

MOTHER'S LOVE

A mother's love is one of the fiercest loves around...just imagine if we showed ourselves that same level of devotion and dedication on the regular!

This exercise is all about relating to your younger Self, whatever that looks like for you, and showing her the love that you give to others without a second thought. You can think of this as an opportunity to bring mother energy to your Self, since we know the power of that love.

Sometimes it can help to find a picture of your younger Self, to really cement that image in your mind as you move into the exercise. Once you have your image you will...



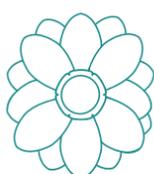
BREATHE

Take 3 slow, deep breaths and (if it feels safe and comfortable) close your eyes...get centered and connect to your heart.



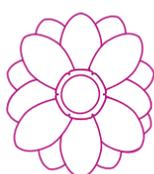
SEE YOUR YOUNGER SELF

Conjure up the image of your younger Self and really connect with her...just drink in that image.



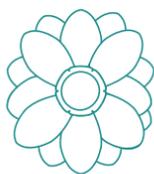
ASK/NOTICE

When you feel connected to her, begin asking/noticing: how does she want to interact with you? Maybe she wants a hug, to crawl up into your lap, to take your hand and show you something...just breathe and let her show you how she wants to be with you.



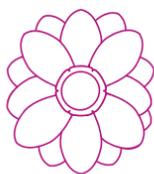
WHAT DOES SHE NEED?

Once you've established your connection, ask your younger Self what she needs most right now from you. The idea is to, in your imagination, offer your younger Self everything that she craves...love, affection, reassurance...whatever she needs to feel loved and secure.



TAKE TIME

Take as much (or as little) time as you want providing your younger Self exactly what she needs.



RECONNECT & RETURN

When you feel complete with this process, take another 3 slow breaths and begin wiggling your fingers...then your toes...come back to the present moment by reconnecting with your body.