

Hamba Endleleni Engcwele



Creating the future, by healing the past, all in the present now moment!

If you encourage your children to stay connected to Source Energy, they will remain clear-minded; they will remain optimistic; they will remain enthusiastic. They will remain balanced; they will remain flexible. They will remain in a state of grace. They will remain in a state of Well-Being. And they will make wonderful choices.

Abraham

Dear Friends

Early one morning, I was disturbed by the frenetic noise of flapping wings, echoed by a soft thumping sound. I immediately I called for help and then raced in to the kitchen to see what was happening. A purple-tinted Turtle Dove was responsible; it was frantically diving in to a solid pane of glass (as opposed to flying through the open window next to it where it had originally entered) in an attempt to escape the confines of the kitchen.

I gingerly tried to steer it towards the open window, but it persisted on its more hysterical course of action and the terrible flailing of wings, together with the fear of hurting the bird, inhibited my helping hands.

I immediately thought of a definition of madness and one that was very familiar- *doing the same thing over and over and expecting different results* - and I wondered how long it would be before my panic-stricken feathered friend either, knocked itself unconscious, or tried a different route of escape. Visions of bird poop and sticky feathers, flashed through my mind!

Fortunately, after a few moments, in a flurry of wings it whirled out of the kitchen and flew out of the, recently opened, French doors - thank goodness for quick thinking and judicious daughters!



I wondered if it had a headache....

If you are curious to know where this is leading – please bear with me – I promise, there is a message....

The energies for this month lean towards *family clean-up time*, our inner family that is. So, if you are currently expecting the weaker links in your inner-family chain to snap, look no further. The beloved **Mother Mary** is here with backup, and she will respond with an immediate “yes” to our calls for help.



During this profoundly cleansing, Scorpio month of November, (deep, intense, emotional – need I say more?) **Mother Mary** is urging us to nurture ourselves; especially our *Inner Child* and her vibratory encouragement may be felt throughout our entire being....see I told you there is a message.


Carl Jung called the *Inner Child*, “Divine Child,” Emmet Fox, the “Wonder Child” and Charles Whitefield, the “Child Within.” It is the part of our personality that represents the early phases of our lives i.e. our childhood. And existing right alongside this young personality, stuck in a time frame of immaturity, are our childish needs, wants and desires.

In many ways these Inner Children are just like outer children – loving, curious, full of feeling, intelligent and complete. Yet they differ from outer children in that they share a body with an adult being and are caught in a time warp. Even though the body that they inhabit is fully grown, they still feel small and vulnerable, and when threatened, revert to childish behaviors that relate to unhappy events early in their lives.

There’s a kaleidoscope of examples here; have you ever shared a relationship with someone who, when things don’t go their way, become sullen or simply ignore you? Or perhaps they lash out in anger and throw tantrums if you don’t agree with them? Do you know of anyone who uses illness as a form of attention seeking; when you dig deeper you may find that the only time they were really noticed and acknowledged as a child, was when they were ill. Then there’s the *least favorite* other sibling, who always feels insecure, never good enough and is constantly trying to please!



We are simply recreating the sense of helplessness, pain, rage and fear that the original events invoked in us, and we resort to behaviors that are totally inappropriate and unsuitable to adults. It is as if we lose the connection between action and consequences.



If our parents were immature....and their parents before them.....and we were treated in unloving and irresponsible ways, we were never shown how to grow up, and are left to stagnate in juvenile ways of being.

Unfortunately for many, this is very familiar territory and I have rarely met a person without some form of childhood trauma...it appears to be the norm rather than the exception. Is there anyone out there feeling the same way?

The experts claim that a responsible, healed adult recognizes when he or she behaves immaturely and can take the necessary steps to correct their behavior – honest self-assessment, asking for forgiveness, making amends and changing the behavior and so on. I know....it's not easy and it takes commitment, but if the experts claim it can be done, who are we to argue?

A remedy that I find very effective for healing the wounded inner child is two fold, (my inner child has been screaming out for help for years and this has proved extremely useful!) Unlike Humpty Dumpty, who can't put himself back together again, we can, so here goes.....

First we must heal the wounded inner child of the past by recovering our painful memories and understanding how they have changed us. Then we spend the rest of our lives nurturing the inner child of the present.....and this may be fun and very rewarding! However, it is also hard work and takes dedication, but after all, if we aren't prepared to assist our own child in need, then who will we help? Deep breath here!

Mother Mary will help us with this; she is known as the dispenser of mercy, the ever patient mother and the protector of humanity, with special emphasis on the patroness of women and children.

She is celebrated throughout the world as the Divine Feminine by millions of people, many of them Catholics, and is honored as the Mother of Jesus.

In earlier times, as the Goddess slowly disappeared from western culture, gently fading in to the mists of Avalon, the Goddess archetype was resurrected as Mother Mary, Mother of Jesus, which is perhaps, the Christian version of The Green Man.

Mary was declared to be the "Mother of God" by the Christian church in the 7th century at Ephesus, Turkey and shares many standard Goddess attributes and symbols. One of the most beloved images in all Christianity is The Black Madonna, which is a true Goddess figure and honored by many in all its various forms..... I sis, Gaia, Kali, Mary Magdalene, Diana, Sheela Na Gig.

The Black Madonna statue embodies all the aspects of Female Divinity, such as compassion, mercy, forgiveness and unconditional love, and can assume any form; Mother Mary for the Christian religion; Kwan Yin for Buddhists, and many other great Goddesses of both ancient and present-day cultures.



Additional Meanings for this Card: Balance giving to others with receiving for yourself: Honor your inner voice: Get some rest: Take care of your body: Nurture your inner child: Your life purpose involves helping children: Mother Mary is with you, helping and guiding you:

On one of my more vivid inner healing explorations I took myself off to a luscious meadow overflowing with sun-dappled greenery and dainty colorful flowers. Even though this was a beautiful place in nature, the experience was bitter-sweet; the air was filled with soft, melodic sobbing, barely discernable yet vaguely familiar. I moved towards the sound and I caught sight of a small, dejected figure, head bowed and shoulders trembling.

(I feel that it is worth mentioning here that I grew up in a family where we were instructed not to cry, it was considered a sign of weakness, a nuisance or a selfish ploy to attract attention. If I was ever unable to suppress my tears, I would cry in hushed tones, trying my best to swallow the sobs, yet despite my best efforts to avoid punishment, they were never really effective. In a word, PAINFUL! And this form of parenting served only to re enforce the idea that my needs were unimportant, which further endorsed my feelings of un-worthiness. Did something similar happen to you?)

So, there was my inner child, completely alone and frightened, with no one to comfort her. Her small chest was heaving and her little body shaking from the effort of crying. It was a heart-wrenching and painful sight and pangs of nostalgia welled up inside of me!

Then love and compassion for this child surged through me and I took her pathetic little body in my arms, comforted her and reassured her of my unconditional love and acceptance.

I began a soothing dialogue with my child; something like, *"I have been the kind of parent to you that my parents were to me. I didn't know any better and I am sorry for abandoning you and neglecting you. Most times, I didn't know that you were*

there and I thought that when I grow up you just went away. I am ready to take care of you now and I accept you no matter what you are feeling."

By doing this, the mature part of me, the inner mother, was helping the child part of me to process the emotions from the past. This child needed reassurance and validation, comfort and love and I was the only one that could offer this. In a way I was establishing a connection with the inner child of the past, and encouraging her to release her feelings that had previously been suppressed. The next step would be to move forward to the present and continue to offer support and care to the child of the now.

I have found that to consistently create space and time to communicate with the inner child works quite well. I picture the child close by, (sitting on my lap or playing next to me), check-in and listen to the subtle messages. This also provides a reading on how I am doing emotionally, how I am progressing in myself and my inner family care.

And then I create opportunities to express our feelings openly, in a safe environment, initiate occasions for laughter, play and fun and always remember to tell my inner child just how much I love her.

I am currently offering healing sessions concerned with "facing our fears" and "healing the inner child". Please [click here](#) for further details.

Going back to the beginning of this reading and the Turtle Dove, we will appreciate that the bird did not see the bigger picture. If it had done so it would have realized that to move direction a few degrees to the right, would have offered it a free passage outside.

This is often true for us too; it is hard to understand things in the perspective of the third dimension, as we see only a portion of what is happening. Yet there is always a bigger picture and if we trust this and relax in to it, release whatever fears come up and surrender to the underlying unity of life, we are assured of a much easier transition in to ascension.



So this month, as we deal with some of our childhood issues, by calling upon **Goddess Mother Mary** for assistance, we will begin to view our world from a higher and more healthy-adult vantage point.

We may incorporate a larger, more expanded picture of reality and discover all the tools required to free ourselves from the confines of our childhood traumas.

Are you willing to take that risk, even if you are feeling vulnerable? Are you ready to spread your wings and fly high? I'm going to give it a go.....are you with me?

May you love, play with and nurture your inner child and most of all, have fun doing it!

In gratitude

Helen

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I offer spiritual readings to anyone who requires clarification or confirmation on any situations or issues, one-on-one past life regression sessions, cord disconnection and karmic release, Violet Flame transmutations, Inner Child healing meditations and group workshops. All these healing modalities may include a sacred labyrinth walk. [Click here](#) to book an appointment.

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