

## UNCOVERING THE REAL YOU MEDITATION

We are going to take some time now to help you uncover those parts about yourself that you've perhaps been hiding or dimming down. Oftentimes the things that are so special about us are the very things we started learning to hide in our childhood to protect us from criticism and rejection. It's time to rediscover and embrace our whole selves again.

What I would like you to do is to take 10-15 minutes to do a special visualization meditation exercise. The full instructions are in the audio lesson. Once you've completed the meditation you can dive into these prompts:

I want you to think back to any times in your childhood where you were insulted, made fun of, made to feel embarrassed. Any situation where you started to feel like who you were and how you expressed yourself wasn't "acceptable" if you wanted people to like you. Things that started to make you feel self conscious.

You can reflect on this in your meditation... or you can reflect on it later. **What qualities about yourself have you discovered in this process? Qualities that you started to hide or alter because of how you felt others were responding to you?**

Keep allowing yourself to explore your past and these experiences. Where were they reinforced again and again until they altered who you are?

**Are there qualities about yourself that you'd completely forgotten you've had?**

**Are there qualities about yourself that were once such a part of who you were as a child that you're possibly even living out the complete opposite of now?** Qualities about your personality that you know claim to be the reverse of because you latched on so tightly to the idea that the way you were was wrong and that you needed to be something else to avoid that pain and that rejection.

**Are there those qualities that you had that you still have but you don't embrace them?** You're self conscious of them and you hide them and only reveal them to those closest to you?

Take your time and really go through this process taking as long as you need. Use your journal to dive deep into all that came through from this experience. This may bring up some painful memories from your past so be gentle with yourself and give yourself grace. Give your inner child some much needed love and let her know that you love and accept that earlier version of yourself. That *she is safe and loved.*