

# **The Inner Child –Two Healing Exercises**

## **EXERCISE 1.**

**If you are right handed hold your hand up.**

**And if you are left handed hold that hand up.**

**This is your dominant hand. When you write with this hand you are using the left hand side of your brain.**

Research shows that Non-dominant hand writing gives you greater access the right hemisphere brain functions- feelings, intuition, gut instinct, inner wisdom and spirituality. This illiterate unschooled hand also brings us to our Inner Child.

Write down the answers to these questions with your non dominant hand.

Firstly write your name on the top of a clean piece of paper, and then write what led you to do this course.

When you have finished answer these questions.

- 1. How does it feel to write with your non dominant hand?**
- 2. Is it awkward? Slow? Do you feel silly, stupid, childish?**
- 3. Is it fun? Relaxing? Creative Liberating?**

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## Answering Back

Now with your dominant hand write down what your inner critic, the critical part of yourself thought of this exercise.

4. Did you make some mistakes in spelling and grammar
5. Did you judge yourself for poor penman ship?
6. Did you try to be as neat as you could?

What does it say about your ability to engage in this work? Don't think about it in advance just keep your pen moving as fast as you can.

Now read what the critic has said to yourself. Get in touch with the feisty, assertive part of yourself. We can call it the Inner Brat. If you have been a good girl or good boy all your life you will have to dig deep to get to this one.

With your non dominant hand answer back to the **Inner Critic** and really assert yourself. Don't be polite. Use whatever words you want. Even those four letter words if you want.

Now take a moment to describe the feelings and emotions that came up for you in that exercise.

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## EXCERSISE 2.

Please find a photo of yourself as a child. And for a few moments look into the face of the child you were.... and breathe.

If you don't have a photo and it feels safe for you to do so just close your eyes and let yourself imagine the face of the child within.

Take a few minutes to see **the** child. No need to speak to him or her just look and thank her for being there right now. If you cannot feel of see your child within please do not worry simply do the meditation again and in time the child will reveal him/herself to you.

Take two coloured pens and hold one in each hand. Your dominant hand will represent you the adult so choose which colour you want YOU the Adult to be.

The other hand will represent the inner child. This is called your NON dominant hand.

With your Non dominant hand answer this question.

**How does it feel when you are criticised? Please do this now**

NOW with your Dominant hand respond to the inner child as the adult . Write fast don't think too much. Keep the pen moving. That is very important.

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Now go back and respond to the adult with your non dominant hand.

Can you see how the adult in you is capable of taking on the role of the critical adult?

## **CHOICE- We always have a Choice**

We have a choice what kind of parent we want to have to re-parent ourselves. Ask what kind of a parent you child wants. What qualities does s/he deserve being a beautiful innocent creative pure sweet child.

**List these qualities.**

THEN with the DOMINANT hand write a letter to the child using the qualities we have just written down. And respond to the inner child who wrote how she felt when she was criticised.

This is the beginning of a loving relationship between you are your Inner Child.

Use the meditation as often as you can and do these exercises until you feel your inner child trust your unconditional love without any doubt.

Take this new loving relationship into the New Year and watch yourself shine with pure happiness and joy.