

# Inner Child Meditation

from

*Healing Your relationship*

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## Inner Child Meditation

Inner Child Meditation is the perfect way for delving into your unfulfilled emotional aspects. A problematic parent-child relationship or an attachment disorder is the source of many unfulfilled desires in childhood. These are then subsequently projected onto the partner, who cannot possibly make up for whatever it was that went unfulfilled in a partner's childhood.

“Romantic” phrases that we constantly hear in all kinds of popular music, such as “I can't live without you,” “You're the only one who can make me happy,” and “Stay with me forever,” are underpinned by a childish, demanding attitude. Such an attitude burdens love in a relationship. As we have seen, you are inevitably confronted again with the emotional deprivation from your own childhood in your couple relationship. It's in your mind-set, and your partner can only cater to your mind-set, precisely because he or she loves you.

Thanks to Inner Child Meditation, you can let go of your identification with unfulfilled desires and still learn how to complement what your parents were unable give you concerning devotion, approval, and closeness. For example, as long as you think you are lonely when you feel lonely, there is identification. However, it is actually the inner child in you who feels lonely. An adult, after all, does not have to feel lonely. Even when an adult is alone for some time, this does not necessarily mean he or she has a problem with loneliness. The child in you is the one who has a problem with solitude or being alone. This child could not have survived without the attention and presence of his or her mother. So every time you feel lonely, need attention, need acknowledgment, or feel let down or not seen, it means that the corresponding unfulfilled desires from your childhood are stirred. It is the inner child in you who needs attention or acknowledgment, needs to be seen, or needs the presence of an adult. Certain external circumstances, such as a particular behavior of your partner, trigger your old feelings of unfulfillment, which means that a similar situation brings back your old unprocessed pain. Therefore, you feel your old emotional unfulfillment, and it feels like it has just happened.

By the compelling power of reciprocity, your partner will most likely be the one to remind you that something is lacking in you. Every time you are reminded of this is an ideal moment to work with this meditation. No matter how powerful your feelings of unfulfillment are, you can always redress them by giving your inner child what he or she still needs, thanks to the Inner Child Meditation. With a lot of patience, you can gradually break your identification with all these feelings and supplement and heal the inner loss from your childhood.

Put about half an hour aside for Inner Child Meditation, and make sure you will not be disturbed while sitting quietly on your own. Maybe you are already in touch with feelings that come up from your inner child or know that they are in you. Both situations are good. It is important that you are patient with yourself and with the child in you. Through several meditation sessions, you will learn, step by step, how it works. If, for example, you have difficulty visualizing anything, just feel it. For others, it may be difficult for them to feel their inner child. In that case, it is better that they use their imagination. Utilize your own creativity. With patience, you will learn a way that you feel comfortable with.

When I ask you to say something out loud, do it at least so loud that you can hear your own voice. As a result, possible solutions or a healing process is initiated. Nothing will be achieved by just thinking hard. The difference between verbalizing and thinking aloud is something you can perceive for yourself easily. Providing the necessary safe space will allow your inner child to express old emotional burdens, such as sadness or anger, adequately and safely. Be adult about this by creating a safe environment to protect the child who lives in you.

Read the instructions for the meditation carefully and thoroughly at first, and do it as feels best for you. Be aware that you may encounter old unprocessed “loads” from your family during the meditation. Just give them back, saying out loud, for example, “Mama, I now give you back your impatience.” It is not bad if it does not work right away, because you may have come into contact with powerful family entanglements. In order to heal these entanglements, it is best to consider doing a family constellation. During the meditation described as follows, we use feelings of loneliness as an example. You do the meditation best with the feeling that presents itself at the time.

Go with your attention inward, and try to feel your body. Breathe deeply a few times with an open mouth. If you sense something definite, go with that feeling to perceive it as clearly as you can. If you cannot detect any particular feeling, go back to one of the times when you, for example, did not feel seen or understood by your parents or felt lonely. Feel the age at which you experienced the most difficulty with this issue. For example, at what point did you feel most lonely in your life? This might have been at the age of five or ten years old or even just three months. Go into your memory, back in time, and feel or observe that baby as best you can. If the feeling is not so clear, it will help to visualize or feel your inner child at that particular age who has had felt so lonely. If it was a little baby, take him or her in your arms like a little baby. If it concerns a twelve-year-old, of course, do not treat him or her as a baby, but rather sit next to the child and have a conversation. A six-year-old may sit on your lap. So use your own creativity, and do something for you at the age of the child in question that feels appropriate to you. Connect with your inner child as much as you can. It may feel strange at first, which is only normal, but continue on anyway.

In any contact, always address the child by name. If as a child you had a different name, a pet name, or nickname, use that name, but only if that feels better. If you have experienced the same feeling of loss at different ages, go step by step through all stages of this meditation for each age and, if necessary, repeat the meditation as frequently as necessary. Start with the feeling when your inner child feels lonely at the age this was most clearly felt for the first time.

Feel or visualize your inner child, and start to communicate with him or her. The first level of all communication with your inner child is sensing the child. Feel your inner child in your arms, close to your body. Feel or observe your inner child struggling with feelings of loneliness. Sensing these feelings is the first step to releasing your identification. You realize that these feelings belong to your past. Instead of “I am feeling...” you now say, “My inner child has that feeling.” This happens automatically by way of you looking at the emotion of your inner child at that age when that emotion originated.

Take enough time to feel your inner child or visualize and tell your inner child out loud, using his or her name, “[Name], I see you.” This is the second level of communication, starting with your inner-child dialogue. While you talk to your inner child, feel the emotions of your inner child.

Try to tune in to the real needs of your inner child. It is normal for us to experience our inner children in different ways; sometimes they might be indifferent, stubborn, or lack confidence. Patience helps out here, so be adult about this and monitor yourself for any signs of being disapproving, resistant, judgmental, or whatever it might be toward your inner child. These are most probably attitudes that you have adopted and copied over from your parents. Let their disapproval or judgmentalism go by saying aloud, “Mommy/Daddy, I give your disapproval/indifference (or whatever else it is) back.” Do this without reproach.

Sometimes you experience resistance to your inner child, which is also something that has been mostly copied from one or both parents. If that is the case, then you have internalized the resistance of your parents to you as a child. So tell your inner child, “Mommy and Daddy gave me what they could give. I may do it differently than Mom now. I may do it differently now than Dad. I love you. I respect you, and I now give you my attention and respect.”

Begin to give your inner child what he or she needs. What a child always needs is someone who is happy that he or she is there. Are you happy to be with your inner child? Can you convey that feeling of joy to your child? Do not dismay if you cannot; that’s OK, because you are only repeating your childhood experience(s). This is normal. Ask yourself, “Who was not happy with me being around? What were the reasons?” Feel what is happening, and try to determine if the emotional load is connected to your mother or your father. Then give it back to him or her. If that does not help, I suggest you to do a family constellation, because this implies an entanglement with a family member who died early or something like that.

If you can feel the joy, then tell your inner child, “[Name], I’m glad you’re here. You’re welcome here with me.” Say that out loud. Nothing is achieved by “saying” this in your head. However, if you say it out loud, it is going to do something with you. Do you feel it? The difference is remarkable. Now say, in your own way, “[Name], you are always welcome here with me.”

Feel and see the reaction of your inner child. Keep repeating the aforementioned phrase until you get a clear response. That might be difficult in the beginning, and it makes no sense to try to force things. Patience is required. If you continue to feel and observe your inner child, he or she will react at a certain point, because he or she actually needs you. What do you feel? If it is loneliness, then let your inner child know that, as an adult, you are always there for him or her. Are you able to convey this to your inner child? This offers a child the best form of feeling safe: knowing there is always someone there who loves him or her. Give your inner child specifically what he or she needs, as made evident from your perceptions. Tell your inner child, for example, “[Name], I will always be there for you, whatever happens.” Make it clear that your words are heartfelt. If other things come up, express these to your inner child as well.

If your inner child asks something of you that you are not sure whether you can give or do, tell your inner child that you are learning to listen to him or her. Be honest. If you remain uncomfortable or fearful, just communicate the way you feel. Just say, “[Name],

I'm scared, but I'm willing to learn to open up." Maybe your inner child feels unsafe with you, has no trust, or is so disappointed that he or she has pulled away. In a case like that, you will need lots of patience. Your unconditional presence is going to heal your inner child. Your inner child has had reasons to give up. Do not put pressure on your inner child, because that will only be counterproductive. Have patience, and respect your inner child.

Breathe deeply, and get into your feelings. Tapping into and expressing your feelings is the greatest way to purify yourself. Acknowledge your inner child's feelings, and be comforting; be warm and loving so that your inner child will feel safe enough to open up to his or her feelings and cry if necessary. If your inner child is really angry, allow him or her to express this anger in a safe way, and say simply, "[Name], I understand you. You have reason to be angry; I respect your reasons. Be angry if you feel angry; you don't have to keep it in anymore," and say, "It's safe for you to be angry." If you feel that your inner child wants to hit or kick, give him or her space. Use a pillow or a mattress or whatever else you have handy for this. Do whatever you can to help your inner child discharge his or her emotions in a safe way. You're the adult. Give your inner child all of the understanding and support he or she needs for safe expression. By taking on this responsibility, you are going to save your inner child.

Make a resolution with yourself that you are going to save your inner child. You will allow him or her to express all of his or her feelings and frustrations, and you will do everything necessary to make him or her feel relaxed and happy with you.

Visualize, inside yourself, a safe haven with a comfortable bed representing your unconditional "yes" for your inner child and a beautiful blanket representing your love and affection. This is your inner child's home. Tell your inner child that he or she is always welcome, and breathe deeply in and out through your open mouth. Visualize and feel that safe haven in you, and then gently rest both hands on your body where the safe haven is. If you still feel the need to say or do something to your inner child, do it now.

To end the session, see yourself bowing to your parents and say, "I thank you for life and for all that you have given me. I'll take care of the rest myself. Love you."

Give yourself enough time for this meditation (at least a fifteen minutes) to allow everything that has happened to integrate. To support you in this process, you might find it helpful to listen to music you like.