

Guided Meditation: Inner Child Healing

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Welcome. Today, we'll embark on a journey of deep healing and connection. Find a comfortable position and gently close your eyes. As you settle in, allow your breath to become soft and natural. With each exhale, release any tension you might be holding from your day.

This guided meditation offers a gentle path to inner child healing, a chance to connect with and nurture the younger you. Prepare to embrace a profound sense of love and integration.



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Preparation (2 minutes): "Find a comfortable position, gently close your eyes. Allow your breathing to become natural and deep. With each exhale, release any tension from the day."

Connection (3 minutes): "Imagine you're walking through a beautiful garden. In the distance, you see a child sitting alone. It's the child you once were. Approach with love and curiosity. Observe how she is, what she needs, without rushing."

Dialogue (5 minutes): "Sit next to her. Ask her: 'What have you been feeling, little one?' Listen with your heart open. Perhaps she wants to tell you about her pain, her fear, her confusion. Simply listen."

Healing (3 minutes): "Now, take that child in your arms. Tell her: 'I love you exactly as you are. You don't have to be different to deserve my love. I'm here with you now.' Feel how she relaxes in your arms."



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Integration (2 minutes): "Bring that feeling of love and connection to your adult heart. Promise your inner child that she'll always have a safe place in you. When you're ready, open your eyes."

AFTER THE meditation – Write your promise...

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