

Violet Vibes magazine



INNER CHILD & CHILDREN'S SPIRITUALITY

K. Roedel



Editor's Welcome

Thank you for subscribing to this issue of *Violet Vibes magazine*. I hope something in this issue resonates with you and sheds light on your journey.

I have been on my own journey and my focus at present has been self-love/loving my inner child. For many years I have also had the desire to work with children, in particularly supporting children's spirituality and learning what these beautiful souls incarnating on earth at this time can teach us and how we as adults can help them on their spiritual path. For this reason I have chosen to theme March issue on Our Inner Child and Children's Spirituality.

Thank you to everyone who contributed to this issue, which contains teachings from Louise Hay, Jacky Newcomb, our fabulous regular contributors and guest contributors. Each person has a slightly different perspective on things, challenges our views and opens our mind to many possibilities.

Since last year, I have been busily making plans to move to Western Australia (WA), which was a leap of faith since I had never been to WA. The move was the result of a long held dream and a recent astrocartography reading which affirmed this was a place I was meant to go to find love. Because of my desire, I manifested the means to get there and last month spend 10 days in WA visiting Albany, Denmark, Margaret River, Busselton, Bunbury, Fremantle and Perth. Close to the end of a nine year numerological cycle which saw the end of my career and plans to leave my home of the last 17 years, I was ready to embark on a new adventure hoping to enjoy the goodies of life. But life had other plans.

While I was in WA I hit rock bottom, felt extremely lost and had a feeling of hopelessness as none of my plans worked out. I thought to myself, if this is the place I was meant to live, surely things would go smoothly and doors will open. All I could do was accept and surrender to what was and when I did, I sat with this feeling of emptiness and within this feeling, discovered everything—I was totally in the now and felt peace. I had no clue of where I was going in life. No job, no home, no direction. It felt like I had just been born and knew absolutely nothing.

Feeling very lost on my return to Brisbane I visited a psychic who, through her amazing insights, explained to me what the trip was all about and why I needed to go.

My trip to WA was a catalyst to find love, the place to bottom out and break down the wall I had built to protect myself allowing my soul to be reborn or cleared, ready for my new life. In fact, the one thing I had been working on with my inner child and self-love is the thing which surfaced and visiting WA allowed the discovery of who I really was because this was the best place in the world where I could find true love under the influence of the planet Venus.

During my reading I also learned about the things which happened to me in my childhood and my relationship with my mother. My mother's contract with me before I came to earth was not to love me but to help me grow. My mother never knew how to show love or put her children first but she gave me the strength and courage to survive in this world. As a very sensitive soul who has a lot of heart energy, I would not have been able to survive in this world without learning this toughness and building a protective wall around myself. It is now time for my inner child to come out from behind the wall my mother helped build and to experience the gentle, loving energy which is my true nature.

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Art helping to liberate orphans



A boy in Kenya sleeps on the floor in a one-room orphanage with 27 other children. His mother died of AIDS. He has little food, water and clothing and his shelter is the bare minimum. This little boy has suffered emotional and physical abuse because of the loss of the only family he knew. He sits in the corner and doesn't play with the other children.

This is just one example of the many orphans around the world who live under difficult circumstances. But one organisation is doing something to make a difference to the lives of children like this—The HALO (Helping Art Liberate Orphans) Foundation. Established in 2003 by Rebecca Welsh, HALO is committed to improving the life of orphaned children by

providing basic needs like food, water, shelter and clothing as well as art therapy, educational workshops and vocational scholarships. Over the past year HALO has helped orphans in Kenya, Uganda, Nicaragua and Mexico, and homeless, foster car and at-risk children in the USA.

“I am Ester, and I am studying Guidance and Counselling. Before I joined the HALO Home, my life was not that easy because I had to look for what to eat, drink, dress and sleep by myself. But since I joined the home, I have peace.”
Esther, Uganda

HALO founder, Rebecca Welsh said children who were orphaned had suffered emotional and/or physical abuse and were at a vulnerable age where they were still learning how to interact with people.

“When relationships are destroyed, it can cause children to shut themselves off. Art therapy can be a way for them to feel more comfortable and eventually become more open to people who are willing to help. This helps to foster their personal/social growth and development as well as let the orphanage directors know a bit more about what is going on in their lives and minds.”

Children in HALO orphanages submit their artwork to The HALO Foundation to enable it to be sold at auctions and this money goes back into funds for their continued support. The HALO program also provides American youth with opportunities to learn about philanthropy and volunteerism by seeing the world through the eyes of the less fortunate.

“For some of the children at the orphanages, it is the first time they have ever been presented with art materials,” said Ms Welsh, “the kids are thrilled about the opportunity to finally express themselves.

“We have been sent an array of different pieces from the kids. It really depends on what media is most accessible to the orphanages, but we have seen that most of the children love colour.

“Children will paint what they think a family looks like, their vision of a safe place, significant people from their past or what they want to be when they grow up. We have received some beautiful, wood-carved sculptures from Uganda coloured from natural dyes depicting Ugandan chiefs, women carrying bowls or men sitting in a canoe. We have also received sunhats and purses woven from stripped bark.”

Art therapy for children in orphanages can include:

- musical art where music children express the song through art by painting their feeling or emotion
- children construct safe places either by drawing or moulding clay or building a three-dimensional object. The children then talk about what they have created and how their safe place makes them feel and imagine themselves going there when they feel scared or sad
- drawing a picture of their hero
- self-portrait—children make a collage with pictures that tell things about who they are and what they like
- the children pick a day they remember and recreate it through drawing or painting
- the children visualise themselves a year from now, two years from now, and finally as an adult and draw or paint their vision.

If you would like to help The HALO Foundation please visit www.haloworldwide.org



An orphan who lives in Kenya when asked to paint his hero painted his late mother as an angel.

An orphan from Ashirvad Orphanage in India who was displaced because of a tsunami says thank you to The HALO Foundation for their help.



All proceeds from the sale of this issue of Violet Vibes magazine will go to The HALO Foundation.