



RELEASING THE HUMAN INNER CHILD

By

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*May we all achieve the greatness
that is our potential
and love ourselves and all others
in the process.*

This book is part of the:
“Owners Manual For Humans”
Series

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CHAPTER 1: THE EVENT



In this book we will describe a procedure for re-connecting with your inner child and perhaps, for many, releasing it for the very first time. Releasing the inner child typically results in a significant improvement in the quality of life.

Firstly, it reconnects the adult individual with their deeper, inner feeling self and secondly it reunites two halves of a whole whereby neither half was previously complete. This has the effect of bringing great meaning, oneness, and a sense of belonging to individuals who before felt lost and disconnected in the world.

Almost everyone I have taken through this process has, in the process, burst into tears at some time, and then emerged so much happier, more at peace with themselves and more connected with their inner soul, it is my hope this will be the case for you also.

Let's start where it all began ... when we were born.

As a baby, there was only one of us, we had needs and feelings which we openly expressed without reservation. Initially we had little fear as this is learned and we were simple and uncomplicated.

As we passed the age of two, for most of us, we had learned our needs got met, we were taken care of and not much responsibility fell on our shoulders – we simply needed to communicate by some method when we needed something – and it was typically taken care of for us. During this time we were ONE – one person, one little soul, one singular bundle of joy and needs.

As we grew older – from say 3 years on, the world began to change for us in some very profound ways. Mainly, the big change was we found ourselves often alone with others we didn't know.

Relatives or visitors would come over and our parents might not be with us the whole time. We would visit other children and play at their houses. We would go into the yard and meet new people or go to daycare or school and be left there all day... alone without our mothers and fathers.

The world started to become a scarier place for us during these times. We had no reference point for how to cope and operated strictly on an instinct basis.

THE EVENT

The event seems to happen to all humans. To date I have not found one person where it did not occur, so the first message to walk away with here is that YOU ARE NOT ALONE in having experienced what you did – almost all of

us do. Maybe the specific EVENT was different for us, but it seems we all had one and it was traumatic for our little minds at the time.

The EVENT seems to occur for most people somewhere between 3--9 years old. So the first thing we need to do to do is to identify the EVENT for ourselves.

To do so, I want you to close your eyes and go back to your earliest memory – take a moment or two to reach back in your memory and see what appears for you. Your earliest memory will only be a little scrap of information, a place, a person, an event but whatever it is think about this for a minute and ask yourself what you remember most about this memory.

Now, I want you to think about some event that happened AFTER your earliest memory but while you were very young that really scared or terrified you. This would likely be the first time you consciously got really scared in the world by yourself.

Usually, this event will involve other people interacting with you negatively. Typical examples are a child being made fun of in a very hurtful way, child sexual or physical abuse, being picked on publicly or a severe scolding from your parents or a relative.

This EVENT is right there in your memory, you may not have thought about it for years but you are no stranger to this memory and to this EVENT as it has never really left you.

As you contemplate this EVENT, this is the time many people start to cry, as it reconnects them with the very first time they truly felt fear and that memory remains well in reach for most of us. That is ok, it is normal. Take a moment to remind yourself you are safe now and this was a long time ago.

CHAPTER 2: THE SECRET ROOM



Once we have identified THE EVENT (and not before) we can move on to the next thing that happened shortly after. Now I am not a psychiatrist, nor do I have any medical degree, but it is my personal conclusion at the time of THE EVENT a profound and significant change took place in the mind of our inner

child experiencing this trauma – which was processed as fear and likely the first time our little brains really had to deal with such an intense emotion.

I believe, in response to THE EVENT, the mind at that time split into two aspects of itself, literally forming two personalities where there was previously one. This transformation resulted in the child’s mind being divided into two parts: 1) the ADULT CHILD and 2) its ORIGINAL CHILD. From here on we shall refer to these two identities as the ADULT and the CHILD.

The new ADULT was called into being as a defensive measure and its job was solely to protect the CHILD. You realized at this moment and possibly for the very first time in your young life that the world was a dangerous and scary place and instinctively you understood your CHILD could never survive in such a place as it was far too sensitive, innocent and defenseless. It needed to be protected!

Your ADULT did what any adult would do in that situation and that was to seek a place of safety for your CHILD. So, in response to THE EVENT and in a desire to protect your deepest most vulnerable inner self you picked up your CHILD in your arms and walked down the steep stairs in your mind into the basement where there was a Secret Room no-one else could find or knew existed.

You opened a large heavy, thick door and placed your CHILD in that secret and safe room saying: “Don’t worry... you will be safe here, I will -protect you.”

You then closed the heavy, thick doors behind you and the other half of you --

the ADULT walked back up those steep stairs prepared to face the scary world alone but comforted by the fact that you're your CHILD was safe locked away in the Secret Room. This was the day you divided into two.

This was a brave and heroic act you performed for your CHILD that day, it went unnoticed by anyone, not a soul in the world knew it had happened and you never received any credit for this brave act ... you did it out of self-preservation and love for yourself.

Reflect for a moment the courage this took from such a young person – that is who you are, recognize yourself for this tremendous act. You are a hero, and you saved yourself.

CHAPTER 3: LIVING DIVIDED



You emerged into the world, still very young and very much a child, but divided from the whole person that you used to be. This was done out of protection, you understood this and there simply was no other way to survive.

The new you, the divided you, the half of who you used to be ... your ADULT was there to face the world and everything it might throw at you.

You were brave, scared, but prepared to do what you had to do and comforted by the fact your tender, sensitive, innocent CHILD was locked away safely in the Secret Room where it would always be safe, no matter what.

In time, you got used to living as a divided person. Of course, with your CHILD locked away safely, you couldn't feel the full emotion of a child anymore. You laughed less, you loved less, you played less as such is the life of an ADULT even at 5, 6 or 7 years old. There was simply less of you in the world now.

The divided person knows, especially after experiencing THE EVENT, to be guarded, to not trust other people as they can turn on you suddenly. The divided person doesn't sleep as well as they used to and often has bad dreams, sleepwalking and night terrors when young.

The divided person has more ailments, gets sick more often, suffers more depression, worry and is generally more nervous. But there is no other choice – in order to keep the CHILD safe, the ADULT must deal with the big bad world, and this is how such young minds cope.

After all, no-one even knows what has happened, no-one is paying attention to this change in you because no-one understands this simple rule ...
YOU MUST DIVIDE – TO SURVIVE!

Being away from your CHILD isn't easy but it's just not safe to go back down into the basement to the Secret Room as you might be followed, or someone might see where you have hidden your CHILD. At all costs you protect your CHILD, but never realize just what the cost is as no-one has ever explained this to you – and this is because while it has happened to just about everyone, we have all forgotten THE EVENT, we all feel it only happened only to us, and we have all buried it away and never spoken of it ... it is one of our deepest, darkest secrets and we guard it with our life.

The divided child, especially if an only child (as I was for most of my early years) feels very alone in the world. They are often rebellious, can have sudden outbursts, and it is all they can do to keep their deeply hurt emotions to themselves.

As the divided children grows into a young adult, we often see rampant depression, self-harm, suicidal thoughts and actions because the child is

literally living WITHOUT part of themselves – without the warmest, most sensitive, most caring part of their own soul.

They are growing up disconnected – and this disconnection can be pretty clear to see in our youth these days if we just look. This enormous separation pain, I believe, contributes to the suicide deaths of many young people every year all over the world.

Suicide is one of the leading causes of death amongst young people ages 12-29 at a rate of approx. 15 per 100,000. I believe this number can be greatly reduced if we focus on the reunification of the CHILD and the ADULT during the formulative years with our young people.

As young people mature, grow up, and raise families, in my experience, very few ever find their way back to themselves and reunite their CHILD with their PARENT. This rarely happens as almost no one even realizes that they have experienced a split in their personality or that they have separated from their inner child.

The result is adults who feel lost, lonely even when in relationships, disconnected from others, joyless, socially isolated and generally depressed. Many do not even realize they suffer this way. After living disconnected for so long it is virtually impossible to remember how we used to be – before the split, before when we were one with our inner child.

Many of us live as orphans from ourselves and never realize this can be undone, it is possible to be reunited with our inner child, we just need to be shown how. This we will cover in detail in this book exactly how to do it!

CHAPTER 4: IT'S SAFE, NOW



Most of us have spent much of our lives “alone” on this planet without our other half – our CHILD. However, when you are connected with your inner child you are no longer alone, you have someone to play with, always. You have someone to talk to about your innermost feelings, you have your best friend back and you are one.

Before that can all happen something you have believed your whole life needs to change -- and that is your belief about the condition of the world and your place in it.

When you were young, you were defenseless, you were unexperienced in the ways of life. You were small, you were weak as a young child, you were very vulnerable... and you knew it.

When you divided, you hardened yourself to the degree you could and went forth as a warrior would into battle. The world was dangerous – but you were brave.

In order for the CHILD to emerge into this world, which for so long you have viewed as far too dangerous for it – a profound change in your thinking needs to take place – or you CHILD will not appear.

You need to be able to tell yourself, truthfully, sincerely and with full belief ...
“I AM SAFE IN THE WORLD NOW”.

Please think about this statement carefully. Can you say it and believe it?
What would it take for it to be true, if you cannot believe it?
Can you do what it takes to make it true?

You locked your CHILD away in the secret room to keep it safe, to protect it so obviously after all these years you would never risk bringing it out if it wasn't safe, you would continue to keep it locked away.

This question is fundamental and pivotal to connecting with your CHILD. Please make sure you have done what is needed for you to be able to say to yourself with 100% certainty I AM SAFE IN THE WORLD NOW.

Once you have processed this thought, it sends the first message your CHILD and your ADULT need to hear – this is the “IT'S ALL CLEAR” signal you would send to your family after emerging from a tornado shelter once the storm has cleared. No one is coming out until this is clearly announced, with confidence.

So now I want you to go somewhere and SHOUT the following..,

“ITS ALL CLEAR – WE ARE SAFE IN THE WORLD NOW!”

Now, shout it again, repeat a few times, really get the message out for all of YOU to hear, the shouting gives it the energy needed to permeate your body and make it down into the SECRET ROOM. Your CHILD needs to hear it and feel it and know that's its true.

Before we go to get our CHILD, let's picture in our mind walking outside at the park on a sunny day holding the hand of our young child and just walking under the blue sky without a worry in the world.

Think about the birds singing, a gentle breeze on your face, the soft grass under your feet – there is nothing to worry about and so much to share with your CHILD.

Imagine the smile of their face as they see all these things for the first time, the joy the two of you will share walking hand in hand and talking and not having a care in the world. This imagining sets the mental state needed to be in the appropriate state of mind when you meet your CHILD again after all these years,

Remember, this setting of the scene right before we open the big heavy door that's been keeping your CHILD safe, these are the first thoughts we want your CHILD to feel from you when you reconnect.

CHAPTER 5: REUNION



Before we reunite, it is important you realize that you have made a mistake with your CHILD and that you need to recognize it and are ready to make up for it. The mistake you made was that you, in your caring and love, abandoned your child when you locked it away in that room for so long.

Of course, this is hurtful to both of you, but your CHILD is going to need some extra special attention to help overcome years of abandonment and it will take patience on your part to let the healing happen.

Before we release your CHILD, I want you to think about what your reaction would be if you went over to a friends or neighbors house and while there discovered they had a small child locked in a room in the basement they never let out, and the CHILD had been locked in there for years.

Would you leave saying nothing?

The likelihood is that you might call the Police or try and break in and free the child knowing that it could not fend for itself. I am guessing you would do everything in your power to save this poor, isolated child, who wouldn't?

However, this really is what you have done with your own CHILD. I know it wasn't intentional. I know you did it out of love. I know you did it when you were young and scared and didn't know what else to do ... however this doesn't change the fact of what you did.

You locked away, and isolated your CHILD and in a way, this is child abandonment and child abuse even if it was for what you thought was a good reason. In a court of law, such would not be a good defense.

I say this not to make you feel guilty but to engage your outrage to provide the momentum for you to correct the situation right away!

Now you know, you have no excuse to perpetuate your actions – you have no excuse other than to act, and to act now! Free your CHILD!

RELEASING & REUNIFYING WITH YOUR INNER CHILD

The process of releasing your inner CHILD and experiencing reunification with it is accomplished through a series of steps that slowly but surely brings your CHILD forward while letting your ADULT step back. We are not replacing anyone here, more shifting our focus from one onto another so that ultimately both share your attention.

The mechanism for causing this shift in focus to occur is accomplished through the re-direction of the ADULT who has been out of touch with its CHILD probably for many years or even decades.

With time comes memory loss, so the first thing we need to do is to remind the ADULT what the CHILD is like in an easy non-threatening way, and this is best accomplished by having the ADULT do the things its CHILD would do.

STEP 1: One of the best beginning activities to do as a first step is simply to go to a park and ride on the swings. Close your eyes and think back to when you were young, when you didn't have a care in the world and just swung back and forth letting yourself indulge in child-like thoughts. If there is a merry-go-round, go for a ride. If there is a slide – slide down it. Allow your CHILD to come out and play ... this is the first step to releasing your inner CHILD.

This is the beginning of something you are going to now integrate into your lifestyle and make part of your days. These child-like playtime activities not only help you reconnect with your inner child, but they provide enormous stress release in a hectic world and help you connect with who you really are.

This process does take a little time, but the rewards are enormous, palpable and real. I have outlined just the first step above in this section of the book but in the next Chapter I will outline a complete set of activities for you the ADULT to follow to complete the reunification of your ADULT with your CHILD.

This will take a little focus and follow through. Remember when I told you about finding an abandoned child at your friends or neighbors and how outraged you would be that you would do anything to set that child free.

Hang onto that thought, remind yourself you have done this very thing to your own CHILD and this should provide you with the momentum needed to complete the steps in the next chapter entitled... PLAYTIME.

CHAPTER 6: PLAYTIME



Reconnecting with your inner child can be a profound way to rediscover joy, creativity, and a sense of wonder in life. Here are some steps to help you fully reconnect with your inner child:

1. Acknowledge and Embrace Your Inner Child

Visualize Your Younger Self: Spend some quiet time visualizing yourself as a child. Think about how you looked, what you loved to do, and what made you happy.

Acknowledge Past Wounds: Recognize any childhood hurts or traumas that may still impact you. Accept these experiences without judgment, understanding that they are part of your journey. Remind yourself you are now safe from such things and it is alright to move on into the world.

2. Engage in Playful Activities

Do What You Loved as a Child: Revisit hobbies or activities you enjoyed as a child, such as drawing, playing with toys, riding a bike, or exploring nature.

Go to a toy store and buy yourself a toy – any toy you want and keep it at home to play with and remind yourself of your inner CHILD.

Be Spontaneous and Creative: Allow yourself to be silly, imaginative, and creative without worrying about the outcome. Dance, sing, or create something just for the fun of it.

Buy a box of crayons and draw a picture of yourself (and your family) then put it on the fridge to look at each day.

3. Practice Mindfulness and Meditation

Inner Child Meditation: Visualize holding your younger self, offering love, protection, and understanding, speak to your inner CHILD.

Mindful Play: Engage in activities mindfully, paying attention to the sensations, sounds, and feelings they evoke, as if experiencing them for the first time.

Watch some cartoons and remember how it was when you did this as a CHILD.

4. Write a Letter to Your Inner Child

Express Love and Reassurance: Write a compassionate letter to your inner child, reassuring them that they are loved, safe, valued and how much you missed them.

ADVANCED CONCEPT: Allow the Inner Child to Respond: You can also write a letter from the perspective of your inner child, expressing any feelings, desires, or thoughts they might have. This can be very powerful and insightful.

5. Surround Yourself with Childlike Influences

Read Children’s Books or Watch Childhood Movies: Revisit the stories and movies that captivated you as a child. These can evoke a sense of nostalgia and joy releasing your inner CHILD within you.

Spend Time with Children: If you have children in your life, spend time with them and engage in their activities. Their perspective can help you reconnect with your own inner child. Nothing connects you with your CHILD like other children, they will show you how its done if you just let go of being an ADULT.

6. Create a Safe Space for Your Inner Child

Build a “Play Space” in Your Home: Dedicate a space in your home to activities that remind you of your childhood. This could be a cozy nook with toys, art supplies, or a journal.

Set Boundaries for Self-Care: Ensure that your adult responsibilities don’t overshadow the need for play and relaxation. Prioritize time to engage with your inner child. If needed, maybe even set a daily playtime, half an hour to let your inner child play each day is enough.

7. Engage in Self-Compassion and Forgiveness

Forgive Yourself and Others: Practice forgiveness for any past mistakes or grievances. Understand that your inner child may have been hurt or misunderstood and offer them compassion. Forgive yourself also forgives your CHILD – show them both love by doing this.

Be Gentle with Yourself: Treat yourself with the kindness and patience you would offer a young child, especially when you feel vulnerable or overwhelmed. Never call yourself bad names – love yourself as you would a child.

8. Seek Support if Needed

Therapy or Counseling: If reconnecting with your inner child brings up difficult emotions, consider seeking support from a therapist who can guide you through the process in a safe and supportive environment. Sometimes friends or family can also be helpful in this process – take your time, there is no rush.

By consistently nurturing your inner child, you can rediscover a sense of innocence, joy, and authenticity that enriches your adult life bringing you back into a complete state of oneness – with you and your CHILD living as one, in harmony.

Now get on down to the park and jump on some swings!



CHAPTER 7: SHARING THIS PROGRAM



You may freely share this program with others. While I retain copyright and ownership of everything here, provided you do not charge anyone anything for it or sell it in any form – I want to make it available for all to be able to use.

This program saved my life as a teenager and took me from a depressed, low self-esteem teenager to a very successful entrepreneur, hit song writer, top name pop producer (for Prince), a filmmaker with a movie I wrote and filmed for PBS, someone invited to the White House to meet the President, and so much more.

This program transformed me from the who I didn't want to be into the who I am proud to be ... and it can do the same for you.

This is my attempt to help others achieve their true potential and that is why I wrote this book. It is my greatest wish to see you all become as much as you can be and more, to exceed wildly your own expectations and for you to touch the world positively and help its people become all they can be also.

What more could anyone want than to be part of such a change in mankind. We can do it and the journey begins ... with us. I hope you find this book helpful.