



Inner Child Connection Meditation

Adopted by Samia Khan. M.S. LMFT, LPC, CST, PhD

- Take a deep breath in and a deep breath out
- Close your eyes and get comfortable as I walk you through.
- Imagine that you have a struggling as a child and maybe some scenes will flash, or memory comes to mind.
- Take a deep breath in and a deep breath out
- Bring your present self in and come up to the younger version of you, tell them that you're you but all grown up.
- Take a deep breath in and a deep breath out
- Give them something they need in that moment and noticed that you want to tell them and what they need to hear you say.
- See yourself providing them with exactly what they needed in that moment of loneliness and struggling.
- Take a deep breath in and a deep breath out
- Slow down and notice what is happening for them as you meet this unmet need.
- Now tell them how sorry you are it took so long for someone to do this for them.
- Take a moment and notice if they do or say anything in response.
- Ask them how it feels to have there.
- Take a deep breath in and a deep breath out.
- When you're ready bring the younger version of you into your present-day home
- Try to savor this connection and notice what is happening in your body.
- When you are ready you can open your eyes and reorient to present