



Childhood's Revolving Door

Life is a journey in which the soul embodies human form and travels unto the earthly plane to evolve. The natural process of growth begins as we enter into this world. The development of our minds grows with the development of our bodies. One of the magnificent aspects of being born a human being is our body's involuntary ability to develop. Over time, our personalities are often swayed towards negative thinking and development based on turbulent moments created in life. There is a lack of emotional stability that is lost within the rational mind. To find the connection with our overall emotional state or the origin of our thought processes, many will venture to their past – their childhood.

During our life's evolution, we may make frequent reference to our childhood. Most of the time we are brought back to certain aspects of our lives to heal the underdeveloped part of ourselves. Sitting in the uncomfortable moments and playing back scenes from our life helps us gain perspective so that we may better understand how we are responding to life in that moment, review our patterns and break them. However, we must be reminded it is our child's underdeveloped mind that lends us information to the past. There are those who forget that the story they keep repeating is the one being relayed by the younger aspect of self. For example, if something held you back at age 9 or 10, then it is the 9 or 10 year old's perspective that will process the past. When the version of the story is controlled by the younger aspect of self, the child's version is the one that is played over and over again. This version becomes the one sided story that is replayed through one sided processing, becoming larger and more dysfunctional as we retell it. Eventually, it may rob the adult of their healing.

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With the inner child leading, it is easier to stay in one's dysfunction and keep telling ourselves the stories of our brokenness. The insecurities that were developed as children replay themselves through the revisiting of the past but also bring us deeper into our vulnerabilities when being lead by the version of our inner child. As well, our inner child's insight will have a tendency to be more emotionally attached and charged by the dysfunction they witnessed. Moving forward is harder because the inner child hasn't the

developmental ability to transition the story from emotion to reality. Consequently, we have the tendency to stay in our emotional lack as opposed to stability when we live from our inner child's version and not our adult self. The key is to encourage the adult to use their voice in those moments and hold a non-attached approach to the healing, as we move the inner child through the healing.

Many fear failure, and will look back to their past and blame that part of their life for the lack of present as well as forward movement. Blaming our past may become harmful to our forward movement or become a crutch for our personalities. Rehashing that which has already happened to us often becomes disabling to our lives because we have a tendency to confuse repetition with reflection. Repeating the stories of our youth through our version of what once was doesn't allow for the acceptance that those times have passed and some of the failures of those moments need not be held onto. It is hard for people to let go. But dwelling on the pain only leaves us in pain.

I have had several clients who have lived through such horrific childhoods, even Stephen King would be challenged to write their stories. Yet today they all live healthy and fulfilled lives. I have also listened to the stories of those who would rather play the victim in their lives than live a life of fulfillment. It is plain to see those who are accustomed and comfortable with their lack of fulfillment and those who choose to embrace life and hold no limits to their successes. As my stepfather would continually say, it takes all types to make up a world. I agree that it is wonderful to live in a world of diversity but to choose to live in a world that is surrounded by emotional instability can only produce a lack of support for life circumstances we wish to grow beyond. The unfortunate aspect of people living their reality through their past is that it leaves them feeling bored, less creative and frustrated with their lives. Moreover, a lack of motivation pervades.

Most importantly, telling ourselves stories based on old ways of thinking or from the voice of our younger self keeps us living in lives that don't give way to the abundant lives we should be living. We retell stories that keep us paranoid about the negative situations that have long since past. The stories we should allow our brains to create are the ones that nurture our personalities as well as our realities. There is no venue for growth when we reevaluate our past. Most people find they are trying to advance through their childhood with only a dream-like memory of a situation. There can be no greater outcome from a story that once was, only an idea of how to learn from how we used to be.

Instead of trying to figure out who you are based on what has happened to you, ask yourself this: do you need to continually reprocess what lives in your past or merely work with who you have become based on where your life's journey has lead you? If you do feel you have to revisit the past, make sure you are not falling victim to a certain aspect of your personality. Sometimes continually blaming situations or people that have since moved on in their own life keeps us stuck in a negative quagmire. If you are seeking to let go and advance your personality from a place you have once been, be very specific in your wish to learn something about yourself so that you may move to the next level of

your evolution. Time is so precious and life is so short that finding an appreciation for who you are based on a moment in the now as opposed to a time period in your childhood may allow you to embrace your past. Accept that your childhood was a stage of your development, not your revolving door of dysfunctional moments.

Continually recreating that one moment or two that may have helped to mold an aspect of your person today does not define the whole of the person you are to become. It will take your lifetime to develop who you truly are as an individual. Don't let your inner child continually need to lead in order to heal the past. Reevaluate your life not with holes, but as a "whole". Then take the responsibility of the person you are today and move yourself towards the wholeness of you becoming you.

Kris White is a Spiritual Coach and Holistic Minister. In private practice since 1995, she combines her natural clairvoyant abilities and holistic ministry skills to guide others to think "outside the box". Many find her work helps them to transform their lives. For more information about Kris or to schedule a personal coaching session, please visit www.mysticaltherapies.com or contact her at (978) 372-5300.