

SPIRITED WOMEN'S NETWORK

EMPOWER. SUPPORT. CONNECT.



“While we try to teach our children all about life, Our children teach us what life is all about.”

~Angela Schwindt

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What's new?

Facebook – 145 fans!

Links – www.friendsofbenezeraustralia.com

Groups – Meditation Classes

Business Directory – Soul inner-g
The Healing Mirror
Universal Lifepsycle
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Cherishing Children – February Edition 2010

A friend on mine came to me because she wasn't sure what to think of her two year old being able to tell her things that her child couldn't know and talking about 'people' being in her room. Or how sensitive her daughter is to energy. My friend has had no experience with this and was at a real loss. I passed on what information I had. We all know children are special. Just the fact that they view the world with such delight and innocence draws us to them. They can be our greatest challenge and our greatest teachers. In recent years children seem to be born with such talents, knowing and gifts. It is endless in its variety. I feel it is important that we nurture the special gifts that our children embody. In the grand scheme of things, their unique gift may be just what the world needs. And the greatest gift we can give our children is love and acceptance. Enjoy your children and their growing....

Natalie

Psychic and Awakened Children

By Jean Sheehan

Today we are surrounded by children whom seem to be much more aware in both mind & spirit. They know and explain things that are NOT of a child like quality. For some their behaviour is irrational and so reactive. These Psychic & Awakened Children also known as the indigo children have difficulty with having their soul trapped in a human body, here on Earth. They are the gifted ONES. They are the AWAKENED CHILDREN.

These Psychic & Awakened Children utilise more of their right brain and super subconscious or Higher SELF. They work with the full intensity of emotions and intuition. They are connected to insight and mystical ancient knowledge. Misunderstood by outdated thinking and teachings, these awakened and psychic children are labelled with 'behaviour', 'learning' problems and can often be diagnosed as a disorder and given unnecessary medication.

There are four distinct personalities: The Aqua child, The Crystal child, The Rainbow Child and Star child. They each have personality type and characteristic body shapes and suffer different ailments according to their personality types. Their learning styles differ as well as their cognitive process.

Working from pure heart, these psychic and awakened children are talented and gifted with an inner knowing, knowledge not of this world and intuitive ability. They connect with people, places and things with a paranormal ability and have a full understanding of quantum physics, and

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If you are looking for a service or business and would like to work with a woman then check out the business directory to see the fabulous women who are on there!

Workshops and Events – Too many to list. Please visit the event calendar.

This Month's Recipe

Strawberry and pineapple ice blocks

By Raising Children Network .

These colourful treats are easy to whip up and store in the freezer. For a variation, use your child's favourite fruits.

Makes 6-8 ice blocks

1 punnet strawberries, washed with stems removed
1 cup (250 ml) apple juice
250 gm fresh pineapple, chopped
1 cup (250 ml) strawberry yoghurt

1. Using a blender or food processor, blend the strawberries with half the apple juice. Strain into a bowl and throw away the seeds. Rinse the blender, and repeat with the pineapple and remaining apple juice.
2. Pour the strawberry puree into the base of 6-8 ice block moulds, and freeze for 1 hour.
3. Add the pineapple puree

the Universal Laws. The suppression of who they are creates a sense of disconnection with the physical body causing huge fear within them as they are aware of being different. This then triggers behavioural issues and health problems. When dealing with these awakened & psychic souls, it is imperative to consider all aspects of their care including the physical body, mental, emotional, chemical and spiritual. The emotional aspect requires nurturing to enhance the child's development and keep them in a place of harmony and peace.

(To read more about these children access Jean's website www.absoluteempowerment.com . She is also our feature business this month)

Spirited Children – Raising the Spirited Child

By Hilary Basile

A spirited child is one that has a lively, creative, keen, eager and strong personality. Although these children are overflowing with fantastic qualities, they are often labelled as being demanding, stubborn, inflexible, whiny and loud. These traits are often seen as unfavourable for those that expect children to be still, wait, sit, be quiet and, in general, conform.

Parents have an opportunity to nurture individuality and reinforce the positive attributes instead of the negative attributes. By altering some of the situations that create difficulty, parents can create a more flexible and more exploratory environment at home.

It's helpful for parents to understand the ways in which their personality and temperament clashes with their child's. Mary Sheedy Kurcinka, author of *Raising Your Spirited Child*, provides a temperament questionnaire to help parents understand why children react as they do and provides them with ways to respond for a healthy outcome.

Do you have a spirited child? Following are traits of spirited children and tips for dealing with difficult situations:

Intensity. Spirited children exhibit strong emotional reactions. Use humour to diffuse these intense reactions and teach your child vocabulary that can be used to express emotions.

Persistence. Spirited children are very determined. Help them recognize when they are locked into behaviour. For example: "You've been crying a long time. It's time to dry your tears. Come help me put the groceries away."

Sensitivity. Spirited children are intensely aware of the environment. Whenever possible, reduce irritating stimuli like loud noises, bad smells, rough clothing and bright lighting.

Perceptiveness. Spirited children are easily stimulated by the environment. Their keen awareness gives them understanding and insight beyond their years, but this may lead to distraction and confusion. Parents can help by keeping them focused.

Adaptability. Spirited children may need time adapt or transition from one activity to another as they often have difficulty shifting gears. Provide expectations and warn about upcoming changes such as: "Your birthday party will be over in a few minutes so I'll need your help in saying goodbye to your friends."

evenly to the moulds, and freeze for 1 hour.

4. Gently push ice block sticks into the pineapple layer, then fill the moulds evenly with yoghurt. Freeze for 2 hours before eating. Tip: to remove ice blocks from moulds, quickly run the mould under warm water and ice blocks will slide out.

This Month's Poem

Being as Little Children

by Raymond A. Foss

Wonder, amazement, at the
littlest thing
marvels in all of creation,
faith, attachment
in the sound of familiar
voices,
Voices of mother, of father,
drawing the
head, their eyes, tilting to
the common timbre
the nurturing of their parents

Another parent, more
loving, eternal
calls us too, to know us, and
us them
to turn our beings, our gaze
our lives toward them, to
loving guidance, ageless
lessons
distinguishing good from
evil,
paths to follow, to avoid
lessons for life, best heard,
when we are open, humble
as little children

Regularity. Spirited children may have difficulty falling into natural rhythms. Routines are helpful but these children also need flexibility. The challenge for parents lies in balancing the two. For example: "I know you don't feel sleepy, but it's time for bed."

Energy. Spirited children need to move or fidget. Provide ample time for activities and try to avoid sitting for prolonged periods.

Reaction Time. Spirited children may react to unfamiliar situations with confusion. Parents can help them by talking about what to expect in new situations and allowing for time to practice. For example: "This is your first time going to a school play. We have to be very quiet when your sister is singing."

Mood. A spirited child's disposition may be linked to brain patterns. Help your child think positively, such as: "You woke up on the wrong side of the bed, but I see a smile coming."

Hilary Basile is a writer for MyGuidesUSA.com. At <http://www.myguidesusa.com> you will find valuable tips and resources for handling life's major events. Whether you're planning a wedding, buying your first home, anxiously awaiting the birth of a child, contending with a divorce, searching for a new job, or planning for your retirement, you'll find answers to your questions at MyGuidesUSA.com

Find parenting tips and resources at <http://becomingaparent.myguidesusa.com>

Childlike Stories

Indigo, Crystal and Rainbow Children

By Doreen Virtue

Parenting from the Inside Out: How a Deeper Self-understanding Can Help You Raise Children Who Thrive

By Mary Hartzell and Daniel J. Siegel