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The Inner Child Meditation

So many healthcare problems have at their root an emotional trauma stemming from childhood, a time of general powerlessness. This meditation brings those hidden needs to the surface and allows you to witness them from the safe distance of time. It is, hands down, the most powerful meditation I prescribe—which I do for nearly everyone!

Instructions:

The Inner Child Meditation is done for 1-3 minutes every morning.

After waking up but before getting out of bed, close your eyes again and lie back. Imagine your Inner Child. Notice what he or she is wearing, how old he or she is, any significant details. Ask your Inner Child what he or she has to share with you. While speaking, do not interrupt or belittle her in anyway. Let her say whatever it is she has come to say. If she has nothing to say, notice that.

Once she is done speaking, thank her for sharing and give her love by hugging, kissing, cuddling, etc. Then, tell her that, whatever is troubling her, she doesn't have to worry any more about it anymore. You are an adult now and you'll take care of it for her.

That's it. Open your eyes and get on with your day.

Be assured that whatever experiences you have with this meditation are 'correct.' There is no right or wrong way to do this, as long as you do it. Your inner child may show up playing basketball and not wanting to talk. She may scream at you. She may refuse to appear in your mind's eye. She may tell you how to bake a cake or spend the whole three minutes rolling heads of lettuce down a hallway—it doesn't matter. Just make the commitment to show up for her every day and you'll be amazed by the power and helpfulness of this meditation.