

August DIY Exercise

KEY: BE CHILDLIKE

Each one of us is affected and formed by our childhood experiences, with many of our habits, fears, responses and outlooks stemming from our childhood. Through Inner Child exercises, we can understand ourselves better, heal old wounds and break through our barriers.

INNER CHILD EXERCISE: #1

This can be done as a daily exercise in itself, or as a prelude to meditation.

1. Lie or sit down with your spine straight.
2. Relax your entire body and mind with any relaxation technique you choose.
3. Now imagine and feel your inner child and communicate with her/him
4. Ask how they feel
5. Ask if they have some needs they would like you to understand, address, or be aware of.
6. Express to your inner child your goals and dreams as an adult
7. Give it the positive reinforcement it needs to hear about love, safety, and worth
8. Embrace your inner child mentally with love, tenderness and compassion
9. Feel the child in your heart and in your arms
10. Identify with the small body and feel yourself inside the embrace; accept the love, tenderness, and forgiveness offered to you.

INNER CHILD EXERCISE #2

Approach this exercise with an open heart and receptivity. Be willing to sit with any difficult emotions that may arise. You have the innate strength and inner wisdom to guide you through this process.

For this exercise you will need a mirror.

1. Find a quiet, comfortable space where you can be alone. Have any meaningful objects nearby (a photo of yourself as a child, a toy, crystals, etc.). Create a loving, safe space by playing soft music, diffusing calming scents, using soft lighting, and making the area cozy. This sets the tone for you to do this work.
2. Sit comfortably in front of a mirror and take a few deep breaths. Relax and center yourself. Small acts of self-nurturing like rocking, hugging oneself, singing lullabies, or other comforting behaviors can be implemented during the exercise.
3. Look into your eyes and hold the gaze. See yourself eye to eye. Look deeply into your eyes and find yourself. Spend a few minutes observing your face in the mirror (your eyes, your nose, eyebrows, mouth).
4. Close your eyes. Visualize your inner child and introduce yourself – use a nickname or family name if one was given to you. See your inner child and allow yourself to connect and feel the emotions of this child. Did they feel safe? Were they happy? Did they feel loved?
5. During the exercise, visualize truly connecting with your inner child. Imagine the safe, nurturing environment your inner child needs. Provide this loving, safe space for them by being fully present.

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6. **Speak the Affirming Statements below aloud to your Inner Child** in a gentle, soothing tone. Look yourself in the eyes, as you say these statements. As you repeat these Affirming Statements, connect to the meaning behind the words. Allow them to permeate your heart and mind fully. Repeat them as often as needed.

- *I open my heart and mind, and connect to my soul to create a safe space for us to experience.*
- *You are safe and not alone. I will protect and keep you safe.*
- *Tell me your hurts and what you fear. I will take care of you.*
- *I hear your voice and honor your emotions. You are free to speak the Truth.*
- *I accept you and all that you are. You are worthy of unconditional love and acceptance.*
- *You chose your parents and the experiences of your childhood creating the perfect (needed) conditions for your spiritual growth and development. They are/were in the process of fulfilling their own evolution and journey. Forgive them, they did the best they knew at that time.*
- *There is an Infinite Intelligence, Presence and Power, which guides you from within. You are always connected to the Divine Mind, Power and Presence of God. Follow it!*
- *Everything is Divine. There is no one, or thing, that is not the expression of the One universal consciousness. You are no exception!*
- *You are an eternal, and Divine Spiritual Being; in the unfolding process of developing and expressing the individual and unique expression of God that you are. I give you permission to bring forth your Power, Beauty, Love, and Grace.*