

Child Neshama Meditation

By Sara Bluming

My Dear Child,

I want you to know how precious you are to me. I want to tell you who you are at your core. I want you to realize what a beautiful person you are, regardless of the self-image you have created for yourself.

You are a NESHAMAMA. You are a piece of the infinite G-d, which means you are infinite too. Your neshama, your essence, is pure and holy. Nothing you do or don't do can take away from the perfection of your Neshama. The choices you make do not affect your Neshama. The struggles you face do not affect your Neshama. It is and will always remain a most beautiful, perfect and infinite part of G-d.

I remember the day you were born, it was the happiest day in my life. Your beautiful Neshama came down to this world and I was the lucky one to be chosen as your mother! G-d sent you to this world because He needs you! YOU have a purpose and a mission that no one else can fulfill.

You were so happy and content as a baby. Life was good. Your Neshama shone through and through.

My child, I want you to know that no matter what the vicissitudes of life bring, to me you are and will always be as perfect and untainted as when you were a baby. You are and will always be a most beautiful and pure and precious Neshama, shining through and through. You ARE worthy, you are valued, just the way you are right now.

You are a child of G-d. G-d adores you and loves you like an only child born to his parents at an old age. And as your mother, I love you the same way. It doesn't matter how many times you failed today or how many struggles you faced today. To G-d it makes no difference. He loves you just the way you are, because you are His beautiful and pure and precious Neshama. Remember-

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nothing you do or don't do can take away from that truth.

And I, too, love you just the way you are. To me, you are, and will always be a beautiful, holy, pure and shining Neshama. You bring me pride and joy, just by being you. Just the way you are.

Close your eyes, and take a deep breath. Imagine you are looking inward, to your Neshama. Imagine your Neshama like a glittering gold diamond, radiating and reflecting light and beauty all around. See the strong, powerful light shining from your Neshama.

Repeat after me:

I am a Neshama.

G-d needs me. I matter to the One who matters most.

I am worthy just the way I am.

Nothing I do or don't do can take away from my infinite and precious Neshama.

G-d loves me so deeply and unconditionally, no matter the choices I make or the struggles I face.

My parents love me so deeply and unconditionally, no matter the choices I make or the struggles I face.

I am a Neshama.