

## Adult Eyes

### *Healing the Inner Child*

When we relive childhood emotional memories, it is as though we slide back through time, wholly participating in the event. The impact can vary from traces of emotions to full-out re-enactment of the experience. When it is complete, we may be shaking from the adrenaline sourcing through our veins, or be totally unaware that the shift in time ever occurred. In either case, our consciousness moves away from our adult surroundings and into a place that is alive, only in our mind. It does not exist for anyone else — ownership is solely our own.

Our focus can be taken from the present to the past and back to the present in an instant, triggered by some aspect in our surroundings. At the emotional level, these flash-backs are real and our brain is not equipped to unravel such emotional mysteries. For those who wish to end this cycle, there are helpful tips, which I refer to as looking at the past through ‘Adult Eyes’.

*Our Brain  
is not equipped  
to understand  
matters of the  
Heart*

*so let us  
stop  
trying to  
think our way  
through*

**Putting yourself on Notice:** The first step comes with building desire to terminate the cycle of reliving the memory.

Each time I recognize that I am falling back in time, I say to myself, in a ridiculing / humorous manor, ‘Play it again Sam’. This is my mantra to increase my discipline toward changing these unwanted habits. When we create such a mantra and use it each time we recognize our self falling into the past or coming out of such an event, we put our self on notice, that we expect change.

As well when you do this, you are also working with all the mysteries of the universe to allow this to occur. This affirmation is important, because it strengthens your desire to **be in control and take back the power**. So don’t ignore your small accomplishments as you make baby steps toward your goal, for celebrating small victories is the key to all endeavours.

**Becoming the Observer:** The next process is introducing duality while you are living the emotional memory. This means, reaching a point where you become the witness or the observer. When you begin catching yourself in the emotional event or past event, then you are in that position of being the observer. It is being aware that you are experiencing a past event rather than reliving the event as though it was happening in the present. The goal is to introduce yourself, the **conscious Adult**, into the experience as it is happening. This is similar to lucid dreaming, but easier.

The observer, reaches the stage where you are **watching over the child** as its’ memory plays out. During this duality, You, the adult, bring into the experience your adult wisdom, making that wisdom available to your inner child. It is the adult that will help the child see the event through your Adult Eyes.

**Empathy:** Emotional events are never created 100% alone, there are always outside factors interacting with us; like people, places, things, and other sources. This 3rd step is logically looking at the event as a theatrical production similar to a director analyzing the characters, the props and the setting. It is here that we begin observing the emotional state of the other people, or situation, in our memory. This is a process of adding perspective and empathy to the setting and to the characters.

Now chances are, you have already done this and done it many times. The difference here is, that you are strengthening the 'Intent' for becoming the observer, the **guardian to your inner child**. It is through strengthening the Intent that will draw closure to these uncontrolled emotional memories and their repetitious cycles. You are no longer just the passive observer, but rather you are in your past memories to guide your inner child into viewing the props in your play with your adult eyes.

**Adult Perspective:** In step 4 you get to draw on all the arsenal you have gathered throughout your life and apply it to maintaining the Adult perspective with your inner child and thereby complete the healing process. Numerous people are using a technique called the '1, 2, 3's of Me'. Personalized versions have been used globally since the sixties, however all that one requires is a **desire** to achieve becoming the **observer** and apply **empathy** where it is needed.

**Spiritual / scientific perspective:** From a metaphysical viewpoint we can change the frequency of an event that has been locked in your aura since the original occurrence. It is that frequency that keeps repeating itself in every energetic expression since the moment of its' creation. The process of viewing the experience with Adult Eyes, merges your current frequency with that of the memory's frequency. This process brings the past events into harmony with the person you are today as the two aspects of yourself merge. This is the meaning of harmony, a merging together, creating a new result. At this point the **memory loses all its' power** and it can never, again, take control. Any recall will be done out of choice and be viewed with objectivity. In others words you are healing your emotional body and freeing your spirit to explore more of life.

Following these 4 steps is a worthwhile adventure into your own becoming, and at no cost, but a little time well spent.

*To Free  
your  
Inner Child  
of  
Pain*

*Allow it to  
See  
through your  
Adult Eyes*

*Heal your  
Emotional  
Body  
and  
Free your  
Spirit*

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