



InnerMindScape.com

A Functional Medicine Energy Center Resource

Inner Child Meditation

I am an unlimited being.
I was born free from limitations.
I was born loving and joyful.
I reclaim the joy of my inner child.

I am free from childhood traumas.
I am free from those who hurt me.
I am free from those who did not comfort me.
I am free from the experiences that caused me pain.

I forgive those who hurt me.
I forgive those who did not comfort me.
I release the experiences that hurt me.
I release trauma done to my inner child.

I release resentment.
I release pain.
I release shame.
I release anger.

I release feeling inadequate.
I release feeling unwanted.
I release feeling out of place.
I release feeling unlovable.

I listen to my inner child.
I comfort my inner child.
I love and cherish my inner child.
I allow my inner child to play.
I heal my inner child.
I rejoice in the joy of my inner child.

