

This Free E-Book is brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Protecting Your Child's Innocence**

**By Margaret Paul, Ph.D.**

**Protecting Your Child's Innocence by Margaret Paul, Ph.D.**

The following article is offered for free use in your ezine, print publication or on your web site, so long as the author resource box at the end is included, with hyperlinks. Notification of publication would be appreciated.

Title: Protecting Your Child's Innocence  
Author: Margaret Paul, Ph.D.  
E-mail: <mailto:margaret@innerbonding.com>  
Copyright: © 2004 by Margaret Paul  
Web Address: <http://www.innerbonding.com>  
Word Count: 823  
Category: Parenting

**PROTECTING YOUR CHILD'S INNOCENCE**

**By Margaret Paul, Ph.D.**

We love our children and we want them to be safe - safe from people who could harm them and destroy their innocence. At the same time we don't want to scare them and perhaps create timidity or nightmares. How can we protect them without harming them?

Obviously, we need to educate our children regarding the fact that there are people who want to do them harm. We need to teach them not to speak to strangers, even when the strangers appear to be nice, never accept rides from people without previous arrangements, never allow people to touch them inappropriately, and so on. We need to teach them the facts of safety. We can also teach them self-defense. When my daughter was 12 and very tiny for her age, we both took a wonderful self-defense class - called Model Mugging or Impact Training - where we learned to defend ourselves against an attack. Even a small child can learn powerful methods for getting away from an attacker.

In addition, there is another very profound way we can help our children to be safe. We can teach them to discern the difference between people whose hearts are open and people whose hearts are closed.

## Protecting Your Child's Innocence

Many children are highly intuitive and can often sense energy, yet when we don't discuss and validate this level of knowing, they might learn to discount their inner experience.

I once counseled a woman in her 50's, named Miranda, who told me this story: "I was eight years old and walking home from school with my best friend. A car pulled up and a man offered to drive us home. This was before most children were educated regarding not getting into strange cars. It was a hot and dusty day and both of us would have loved a ride home. However, something inside felt wrong, and I had been taught by my mother to trust my inner feelings. As my friend started to get into the car, I grabbed her and said, 'No. Please don't go with him. Let's just walk.' She didn't listen to me and got into the car.

She didn't come home that night and the next day she was found dead."

Miranda was deeply traumatized by the death of her friend. For years she thought it was her fault for not forcing her friend to walk home with her. It was only later in her healing process that she accepted her helplessness over her friend's choice, let go of feeling responsible for her death, and felt grateful for trusting the truth of her inner self.

The point of this story is that Miranda was safe because of having learned to trust her inner experience, her feelings. This is what we need to teach our children.

How often do you inadvertently invalidate your children's inner experience? If your child said, "I don't like Uncle Bob," would you ever say, "Don't be silly. Uncle Bob is a very nice man and he loves you very much." If your child said, "I'm not tired," would you ever say, "Of course you're tired. You've been running around all day." If your child said, "My teacher is treating me differently than she treats the other kids," would you ever say, "I'm sure that's not true. You're just too sensitive." All of these statements invalidate children's feelings and inner experience and teach them not to trust themselves.

Part of our job as parents is to teach our children to trust a deeper level of inner knowing, the level that says in the heart or stomach, "This feels wrong." "This feels bad." "This feels dangerous." "I have to get away from this." We can't always know the truth from our mind or our eyes. Sometimes the truth comes through the body in our feelings. For example, Miranda said that the man who killed her friend was very kindly looking and friendly. He had a big smile and looked like he would never harm a flea. On the outward level, there was nothing that spelled danger. But her body knew differently. Her body picked up a different level of information - the energy level. On the energy level, we cannot hide our intention. There is an energy transmitted from a person with a closed heart who is intent on doing harm, just as there is an energy transmitted from a person with an open heart who is intent on being loving. Miranda picked up the energy of this man's intent to do harm. She could not consciously know what he was going to do, but she did know that it didn't feel right. It felt wrong.

In addition to teaching our children to avoid all strangers and physically defend themselves, let's protect our children's innocence by teaching them to discern the difference between an open and a closed heart. Let's help keep them safe by validating their feelings and inner experience so they learn to trust themselves.

Margaret Paul, Ph.D. is the best-selling author and co-author of eight books, including "Do I Have To Give Up Me To Be Loved By You?", "Do I Have To Give Up Me To Be Loved By My Kids?", "Healing Your Aloneness", "Inner Bonding", and "Do I Have To Give Up Me To Be Loved By God?" Visit her web site for a FREE Inner Bonding course: <http://www.innerbonding.com> or <mailto:margaret@innerbonding.com>

## **Rediscovering Childhood: An Exercise for Childhood Sexual Abuse or Rape Survivors**

**By Candace Cook**

I believe that, while it may not be possible to recreate childhood, it is possible to rediscover childhood. As older teens or adult prevailers over childhood sexual abuse or rape, we may feel we were cheated out of our childhood. Our innocence was torn apart as we were introduced to lewd, dishonorable, irresponsible, corrupt, manipulative behavior by child abusers, molesters, and rapists. This cannot be undone.. but, we can re-introduce ourselves to the youthful innocence of play, genuine honesty, and light heartedness. For some, it's easier to do than for others.. but, in this forum, we're going to work on being kids – because that's one of the most important parts of growing up!

I will periodically be posting new, innovative methods of rediscovering childhood – while, not allowing that to interfere with the adult world in which we must function! I hope others will join me in this experiment, exercise or whatever you wish to call it! To participate, just visit the Prevailers Community: <http://prevailer.true.ws>

24 year old mother/guardian of 5 children. Founder of internet support community for sexual abuse & rape survivors. <http://prevailer.true.ws>

Rediscovering Childhood: An Exercise for Childhood Sexual Abuse or Rape Survivors

It's Broke, Sam – Time To Fix It!

Child Safety Tips

Understanding The Different Dream Archetypes

Prepare Your Child For Potty Training

Baby's First Year –What Parent Needs To Know

Help Your Child Succeed In School

HIV/Aids Healed by the Power of God

AX Gold Web Security Kit

AX Gold's Website Guardian



This Free E-Book has been brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**