

A MEDITATION on Holding Space for our Inner Child

Written by Nancy M. For the ACA Women's Retreat Group Workshop

Finding Acceptance As We Age

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The goal of this meditation is to honor our feelings without judgement and provide love within. Listen, say it back, ask if there is more that they would like to share. Your goal as your own loving parent is to make a genuine effort to understand your inner child's perspective and feelings. Being **nonjudgmental** about these thoughts and feelings are important.

Record this into your phone so you can play it for yourself when you are having a difficulty moment. Bring a pillow or teddy bear and pet with you for this.

Begin Recording:

Take some moments to feel your posture, adjust your position so that you feel aligned and safe, upright and relaxed. Scan your body and notice any tightness or stress that is dwelling. Scan your shoulders and neck. Are you experiencing stress? Is there a natural softening or letting go that you can bring to those areas of your body. Can you send a loving assurance to those areas that it's ok to let go of that stress just for this moment?

Place both feet on the ground and sit comfortably. Allow mother earth to hold you up in this moment and support you on your journey inward. Close your eyes if you are comfortable doing so. Take a slow deep breath in and hold it at the top. Release your breath slowly and breath evenly. Take another slow deep breath in and hold it at the top. Release your breath slowly and breath evenly.

Place your hand gently onto your heart or wrap your arms around your pillow or teddy bear. Feel the warmth of your hand on your heart or holding your non dominant hand or the warmth you feel as you hug your bear or your pillow. Bring to mind a place that you felt safe as a child and I want you to meet your inner child in that safe place. If you didn't have a safe place as a child I want you to invite your inner child to a place that you create in your imagination; a place that you create where she feels safe to just be. You are quietly sitting together. You're safe in this moment. Take another slow deep breath in and hold it at the top. Release your breath slowly and breath evenly.

Conjure a mental image of your HP sitting with you. Offering a kindness and compassion; holding space for your discomfort. You are holding space as a loving parent for your inner child and you're surrounded by the sacred presence of your higher power. This is all about pure nonjudgmental acceptance of what is coming up for healing in thoughts and feelings at this moment. Take another slow deep breath in and hold it at the top. Release your breath slowly and breath evenly.

Here are the words of a loving parent that you might offer: Hi little one. I hear you when you say you are frustrated, have fear, or anger around this situation or person. Sometimes things we can't change can be so frustrating. That makes sense. We had a lot of training in our childhood about not allowing feelings, about not knowing how to navigate disappointment. I'm going to practice with you by just listening and being with you while we have feelings and thoughts. Whatever comes up, I'm here with you.

Together we can make space to honor the energy of the feelings. Higher Power is here too to sit with us and help us hold space and just be with the thoughts and feelings. I'm going to stop what I'm doing for a few minutes and be with you because our feelings are important, and I don't want you to go through

this alone. I want to honor and acknowledge our feelings. I know it's hard to sit in this isn't it? It's uncomfortable. I hear you. I've got you. I've got you. Higher Power is here to support us.

Feelings are energy and information and they come to us to be felt and to be respected. We have an ancient ache in our soul that gets triggered and I'm going to try to pause when that happens and just breath into that place with you. A lot of people and situations remind us of our childhood so it's normal to feel triggered. I hear you when you say you feel scared and I want you to know that it's ok to feel all of it. We won't drown under what sometimes feels like a tidal wave of feelings. We're going to go through this together. You aren't alone with these feelings. You get to have all of your feelings and know that I'm here with you. I'm going to check in with you several times today to stay close to you through this because I understand how hard this is. Higher power please help me to navigate these thoughts and feelings and heal the ancient wounds from my past.

Vary the touch of your hand on your heart and pay attention to the warmth from your hand.

Little one, before I leave this conversation with you, is there anything that you would like to say to me? Listen carefully and non-judgmentally. Pause 2 minutes

Thank your inner child for sharing. If you are comfortable, let them know you'll check in as much as you can. You'll do your best to support them when feelings arise.

Take another slow deep breath in and hold it at the top. Release breath slowly and breath evenly. Be present in noticing any shift in the energy. Did the stress reduce? Do you feel heard and your feelings validated?

When you are ready return to the room eyes open.