

Letter to My Child Self

I have seen you. For most of my life, I have seen you hiding. I have seen you ashamed, frustrated with yourself. I have seen your fear of rejection and your feelings of guilt. I have seen you lonely, even when surrounded by others. I have seen you suppressing your feelings and emotions to toughing up yourself. I have seen you overcoming confusion and bitterness to focus on what you wanted to become. I have seen you going through difficult and heartbreaking situations without shedding a tear. I have seen you contending with giants – people and situations bigger or more powerful than you. I have seen you winning and losing. I have seen you focused on your strengths while hiding your weaknesses. I have seen you surfing the waves of life and tradition. I have seen you also rebelling against the narrowness and injustice of those ways. I have seen you achieving a lot. I have seen you losing everything. I have seen you *conquering the world* around you, moved by the belief that you would be loved because of it. I have seen you in love and afraid of love. I have seen you in your efforts to give yourself to love as most people do. I have seen you failing many times to open yourself up to those who loved you. And I have seen you believing again in love and being crushed because of it.

There have been many things that went wrong in my life because of what happened to you. The deception that led to your body being touched and used in a way that no child should ever be **WAS NOT YOUR FAULT!** At that young age, you were not supposed to know anything about sex. You did not understand the stingy pain and the discomfort in your body that you had to endure to have access to the tools you wanted to play with your little brother on that farm. You trusted someone who betrayed you. **IT WAS NOT YOUR FAULT!** You became upset with yourself for being duped, however. And in your desire for protection, you made an impenetrable fortress of your child's heart.

I am so sorry that you had to grow so fast because of that terrible abuse. You deserved to be loved and cared for, protected and honored in your innocence. You deserved attention and a safe home. I am sorry that you could not enjoy your childhood because you became more concerned with toughing yourself up and *conquering the world* around you so you would never be a victim again. And I am sorry I left you there frozen in that time, waiting for a safer time to come out.

My heart, mind, and soul are grateful for your sacrifice. Because of your toughness, I am not a victim but a survivor and a thriver. Life is coming together now for you and me because of the foundation of good character and discipline you laid down for me and because of the grace, faith, self-love, and self-understanding that I have now to share with you. I am here in the timeless realm of the self to hug you when you needed it the most, to provide you with the love and tenderness, compassion and understanding that our absent father and busy mother failed to do so. I am here with you.

I am proud of finally putting away the shameful shackles of the past and becoming one with you. The shame is fading away, so is the anger and the guilt. It is safe to come out of hiding now. Welcome to life. Welcome to love. Let's enjoy life together. You, we, deserve it!