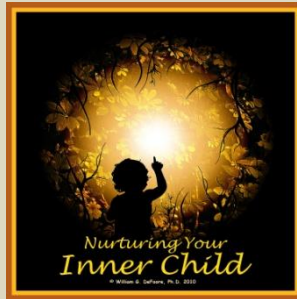


# NURTURING YOUR INNER CHILD AUDIO SCRIPT

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This is the text of the [Nurturing Your Inner Child](#) audio CD/download program.

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## Track 1

### Introduction

You are about to use the most powerful tool available for healing emotional wounds and enhancing your self esteem. Guided imagery and affirmations used in combination address both conscious and subconscious processes, creating complete and lasting change.

The more you listen to this program and follow along with the exercises, the more you will benefit. It took many years to create your current self image and belief system, and listening to this program repeatedly, while following the exercises, will help you to improve your self-image and create a new, positive belief system that serves you well in every aspect of your life.

I encourage you to find a comfortable position and relax each time you listen, so that you can allow these powerful and positive messages to provide the greatest possible benefit.

The image of your inner child is a vehicle, or a tool, to help you connect with your emotions and communicate directly with your subconscious mind. One of the reasons it works so well is that you actually were a child physically in your past, and the image helps you to activate that emotional memory of yourself as a child, and those otherwise subconscious processes.

So, when you visualize or picture yourself as a small child, usually between the ages of 3 and 12 years, you are activating a connection in your brain that allows you access to parts of yourself that would otherwise be out of your reach.

Be easy and relaxed about this. You can't get it wrong. If it's hard to get an image at first, don't worry about it. You can use a photograph from your past to get you started if you like. Your mind knows how to visualize, or you would not be able to picture your favorite chair right now, or recognize your friend's faces when you see them.

Your mind is brilliant, and imagery and visualization provide a way for you to use your brilliance in a whole new way. Your imagination is the creative mechanism of your mind, so I encourage you to use it freely in this process. There is more to you than you have ever dreamed, and your capacity for healing, recovery, rejuvenation and joy are tremendous.

There are different ways of working with your inner child. You can imagine the pure, innocent, open child that was there in the very beginning that remains untouched by what has happened to you in your life. When you connect with this child, you are in contact with the healing, love, and spirituality of your true, original nature.

Images of your inner child can also represent ways in which you have been hurt and wounded. These images will appear sad, lonely, afraid or deeply traumatized, according to which memory they are connected with. They will usually appear curled up in the fetal position, or sitting slumped over with their head down. Trust the image that reveals itself to you however. The picture you see in your mind's eye always has information for you.

In this program, you will be finding, helping and nurturing the wounded children from your past, in order to reconnect with the innocence, healing and goodness of your original child who you were at your birth.

You will slowly but surely reconnect with the pure, innocent child within you that remains untouched by painful and harmful experiences. This allows you to awaken great joy, beauty and love within your own heart.

By the way, some might fear that this will make you too soft, weak and vulnerable to being hurt by others. In fact, quite the opposite is true. Like the mother grizzly protecting its young, the more you love and connect with your inner child, the stronger you will become. The protective instinct is one of the strongest forces of human nature. The more you love this precious child within you, the more devoted you will be to protecting and providing for

yourself in every way. And as part of protecting and providing for yourself, you will also be more likely to eat in healthy ways and exercise regularly.

If you have ever wondered about how to set clear, strong and flexible boundaries, this is the first step. Loving and caring for who you are deep inside automatically establishes boundaries in your relationships, without you having to do or say anything.

Now moving ahead with our program, we will start with a relaxation process, then we'll do some visualization exercises, followed by affirmations to help you with every aspect of your life.

## **Track 2**

### **Relaxation Process**

Find a comfortable position, sit back and close your eyes.

Take a deep, relaxing breath, and feel the tension leave your body as you settle into a place of self-reflection and healing. Take another deep breath, and be aware that with each breath you take, you become more deeply relaxed and at ease.

Feel yourself drifting, peaceful and relaxed, deeper and deeper into a comfortable, safe place within yourself.

You can feel yourself becoming more relaxed now, with each new breath. Your body is breathing a sigh of relief, as you just let go and settle into a deeper sense of ease and comfort.

Your mind and heart are becoming free from worry, and a warm, peaceful sensation is growing within your chest. You can feel your entire body breathing a sigh of comfort and relief, as you drift further into a deep, soothing peace. Just allow any tension you find to be there, and feel it slowly drifting away.

Now imagine a circle of warm, soft light at the top of your head. Slowly feel that circle expand to spread across your head and face, soothing and caressing your skin as it gently relaxes all of the muscles in your face and forehead. Feel the warm waves of relaxation continuing to drift easily and naturally down into your neck, then quietly spreading across your shoulders.

Notice the tension leaving your body, as you take another deep, cleansing breath. The mild, comforting waves of relaxation are spreading down your arms and across your chest now,

washing away any distress, tension or discomfort that was there. Your entire torso is feeling more comfortable and relaxed now, as the waves of comfort and ease spread further down your body.

Your hips and stomach are feeling the relaxation spread and wash through them, bringing soothing comfort naturally and easily into your upper legs and thighs. As this feeling of letting go continues, notice how it slowly spreads across and around your knees, your lower legs and calves. Now the warm waves of relaxation are reaching your feet, and you notice how all of the tension that was in your upper body is leaving through your toes, giving you a general sense of quiet, calm and ease.

### **Track 3**

#### **Visualization with Wounded Child**

Now imagine that you are traveling back in time, into your own memories. Your past experiences that you are entering are here with you now, in your mind's recollections. You are totally safe and in charge as you travel back into your own personal history to bring comfort, healing and reassurance to your younger self.

Remember a time from your childhood, when you needed help, comfort and love. It may be a time when you were deeply hurt, traumatized and afraid, or a time when you were alone, and felt that you had no one to turn to. As the adult you are today, travel back to that time, that town, and that situation, and calmly, confidently, look for that child that was you, back then.

When you find the image of the child, approach slowly, paying attention to details as you go. Notice the house, building or room, if you're indoors, or the surroundings—plants, other people, and weather, if you're outdoors. Remember, you are yourself as the present day adult in this exercise. You're not becoming the child, you're observing the child. If you have trouble seeing an image of your younger self, take your time, and allow the child to reveal itself to you, when it's ready.

If there is an adult in the memory who is abusive, critical or hurting the child you in any way, turn your attention to that adult. With no aggression, just the pure power of right and good, approach that adult. Then hold up your open hand toward them and say, "Stop. No more. You're wrong. You have to go now." Then, as if there were a force field of justice and goodness emanating from your hand, move that person away from your child self, and

keep moving them away until they are completely gone. If you have any difficulty with this, don't worry. You'll get there with repeated efforts.

Now return to the hurt, frightened child. The child might be afraid of you, or frozen or numb. That's okay. If the child seems afraid or disconnected in any way, just say, "I know you don't trust me yet. That's alright. I'm here, and I'm not going to leave you. Anything you feel is okay with me." Be patient, and hold your position at a distance that seems comfortable to the child.

Just like a real child, your inner child will warm up to you when it is clear that you're going to be steady and present. Simply revisit the image until you feel the child is ready to connect with you.

When it feels right to you, take the child in your arms and hold them softly to your chest. Or, if it feels better, sit by the child's side or hold both of their hands in yours and look into their eyes. Once you have made some kind of positive physical connection with the child in your imagery process, say these words directly to the child: "It wasn't your fault. You didn't do anything wrong. You are good. You were just a child, doing what children do. I love you exactly like you are, and I will never leave you."

If the message is really getting through, you will see the child relax, and you will feel this relaxation in your own body. Keep working with this process until you feel a comfortable connection between you and the child.

Now take the child to a safe healing place. This can be a place in your imagination, or a real place that actually exists. It needs to be somewhere that the child would be comfortable. It may be a place for the child to play, to rest or to be cleansed and healed.

If the memory you've been working with involves being touched inappropriately, such as physical or sexual abuse, you might want to give the child a warm cleansing bath to clean away any bad or dirty feelings. Just conjure up some fresh, warm water, or perhaps a pool of warm water fed by a waterfall or underground spring. Gently, slowly cleanse the child's body in all those places where they were hurt.

Spend time with your inner child in this healing place. Tend to their wounds. Hold the child, rock them in your arms, and tenderly caress and nurture this precious, wounded child.

When this feels complete, and you're ready to transition, bring the child into the present moment with you, wherever you are right now. If that doesn't feel safe or you're not quite ready, you can leave the child in the healing place for a while. Just imagine yourself as the

adult you are today, staying there to watch over and protect them until they're ready to join you in your normal life.

When you do bring the child into your present moment, feel their small, warm body in your arms, and gradually allow the child's body to merge with yours, as if it were actually moving into your heart. That is, after all, where your inner child lives.

Now, together, the two of you look back at that memory where the child was hurt, alone or abused, and notice that that place is empty—the child is no longer stuck there in that memory. The child is with you now, in a safe place where they belong.

If your present environment is a safe, loving place with healthy relationships, then show the child around your present home and life, saying, "This is your home now. I'm so glad you're with me. You come first, from now on. I will always make sure your needs are met before I focus on the needs of others."

As you hold and welcome your inner child into your life, be aware that you are this child, and your adult self, all at the same time. You are vulnerable, innocent, open, creative and spontaneous as the child, and you are also responsible, strong, loving and capable as an adult. You have everything you need in order to be whole and complete.

## **Track 4**

### **Visualization with Your Original, Innocent Child**

Now you are ready to find and connect with your original innocence, purity and joy that was there at your birth. To begin this process, think of a time when you can remember being carefree, happy, spontaneous and innocent. If you don't have a clear memory of this, that's okay, and completely normal. You may want to use a photograph of yourself as a child, if you have one that shows you being happy and/or content. And it is totally acceptable to make this image up in your mind. Your imagination is the eyes and ears for your inner journey, and you will be able to make every step of this journey successfully.

Another way to access this image is to think of your earliest painful experience, and imagine the innocence you had just before that event occurred. Even if it seems like you're making all of this up, that's okay. Remember, your imagination is your vehicle for self exploration.



As you picture that child inside who has never been touched by pain and sorrow, recognize the beauty and purity of its heart and soul. Cherish the soft light that surrounds this precious child, who represents who you are, deep inside. Notice the wide-eyed innocence in the child's big, open eyes. Regardless of who you are or how you currently see yourself, you were once that vulnerable child, and it is still alive inside you right now.

Open your heart, mind and body to receive the gift of this natural joy, beauty, and innocence from within. This child offers you love, creativity and spontaneous expression that are naturally and rightfully yours. It may be hard for you to fully see and allow this image, but keep coming back to this place until you finally connect with this wonderfully powerful image of your deep inner nature.

Consider that this child is in a way both young and old, naïve and wise. It represents the memory of who you were at birth, and the great spiritual mystery from which you came.

Looking into your original, innocent child's eyes can be like seeing into the heavens, or far into the ocean's depths. Consider as you do this that you are catching a glimpse of your own magnificence, beauty and grace. Allow the comforting, soothing feelings of peace to emerge from within the core of who you are.

The more you do this, the more you will notice yourself becoming more spontaneously joyful, creative and loving in your everyday life. Watch for and expect signs that you are becoming more and more comfortable in your own skin, more and more at peace in the depths of your soul.

## **Track 5**

### **Visualization with Your Own Birth**

This is your chance to welcome yourself into the world the way you choose to. It is also an opportunity for you to claim the position of parent to yourself, taking full responsibility for your own care and nurturing. This exercise is purely imaginary, and yet what we are learning about the power of imagery is that you are actually having a very real experience when you imagine it.

This exercise is especially helpful if you were rejected or treated badly because of your gender, skin tone or birth order, or even if you were favored and treated as special—giving you a false sense of who you really are. Now you get to receive and welcome yourself into the world as the unique, one-of-a-kind being that you are, with no projections or expectations of any kind.

In your relaxed, comfortable state, travel back in time to the city, town, house, or hospital where you were born. Quietly, calmly enter the room where you were delivered. This time, you will be the first to receive the precious child—yourself—into the world. You are completely in charge of this visualization, so only include what you want to include.

Watch peacefully, reverently, as your new life emerges from your mother's womb. As the baby that will one day be you comes forth into the world, receive it gently into your hands. Ever so tenderly, allow the child to begin breathing without its mother as it rests in your arms. When it's ready, carefully cut the umbilical cord, delivering its life connection from the mother to you. Place your infant self now, ever so softly, into the basin of warm, clean water that is there by your side. Tenderly, gently wash away the afterbirth, loving and caressing this precious child with every movement and touch.

Then, when the pure, innocent child just arriving from the spiritual dimension to this physical world opens its eyes, say these words, or similar words of your choosing:

"Welcome to the world, little one. I am so glad you're here. You bless me with your precious presence. You are one of a kind, and I so look forward to discovering who you are. I know, deep in my heart of hearts, that you have great gifts to offer, and it will be your greatest joy to offer them. You are my inner self, my connection with the source of life itself, and I will always be here for you, from now on. I will protect and care for you, so that you can thrive and prosper, and so that you can be free to express the unique individual essence of who you are. I am your adult self, and this is the beginning of our second chance at this life. I know that you have gifts, talents and abilities that I have never fully realized. Together, you and I can do whatever we set our heart and mind to. I commit to you to be healthy, clear and strong as a responsible adult. I am inspired by you and my love for you, to provide a wonderful, joyful life into which you can emerge in your full creativity, radiance and beauty."

Now, in your imagination, take that child into your life, and into your world. Introduce the child to your favorite places, your favorite people, your favorite music and art. Show this newly emerging self the very best and most uplifting aspects of your life. In your home, find or create a piece of art, a photograph, an object or a special place that will remind you of this child's radiant, precious, innocent and beautiful presence in your heart and soul. Revisit this child regularly, as it emerges within your body and mind, filling you with its pure, spiritual joy and love.

## Track 6



## Techniques for Re-parenting Your Inner Child

This exercise is useful for providing yourself with what you did not get when you were growing up. Many people were neglected as children, and did not know it at the time. This is your chance to set things right for yourself. The following segments will include statements from your adult self to your inner child. Part of the value of inner child work is that it strengthens and enhances your adult self. Stay focused on yourself as a healthy, strong adult, as you visualize your inner child in each of these exercises.

### Track 7

- This is where you can provide yourself with the sexual guidance you needed and never got:

Visualizing your inner child at the appropriate ages (usually 6-12 year old), with the appropriate content for the age, create your own script from the following ideas. You might choose to make your own recording so that you can listen to the messages in your own voice. The message you want to give your inner child will be something like: "Your body is beautiful and perfect in every way. You are naturally a physical, mental, emotional, spiritual and sexual being. Your sexuality is a natural and beautiful part of who you are as a person. Your sexuality and your sexual organs are just right for your body, and completely natural to your overall being. You are designed to experience pleasure, joy, connection, love and ecstasy through the experience of your sexuality. And you are designed to contribute to the creation of life, through your sexual organs and the magnificent design of your body. This aspect of your being is precious, powerful, and extremely sensitive and vulnerable. As the adult self, I will keep us safe by always acting responsibly in sexual expression and sexual connection. I will provide the sacred container we need to know the full joy, beauty and ecstasy of sexual connection and sexual expression, and you can be at peace with all that you are."

### Track 8

- Here is a way for you to enhance your belief and confidence in your intelligence and overall mental ability:

It is a fact that you have a brilliant mind. It is standard equipment in the human organism. But most of us received messages as children and throughout our lives that caused us to think otherwise. Here is a chance for you to remove the barriers to your own full experience of your natural intelligence. Picture your inner child, and say these

words to him or her: "You have a brilliant mind. You are smart, and you have wisdom that comes from deep inside you, that you were born with. As an adult, I have life experience that adds to your natural brilliance and wisdom. You have the ability to concentrate, to focus, to pay attention, and I will provide wonderful opportunities for you to focus on positive, interesting, uplifting information to help you. You are unique, and your learning style might be different from others, but it is the perfect one for you. I celebrate your natural curiosity and your desire to learn and understand. I recognize that your brilliant mind connects with a source of wisdom and knowledge beyond our life experience. I will offer wisdom from my life experience as we explore and express this brilliance that you bring. Your mind is a treasure house of creativity, insight and understanding. As an adult and your very best friend, I will always encourage you, support you, and find ways for you to learn and express yourself in the ways you choose and the ways that are best for us."

## Track 9

- Now let's strengthen your commitment and confidence in your physical health and natural healing ability:

Your physical body is naturally a self-healing organism. The cells of your body know how to rejuvenate, regenerate, revitalize and restore. Here is a suggestion of what you can say to your inner child: "Your body knows how to heal itself. Your body is amazing, powerful, beautiful and magnificent in its functioning. You are naturally healthy and energetic. You naturally and easily rebuild, restore and rejuvenate within your body on an ongoing basis. Your body knows how to revitalize and regenerate, automatically and spontaneously. You don't have to do anything to make this happen. Just relax, laugh, play, love and be loved. Look for things that make you happy, that warm your heart and make you smile. This activates the natural healing and rejuvenation functions in your body. The happier you are, the healthier you are. The better you feel, the better your body works. As your adult self, I take full responsibility for taking care of this grown-up body, by providing a healthy diet, regular exercise and lots of pleasure, rest and relaxation on an ongoing basis. Feeling good in my body and mind is my top priority, because I know that when I'm taking care of my body, I'm taking care of you, my precious child. I believe in you, little one, and I believe in this magnificent, self-healing and regenerating body that is our home."

## Track 10

- This is an exercise to help you with your sense of accomplishment and performance, which are an important part of your overall self esteem:

Think back to your early life and remember a time when you tried something new. It may be a time when you were learning to play a musical instrument, or some kind of sport. It may be your first effort at singing or dancing. Here is your chance to be a champion to yourself. Picture that child version of you from your memory, trying so hard at that activity, and say these words to the child: "Wow! I love your spirit, and your willingness to try new things! You are bright and capable, and every effort you make is a good one. I love how you try, the energy and focus you put into what you're trying to do. You're a winner, in my eyes, no matter what. I'm so very proud of you, just for being who you are and trying so hard. You don't have to do anything to win my love. I love you exactly as you are. I will support and encourage you at whatever you want to do. You are naturally coordinated and talented. You have innate abilities, and I will help you bring those out. You have your own unique way of doing things, and in my mind your way is perfect, no matter how it looks to anyone else. Accomplishment and performance is all about having fun. The more fun you're having, the better your performance will be and the more you will accomplish. I'm on your team. I'm your number one fan, and your greatest supporter. I am your champion, and I will stand by you no matter what happens. I know that doing new things and learning is how you will come to express the unique gifts that only you can offer this world. I am so glad that you are my inner child, and that I get to be the adult that takes care of you and supports you."

## Track 11

- Here is where we encourage and cultivate your inherent creativity:

You are naturally creative, and it has nothing to do with what others might think of what you create. Creativity is simply a matter of doing something you've never done before, without guidelines—so that it comes straight from inside you. Even if you take lessons and follow others' guidelines, you are still being creative when you come up with something that you have never done before. This is what you can say to your inner child about creativity: "You are a naturally creative being. I love that spark of light that springs up from within you that is uniquely you. That's what allows you to do things in your own special way, and I love it when that happens. I will provide many opportunities for you to express yourself in creative ways, so that you and I can nurture that brilliant light from within you, that connects you with the very Creator of the world. When I provide a safe, open space for you, and you bring your creative touch, your

unique voice, to the situation, something magical comes through you, that is both you and not you. You are a doorway to the creative source of all good things. When you are giving your full and complete creative expression, that is when we together witness the deepest joy, the greatest love, and the most healing, vibrant energy available. I so look forward to this creative journey that you and I are making together."

## **Track 12**

### **Affirmations Intro**

These affirmations are designed to help you access and connect with your inner child. Each one will be repeated two times, with different emphasis, so that you have different ways of thinking of and receiving the positive statements about yourself. It's a good idea for you to say them out loud or silently to yourself as you listen, or to write them down along the way. The more you listen to, repeat and write these affirmations, the more you will believe them. The more you believe them, the better you will feel about yourself, and the more kind, compassionate and successful you will be in all of your relationships.

## **Track 13**

### **Affirmations for connecting with your inner child**

- \* I was born innocent and open
- \* As an infant, my eyes, ears and mind were wide open
- \* The child I once was is alive within me, right now
- \* I am still an open, innocent child, deep within myself
- \* Within my innocent, open self, I feel a natural and spontaneous love and joy
- \* I was born with the ability to love
- \* Deep within me, what I want most is to love and to be loved
- \* It is completely natural for me to need and experience love
- \* The child that I am deep inside is good
- \* My inner child is totally innocent

- \* In my innocence, I am free
- \* I release the need to limit myself in any way
- \* As a child, here inside, I am soft, warm and emotional
- \* As an adult, it is my job to protect and care for the child within me
- \* My relationship with my inner child is my relationship with myself
- \* My inner child is completely dependent on me
- \* I have no need to hurt or limit myself in any way
- \* I am a loving, nurturing parent to my inner child
- \* I accept myself just as I am, knowing that I am constantly growing
- \* I love the innocent, open, loving child that I am inside
- \* I have no need to limit my love for myself
- \* My inner child is an endless resource of spontaneous, creative thoughts and feelings
- \* By loving and caring for my inner child, I am adding to my creativity and spontaneity
- \* At the heart of the person I want to be is a happy, well-loved child

## **Track 14**

### **Affirmations for your mind and your joy**

- I have a brilliant mind
- The more I love and appreciate my inner child, the more access I have to my brilliant, creative mind
- Loving and appreciating myself is the first step to letting others love me
- Loving and appreciating myself is the first step to loving others
- Deep within me is a wellspring of health and healing
- All of the energy I will ever need is available to me now, by loving and caring for my body, mind and spirit
- The joy and peace I have always wanted is here inside me, right now
- My inner child is the doorway to the joy and peace I have always wanted
- Nurturing and caring for my inner child is my doorway to health and healing

- Healing and loving my inner child gives me access to my natural sense of humor and fun
- Laughing and having fun are now an important and regular part of my commitment to health and happiness
- Having a good time is one of the most important things in life for me
- The more fun I'm having, the smarter, kinder, and more effective I am in all that I do
- My brilliant mind is intimately connected with my joy and sense of humor

## **Track 15**

### **Affirmations for healthy sexuality**

- I am naturally a sexual being
- My sexuality is good, and it is a healthy part of who I am
- I express my sexuality in loving and respectful ways that are consistent with my values
- I respect the sensitivity and vulnerability of sexually intimacy
- I accept my sexuality as a wonderful aspect of my total being
- I choose to experience and express my sexual feelings in healthy, appropriate ways that are good for me and others
- I enjoy and appreciate the basic goodness of my body's capacity for pleasure
- Feeling pleasure through my sexuality is natural and good
- I choose to express my sexuality through connection with my significant other, in a relationship that is safe and healthy for both us
- Staying true to my values and morals is a key component to my overall self love and self care

## **Track 16**

### **Affirmations for loving other people**

- I choose to feel optimistic about humanity, because it feels good to me
- I choose to believe in human ingenuity and creativity to continue making this world a better place
- I choose to believe in the basic goodness of human beings, because it is good for my heart and mind
- I regularly look for examples of good people doing good things
- I know that most people try hard to do the right thing most of the time



- My inner child relaxes and smiles when I am focusing on the goodness of others
- I choose to assume the best of other people
- I focus on all of the positive attributes of the people around me

## **Track 17**

### **Affirmations for your body**

- Eating regular meals of healthy, nutritious food is one of the ways I nurture and care for my inner child
- When I love and care for my body, I'm loving and caring for my inner child
- I love eating well and feeling great before, during and after meals
- I love how I feel after a good healthy meal
- I love my body, and I choose to take good care of it
- My body likes to move and to exert itself
- My body likes to rest and relax
- I love exercising my body as a way of caring for myself and my inner child
- The better I feel in my physical body, the smarter and more loving I am
- My body knows how to regenerate, rejuvenate and revitalize, taking me always to good health and well being
- I choose to focus on my body's ability to rebuild and restore itself on an ongoing basis
- I have confidence in my body's regenerative and restorative processes, that operate all of the time whether I know it or not
- I take regular quiet time to focus on the health and revitalization of my body

## **Track 18**

### **Affirmations for quiet time and journaling**

- I enjoy taking regular quiet time to relax and focus on positive thoughts and feelings
- Being still and quiet is one of the ways I connect with my inner child
- When I am still and quiet for a while, I begin to hear my own inner wisdom speak to me
- Being still and quiet is one of the ways I get in touch with my emotions and what I need
- I know that when I am still and quiet long enough, I will come to a place of peace and well being within me

- Relaxing and being peaceful are just as important to me as getting exercise and being active
- I enjoy reading material that generates positive emotion in me
- I know how important it is that I feel good and experience positive emotion
- The more joy and love I feel on an ongoing basis, the more effective and successful I am in all that I do
- Joy and love are who I am, deep inside

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