

# LOVING OBSERVATION

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## A Loving Observation: Meeting Your Inner Child

Now, take a moment to close your eyes and bring to mind an image of yourself as a child. This is a practice of loving observation. There is no right or wrong answer—just an invitation to observe with curiosity and compassion.

**As you picture her/him, answer the following questions:**



How old does she appear to be?

\_\_\_\_\_  \_\_\_\_\_

What is she wearing?

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What expression is on her face?

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What does her energy feel like?

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Does she approach you or keep her distance?

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**Without judgment, just observe and welcome what appears.**