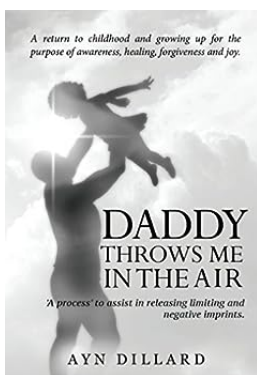


# Daddy Throws Me In The Air: Remembering Childhood

Childhood memories play a crucial role in shaping who we become as adults. The moments of joy, laughter, and love experienced during those early years create an everlasting bond, and one such memory that stands out for many is the feeling of being thrown into the air by our fathers.

The anticipation builds as we wait with bated breath for our turn. The sheer excitement in our eyes mirrors the gleam in our father's as he bends down, ready to lift us high into the sky. Giggles escape our lips uncontrollably, our hearts pounding with a mix of thrill and trust.

Being thrown in the air by our dads is more than just a physical experience. It is a symbol of the unwavering bond between a father and child. It represents the trust that children place in their dads to always keep them safe and secure, no matter how high they soar.



## Daddy Throws Me In The Air: Remembering Childhood by Ayn Dillard (Kindle Edition)

★★★★☆ 4.6 out of 5

Language	: English
File size	: 1066 KB
Text-to-Speech	: Enabled
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Lending	: Enabled
Screen Reader	: Supported
Print length	: 412 pages



The world changes when we are lifted into the air. Suddenly, we are weightless, defying gravity and any worries that may be weighing us down. In that moment, we are truly free - free from the constraints of the ground, free from any fears or doubts.

As we rise higher and higher, our smiles widen, and the world below becomes a blur of colors and shapes. We feel like we can touch the clouds, reach for the stars, and embrace the infinite possibilities that life holds. It is a moment of pure bliss, where time stands still and the only thing that matters is the connection between father and child.

But it's not just about the physical act of being thrown in the air. It's the laughter that follows, the sound of joy echoing through the air. It's the feeling of our dad's strong arms embracing us as we safely land back in his embrace, his warmth radiating through our entire being.

These moments create lasting memories that stay with us forever. We look back on them fondly, cherishing the carefree days of our childhood. They remind us of the love and support we received from our fathers, and the lessons they taught us along the way.

Daddy throwing us in the air taught us to be fearless, to embrace life's adventures with open arms. It taught us that sometimes, we need to let go of our fears and take a leap of faith, knowing that there's someone there to catch us if we fall.

It also taught us the importance of trust and connection. When our dads threw us into the air, they showed us that they believed in our abilities, that they had faith in us to navigate through life's challenges. They created a bond of trust that would guide us throughout our lives.

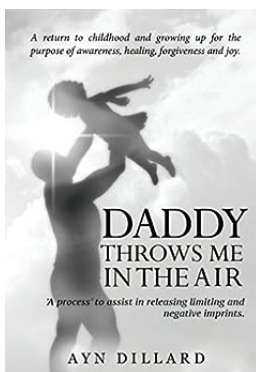
The joy of being thrown in the air by our dads extends beyond just the moment itself. It sparks a sense of wonder and encourages us to dream big. It reminds us that anything is possible and that we should never be afraid to reach for the skies.

As we grow older, the act of being tossed into the air may become a distant memory, but the feelings of love, trust, and pure happiness remain etched in our hearts. Those moments shaped us into the individuals we are today, and the lessons we learned from them continue to guide us.

It is important to carry these memories with us, to remember the childlike joy and fearlessness we once possessed. Life can become overwhelming at times, but revisiting these memories can rekindle the fire within us. They remind us to stay connected to our inner child, to find moments of pure joy and freedom.

So, let us all take a moment to remember those special times when our dads threw us in the air. Let us feel the warmth of their love and the excitement that filled our souls. Let us carry these memories forward, cherishing the bond we share with our fathers.

Because even if the act of being thrown in the air only lasted for a few fleeting moments, the impact it has on our lives is everlasting.



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"It was time to heal. I had to stop creating a life that I could not live. It was time for the pain and suffering to stop. There was too much pain. I will die if the pain continues. Why does my life keep ending up in the same place? Abusive marriages, divorces, lawyers, legal suits - people in my life that had alcoholism, mental illness and abusive behavior, all telling me that I am the problem. Why did I keep creating and recreating everything I did not want and vowed not to have in my life?

In the process of the healing - soul searching - reading of books - discussing - studying - therapy; seemingly insignificant scenes from my childhood kept entering my mind. The scenes were overpowering me, forcing me to look at and relive the feelings that I was having at the time. I began writing down the stories and discovered very meaningful messages that I was given as a child, messages that imprinted me and shaped my life's existence. These scenes and the feelings they created caused me to experience a repetitive pattern. It did not matter if the imprints were intended to create this pattern, only that it was the pattern it created in me. Until I was genuinely ready and able to look at my imprints and beliefs, where they came from and release them - the pattern would remain."

Negative imprints, beliefs, thinking and emotions cause a great deal of mental, emotional and physical distress. Negative thoughts and worry sink deep and can control your life. There is power in how you perceive your past, your relation to it and your world . Awareness of how your past affects and guides will help stop the vicious cycle

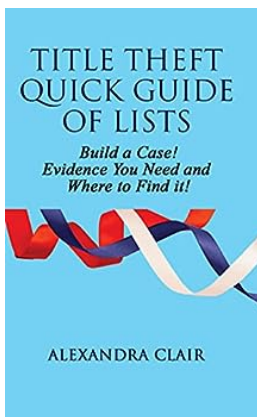
'Daddy Throws Me In The Air' is a journey through childhood memories to awareness. It includes a process to assist in releasing negative imprints and

beliefs.



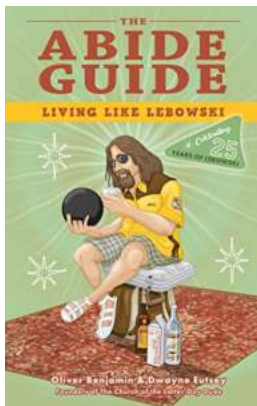
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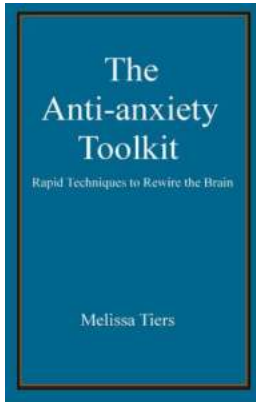
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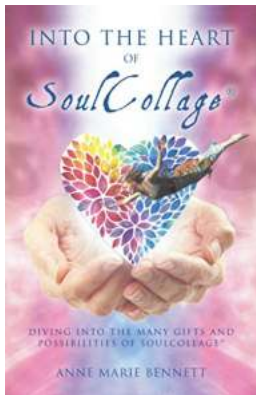
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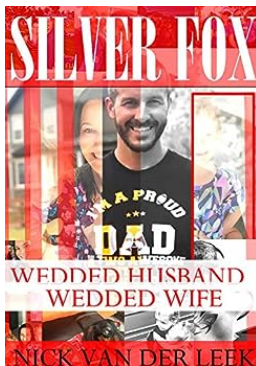
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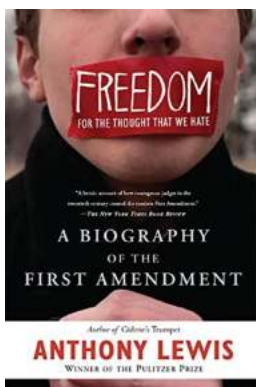
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