

Self-love practices.

Self-love practice 1: embracing your inner child.

One of the most transformative self-love practices is reconnecting with your inner child. This profound journey allows you to heal emotional wounds, embrace the parts of yourself you have neglected, and let go of guilt or shame you have unknowingly carried. By offering your inner child the love, forgiveness, and encouragement they need, you can transform your present and future self.

1. Create a safe and quiet space.

Find a peaceful spot where you can sit uninterrupted for a few minutes. It does not need to be fancy, just somewhere you feel comfortable and secure.

2. Focus on your breath.

- Take a deep breath in for a count of four, then exhale for six (or whatever feels comfortable for you),
 - As you inhale, notice where your body holds tension,
- As you exhale, imagine releasing that tension like a soft wave leaving your body. Repeat this for a few cycles until you feel calm and centred.

3. Visualise your inner child.

- Picture your younger self sitting before you.
- Observe them: Are they happy? Hurt? Proud of who you have become? Let this visualisation guide your emotions.

4. Apologise and seek forgiveness.

If you feel you have neglected or spoken negatively to your inner child in the past, take this time to apologise.

Say something like:

"I'm sorry for the harsh words I've used against you, for doubting your worth, and for not always protecting you the way I should have. I have always loved you, even when I did not know how to show it. Please forgive me."

If you are proud of moments, tell these to your inner child, then explain to your inner child that you are now doing your best to make them and you a better person.

5. Affirm their worth.

Tell your inner child all the positive things you wish they had heard growing up. For example: "You are worthy. You are loved dearly. You are enough. You are brave, and I am so proud of how far you have come. You have carried us through so much, and now I am here to make sure you are loved and cared for. You are safe with me."

6. Offer a hug.

Imagine reaching out to your inner child and pulling them into a warm, forgiving embrace. Feel their acceptance, love, and forgiveness as they hug you back. Let this moment of connection fill you with peace.

The aftermath.

This practice may bring up a wave of emotions, and that is okay. You might cry, laugh, or simply feel a sense of calm. For me, it was a warm, happy cry, like releasing a weight I did not even know I was carrying.

Feel free to adapt this exercise to your own needs. The essence is to connect with your inner child, release the negativity you have directed toward them, and replace it with love and forgiveness. It is a practice of healing, connection, and self-acceptance. When we care for our inner child, we build a stronger foundation for self-love, making space for the joy and confidence we deserve. Try this practice, you may find it changes more than just your relationship with yourself.