

Embracing Your Inner Child

By Rev. Basia Christ, PhD

I have been teaching a 26-week program (recently renamed "Embracing Your Inner Child") since October 5 on Monday nights. Some people have asked to view the class and not participate. I could tell by their demeanor they were not ready to share whatever it was which brought them.

As I tell everyone who attends, "You do not have to share, but if you do, know you are in a safe environment and everything is confidential."

What happens EVERY time is, after the group discussion and first writing exercise and, as we begin the second writing exercise, these people are writing profusely and then sharing.

What is even more wonderful is the light in their eyes as they create sometimes their first expressionistic piece of art. They carefully choose just the right colors from an array of crayons, pencils, and markers. They delight in adding sparkle and shiny colors to their projects with "glitter glue. They draw from their hearts knowing no one will judge them for the lack of skill as an artist. Their creations have been beautiful and insightful. Attendees going back to a time when they were children. They are embracing their inner child by reliving beautiful moments, not traumatic ones, with compassion as an adult for the child who suffered.

When Spirit challenged me (as It has many times with "why not you?") to conduct these classes based on the incredible women I interviewed for my book, *From Ash to Flame: Women Rising*, I was reluctant. It was a big commitment - 26 weeks of my life. I wondered if anyone would come. I wondered if anyone would pay \$20 weekly to embrace their inner child and heal. I wondered if I would be effective teaching the life lessons these women taught me. I wondered....

I should know by now, Spirit does not give me anything I can't handle. I am grateful ...and blessed!



Rev. Basia Christ has a Ph.D. in Transformational Counseling and will earn a Masters Degree in Holistic Psychology (spring 2016). She has finally "stepped into her power" and is accepting clients who want to work one-on-one to heal their inner child. **To schedule a 30-minute FREE consultation, please call 949.690.1257, email basia@basiachrist.com, or visit <http://basiachrist.com/blog1/spiritual-counselor>.**

To register for "Embracing Your Inner Child" classes, please visit www.meetup.com/Orange-County-Embracing-Your-Inner-Child

WHAT TO DO WITH YOUR PAST WHEN IT WON'T GO AWAY...

- ◆ **EMBRACE** the child you were to **LOVE** the person you are.
- ◆ **OWN** this child's experiences
- ◆ **HONOR** this child's feelings
- ◆ **RELEASE** this child's emotional grief energy you are still carrying

For more information, please contact Rev. Basia at 949.690.1257, email basia@basiachrist.com or visit <http://basiachrist.com/blog1/spiritual-counselor>.