
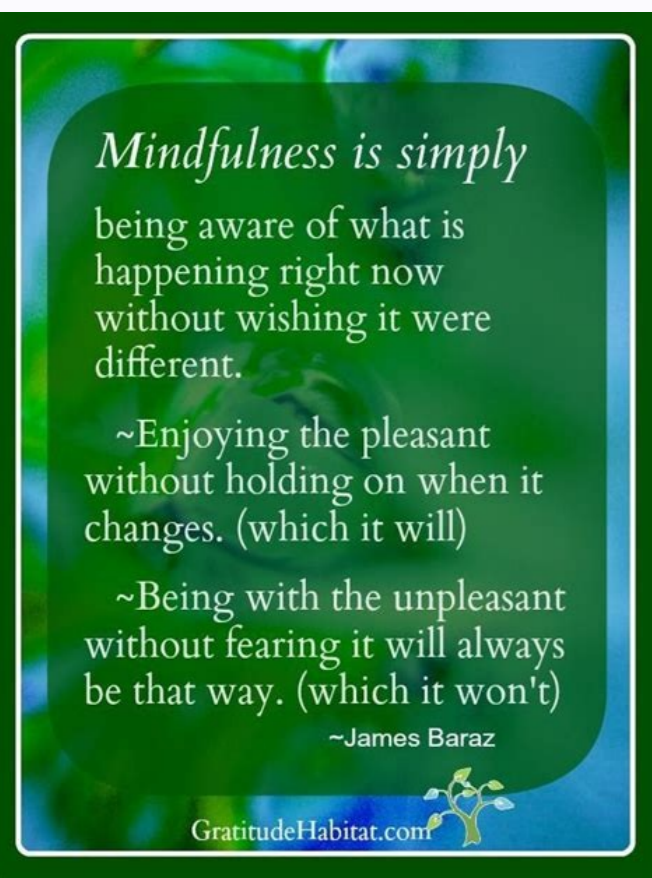


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Color Meditation

For these first few moments, calm your body by relaxing your toes, your legs, your hips, your stomach, your chest, your neck, and last your head. Relax your eyes. We are going to take long deep breaths. Breathe in as 1 count to 3, and then breath out as 1 count backwards.

1,2,3...3, 2, 1 (5X)

Continue to breath slowly, calmly and gently.

Imagine you are in a big bubble. It surrounds your whole body and hovers around you. This bubble belongs to only you. No one else.

Now imagine a color. It may be a favorite color or it may be a color that represents how you feel in this moment. It can be any color that you choose.

Imagine the air in front of you slowly changing into your color. It melts over the side of your body and fills the space beside you. As you breath in and out, imagine the color covering the floor of your bubble. It gently fills the space above your head and below your feet.

All of the air around you has changed into that color, surrounding you with love and happiness. The air may be light around you like a cool breeze, or it may be heavy like a warm blanket.

As you take a long, deep breath, you breathe in your color. Imagine its journey through your nose, down your throat, through your chest, and into your belly. Feel the color expand your body and make it seem lighter.

Each time you breathe in, imagine the color entering your body. As you breathe out your color expands to your whole body.

The next time you exhale, imagine your color traveling from your belly down your legs and into your feet and toes. Each time you breath out, the color grows brighter and stronger in this part of your body.

Now imagine the color traveling out from your chest and into your arms, hands, and fingers. Each time you breath out, the color grows brighter and stronger in all of your limbs.

Imagine your color traveling up from your throat, through your head, and finally shining out through the crown of your head.

Each time you breath out, imagine your color shining out from your whole body and filling your bubble with more brightness.

Now your color is all around you and inside you. You feel happy and loved. You feel settled and confident.

Notice anything else you might be feeling.

Now slowly begin to exhale the color from your body by breathing in and out slowly and deeply. Let the color gradually drift out from your body to join the air in your bubble. Eventually the bubble disappears, and with each exhale, your color joins the other colors in the room. It becomes part of the world around you.

Now slowly begin to bring your mind back to the present and the room we are in, the people and noises around you. Slowly bring your body back to the present by wiggling your fingers and toes. When you are ready, lift your head and body slowly and gently back into a sitting position.

Sit quietly in a seated position with your eyes closed. As we started, we will now end with 3 deep breaths, counting quietly to yourself.

Developed in consultation with Calm Kids by Lorraine E. Murray, and adapted from the book's Color Meditation.

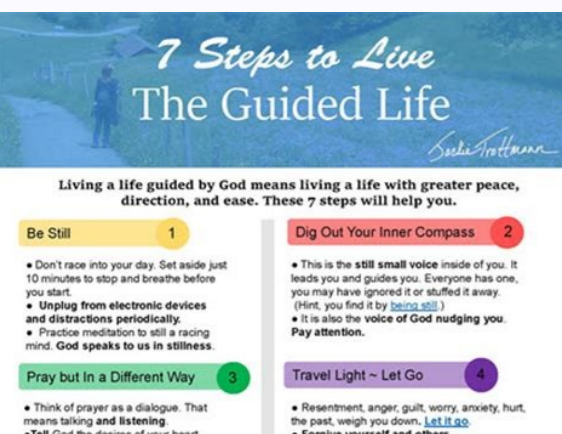


SHORT

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Sink into the ground and relax the head and neck, and the pelvic region. I hope this meditation works as well for you as it has for me. Burmese position (Siddhasana / Muktasana) In this position, you have a relaxed non-cross-legged posture, with both feet on the floor in front of the pelvis. Seiza (Vajrasana) position for this pose will need a meditation mat (or you can borrow one from your sofa). Now listen carefully. Reach for the child, and send them into your arms. Pause and breathe as you experience deep inner peace and calmness. Stay here for as long as you feel good, and when you are ready, slowly return to the present moment. This is important because once you start your practice, you should not be distracted by physical discomfort. Floating around the frames of memories are the dark feelings evoked by the painful moments they portray. You see loneliness; fear; guilt; rejection; disappointment. Repeat several times, empty your mind with each exhalation, while returning your breath to its normal rhythm. Here are some things I recommend preparing for meditation: wear loose clothes, comfy; make sure the temperature is not too hot or cold; moisturize, and empty your bladder; prepare in some quiet and relaxing place; you can choose to play soothing music; I recommend natural sounds for maximum calming. Encourage the child to explore his joy, dance. These are things

you once felt, and we were able to enjoy. This meditation is specifically designed to facilitate the process of internal child connection, and offer a cathrtic cleansing of historical trauma or pain. Preparing to repair the meditation before starting, it is important to get comfortable physically. Meditation for the Healing of the Inner Child Many of us carry childhood wounds that continue to affect our lives as we age rñimreP rñimreP .o±Áin o ±Áin ase edl etnem ut ed ojo le ne latnem negami anu aerc. yvæheeh Worg Seve Rojoy Tel .iSp Desuaræ Evah Hon. Kraff etl DNA Spel RoOY DNA used RuOoy Nepo. elbavol DNA DevernaD NHHEF NHTlAl NHTAeF NHT Lahfi DNhnt renni ruoy hñw toemmoç yolenvitisop ot uyleleht renni of emit ehhte YLLUF LEF NAC UOB OK BUNZ RUOOG E Ekam OK MeMe Tñht GNIHG thgir root edisnñ Iread loeh tfl roh tfl rooy eds yaltneg NHT. 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Detach them, without judging them. Judge them. it, breathe it in.Á Á Pause, and allow yourself to experience the feelings associated with childhood innocence. Lower your shoulders. Pause while you take all this in. Take a deep, cleansing breath in. Pin it for later: Inner Child Healing Meditation Script Begin by finding a comfortable position from one of those suggested above. Notice her shoulders open, the light in her eyes, the small smile that shines from deep within her soul. Meditation is a really wonderful way to work towards letting go of pain while inviting peace into your life in its place. Whichever position you choose, the most important thing is that you find a position you can comfortably sustain for the duration of your practice. Inner Child Guided Meditation Script If youçÁÁAre completely new to meditation or inner child healing, please donçÁÁAt feel overwhelmed. Anyone can follow this meditation script and benefit from it, you simply need to be openminded and ready to embrace the technique. The bubble is sinister, it feels threatening and hostile, like it has taken on a life of its own, outside of the memories playing within. What do you smell? Slowly exhale. Allow yourself to accept that these beliefs are an understandable, but inappropriate reaction to those moments of pain; that they do not reflect reality. Meditation Positions There are many positions you can choose from for meditation. Close your eyes and notice any areas of discomfort. Pause. Add a few positive affirmations to the bubble for the child, core beliefs that will anchor them to you in the future.Á Á Add hope to the bubble. What message can you read in the eyes and the line of the mouth, the set of the shoulders? You can use this meditation regularly, or whenever you feel the need or desire to connect with your inner child, to feel whole, complete, and at peace. Relax your arms, unfurl your fists and soften your hands. Breathe deeply, and hold out your arms to once more embrace this precious child.Feel that your love is flooded and flooded through you, as you remember that you are one and the same. You see how the child is deeply affected by this dark bubble; how the bubble creates core beliefs that the child will carry into adulthood: Á not Á good enough.Á not Á important.Á I am bad.Á I am not worthy of love. Place the arms to the sides, slightly away from the body, and with the palms facing up. Lying (Shavasana) If you'd rather lie down than sit down, that's fine too. Pause here and enjoy the sensations as you feel your body continues to melt into deeper relaxation. Sit upright with the spine is in good alignment, which facilitates deep breathing, and gently push the chin to lengthen the neck and spine. Read: 6 Powerful repair exercises to heal your inner child 6. 2. Who are you listening to? This meditation is specifically designed to facilitate the child's internal connection process, and to offer a catholic cleansing of historical trauma or pain. It is worth pointing out that this meditation may not be enough, as a single practice, to help the child with the internal connection process. offer the therapeutic benefits you are looking for. Then, as you exhale, blow the bubble away from the child. Half Lotus (Artha Padmasana) Similar to the Full Lotus, this position is achieved with one foot above the opposite knee, and the other below the opposite knee. If you want to sit down, you can choose: 1. What are you feeling? You see them playing, one after the other. However, as an element of a commitment to heal your inner child, it can be an effective technique. Breathe deep inside. What feelings can your body language convey? Focus on the eyes, the mouth, the posture. What are the benefits of the child's internal meditation? Meditation?

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