



Hello, sweet friend,

Welcome! I am so glad you are here.

A big hug and my biggest thanks for signing up to receive this series. Please be kind and generous with yourself as you explore the offerings here. I'll send you a little email every few days to encourage and inspire you. Go at your own pace, these messages will be here whenever the time is right for you to dive in.

Here we go!

There are stories we've carried with us since we were little, ones that are deeply embedded into our being. And so often we go around in our day to day lives (usually without realizing it) believing THIS is who we are.

I hear a lot of stories in the healing room with clients, and of course I have my own! Just like you do too. Some of the commonest ones: We're not wanted, we are a problem, we cause harm, we're an accident, we're difficult, hard to be around, unlovable.

And because we believe, those inner stories cause us to behave in certain ways. Perhaps we're apologetic. Or we're afraid to take up space. Or we play it very safe and small. Or we have great difficulty expressing our needs. Perhaps we don't want to make waves. We don't

want to cause problems for others. Consider your own story, how this might be happening for you?

Often times, these stories feel so real! You and I are not alone in that experience. In fact, I've helped people well into their 70's who ask me, *Why am I still hung up about this?!!*

The good news is, there are little things we can do to liberate this story and allow it to be healed. Little loving practices like creating a sacred altar for this child, and creating some healing artwork.



Here is my inner child altar, why not consider creating a small altar for your little self too.

You don't need a large space for this, just a little corner on a table will do (this photo is in my healing space, on an old table from my Dad).

Place a photograph of yourself along with some sacred mementos. Perhaps add some photos to inspire and remind you - I often have photos of sacred teachers along with beautiful crystals I've picked up on my little adventures.

Live plants or or some cut flowers are always special, we give flowers to celebrate things, right?!

Now consider adding a candle. One you can light when you visit this space. You can also light this candle and offer your prayers, You can ask to be relieved of your suffering... ask for your heart to be awakened. Ask that your story be transformed.

You have full permission to ask for whatever it is you are needing most at this time, you are always being looked after and guided by the ones who came before us.

It is so important to create this time and space for yourself. You matter. Your healing matters.

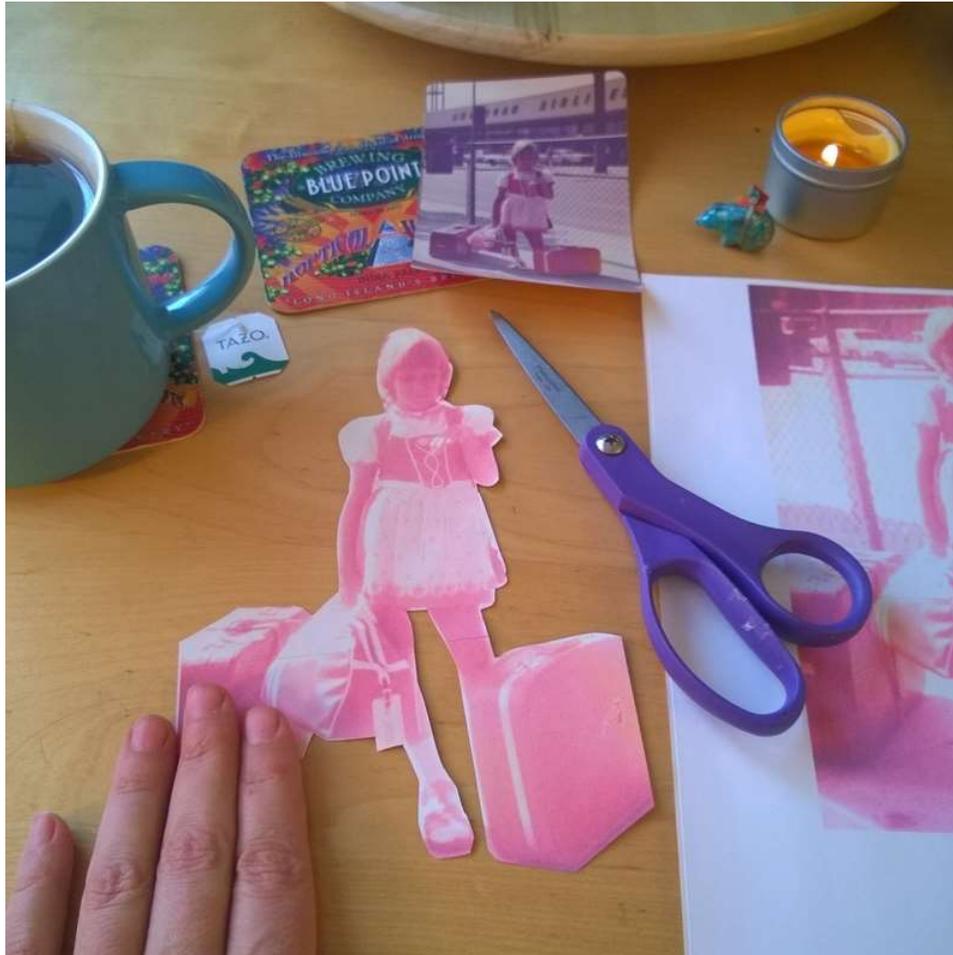
Art to liberate your inner child

If you'd like to create some artwork to help the parts of yourself which feel in need of healing, choose a photograph which represents a significant time in your childhood. Maybe you pick a story or two where you remember something happening or there are feelings.

Often clients tell me they know just the one, before I'm even finished explaining! It's either the one where you look adorable, or the one where there is a negative charge with it. Trust your gut, go with that one.

I chose this photo of little Robin who was put on a plane, alone to Germany. I was 5 and I remember trying to be very brave because I felt I was being sent away because I wasn't wanted, like somehow my badness was too much for my parents to bear.

This turned out to be an intense [trip where I fell from a high dive on an uncle's watch at the public pool among other things...](#) and so this photo used to bring up a lot of upset for me. Now it does not. I see love and peace and such a sweetness in that little girl. I see a sweetie who is totally worthy and deserving of LOVE.



Should you choose to do this exercise with me, take care...this is a sacred image of YOU when you were little. Be very mindful of your inner talk, be sweet with this wee one.

Even as I work, I create a mini altar for little Robin. You see here my tiny candle and little bear totem...these steps might seem silly, trivial, yet they are anything but. We are giving ourselves the love which heals and this has everything to do with becoming whole, free.

I like to listen to music I heard at that age - for me it's music from the 70's... it helps to take me back.

Scan and print out the photo. I like to use full size labels for this but plain paper works too.

Cut out the image, paying attention to your breath, the stories coming, the curiosities you have. Perhaps jot some sentences down as you go.

Take a fresh sheet of paper, or an art journal page, or a watercolor paper page and see where you want to put your little photo. I chose the center of the page, but see where you want to put him or her. Let your little one guide you.

Take your colored pencils, markers, stickers...anything you want, even cut pages from a magazine. Create a new image of love and healing for this beautiful, sweet child.



This is how it is looking so far... I was listening to a song, can you recognize it from the words I chose? I will continue to work with this photo in the next days... little at a time,

savoring the bits. We aren't trying to rush it, right? This is for fun and love and healing. There are no time limits, no restrictions.

A note about art supplies...

My favorite markers are Prismacolor. I buy them at Dick Blick. But it doesn't matter, really, when we were little, we loved crayons and chalk... we loved pencils! Let yourself play and have fun, ok?

Extra fun are the Mr. Sketch markers that have smells! Banana, Cherry, Blueberry, Mint!

I often am at the local Target store, stocking up on the cheapie supplies, lots of blank papers and Pentel pens... crayons and watercolors.

Be generous with your little self as you do this!



I chose this poem for you :)

Now is the time to know by Rumi

Now is the time to know
That all that you do is sacred.

Now, why not consider
A lasting truce with yourself and God?

Now is the time to understand
That all of your ideas of right and wrong
Were just a child's training wheels

To be laid aside
When you can finally live
With veracity
And love.

My dear, please tell me,
Why do you still
Throw sticks at your heart
And God?

What is it in that sweet voice inside
That incites you to fear?

Now is the time for the world to know
That every thought and action is sacred.

This is the time
For you to deeply compute the impossibility
That there is anything
But grace.

Now is the season to know
That everything you do
Is sacred.

Thank you for bringing your heart to this space with me!



Be kind and gentle with yourself as you explore. Give plenty of permission. Perhaps it's enough for now to read this love note and ponder what I'm saying.

No guilt. No pressure. We are being kind!

What matters is the love you give to your own little self... don't turn this into another stressful to-do, be kind and gentle as you explore.

I'll be back in touch with you in a few days to share a little more and see how you're getting on, but if I can help you in the meantime, just hit reply, OK?

Love and sparkles to you,

Robin ♡

P.S. I love to share my art and images over on instagram. Are you on instagram? We can be friends there too >> [@robinhallett](https://www.instagram.com/robinhallett)