

Is It Time to Heal Your Wounded Child Within?

By Rev. Basia Christ, PhD

If you're alive, you have suffered. We all have.

We have all experienced traumatic events, hostile people, loss, strife. Over time, suffering takes its toll on your life - your body, your mind, and your spirit.

Sometimes we think our "suffering" is the worst. You may think, "No one has suffered as much as I have." "I hate God." "Will I ever feel happy again?" "I don't want to live another day."

Believe me. I can understand your feelings. I have been there, but I have found the "secret to rid your life of suffering."

Let me write this again...."I have found the secret to rid your life of suffering."

Have you ever heard the story of the person carrying a huge cross meeting someone who invited the person to exchange his cross for that of another. The person gladly accepted the invitation and went to a room where millions of people were - all carrying crosses of their own. The person looked and looked and looked for someone with whom he could exchange his cross, but soon realized his cross was the smallest in comparison to the crosses others had to bear.

The person left the room carrying his cross gladly.

What happened to change the person's mind?

He simply "put his life in perspective."

This is exactly what happened to me the day of October 27, 2005 when I attended the Women's Conference hosted by then-First Lady Maria Shriver.

It was there I first saw, then met, Trisha Meili, the Central Park Jogger who was raped and beaten - and left for dead by six men

(animals), Mariane Pearl, whose husband, Danny, was kidnapped and beheaded by al-Queda terrorists (animals), Marilyn van Derbur, the 1958 Miss America who admitted in front of hundreds of attendees she was a victim of incest from 5-18 years of age at the hands of her father (animal), and Erin Runnion, mother of 6-year-old Samantha, who was kidnapped, raped, and murdered.

As I listened to them, tell their story of not just survival, but rising from the ashes, I realized my cross was minute in comparison.

I am not saying that my suffering as a child was nothing; the abuse I experienced was real.

What I am saying is I dealt with it as an adult; I healed "my wounded child within" through the interviews I conducted for my book, *From Ash to Flame: Women Rising*.

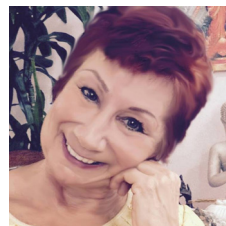
In September, Spirit told me the book was not the end. My next assignment was to take those Life Lessons and teach them to others so they may also "heal their wounded child within."

I learned many years ago, when Spirit speaks, I listen, I act.

Beginning on October 5, I started the 26-week program with each class focused on a topic which corresponds the a chapter in the book.

Each class is standalone; you can come to one, two, or any class which "piques" your interest. You can review all the topics at <http://templeoflightoc.org/healing-wounded-child-within-rev-basia-christ-phd-3>.

I was almost 60 years old before I finally began confronting my childhood demons thanks to the courageous women in my book. My hope for the New Year is you do not wait this long.



Rev. Basia Christ, has a Ph.D. in Transformational Counseling, is Executive Director of the Temple of Light, and editor of *Radiance*.

She is available for presentations on human trafficking, gender equality, being a living kidney donor, and Rising to Your Greatness. **For more information, call**

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TO REGISTER: www.eventbrite.com/o/rev-basia-christ-8517515149?s=45911615

Healing the Wounded Child Within

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