

## Child-like Empowerment



Most of what you hear and read about the inner child has to do with healing a “broken” or “traumatized” inner child. I am not going to do that here. What I would like to talk about is the strengths of the inner child and how it empowers the adult.

When was the last time you, beyond a shadow of a doubt, knew that your dreams can come true? Do you still believe that? As an adult we talk about manifesting. Are you confident that you can manifest what you want in life? (Secret: Dreams fueled by adult energies = Manifestation.)

Children love themselves; your inner child loves you; does the adult you love yourself? You should. Children listen to and trust their very own fairy godmothers and superheroes. Do you love yourself enough to listen to and trust your guides as an adult?

Children have boundless energy. They also can drop off to sleep at the drop of a hat when they are tired. Do you crave energy as an adult? The key is to slow down and stop if you have to, recharging when necessary. This is the same advice to take when you are sick or “fighting something off”. Rest is needed for the body to help heal itself.

Are you afraid of the truth? Then don’t ask a young child their opinion on anything. They are completely open and honest. Should we honor speaking the truth as adults? I know, I know, hard to do under our “social etiquette” structure. At least start by being honest with those you care for and try to expand from there.

That same openness makes children vulnerable when expressing their feelings. Have you the courage to open yourself up to vulnerability and express your true feelings? If you do you may just get the help you need.

Children play every chance they get. They can’t get enough of it. They learn so much through play and there are so many benefits! Enjoying life, abstract thinking, problem-solving, raising self-esteem, reducing anxiety, conflict resolution skills, self-help skills, communication skills, concentration, and perseverance to name just a few of the benefits. Don’t you think as adults these same benefits would improve our lives?

These are all important assets that children come into this world knowing. I'm sure if you play with kids (get down on the floor and really play with kids) you can pick up more wisdom. What? You don't feel comfortable playing with children! You feel out of place or guilty spending time playing. Maybe you should start letting your inner child have a bigger part in your life. You can only benefit from the balance the wise "childlike innocence" gifts to you as an adult.

*With Gratitude,*

*Kai*