

Ode to Our Internal Child

Can we see them? Or do they hide in the darkness of Shadow, afraid of being judged, criticized and punished..., Again!

Can we hear them? Or are they afraid to say what they feel and know and to express themselves at all?

Can we feel them inside of us? To realize that they do exist as much as our flesh, blood and bone and are a vital part of our being and have many gifts that we can benefit from. Or have our feelings become numb for lack of use and contact, let alone noticing their aliveness and presence?

Can we Love them? Do we Love them? Will we love them....without the trails that come through conditions and expectations long and held in place? And invite them back into our lives, feeling their true presence as part of us, that which comes through every breath, movement, sensation and bodily gesture? Or will we continue to ignore them, deny them, judge and condemn them to an everlasting prison sentence within the internal darkness of limitedness and stagnation.

Can there be a time when we choose another way? Can there be a time when we change, alter and turn this condition around.....towards a fresher day of more possibility and new life?
Only time will tell.

Frank D Cardelle