**Meditation exercise for healing your inner child and meeting the future you.**

Ref Cissi Williams – The Well-Being Handbook

Go within to that still place, where you feel relaxed and at peace. Experience a light beam of universal love and joy and let it be drawn inside you through the top of your head. Let it flow gently down your spine and into the rest of your body, filling and surrounding you with love and joyous peace.

Visualise the ‘baby you’ standing in front of you. Hold this tiny baby in your arms and give it as much love as you possibly can. Tell this lovely baby everything you need to tell them and allow the baby to do the same back. Reassure the baby that you are here now to look after it and love it, and that from now on they are completely safe. Take the baby inside your heart and allow them to grow into the wise person you are today.

Now see the ‘5 – 6 year old you’ standing in front of you. Send this child as much love as you possibly can. Tell this lovely child everything you need to tell them and allow the child to do the same back. Reassure the child that you are here now to look after it and love it, and that from now on they are completely safe. Take the child inside your heart and allow them to grow into the wise person you are today.

Now see the ‘9 – 10 year old you’ standing in front of you. Send this child as much love as you possibly can. Tell this lovely child everything you need to tell them and allow the child to do the same back. Reassure the child that you are here now to look after it and love it, and that from now on they are completely safe. Take the child inside your heart and allow them to grow into the wise person you are today.

Now see the ‘teenage you’ standing in front of you. Send this teenager as much love as you possibly can. Tell them everything you need to tell them and allow them to do the same back. Reassure this teenager that you are here now to look after them and love them, and that from now on they are completely safe. Take this teenager inside your heart and allow them to grow into the wise person you are today.

Now visualise a mountain in front of you. On top of this mountain is the ‘future you’. See a pathway leading up to the top of the mountain. Follow this pathway and feel yourself becoming lighter and lighter as you ascend the mountain. When you reach the top see your ‘future you’ coming towards you to greet you. Notice what the ‘future you‘ looks like, and what qualities they have. Ask the ‘future you’ any questions you have, and wait for the answers. They will come, either as words, feelings or images. Your ‘future you’ has a message for you. This message is a gift to you, a positive message which will help you on your journey through life. Take a moment of clock time equal to all the time you need, to receive this message. Make sure you receive the message and hold it deep within, the meaning of which, may be clear now, or later in the day or later in time when it is needed. Now embrace the ‘future you’ put your arms around each other and feel yourself merge with the ‘future you’ so that you fully integrate all the knowledge, wisdom, love and compassion your ‘future you’ has.

Take a moment to look at the view from the top of the mountain and see how much you and the world you live in have changed as a result of your new understanding, healing and wisdom.

Thank the ‘future you’ and know you can meet up here on the mountain top any time you wish. Now start your decent back down the path filled with wisdom, joy and love.

When you feel ready, allow yourself to open your eyes and lovingly embrace your new life to fullest.