

Awaken Your
INNER
CHILD

15 Ways To Set Your Inner Child
Free And Bring More Love,
Laughter And Play Into Your Life



GLADYS.C

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This eBook is dedicated to my child, Victoria.

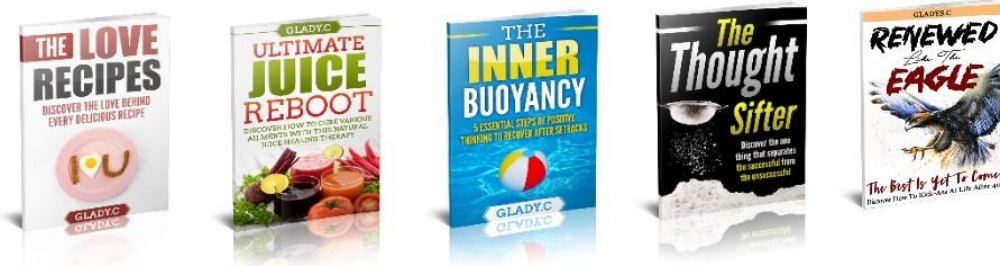
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About The Author



Gladys lives in Singapore and is the author of The Love Recipes as well as Ultimate Juice Reboot, The Inner Buoyancy, The Thought Sifter and Renewed Like The Eagle.



She is a beloved child of God and you can connect with her through

“Awaken Your Inner 🧠” 📧 email newsletter.

Introduction

We all know that children bring joy, laughter, and happiness into our lives. Children are definitely the best things that can happen, they are heaven's gifts.

Interestingly, these little ones can teach us a ton too. When it comes to living life to its fullest, children are the real gurus of happiness. They understand life better than most of us grownups do. They have a way of teaching us the most essential things about life that we tend to forget as we get older...

Forgot to laugh at the silliest things.

Forgot to play.

Forgot to live and enjoy the present.

Forgot to notice the little things.

Forgot to listen to our emotions.

Forgot to be curious about the world.

Forgot to unlearn and relearn.

Forgot not to hold grudges.

Forgot not to fear.

The list goes on...

Frankly speaking, I'm unaware of all these until the moment I've become a mother. Everything in my life change. While all things revolve around the little one, something interesting happened. I begin to grow in the understanding of **"living life to its fullest"** and appreciate true happiness.



(Making silly faces to entertain ourselves when stuck in a traffic jam)

Taking care and observing my little girl Day-In Day-Out 24/7, I came to the realization that I have been neglecting my personal inner child all these years. I forgot how important it is to really take responsibility for this inner child of mine. I realized, too, just how so many of us mistreat our inner child. Abuse them even. And it changed the way I treat myself forever.

I remember on one occasion, just after taking my meal with my 3 years old girl Victoria. I casually commented that I have a fat tummy, and I started name-calling myself "fat pig". Victoria interrupted me quickly by saying, "Mummy, don't say that. Please speak kind words to yourself. You are hurting your own feeling".

Whoa... It strikes me... Oh! I shouldn't be speaking nasty words to myself. What kind of example am I showing to my girl?

I apologized to my girl, thank her for reminding me to practice kindness and promise her that I won't do it again.

To be frank, I felt embarrassed and amused at the same time when I was corrected by my 3 years old girl. She is so pure, gentle, kind and straight forward.

Lesson learnt. Hahaha!

I am sure there are many more ways we can learn from children on a daily basis, whether you have your own, or simply observe others. If you spend time cultivating your inner child, you just might recapture some of that lost magic that has been dulled inside of you throughout the years, or as time dragged on.

Although parenthood can be stressful at times... Overall, I really enjoyed it. We have great times together, the little ones gave us the reason to get involved in kids' activities, revisiting the fun theme parks and toys stores. I felt like being a kid all over again. Living in the moment of worry-free, fun and happiness.

These moments of complete immersion provide a fleeting cure to our accelerated lifestyle.



(Riding the ZoomooV rides with Victoria. One of "MY FAVORITE ACTIVITY" with her! Hahahaha!)

Awakening your inner child might just be how to start the New Year off right.

So, go and explore just a few ideas in this "Awake Your Inner Child" eBook, and see how you might begin to envision the world anew, and with a fresh pair of innocent eyes.

You just might see the world differently. =)

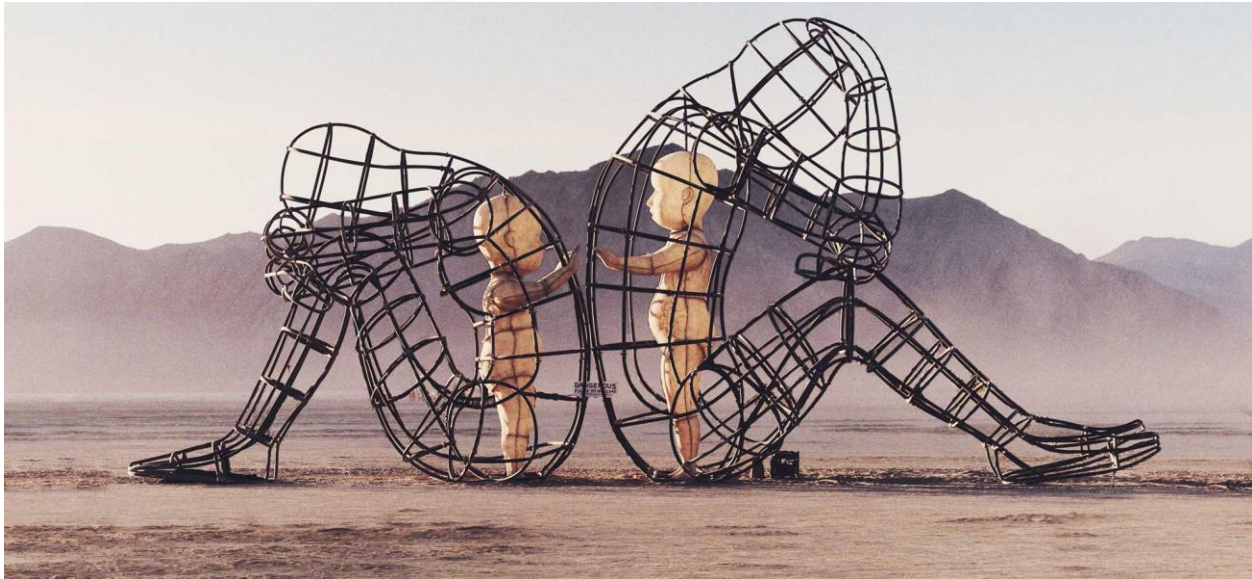


(At Yayoi Kusama art exhibition)

Stay young, stay playful, stay curious always!

Are You Living Life?

The present situation is that you are alive, breathing, moving around, doing everything that is necessary to survive but the real question is are you living? You have a routine that works for you and for sure it goes something like the monotonous resistive cycle: work, eat, sleep, eat, work, sleep. Most people are stuck in this dull cycle of life because society has structured things in such a way that it is extremely challenging to break free from the daily grind of responsibilities, expectations, pressures and deadlines.



Many different theories might cross your mind that maybe it's all a conspiracy to make you a slave of this society and distract you from pursuing your spiritual journey, or maybe at some point you willingly sacrificed yourself in the chase of materialistic goals to acquire the false sense of happiness. Whatever might be the reason, it is no exaggeration that we have a tendency to lose ourselves amongst all the distractions, responsibilities and trials of life to find comfort in the fake sense of fulfilment through artificial routines and schedules.

So why do we have to follow the norm of a pack of sheep? Routine involves repetition. Repetition allows for predictability. Predictability gives us a sense of stability. Stability offers security and before you know it, you will already be drained of all the energy and spirit while carrying the void in your heart that 'something' is missing. But what exactly is missing?



“Acknowledge your Inner Child. Even though we have found the light in ourselves today, we sometimes forget to heal old wounds of our past. Your Inner Child still needs to be loved in order to heal the complete self.”

— Karen A. Baquiran

Your Inner Child Will Heal Your Emotional Life

Connecting with your Inner Child can help you to overcome your greatest fears, enable you to make right decisions in life and become a better person in general. It goes without saying that each of us was once a child. As a matter of fact, this child did not vanish or die just because you grew up. It is still hidden deep inside of you. This Inner Child often sends us various signs and messages. Do you perceive and recognize those messages?

We are scared of the people who judge the individuals who are in a perfect relationship with their Inner Child as childish. Children like to spend time with their grandparents because older people tend to listen to their Inner Child more often than young people or adults.



"Within us all is a radiant Inner Child bathed in joy."

— Amy Leigh Mercree

Inner Child Is The Voice Of Our Emotions

Our Inner Child wants to be protected, loved and recognized on regular bases. Very often, our Inner Child is intensely wounded in the past, and now it's seeking the help to heal and recover. Maybe it requires love and attention. In many cases, the Inner Child feels scared and embarrassed which reflects outwardly through your personality.



"Many of us are guilty of not taking enough time to dial into our Inner Child's voice."

— Kim Ha Campbell

You might feel that you are not valued by other people. There are many good and bad events from our childhood that make a strong mark on our personality. These memories eventually become a part of our life and pose an enormous impact on us.

Due to today's heavy work schedules adults are often too busy to hear the voice of the Inner Child. If you try to ignore the voice of your Inner Child, you might end up facing an emotional imbalance or worst kinds of psychological problems. When we reconcile with our Inner Child, we can live in peace and harmony with ourselves and have healthy connections with other people.

But unfortunately, the buildup of negative emotions is due to bad experiences from the outside world that never really justifies our inner emptiness because it was never the cause of our isolation. The main cause of our emotional problems that we fail to understand is the suppression of our Inner Child.

How Can We Connect With Our Inner Child?

Bringing out the Inner Child does not mean being childish or foolish. It means to distinguish, recognize and live like a child inside of you. Only when we are in tune with your Inner Child, we can be free, imaginative, creative, happy and full of energy.

The best way to awaken your Inner Child is through creativity and hobbies. Free time activities are essential for the well-being of our emotional health. This is the time when you can do whatever you enjoy doing, and you will not possess the fear of being judged or criticized. You can connect with your Inner Child through meditation, music, drawing, painting, sports, dancing and writing. You don't have to be super talented. Just pick an activity that makes you feel relaxed and joyful

and turn it into a hobby. Whatever you enjoyed as a child, you will most probably still love to do!

“By connecting your Inner Child to your internal being, you bring out the hero in you that is inside all of us.”

— John Bradshaw



(Ball Pit Time!)

Spend Time with Children

In order to awaken our Inner Child we need to spend time with children. It will act as a catalyst for our revival. We can learn so much from them on every level. They will teach us how to fix broken things and how to enjoy the small gifts of the universe. If you don't like spending time with people in general, maybe spending time with children will give you all the answers.



(During our Tokyo Trip. We dressed up in Yukatas and having so much fun and laughter!)

Laughter Heals

You know how children laugh at mindless and unimportant things. Sometimes you just make a silly face and they will end up laughing for hours. This can prove to be the best method for stress relief. If you are facing a serious problem in your life, see it from an absurd or a parody side. Remember, no problem is too big; with proper stubbornness, anything is possible!

Stimulate All Your Senses

Try to cook your favorite food that you loved when you were a child. Try to incorporate the art of cooking in your life on regular basis. Mix and match the recipes and create something really delightful. If you are worried about sugar

intake, then try to use any natural sweetener such as stevia but make something, like your childhood candy that will awaken your Inner Child.

You can also spend time outdoors and take part in physical activities like riding a bike, roller skating, soccer, skipping, hand ball etc. If you are an introvert and like to stay inside then to try make a schedule to play video games and puzzles to revive your Inner Child. Grab some snacks and play your heart out.

If we approach the life from a child's perspective, we will see that many things are much simpler and easier than we actually think. As grownups, we tend to over-complicate everything. Our Inner Child can teach us to handle and solve even the most challenging life puzzles.



(Peppa Pig Show in Singapore, 2017)

How Reading This eBook Will Help You?

This book will inspiringly help you to contact, understand, embrace, heal and revive your inner child. Your inner child represents your first original self that entered into this world. It contains your capacity to experience wonder, joy, innocence, sensitivity and playfulness.



Unfortunately, we live in a society that forces us to repress our inner child and grow up. But the truth is that while most adults physically grow up, they never quite reach emotional or psychological adulthood. In other words, most adults aren't really grownups at all. This leaves most people in a state of trivial fear, anger and trauma that embitter away in the unconscious mind for decades.

When we ignore or repel the voice of the child within, we start to build heavy psychological baggage inside us. This unexplored and unresolved baggage causes us to experience problems such as mental illnesses, physical ailments and relationship dysfunction.

In fact, it could be said that the lack of conscious relatedness to our own inner child is one of the major causes of the severe issues we see in today's society. From the brutal way we treat the environment, to the cruel way we talk to ourselves, we have become completely separated from our original innocence.

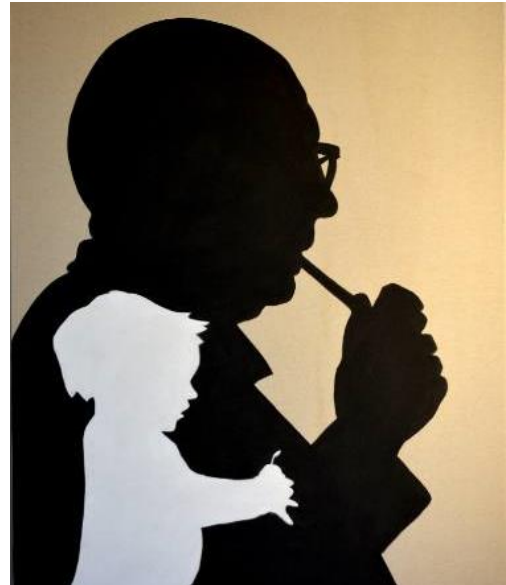


(Children reflect fun, innocence, playfulness, purity, love, joy, spirit, creativity, imagination and truth - reminding us of what we once used to be...)

Why Unleashing Your Inner Child Is Good And Important?

Thirst To Connect

In attempt to fill that inner void, many of us try to attach ourselves to the new technology, hoping that it might quench our thirst to feel more 'connected', without realizing that we are actually enabling ourselves to become more disconnected with our soul.



To keep ourselves sane for the present, we may occasionally get adventurous and try to mix and match things up a little bit, but how many of us can seriously testify to scheduling in time to play and keep our spirit alive and energetic? That mysterious 'something' that we search for is spiritual connection, carefree attitude, intense innocence, light-heartedness, spontaneous optimism and time to play. In short, we are missing our Inner Child!

Have you ever given a thought that we inherently love children so much? Children reflect fun, innocence, playfulness, purity, love, joy, spirit, creativity, imagination and truth - reminding us of what we once used to be. But with the passage of time as we become more concerned with materialistic gains and fall into the traps of fake pleasures, we swap our 'Eat, Sleep, Play' routine with 'Work, Eat, Sleep' routine thinking this will bring us eternal happiness. Somewhere along the road between childhood and adulthood, we lose the time and energy to play and

awaken our Inner Child. Many of us are busy-all-the-time and if we do happen to get some time off we are likely to zone out on Social Media or watch TV.

Our innocent Inner Child is the foundation of our being and the gateway to a happy and spirited life. It is the source of courage, curiosity, happiness and exhilaration, yet sadly most people have abandoned their Inner Child with extremely busy work lives.

The truth is that we all subconsciously desire to reconnect the abandoned part of ourselves that is our Inner Child. We do not intentionally deny our Inner Child. It is something that happens automatically over the passage of time as we try to deal with our emotional wounds.

Awakening Spiritual Wisdom

As children we used our intuition, explored our creativity, expressed emotions, wore vibrant color, connected with imagination, lacked fear of asking questions and presented love freely. In short, we were very much connected with our spirit and soul in huge capacity.

We also know that many children can see and communicate with spirits and angels. Adults refer to this as imaginary friends. However, the veil between the so called real and 'imaginary' world to a child is in fact much finer, giving them access to the spiritual realm. This is mainly because their minds are open, their pineal gland is working effectively and their hearts are open and untainted.

***“See the world through the eyes of your Inner Child.
The eyes that sparkle in awe and amazement as they see love,
magic and mystery in the most ordinary things.”***

— Henna Sohail

The shift usually occurs around the age of 10-12 when most of us start to experience puberty and leap into adulthood where we begin to face emotional, physical or psychological disruptions which burden us with fears, disapproval, expectations and responsibilities. This is where we start to abandon our Inner Child and lose some of our creative and psychic abilities. Gradually, we start to become muffled by society, lose our imagination and close down our hearts out of fear. Slowly the Inner Child begins to die inside us.

As we grow, society teaches that we must suppress emotions, lose our innocence, shut our imagination, abandon our creative thought processes and develop the abilities to tackle the unknowns to succeed in the rapidly changing world. Even our educational system emphasizes greatly on the use of rational mind and conventional thinking more than emotional expression, intuition, art, creativity and spiritual growth.

The truth is that we need a good balance of both. Many parents and teachers dismiss creative skills and psychic abilities of the children by ignoring this behavior or even accusing the child of making up stories. This causes the child to shut down their abilities in order to be accepted and fit in. However, as we move further into adulthood, we create more and more unnecessary boundaries between ourselves and other people to avoid being rejected or refused.

Spirited Happiness

Today's world commonly perceives happiness as the outcome of how much you earn and what you achieve but as a matter of fact each of us really want is to feel loved and aligned with our Inner Child. The reconnection and acceptance of our Inner Child is a key in achieving this feeling of completeness, positive freedom and lasting joy in our lives. The reason we feel something is missing is because in pursuit of happiness in this material world, we ignore and sideline soul's spiritual quest.

Spiritual growth is the most vital element in awaking your Inner Child. It comes through returning to innocence and purity and moving away from self-indulgent pleasure and the charms of the materialistic world. Everything in your life is conspiring to help you begin this journey and return you to the state of purity where you can once again experience happiness, love and spirit in its true form. This is the true pursuit of happiness.

Even with the world in turmoil, we can still awake our Inner Child, have inner peace, love in our hearts, compassion and innocence. To attain that balance and inner discipline we need to hear and act on the needs of your soul to reconnect with your Inner Child.

Every conscious moment calls for us to contemplate our place in the world so ask yourself some very important questions like "Who am I and what am I living for?" Don't take life for granted, reawaken the mystery and magic of life! Awaken the potential of your spiritual self by reconnecting with the Inner Child who lays asleep deep inside you.

Open your heart, embrace love and allow all fears, anxieties and social suffocations to fall away so that you can bring out the Inner Child on grounds of purity and innocence once again.

***"Always bring out your Inner Child, be young at heart always,
life is beautiful."***

— Serina Hartwell

Invite Creativity, Play and Imagination

If we can reintegrate with our Inner Child that loves, instead of fears, accepts intuition and plays instead of worries, we can begin to enjoy life to the fullest. Life should be “Eat, Sleep, Work, Pray, Play’. Use the concept of play to reconnect yourself with the trusting, creative, expressive, spirited and perceptive Inner Child that is laying dormant due to the miseries of hard work and no play.

When we invite creativity, play and imagination in our lives we start to access the power of our hearts and let go of the deeply embedded habit of fear and distress. That’s how we can awake and embrace our Inner Child through loving ourselves and finding pleasure in every little thing we do.

Below are some quick and important ways through which you can let your responsible adult mindset take a vacation and encourage your Inner Child to come out to play so that you can appreciate life to its fullest and integrate your mind and body with soul.

“The Inner Child never wants to hurt anyone; your Inner Child always comes from a place of love.”

— Kim Ha Campbell

3 Initiatives to Awaken Your Inner Child

What if as adults we lived with a true child-like wonder and faith? What would that feel like? How would that affect those around us, but most importantly how will this approach to life affect our mind, body and soul?

As life experiences shape us, they can also jade us, creating walls around our heart, worrisome thoughts in our mind and disease in our body.

Children have the ability to be fully present to the moment, not worrying about what they are doing next. But some of us experienced tainted childhoods that do bring up fear and anxiety, which can block our present. We can get stuck into the past. While still acknowledging where we come from, how can we re-awaken our Inner Child? Awaken means “to return from consciousness, transform, to breathe into, kindle, to stir up, and “to come alive!”



“Awaken your Inner Child with new imagination and new innocence, discover a new you – a new world.”

— Liz

1. Mind

Having a child-like mind will enable you to view the world with wonder and excitement. Reset your mind to breathe into the present. Next time life gives you lemons, pause and stir up your consciousness to look at the positive side of each hardship. We can't change our circumstances, but we can change our mind about them. Awaken your mind to the present joy. When a negative thought creeps in, replace that thought with three positive ones to reset and awaken new neurological pathways. These pathways stimulate the deep limbic system, the part of the brain that is responsible for our emotional life and the formation of memories.

2. Heart

A happy heart is good medicine. If you have not experienced a laughing yoga session, seek one out in your area. Laughing has amazing physiological and psychological benefits ranging from reducing heart diseases and stimulating endorphins that affect your mood, to strengthening your core. Even if you can't find a laughing yoga session, ask someone you love to experience this phenomenon of laughter. All you have to do is say, “laugh,” start laughing, and something magical happens. Laughter is so contagious; you'll be crying and laughing at the same time.

3. Body

One of the best ways to awaken your Inner Child is to perform physical activities that you loved in your childhood. Go out for a bike ride, take a walk in the woods, start skipping on the sidewalk, jump on the trampoline and anything else you loved doing when you were a child.

As you awaken your Inner Child remember to “LOVE, LIVE, LAUGH and LEARN,”

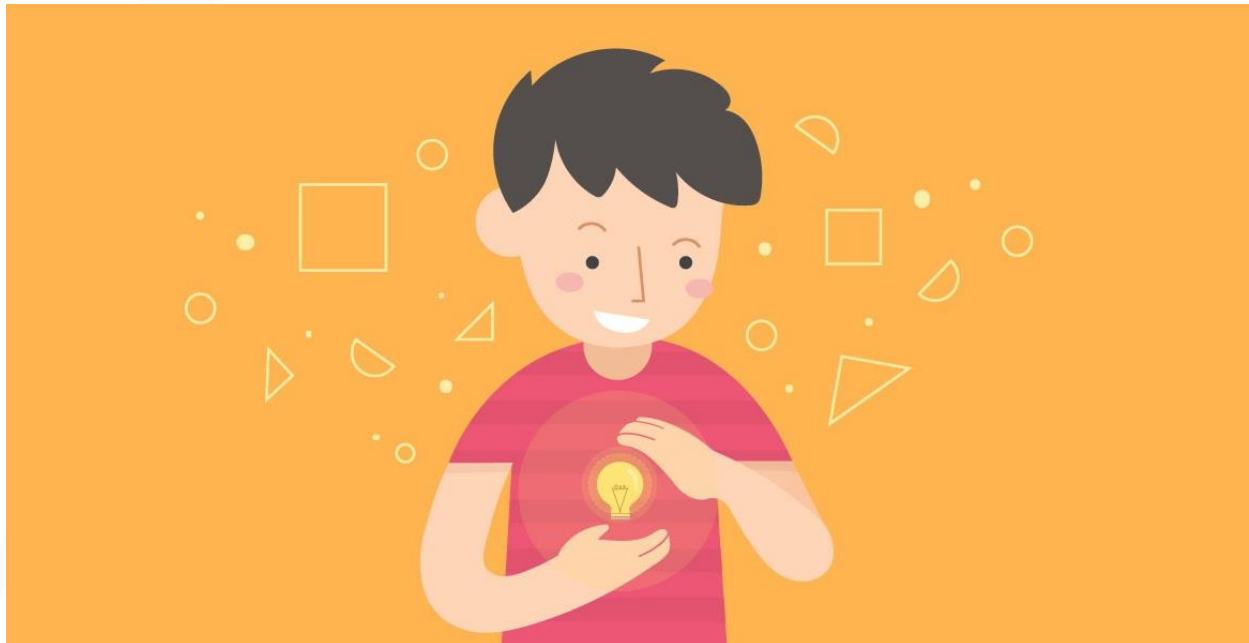


(Happily jumping on the trampoline...)

15 Ways to Unleash Your Inner Child

Do you remember how carefree you were as a child? Children are inherently honest, innocent, pure and full of genuine love. They are naturally curious and ask questions. They are mystified by objects and experiences we have long since chosen to take for granted. Letting a childlike mentality take control is exactly the right way to awaken your Inner Child and feel exhilarated and fresh.

Constant dealing with grown-up issues, job security problems, social responsibilities, family obligations, health issues and financial upsets – everything will become too exasperating for you in some point in time. That's when we all need a reboot.



"In my soul, I am still that child who did not care about anything else but the beautiful colors of a rainbow."

- Papiha Ghosh

The problem is we take everything too seriously. We lead and plan our lives by shouldering the entire weight of the world. We allow every issue to become our problem. We sacrifice our time, energy and valuable resources for someone else's riches and leave little room to nourish our own needs. We attach ourselves to the regrets of yesterday and constantly worry and stress out about what the future will hold. We torture ourselves mentally when things don't turn out the way we want.

It is true that becoming an adult in the first place is a complex and tiresome transformation. There is an invisible threshold that society expects all of us to pass -- perhaps after college, or after an important moment in one's young life -- to forge into the ideals of the real world. It means we have to live up to expectations of the world, constantly prepared and be in the motion to do the right things, to never fail and to always be responsible.

But during this crossover and waves of transformation, the Inner Child is buried inside, forever hidden in the shadows of a grown-up. We forget what it like is to believe that we can conquer the world, to dream the impossible, and to live in that spirited feeling of complete freedom.

There is an unspoken expectation that once you have grown up, all child-like things and interests disintegrate with that transformation forever. What we haven't realized is that a lot of the coping mechanisms we need as adults to navigate any stressful moments are naturally learned in childhood – from birth and throughout our youth.

With that being said, I have come up with 15 easy and fun ways to give yourself a mini-break from adulthood and discover your Inner Child and find simple pleasures in what it's like to be a child again. In these ways, you can keep the heart and mind young, vibrant, and playful!

1. Dance - Crank up some rockin' jams and dance your heart out. Shrug off the weight of the world from your shoulders and revive your Inner Child.
2. Skipping - Forget walking and start skipping. Do it once in a crowded sidewalk and you will feel your Inner Child coming out.
3. Express More – Give yourself a break from being so self-sufficient and independent and tell your friends and family how much you love and admire them.
4. Clap your hands – Charge up your energy and get really enthusiastic about the smallest and simplest pleasures in life.
5. Ask crazy questions - An inquisitive and curious mind nurtures the soul and encourages the flow of creativity.
6. Believe in Santa Claus and Unicorns - Piggyback off a child's undeniable and unshakable faith. Believe in the magic of the unknown and un-seeable.
7. Hug as much as you can - A physical touch can transcend unspoken words of love, care and human connection.
8. Laugh it out loud - A deep, hearty belly laugh keeps the heart light and is always accompanied with a big smile.
9. Mind your manners - Say "please" and "thank you". The simplest acts of politeness can warm a stranger's heart.
10. Dream beyond your wildest imaginations - Let your childlike imagination run wild and give yourself the chance to achieve something great.
11. Jump for joy - We should learn to deploy that vigorous enthusiasm in our lives on regular basis. And if you find the act of jumping too embarrassing then at least allow your soul to jump for joy. Do something that you know will give you that sensation of happiness and liveliness.

- 12.** Believe in miracles - In a world where research is the basis for drawing conclusions and reason is rewarded, allow yourself to believe the unbelievable in life. The word itself, miracle, often seems magical or childish. But don't let the unexplainable just slip by without at least a nod of recognition. Believing in miracles allows these experiences to be much more valuable. Help them along by allowing your imagination to get involved.
- 13.** Play - Nourish your Inner Child by being completely silly with friends or by enjoying an activity you wouldn't normally do. Taking that step to simply play and expend energy will produce a newfound sense of awe. The feeling of wonder that comes with peeling back the layers of thought and assessment is lost all too often in adulthood. With that in mind, play before you give it a second thought, and let the thrill of life take over.
- 14.** Draw outside the lines - It seems so simple, but we spend our days caged in by boundaries and consequences. While these concepts define our comfort zone, sometimes tearing down those walls and exposing our imperfections takes us to a place of greater learning. A child's uninhibited attitude toward tasks and challenges is admirable, and certainly something to learn from.
- 15.** Love unconditionally - Why do we tie strings to our love? And when did we learn to do that? One of the most beautiful things about children is their ability to love. They love unconditionally their families, their neighbors, their everyday experiences, and people from all walks of life-they love questioning the world itself! It's amazing (and disappointing) that we can lose this ability as we grow. Reclaim your ability to love unconditionally even if it's just for an hour.

Try out this list to awaken your Inner Child. It can offer new perspective to keep things on the lighter side when things get a little hard, and cultivate a more optimistic and happier view of ourselves.

I hope that some of these tips bring back old memories and attitudes that you're willing to rely on once more. It's amazing how simple and positive a child's outlook is. I suppose that with time and experience, our perspective becomes convoluted and much less naive (with both positive and negative influences). Nevertheless, relish your Inner Child, and enjoy the simplicity and beauty of living all over again.

“The most potent muse of all is our own Inner Child.”

—Michaela Olexova

Your Inner Child Will Make You Insanely Creative and Successful

Do you remember when you were a kid, and you thought everything was possible, our imagination was sky high and even a Lego block was a fascinating building block to create something fascinating.

Often, that creativity and inspiration disappear in the world of adulthood. In the world of deadlines, schedules, meeting and financial constraints, these zaps of creativity get evaporated. In today's world, creativity seems to be diminishing constantly. As a matter of fact, science says that childhood attitudes are onto something more than temper tantrums. Research has shown that acting like a child can bring massive success — even if you're not a creative type.



“We nurture our creativity when we release our Inner Child. Let it run and roam free. It will take you on a brighter journey.”

— Serina Hartwell

According to a social experiment conducted by The Wall Street Journal, when subjects were told to imagine themselves as 7-year-olds, they scored significantly higher on tests of divergent thinking, such as trying to invent new things from old stuff.

This same creative problem-solving technique is what 60% of CEOs thought was the most important trait for leadership. Whether you are writing a blog article or trying to lead a company, harnessing this creative method for problem-solving is crucial. So, how exactly do you awaken your Inner Child? Here are some simple, research-backed methods:

Worry Less & Play More

How many times have you thought: “I wish I could just be a kid again.” Thinking about our childhood—free of hard deadlines, tight schedules, 9-5 misery, micromanaging bosses, unpaid bills, unwanted worries and stressful anxieties—brings nostalgia of a time with less worry.

Chronic worry can bring about harmful physical and mental effects caused by the release of cortisol, including depression, nausea and suppression of the immune system. Instead, do something creative or even just a good book and let your brain take a break. There’s an important reason why Facebook allows its employees to play with Legos during the day. Taking a few minutes to play sparks creativity, reduces anxiety and enhances focus when you return to the task at hand.

“I believe that this neglected, wounded, Inner Child of the past is the major source of human misery.”

— John Bradshaw

Be Wrong More Often

According to creativity expert Sir Ken Robinson, “If you’re not prepared to be wrong, you’ll never come up with anything original.”

Research has shown that children’s natural tendency to daydream and imagine things declines drastically around 4th grade, and continues to decrease as they age. So, what causes this abrupt decline in creativity? One big reason is the fear of being wrong in front of adults. We are taught, through school and then through the workplace that being wrong leads to negative consequences. We try desperately to avoid being wrong through thorough research, double-checking our work, and staying strong in facts. However, it is no exaggeration to say that creativity inherently requires an ability to be wrong more often than not. Children create their own paths, not caring about consequences. If we are more comfortable with being wrong and take more chances, creativity will blossom exponentially.

Ask “Why”

After spending time with a five-year-old, you might have noticed that children ask too many questions, like: “Why is the sky blue? Why do we sleep with eyes closed? How do we breathe? Why do birds sing?” Children are constantly questioning how the world works. Ask questions, as many as you can to bring out your Inner Child. Children are curious and that is why they ask so many questions. Be Curious. That’s because curious people are more likely to challenge the status quo, imagine possibilities, find solutions and explore new paths.

In your personal and professional life, don’t just accept things the way they are. Start asking questions. This type of curiosity will serve you well in today’s dynamic and rapidly innovating world.

Inner Child Can Unlock Your Spiritual Potential



Be Spontaneous – Explore, experiment and enjoy. Be inspired and act on out that inspiration without fear!

Loosen Up A Little - Let go of the need to be mature all the time. Be yourself authentically and don't worry about how the world will perceive or judge you.

Play, Create, Repeat – Release perfectionism and embrace creative freedom to free yourself from the shackles of monotonous routine

Laugh, Laugh & Laugh - Laughter is a deep spiritual emotion. Laugh out Loud daily without reservation.

Abandon Fear - Fear of failure is worse than the failure itself. Become more familiar with loving rather than fearing. Fear is a barrier to spiritual growth.

Enjoy The Beauty Of Life - Make an effort to enjoy the journey more than usual observe the miracles that are held in the stillness of nature!

Be affectionate - Be an open-hearted person and express your love without fear without expecting anything in return Expectations cause disappointments.

Listen To Your Intuition - Buried within the subconscious lies the knowledge of everything we need to know about living.

Incorporate Your imagination - Dream, Imagine, allow your mind to roam free! Albert Einstein, had this to say: "Imagination is more important than knowledge for knowledge is limited to all we now know and understand, while imagination embraces the entire world and all there ever will be to know and understand".

Now is a good time to reshape your emotions, redefine your life and benefit from spending a little more time with your Inner Child without worrying about other people's judgements and opinions. Give permission to the playful, loving and spirited self to reawaken so you can reconnect with your Inner Child. Let go of any guilt feelings you might have about indulging yourself in playing, dreaming and enjoying the beauty of a soulful life.

Don't waste your precious life by sucking the joy out of it. Decide and take action to no longer neglect your true self and make a choice today to reclaim your right to live a high-spirited life by connecting your mind, body and soul with your pure Inner Child.

"When our Inner Child is not nurtured and nourished, our minds gradually close to new ideas, unprofitable commitments and the surprises of the Spirit."

— Brennan Manning

Conclusion

It is Important to Embrace Your Inner Child

They say that our personalities and many of our beliefs about us are formed from 3 to 5 years of age. Many of us carry the wounds of childhood with us for the rest of our lives. We walk around replaying negative messages we may have heard from our parents, teachers, or friends. So often, we are unaware of all the thoughts we are thinking. Much of what we think is quite negative. The inner child is that child-like part of us that represents our capacity for innocence, wonder, awe, joy, sensitivity and playfulness. It is this part of us that often holds onto the old wounds from our childhood.



When we were children, we believed we were responsible for anything that might go wrong in our families or classrooms. This part of us still yearns for love and many times feels that if we're not perfect we are simply undeserving of love. We begin to reject ourselves and even punish ourselves subconsciously. It does not need to be this way. We can learn to nurture our inner child. Embracing your inner child is

one of the most valuable things we can do for ourselves as we attempt to heal the issues of our past. As we let go of the past, we free ourselves up to enjoy our present moment and to move forward into a joyous future.

Take some time to sit quietly. Perhaps you might play some soft, comforting music. Grab a paper and a pen and start thinking about things you loved to do as a child. Begin by listing all of the activities you enjoyed in your youth. You can make your list and elaborate on that list. Get specific about all the things that gave you great joy when you were young. What was it about the activities that made you happy? How did you feel when you were playing? Rate the activities.

Now, treat your inner child to a little play date. Find an activity you'd like to do, and then do it. Maybe you like coloring. Well, adult coloring books are all the rage and there's even research that shows coloring is a great stress reliever. Maybe you loved ice skating as a kid. Go ahead and spend a day at the rink. Horseback riding, dancing, swimming, playing with clay, all of these are fun activities that can help you to reconnect with your inner child. Be imaginative. Show your sweet little inner child a good time and promise to do so often!

“Where is that inner child that used to love life so much? It's time to reconnect... Happiness and success depend on the child that you still carry within”

— Roxana Jones

Thank You

Thank You for reading this eBook. =)

I hope you feel inspired by reading this humble eBook and get yourself all ready to recapture some of that lost magic that has been dulled inside of you throughout the years. Start envisioning the world anew with a fresh pair of innocent eyes and live life to its fullest!

I look forward to connecting with you more through **“Awaken Your Inner 🧒”** 📧 email newsletter. Talk to you soon!



Stay young, stay playful, stay curious always!

With Lots of Love!

Your Young Friend,

Gladys Cheow