Connect With Your Inner Child

by Dede Lyons

re you checking in on and collaborating with your inner child or are you trying to thrive without him or her.

As most of my clients and students know this is one of my favorite topics in my Feel Good Express classes and private sessions. Especially since my inner child connectivity practices have proven results: with building confidence, self-esteem and joyful feelings. Just having my happy baby photo on display along with their infant photos opens the door to their hidden gems.

Resurrecting a fifty plus year old baby picture from a client's archives brings out their playful, fun loving, and intuitive side as they wear their new fresh eyes. I recently witnessed this instantaneous uplifting energy shift, with all ear to ear smiling, in my Angel Journaling Zoom class. The minute everyone shared their adorable baby photos on the screen a chorus of oohs and aahs permeated the room.

This photo sharing experience ignites good feelings, self-love and childlike wonder. With heightened awareness it becomes apparent that teaming up with and learning to include their childhood free spirit in their daily life experiences and activities typically manifests positive results.

The concept of Inner child." was first proposed by the psychologist Carl Jung (1875-1961). He linked this internal child to past childhood experiences and memories of innocence, playfulness, and creativity, along with hope for the future.

Ever since my husband named my inner child, Ayla, after the main character in the 1986 movie: The Clan and the Cave Bear, I have been partnering with her and giving her a lot of tender loving care so she feels safe and secure. Instilling feelings of safety is key when nurturing your little girl or boy.

Ayla was depicted as a tall, courageous, wise, strong-willed young woman who longs for love and acceptance into her tribe. She is assertive and challenges authority figures and rules, but marches to the beat of her own drum.

When Joe said: "honey she's just like you," it melted my heart and gave me hope. Naming and describing her came at the ideal time since I was in the throes of inner child therapy. I was just getting to know "little Dede" better and wanted to raise her self-esteem and give her the love and reassurance she was lacking.

As I later discovered merging with and reparenting your intuitive unseen helper with unconditional love had an added benefit of connecting you to

your guardian angel. It's a direct link considering these heavenly beings have been watching over us since birth. Plus your inner child is super smart and has higher knowing wisdom since she is aligned with both your unconscious soul and your spiritual support team.

So how do we keep this sacred inside part of ourselves, our childlike enthusiasm and shining bright light alive?

Here are Five Feel Good Express Practices for Staying Connected to Your Inner Child:

- 1. Display Your Inner Child Photo: in your home and office.
- 2. Speak Lovingly In the Mirror: listen to their inner wisdom.
- 3. Name & Schedule Playdates: with them & other children.
- 4. Keep a Journal: Shower them with words of adoration, love & reassurance.
- 5. Believe They Are Guided & Protected: by their guardian angel.

So why not unite with the invaluable child within, give them lots of love, tune into their inner wisdom and watch all the miracles that start happening in your life!





For more information on the Feel Good Express, please email Dede at dede@feelgoodexpress.com.

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