
The 'GO HOME' Inner Child Meditation for Healing Toxic Shame and Embracing Self-Compassion

This meditation is about working within the inner child to relieve ourselves of the toxic shame..the toxic guilt....and a sense of abandonment depression that traumatic events, especially in childhood, have given to our psyche. It's the beginning of the inner child work. It could be a good start into the journey of self-discovery and self loving, self-appreciation, self compassion....

Close your eyes and take a deep breath...

It's time to activate the parasympathetic nervous system...

It's time to move away from the old anxiety pathways to the new ones that reinforce confidence, gratitude, courage, relaxation...

And I'm going to count between 1 to 10.... just focus on the sound of my voice...

Each count will relax you deeper and deeper...

One...

Two..... Threeas you pay attention to breathing, each out-breath activates your parasympathetic - your body healing system..... Four..... Five..... Six....feeling that sensation of relaxation..... Seven....

Eight.... blowing out all the tensions in your body...

Nine....and Ten...

Right now I'll like you to imagine that there's a staircase just in front of you. The staircase has 10 steps...

Now it's time to go down the stairs. One after the other, one at a time, one after the other... each step takes you deeper into a state of relaxation and cohesion.... integration...

I am going to count from ten to one...and you can take each step on each count

Ten.... take the first step...

As you continue to pay attention to you breathing... in and out... deeply and slowly...

Nine....Eight...Seven..... Six....

Five....

Four..Three..... feeling even deeply relaxed..... Two....

And One..... as you get down to from the step to the bottom of the stairs,
turn left...

There's a tunnel on your left... a long tunnel... it's got doors on the
rights and doors on the left... different colours... we want to go through the
tunnel...

go through the tunnel... you'll realise that there's a bright light at the end
of this long tunnel...continue to through the tunnel...

And try to go through it to the end... and you realise if come out on the
other side...

and as you come out, you realise that you are on the streets that you
lived in before you was seven years old...

Now pay attention to the street... let your mind to reconnect and
reconstruct that street...

Then I'll like you to locate your house and continue to walk towards
your house...

Now as you walk loser to your house... right at the entrance is the
LITTLE YOU, your inner child, the little you, coming out of the house that
you lived in before you were several years old.... I like it to pay attention to
the little you coming out of the house.... What are you wearing?

Do you have shoes on?....

What is the status that you are in , that your inner child is in?What is the countenance? is your inner child happy happy, grumpy, contained, hungry, excited, depressed, frightened...? What do you notice?

What do you notice? Now gradually move very very close to your inner child and introduce yourself...

Tell your inner child that you are from his future... and you're here to help him/her...

Tell your inner child that whatever happens, you are the only one he will never lose ...you're the only one that will never walk away from him or from her...

Tell your inner child that you understand everything that he's being through growing up....all the pains....all the traumas...

And you want to let him know that you'll be always there for him...

Tell your inner child, '..you do not have to be better, you do not have to be perfect to earn my love. You already of my entirety... you already have everything that I can give... which is my presence.... my affections toward you...

Now ask your inner child if he will love to come to the future with you...now pay attention to what your inner child says... this is very important...

If he says yes, hold him by the hand and start to move away back to their direction of that tunnel...

If he says no,

let your inner child know that you understand, and that you'll always be back to re-nurture him....to provide support... to provide healing until he's ready to come to the future with you united..... so that you can look after him all the time.... if he says yes just take him by the hand and start to walk away...

...now look back for the last time....and as you look back towards the entrance of your old house, you see your mom and dad... pay attention to what you saw.... pay attention to how they behaved... how they looked...

Right now, continue to walk away...and continue to see your mom and dad shrinking and shrinking....as you walk away until you can no longer see them.... You are there with your inner child...

As you turn the corner before the tunnel, there you see your higher power... someone bigger than you that is there give you strength so that you can help re-nurture your inner child that needs your help.... And your higher power tells you..."I am here to strengthen you throughout this time.... I'm here to provide the resiliency, the courage, the compassion necessary to feel your feelings to be more comfortable again in your own body as you re-nurture your inner child... feeling the feeling with him..."

If you have to verbally ventilate you can go on and do that...

If you have to emote to fill the emotions of your trauma... you can go ahead and do that.... Emotions must be expressed, and not suppressed....

...feel the feeling....that's the level of humanity... feeling the feelings... take a deep breath....

And your higher power reassures you that he will always be there for you...

Now look at the inner child, your inner child and carry him...reassure him one more time...and tell him.." I will put you in my heart... where you can no longer leave me and I can no longer leave you... and I will re-nurture to you... I will show you love, compassion. I will never join the aggressors to torment you any more... I will never collaborate with the inner critics to destroy you...I will never join up with the past traumatic events to re-traumatise you... I love you and accept you the way you are...

You are....beautiful.... you are all lovely....you are good enough.... you qualify for the best that the world has got to offer.... you do not have to be perfect.... you do not have to do anything extra to earn my love and my acceptance for you.... feel that feeling of compassion from myself to you.... self-compassionNow put your little child in your heart... visualise that your inner child shrinks in your hand so small that you can just put him/her in your heart...

...where he will be all the time...

Whatever they past has done...

...you are now a grown-up person with more resources... with better developed cognitive brain... with more understanding of yourself... you're no longer their little child that was traumatised... that was bullied... that went through a lot of multiple traumas... you are now an adult ...and you can always always express your emotions with courage... Visualise the past and leave it in the past...and move towards the future...

Now get back to the channel and go through the tunnel again back to the stairs... feeling courageous... feeling powerful... you can always check in on your inner child everyday and reassure him... tell him you love him...tell him he's accepted... tell him he's valuable...he is a people person... he is courageous... he has confidence to create his future... to heal from the past and embrace the future...

This is your new natural state - self-compassion...

As you get to the bottom of the stairs I am going to count from one to ten... each step takes you up into a state of elevated positive emotion and resiliency...and these are your new natural states....courage... happiness...

confidence.... resilience.... joy..... healing..... happiness.... Now take the first step.... One... Two.... Three... Four... Five..... Six..... Seven..... Eight.....Nine and Ten...Welcome back.... This is the new YOU...Fully refreshed... full of self-compassion....

Welcome back..... remember you can always revisit this imagination....

And just let your entire mind go through that again until self-compassion is driven into your subconscious mind.... and then inner child totally reunites with you in a state of agreement. And confidence builds.... courage builds.... you can now face the day.... each day at a time with courage....with gratitude... this is your new self.