

THE SPIRIT OF PLAY

Lessons From Your Inner Child

This interactive active meditation includes four stage. **Relax and be silly!**

1. Bounce

Gently bounce your entire body up and down, loose and natural. Let go of any tensions, any thoughts in your mind. Open your mouth and as you bounce say "aaaaaaah" long and free as you relax your mouth and face. Now stand in front of someone and continue bouncing and making this sound. Enjoy!

2. Laugh

Laughter is the expression of life energy, bubbling up and overflowing. Not only that, it is fun and therapeutic as well. Indeed it can be hard to laugh authentically because our whole lives we have been taught to contain it, to bottle it up, to be serious, "to grow up". We have even been punished for our laughter. **But remember laughter is sacred, it is beautiful, it is a direct line to the Divine.** And it is available to you always. So give it a try. *Here we offer techniques to get in touch with the inner laughter.*

3. Play

Give permission to let your inner child out freely. Go back to the time before society and the world started interfering with your expression, before you were punished for being yourself, before you had to compromise and repress your natural urges and expressions in order to get what you needed. Now you have the opportunity to drop all that baggage of countless do's and don'ts, to drop the disease of seriousness. So let the inner child out: innocent, playful and in constant wonder. Encourage him or her: jump, crawl, drool, run around, make sounds, be silly, be free, be naughty, make a mess, have fun. **Play with others.** Let your inner child be reborn under *your* care surrounded by *your* safe love: that is the fundamental difference between the child you grew up as (helpless, at the mercy of others) and your inner child reborn (that can be empowered by you if you listen to him/her).

You may contact some early childhood traumas. Let it all out in this stage and don't be ashamed: cry or scream into a pillow, have a tantrum, express the emotions the moment they arise.

4. Meditate

Come back to yourself, sit comfortably and find silence. Connect with the newly aroused energies within you as you observe your inner space. Assimilate any understandings into your consciousness.

Fresh and innocent, full of life, wonder and playfulness: these are your gifts from your Inner Child

"Forget your civilization, your culture, your manners, your personalities, your faces, all that is facade. Throw it. Become like small children. It will look like madness. So be mad, but at any cost be again like children. Jesus says 'only those who are like children will enter into the Kingdom of God' and I say the same. Move back to the point before civilization started to corrupt you." – Osho

