



## The Rite of Passage: Embracing the Little Child that We Once were Within Us

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In this meditation we would like to ask you to go back to your childhood, when you were a little boy or a little girl, and feel how you felt at that time. Feeling your parents, your father, your mother, how they related to you. How you felt at that time. Children around you, try to experience, recall the most important experiences not just in the mind, but how you felt.

Especially try to recall these experiences, these memories where you felt perhaps lonely, or lost, or unloved. Try to embrace now from your present that child that you were. Embrace it from a higher place, where you are mature and adult. There you go. How did you feel being so vulnerable, not really knowing why you are here in this planet, in this dimension,

in this body? Did you have any doubts about being here? Did you question your reality in any way?

Try to experience your parents, your father, how was he? How did he feel? How did he relate to you? In this exercise, you want to go through the core experiences, through the core emotions. Try to feel the soul of your father, as he was. There is obviously a deep karmic reason why you were his child. How did you feel? And then, do the same regarding your mother. Feel her as she was. Feel the nature of your connection and also, the karmic connection with her. How did you feel?

Also feel that in spite of their possible shortcomings, they have given you so much. Brought you into this existence and nurtured you as much as they could have into your growth so that you could become teenager and adult at some point. Even if they were not perfect parents, they have given you what they could and you need to feel that because gratitude towards your parents is important. Forgiving them, their shortcomings, is important too. Be in your heart, breathe and feel all of that.

There is a bond between a child and parents for the whole lifetime and beyond, most often going through multiple lifetimes. That's why it's important to experience that connection from a deeper place, from a certain perspective and from the heart. Now going as you are in your childhood from the very beginning as far as you can remember, remember these experiences that were most painful. Most difficult with your parents, with your other children, with your school.

And from your present, try to experience that pain, that suffering fully. Because you as a child, you were unable to experience it fully. That's why it stays with you until now. So you need to go back to experience it fully. Embrace the child like you embrace your own heart and don't feel that deepest painful emotions. Merge with them, merging with that child in the state of pain. Help that child to release this pain, to dissolve it.

Now I would like you to feel yourself fully as you were, little child. As you were innocent, vulnerable, unknowing. Become one with that child, not just remembering but reliving. Reliving your past, become one with who you were. That child, that little child is your root. The root of who you are. It's not just a memory. He is in your present and this is what we would like you to experience, that he is in you. That little child, that little boy, little girl is actually inside of you.

In fact, he, she is at the core of you. You have developed, you have grown, so many layers has been added upon you. But at the core, you are still that child that you were. And it's important, really important to fully experience it now. The major experiences that he, she experienced as a little child actually determine to a greater degree how you are experiencing yourself now in your body of an adult and in the mind of the adult. So the question to you is, what that little child which is inside of you, what is he or she bringing to you?

What is he bringing from the past into your present? It is the same you. It is the same person all along. It's important that you really feel him or her at the core of who you are, of your existence. Because only then you can understand yourself both as a human and as a seeker, spiritual being. What is he or she bringing to you? So what is he or she bringing to you? Is he helping you to grow, to blossom?

Or is he standing in the way of you to become truly adult? Because he still wants to be a child. That is all what he remembers. That is all what he knows. Can you help him to move forward? Into adulthood. Because he needs to be given nothing but the right of passage into adulthood so that he can become you. But he cannot become you before you become him first within yourself. So start with meeting him at the core of your existence.

Therefore, the question remains, can you help him? You must help him. He has been waiting for it for far too long.