

Celebrating your inner child



THE SCOOP

MABLE HASTINGS

way to keep our inner child nurtured and welcome in the comfortable corners of our hearts and bodies.

If you've never heard of self-help Evangelist, John Bradshaw who died at 82 in May 2016, I encourage you to read any of his many books found at most if not all bookstores. His ideas about family dysfunction and the damaged "inner child" living hidden in most adults made him one of the most popular and influential self-help resources of the 1990s and his work continues to be shared today. As someone who has read his books absorbed much knowledge from his taped teachings and who has brought his work to my own in the past 30 plus years working with youth, I reflect upon his teachings often. I strive to be aware of what I have learned from him and to implement some of the golden nuggets into my own life and family.

A favourite John Bradshaw quote: "Hell, in my opinion, is never finding your true self and never living your own life or knowing who you are."

Bradshaw's work on the "inner child" who is hidden in most of us has been of great benefit to my own work with the youth in my community and surrounding areas. Healing the inner child in all of us is a lifelong endeavour well worth the time, effort and heart required not to mention the bravery.

Celebrating those things that keep us feeling young inside and at ease



COURTESY

with the little one living in the rafters, foundation and rooms of our memory, heart and soul is so rewarding and while at times painful, worth every moment of effort we put forth in reaching inward and embracing him/her. It is a journey and while it may be a foreign land when you begin, in time, you desire to travel further inward as you can then walk hand in hand with the little one who still lives inside of you.

If you don't want to dig too deep to analyze your inner child, Bradshaw suggests that at minimum you keep the following at the forefront in reclaiming your inner child by staying in tune with your childlike aspect: jump for joy, believe in miracles, play, and draw outside the lines, love unconditionally.

Personally, I have learned a lot

from my own children in taking the time to "play" with them when they were young as they would use their imaginations, whether it was Simeon exploring the Titanic, Tom dancing to an Elvis tune or Ethan leading a family of dinosaurs into a new world, through their sense of wonder and joy, I rekindled with my own inner child.

Perhaps the secret to staying young is not found in an expensive bottle or medical procedure but rather, free of charge with a little inward reflection and digging out that old Tonka truck or pogo stick packed away in the garage or attic. For my Jason it is swinging in the back yard trying to figure out how he is going to swing high enough to jump into the swimming pool without breaking it or his neck! Oh to be a kid again...

Often asked how he stays so young, I would like to think that our effort to keep those things we enjoyed as children a priority as we age is a vital



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NOTICE OF ANNUAL GENERAL MEETING

You are invited to attend the Annual General Meeting of the **BROME-MISSISQUOI-PERKINS HOSPITAL FOUNDATION** to be finally held on

SEPTEMBER 29, 2021
at 5:30 p.m.
Instead of Monday, August 30, 2021

The meeting will be broadcast via videoconference.
Registration is required at info@fondationbmp.ca or at 450-266-5548.

The Board of Directors will report on its activities.

ALL ARE WELCOME!



Donald Finigan

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