

ON MY MIND #29

by Michael Brady

MY INNER CHILD “MIKEY” PART 2

I have come to believe that the new body we get with each incarnation has a time when we are free of the karma we bring in from past lives. This time can vary from when we are still in the womb to the first few years after we are born. I have drawn this conclusion from all the past-life work and in-womb regressions I have done over the years. I have observed that our wounded inner child is born from some experience(s) we go through in primary childhood, up to the age of seven. The birth of most inner wounded children falls between the age of three and six years old. During the free space, before this happens, we are connected to our body and emotions the way God or providence intended for us to experience life here on the material plane. In modern life, we spend most of our awake time centered in our head. Natural tribal groups, the world over, spend most of their awake time centered in their heart or heart chakra. Before the wounded child is born in us, we are heart centered and, as a result, connected to and aware of our emotions. Our natural connection to our emotions is such that our

emotions are not contaminated. Feeling glad, mad, sad, scared, and ashamed is designed to be a reaction to what is occurring right here and right now. In this context they are designed to enhance our adaptive response to life circumstances and instill meaning to our life experiences. A life lived without emotion is meaningless regardless of what we do with it. In modern culture, by the time we reach the age of reason (7 years old), we have learned to live in our head and be out of touch with our hearts and emotions, most of the time. Both cultural training and early emotional trauma leave us cut off from our feelings. When we do connect with our feelings, they are toxic. They are old unresolved feelings from the past that we ruminate on. Or they are toxic feelings generated by anticipating possible future scenarios that may never occur. The past toxic feelings include the unresolved emotions we bring in from past lives as well. When our inner wounded child is created by some in-life experience these karmic feelings get awakened.

I lived a karma free childhood until around three years old. I do not remember any trauma's or unhappy times before three. The early pictures of me then all look clear and happy. Mikey was originally created by something

that happened when I was three years old. I directly remember this event. My dad was going out on errands on a sunny spring day. He said to my mother "I will take Mickey with me". She was surprised and pleased. My older brother was in the first grade. I guess she looked forward to a few hours of free time. I remember standing on the bench car seat next to my father as he drove to various places, the bank, the post office and ultimately a gas station. It was an Esso gas station. Along the way dad bought me a Baby Ruth candy bar. I loved it. It was my favorite candy bar for years. When we arrived at the gas station, he parked his car and took me into the office with him. There he began to talk to the owner, Will. Apparently, my dad worked there part time. I remember my dad and him being familiar and very friendly with each other. While they talked my dad went to a coke machine and bought me a soda. It was one of those 6oz. bottles you had to pull out of a slot after you opened a glass door on the left side of the small machine. He popped the cap off in the bottle opener and handed it to me. He picked me up and stood me on top of Will's desk. My dad was asking Will about getting some new tires for his car. Will said, well let us go in back and look at what we have. Will and my dad walked out of the office into

the bays and turned out of sight. My father said, stay here I'll be right back. He left me standing on the desk holding a coke bottle with both hands. This all happened amazingly fast. When he disappeared from my sight, I became terrified. At the same time a strange man walked into the office. He looked at me, smiled broadly, and said, you must be John's boy. I had a panic reaction. The next thing I remember I woke up in a hospital!

Here is what happened. When the strange man approached me, I simultaneously had a grand mal seizure and blacked out! He managed to catch me before I fell onto the concrete floor. I do not know what happened to the coke bottle. My father rushed me to a nearby hospital. It happened to be the one I was born in. Ironic huh? An EEG revealed epileptic like patterns in my brain waves. I was placed on phenobarbital till I was eleven years old and a repeat EEG showed no signs of epilepsy. I am not epileptic in this life. That was the day my karma kicked in. As I moved forward FEAR was always with me. I was scared all the time in my gut. It got big. It got small. It was never completely gone. It was never completely gone, that is except when I was being tactilely comforted by my mom.

Three years later, on my sixth birthday, mom died. My Aunt Mary disclosed this to me in such a way that I shut down and suppressed my grief. Fear and Sadness dominated my growing-up years. Mikey is the one who held all this for me as I developed into an adult. I only began to reconnect to my emotions when I started college and began studying psychology. Fast forward to 1985. I begin the exercise of constructing my inner child, Mikey. We happened to have a collie named Tara at the time. While I was forming an emotional relationship with Mikey, Tara was forming a heart centered relationship with me. Tara would come to me when I was sitting. She would jump up and place her paws on my shoulders. Her heart would be on top of my heart. She would literally hug me. Then Tara began to come and sit facing me and stare up at me. She would do this over and over until I got down on my knees and hugged her. While I was learning to hug Mikey on the inside. Tara was teaching me about the value of hugging on the outside. Dogs are utterly amazing! I think Tara felt the presence of Mikey inside me.

Today I feel emotionally clear underneath, it took years to crest that mountain inside. It took until my early

fifties to be able to live in the Here and Now, most of the time. It took that long to fully connect with my heart center and live there most of the time. I could not have done it without Mikey. That is how it works. I, the adult, begin by trying to save/heal the wounded child. And at some point, the inner child ends up saving me. Mikey is the part of me that keeps me connected to my empathy. Mikey shows me how to be creative, have fun, play, love life and be optimistic. That is my story... and I am sticking to it!