

Psychological Reversal and the Inner Child **by Brian Piccolo © 2008**

Do you find yourself getting fatigued, being out of energy and drive, or having writer's block? There are many possibilities for feeling this way. Many times, we start out on a project with great energy and drive, and then halfway through it we tend to lose interest. This can be the inner child within us blocking our creativity because our inner child's needs have not been met. When everything is functioning without effort in our lives, our inner child and the adult in us are one and their individual parameters are seamless. This unity of consciousness does not last forever because we are not yet perfected beings.

I am often reminded of the story about John F. Barnes, the innovator of the modern version of Myofascial Release (MFR). MFR is a body worker type practice that allows the fascia or connective tissues in our body to rehydrate and release all of the toxins that are resting there. Many of these toxins have an emotional component known as cellular memory. It is pretty common knowledge now that the body is also a part of the mind. Thus, many memories of the inner child are stored right in the cellular makeup of our body's connective tissues. These unresolved memories can inhibit our lives and our ability to succeed in life by setting up psychological reversals of what we really desire to do with our lives.

In John F. Barnes's case, all of a sudden one day there was hardly any money coming into his clinic in Sedona, Arizona. He was nervous about this. They were barely paying the overhead cost of the clinic on a monthly basis. One of John's co-workers approached him and said, "John, you need some work done on you." After a few more days, John agreed and allowed the therapist to release and unwind John's myofascial system. Shortly into the session, a cellular memory came up in which John was in school as a young boy. It was the day when all the other children brought their father to school with them. The problem was that John did not have a father in his life at that time. He was quite embarrassed and full of self-loathing. Then John's spirit guide or Higher Self spoke to him and said, "John, you must accept this event, lean into the wind and move on with your life." John did this and his inner child cellular memory was healed. Immediately the phone at the clinic was ringing off the hook. People were booking appointments and seminars with John all over the world!

The lesson here is that no matter how much your conscious mind affirms positive affirmations, the inner child can reverse all that positive energy into a stronger negative force that will actually block the very manifestation you are trying to bring into your life. This is a psychological reversal with metaphysical power. This is not a bad thing. In fact, it is in alignment with the goal of our Higher Self which is to make us fully whole, healthy, and conscious.

In the end, our goal is to be happy. The things we want to bring into our life we think will make us happy. However, even if you get all the things you want, if the inner child has not healed, then your soul is not balanced, and you will not be happy no matter how much you accomplish. The answer is to be

happy now, heal the inner child, and all these other things you desire for your life will just show up effortlessly. Pretty neat, huh?