experience you just had . . . Get a sense of communion within yourself, with nature and all things [your Higher Power]. . . Now look up in the sky; see the

purple white clouds form the number five . . . See the five become a four . . . and be aware of your feet and legs . . . See the four become a three . . . Feel the life in your stomach and in your arms. See the three become a two; feel the life in your hands, your face, your whole body. Know that you are about to be fully awake — able to do all things with your fully awake mind — see the two become a one and be fully awake, remembering this experience . . .

I encourage you to get an early photo of yourself. Preferably a photo of you before you were seven years old. I suggest you put it in your wallet or purse. Put the picture on your desk so that you can be reminded of this child that lives in you.

Much data supports that the child lives within us in a fully developed state. This child is the most vital and spontaneous part of us and needs to be integrated into our life.