

# Protecting Our Inner Child

כִּי־חֵזַק בְּרִיחֵי שְׁעָרָיִךְ בַּיָּרֵךְ בְּנֵיךְ בְּקִרְבְּךָ

*Ki chizak b'richay sh'arayich, Bayrach baniyich b'kirbaych*

When your boundaries are strong, your inner child is blessed. (Psalm 147:13)

There is a place inside each of us that is young and fragile and innocent. Part of our spiritual practice is to protect and honor that part of ourselves. When we protect her from our own cynicism and from the harshness of the world, she is nurtured from within and blessed with the space to feel safe. When she doesn't feel that safety, the inner child is apt to "act out" in destructive ways... just to get our attention.