

The Creative Inner Child

We hear a lot about healing with the Inner Child, and sure enough, that is where most of our traumas, hurt and pain reside, in the past with the child we once were. But there is another side to this inner child which can be called on to aid us in healing - the creative, magical inner child.

Have you ever found yourself stuck with an issue that, no matter how much tapping from all sorts of angles you try, it still stays stubbornly stuck? You may be convinced that if you could just find the 'magic' core issue, all would resolve and the pain would simply melt away. But until then, it can be disheartening and disappointing to keep tapping with little or no result.

This is where the Creative Inner Child comes into his/her own. Children are not hampered by the logical mindset, or the thoughts and understandings that we adults have that tell us that this is just the way the world is and nothing will change it. The writing may not even have been written on their walls yet, so they are free to be more creative. They can think outside the box, because the box hasn't even been made yet.

So try going inside, focusing on the pain or the problem, then quietly and gently contacting your Creative Inner Child and asking if he or she is willing to help you out. Don't question what comes next, just see if you can sit back and allow the child's creative magic to flow. Trust in his or her ability to understand intuitively what is required. It may not seem to make any sense at all, and therein lies its beauty and power.

And, of course, do remember to thank your inner child for the gift of insight.

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