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"RELEASING THE INNER CHILD"

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As we become adults we begin in various ways to leave childhood behind. We make efforts to think and act in mature ways. The unresolved inner child often reveals itself as a lack of conclusion in regard to the past. We may find ourselves behaving in ways that do not always please us because we feel frustrated and unsatisfied. We may even discover areas that could be described as immature.

As we progress in our lives, many of us seek resolution of the past. In this effort we are striving to live more fully in the present. Discovering the child within allows that aspect of ourselves an opportunity for expression. Reviewing those things that bind us often leads to a greater expression of our creative nature.

Respecting the inner child is an important part of our development. So is discovering our adult self. Let us speculate for a moment that it is possible to resolve the inner child without insisting on remaining a child. Living as a "grown-up" can be a difficult task if all it means is burdens and responsibility.

Realization of the present as fulfilling may be the beginning of resolution. A willingness to let the child take its place in our memory without dominating us may provide some surprises. They may be experienced as personal happiness born out of understanding the past.

Many of us grew-up in an era which supported the repression of children. Some of our unmet childhood dreams may find expression as we honor the inner child. Thoughtful use of our time spent with that phase of our lives may provide insights into who we are today.

We may have an idealized view as to how our earlier years should have been spent as opposed to our actual experiences. It may be helpful to use some simple techniques which may aide our journey inward.

We may choose to begin by examining our childhood in terms of our wishes. Writing a short list of those dreams we wanted to live as children, and did not, may be very helpful. As this list takes shape, we can begin to determine our next step. If we find that it is important for us to work in this area, we can begin by reflecting for a few moments each day on whatever we desire to experience from the list. As we open our hearts to a brief experience of that excitement, we have an opportunity to bridge the past and the present.

Consciously releasing our list is the first step. Replacing our childhood wishes with goals for the present may bring new meaning into our present lives. In this way we begin to put the child to rest and to focus on the present.

As we find release we open the way to greater energy and purpose. Pain and anxiety over memories and events depletes us of a clear focus. Understanding is a great healer and so is release. If we are filled with the past it may be difficult to enjoy the present and more importantly, to be fulfilled in the present.

It may be purposeful for us to speak to those things that make us feel inadequate or unworthy. We may wish to write a script and act it out in front of a mirror. Approaching our feelings of inadequacy with a new perspective may be an important key to success. Filling our script with praise for accomplishments may open our eyes to new understanding. We may discover that we have focused so strongly on the negative that we have overlooked how much we have done. It may also be helpful to re-create situations that made us feel inadequate by supplying a positive outcome. It may be helpful to realize that others may see us in ways we do not see ourselves.

Feelings of inadequacy may disguise the way we may have actually over-come some of these challenges. Changing the way we view a situation may well reveal our true strengths. All too often we compare and judge our lives against those old dreams and we miss the full impact of the present.

As we relate to our world with greater assurance and less inadequacy, we may find that we treat ourselves and others in ever more positive and loving ways.

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