



## The Kids' Journey Process

Allow yourself to find a really comfortable position, and when you are ready, close your eyes ... Now take a nice, slow, deep breath in ... gently ... Now let it out ... and again, a nice slow deep breath in ... and let it out ... Good ... And one more time ... take a deep breath in ... and let it out.

Now imagine receiving four really beautiful bright balloons filled with wonderful qualities ... The first balloon is full of relaxation and peace, so, in your mind's eye, imagine taking this balloon of relaxation and peace ... and now, breathing in that feeling ... letting it fill your whole body ... Good ...

Next, imagine receiving a balloon of trust ... breathe in the trust ... and let it fill your whole body ... Good ... Now a balloon of courage ... Breathe that in ... And now a balloon of fun ... Breathe that in ... Great ...

So now that your whole body is filled with fun, courage, trust and relaxation, you can let the balloons disappear, knowing that all these qualities are already inside *you*.

Now imagine a beautiful downward-facing staircase with 10 magical shimmering steps ... This is a very special staircase, because it can carry you into a huge presence of love ... With each step you take, it carries you ever deeper into a vast presence of sparkling light ... And the good news is that you don't have to do a *thing* ... the steps do all the work ... All you have to do is step onto them and, with every step, you'll find yourself relaxing ... naturally ... deeper and deeper ... into the presence of love and light in your core ...

So, can you see the staircase? ... Good ... Now, when you're ready, step onto step number 10 ... feeling yourself beginning to relax now ... now step 9 ... now 8 ... Great ... Notice how with every step you take is *causing* you to *relax* and *open* more and more into the light and love ... 7 ... 6 ... 5 ... Feel your own energy beginning to expand now ... becoming spacious in front of you and vast behind ... Feel your own awareness growing vast and spacious on all sides ... 4 ... Feel relaxed and open ... and feel the room beginning to fill with light and love ... 3 ... 2 ... Feel a huge presence of love and peace surrounding you ... love inside ... love outside ... love everywhere ... 1 ... just resting now in an ocean of peace and love surrounding you and everything ...

In front of you is a big magical door ... Behind that door is a big bright light, full of love ... This is the light of your own deepest self ... Also behind the door is a special mentor or guide ... It might be a guardian angel or saint ... or perhaps even an action hero ... or even a very kind, wise wizard ... But it is someone whose wisdom you trust ... and someone in whose presence you feel very safe and protected ...

Can you see the door? ... Do you sense that there's a huge light behind it? ... Great ... Can you tell that there's someone kind and wise and safe just waiting there behind the door ... Great ...

Now step through the doorway ... and feel yourself surrounded by bright light ... filled with love ... To the side is your mentor or guide ... Why don't you go right over to him or her and greet your guide? ... Can you see your mentor ... Great ... What are they like? ... Would you describe them to me? ... (Wait for description ... be encouraging) ...Great ... Why don't you go right over to your guide and greet them? ...

## **Shuttle Ride:**

Now, to the side of you is a beautiful, glistening space shuttle ... It's a very magical vehicle, because it can go very safely and gracefully *anywhere inside* your body ... and not only that, it knows *exactly* where it wants to go ... Can you see the space shuttle? ... Great ...

Now you and your guide can go ahead and step inside and shut the doors ... and strap on the seatbelts ... What's it like in there? ... (Wait for description ... be encouraging) ... Great ...

There should be an amazing instrument panel in front of you ... and if you look closely, there's a green button ... When you're ready and all the doors are secure ... either you or your mentor can push the green button for lift-off ... You'll find that the space shuttle will carry you safely and easily to somewhere *inside* your body ... It can go into muscles, bones, organs, veins, the heart, eyes, ears, throat, blood or skin ... it can go *anywhere* inside the body ... and not only that, but *it knows exactly where* it wants to go because it's powered by your own body wisdom ... by the same part of you that makes your heart beat and your eyes shine and your breath go in and out ... So, when you are ready, you can push the green button ...

Have you pushed it? ... Good ... What's it like? ...

Now, slowly bring in your shuttle for a nice, gentle landing ... No crash landings please! ... and come to a complete safe stop ... (Let them describe) ...

## Discovery Process:

Now, when you are ready, you can pull on the handbrake, take off your seatbelts and take out a torch or flashlight ... and step outside the shuttle ... Begin shining your flashlight all around you, as you step out and *feel* what it feels like under your feet ... What does it feel like? ... What does it look like in the area you've arrived in? ... Turn around and explore the whole area and describe it to me ... (Get lengthy description ... be encouraging) ... Do you have a sense of where you might have arrived? ...

Notice that there is an area that is somehow *different* from the rest ... it might look darker or lighter ... or have a different texture or temperature or colour ...

Can you see that part? ... and describe it to me? ... Great ... Now, you and your mentor can go straight over to that area ... and, as you stand up next to it, all the feeling and emotion stored in that area will start pouring over you ... As you get really close to it, you will feel feelings beginning to pour over you ... If there were emotions coming from that area, I wonder what they might be? ... Just go there and stand right next to it and *feel* what you're beginning to feel right now ... Great ...

What is the feeling? ... Great ... Now ask yourself ... "When have I felt like this before?" and immediately look straight down at your feet and, in your mind's eye, see what kind of shoes you might be wearing or not wearing, as you feel the emotion ... How old do you feel yourself to be? ... Ask yourself, "When have I felt like this before?" ... and in answer to that, look down at your feet and see what, if any, shoes you are wearing ... What *are* you wearing on your legs ... on your body? ... Are you indoors or outdoors? ... Who else is there in the scene with you? ... How old do you feel yourself to be? ... What's beginning to take place in this old memory? ... Let the whole scene begin to play itself out ... the way it did back then, when you were younger ... and when you can really remember the entire scene, put the old memory up onto a big video screen in the sky ... and once it is up there, for now, let it go blank ... knowing that you can come back to it in a moment ...

Now, you and your mentor can sit down next to a warm, cosy campfire filled with love and peace ... While sitting at this fire, you'll feel safe and you'll know that in a moment you're going to press the 'play' button on your remote control, and then together in the warm safety of this campfire, you and your guide can watch that old memory play on the video screen in the sky ... You can even sit in your mentor's lap if it makes you feel better ...

So, when you are ready press the 'start' button and let that old scene play itself from beginning to end ... (long pause) ... Have you done that? ... Great ...

## Memory Process:

Tell me what took place in that old memory ... Would you be willing to describe it to me? ... (Wait for full description) ... Great ... Now press the 'stop' button and let's invite the younger you who was in that old memory to come and sit by the present day you and your mentor at the campfire ... So, now there should be the three of you sitting by the fire: the younger you, the present day you and your mentor ... Are you all there? ... Great ...

I wonder what inner qualities might have helped that younger you cope better with that old memory? ... I wonder what kind of emotional resources might have been useful in that old scene? ... If you look at your mentor, you'll see they are holding a big bouquet of brightly coloured balloons ... In each balloon is a beautiful inner quality that might have helped you in that old memory ... I wonder what qualities might be in those balloons? ... What would have helped you feel better *inside* in that old memory? ... What kind of balloons would have been useful? ... (Let them name some ... be encouraging and then you might like to suggest some that you feel would be appropriate ... ask *if* they would like to have any of your suggested balloons) ...

Now let's name each balloon, and when you let the younger you receive a balloon, let him or her *breathe* that quality in ... and let it fill their whole body ... So, one by one, let's go ahead and name the balloons ... receive them and let your body fill up with that quality ... (Take plenty of time, be fun and encouraging. Make sure they are *inner qualities* **not** external conditions!)

Now that the younger you is full of all these wonderful qualities, you can let the younger you step back onto the video screen in the sky ... only this time play the scene the way it *would have happened* with all these great inner qualities ... And now describe how the scene *would* have gone, if you'd had all these amazing qualities ... Play the scene the new, healthier, happier way, and then, after it's finished, let me know what happened ... (Let them describe in full ... be encouraging)

Once the scene is complete and you've seen just how much easier and happier you felt inside, with all your balloons ... let the younger you step back down off the screen and come back over to the campfire ... The younger you can sit in the lap of the mentor if it makes you feel better ... Now invite the other people from that scene to step down off the screen and come over to the campfire as well ...

## Campfire Process:

So now, everyone who was in that old memory should be sitting in the cosy warm presence of the fire ... Is the younger you there? ... Good ... the present day you? ... Good ... your mentor? ... Good ... all the other people from the scene? ... (Let them name each one) ... Wonderful ... So now everyone is sitting together at this cosy campfire .....

I'm sure the younger you has some old stored up feelings that they would finally like to let out ... If there were some words that needed speaking, I wonder what they might be? ... Let the younger you *really* empty out all the pain and upset they felt at the time of that old memory ... and let the other people at the campfire finally just sit and listen ...

If the younger you could choose *one* person to speak to ... to finally get all his or her feelings off his or her chest, I wonder who the younger you might speak to? ... (Encourage them to pick the appropriate person) ...

Now is your time to get it all off your chest ... time for you to empty out all the words you never got a chance to speak ... If you could finally express the real truth of how you *really* felt in that old memory, what would the younger you say?

(Let the younger child express themselves fully. If having trouble letting old emotions up and out, give them a balloon of the ability to feel and express emotions until empty.)

Now, knowing that the other person was probably doing the best they could with the pain they were in at that time ... if the other person could reply, not from their outer personality, but from a deeper, more truthful place inside ... What would the other person reply? ...

And if you could reply to them, what would you say to that? ... (Get full reply) ... And if the other person was to speak from their secret heart of hearts, what would they *really* say? What was going on emotionally at the time? ... Let them answer from their heart ... (Get reply) ... Good ... And what would you reply? ...

(Continue conversation, like this until both parties are fully empty and have found some kind of peace and understanding)

You might like to step inside that other person and feel what they were *really* feeling at that time ... (Let describe ... be encouraging) ...

Now step into that person's heart ... into the part of them that is full of love ... Now, from their heart of hearts, from the very best part of them ... look out through their eyes and see how loving and kindly they *really* felt about you at that time.

Now step outside that other person ... If that person could speak *now*, what would they say? ... Would they say they're sorry and they wish they hadn't hurt you? ... And what might you reply to that? ... Would you be willing to accept their apology? ... Great ...  
Now ask the mentor if there is anything else that needs to be said, or expressed

If the present day you could finally say something to the other person, what would you say? ... And if the other person could respond from the same place, deeper inside, what would they reply? ... Let both of you finally open up and express everything ... (Keep emptying out until finished) ...

Now that you've had a chance to really empty out all that stored pain and hurt, I wonder if you might be willing to forgive that other person? ... (Let answer) ... Even though you cannot excuse their previous behaviour, are you willing to finally let them apologise and forgive them? ... Great ...

Then let them say, "I'm sorry" and you can say you're sorry, too ... And now you can forgive them completely ... you can do that out loud ...

(You can repeat this whole process with one other person at the campfire if needed.)

Then, sending everyone at the campfire your love and forgiveness, and with the prayer that they finally forgive themselves, you can let all the other people disappear into the light ... Now there's just the younger you, the present day you and your mentor left ... Is it just the three of you? ... Great ...

Now, turn to the younger you and say, "I'm sorry you went through so much pain ... You just didn't have access to all the beautiful inner qualities that I do now ... I promise you will *never* go through that previous pain again ... because from now on *I* will love and protect you" ... Then, handing the younger you their big bouquet of balloons ... let the younger you fill up with all the wonderful inner qualities ... breathing them in ... letting them fill your whole body ...

Now hug the younger you, and let the younger you melt right into the present day you ... becoming part of you ...growing up now, with all these wonderful internal qualities ... right inside of *you!* ... Feel the younger you growing up to be the you *now* ... and breathe in all the fabulous qualities, knowing that they are now part of your body, your being ... They are in your cells ...

Now it's time to let the campfire disappear ... and you and your mentor can walk around that area you first arrived in ... inside your body ... Notice how things are beginning to change

there now ... How much shinier, brighter and fresher are things now? ... Would you tell me how that whole area looks now? ... (Wait for full description ... be encouraging) ... Describe that area that used to be somehow different ... What does it look like now? ... How is it changing now? ... Walk around and *really* describe how everything is healing there now ...

If that part of your body had any final advice it would like to give you, what might it say? ... What might it want you to know? ...

Now it's time to get back into your space shuttle, grateful that the same part of you that makes your heart beat will continue the healing process naturally, on its own, without you having to think about it ...

Are you back in your shuttle? ... OK ... Close the doors, strap on the seatbelts and push the green button again ... Let the shuttle carry you back to the original doorway you first came through ...

## **Back to Waking Consciousness:**

Are you there yet? ... Great ... Now say goodbye to your mentor, knowing that you can go on another internal Journey again any time you like ... (Give time) ... Is there any final advice your mentor wants to give you? ... OK, then give them a big hug ...

Then turn to the door and walk back through, knowing that you can greet your mentor again on your next Journey ... and look at the 10 steps shining in front of you ... Feel all the light and love surrounding you ... Let the light and love fill your entire being ...

Now step onto step 1 ... step 2 ... knowing that with every step you take, you're coming back into the full wholeness and joy of the present moment ... 3 ... 4 ... 5 ... feeling relaxed, refreshed and grateful you went on this internal Journey ... 6 ... 7 ... happy that you have all your balloon qualities inside your body ... filling your very cells ... and grateful that you forgave ... 8 ... 9 ... and when you step onto step 10, you'll find you'll only be able to open your eyes as soon as all parts of you are fully complete, ready to carry on the healing perfectly, naturally on their own ... And when all parts of you have decided to heal, you'll find when I say '10', you will be able to open your eyes ... 10 ... You may open your eyes ...

Excellent job! ... Well done! ... You did an amazing process ...

(Give time. Be very encouraging, full of praise. Make sure they remember all their balloons. Let them know how amazing they were and what a privilege it was to work with them.)