

Making Light so Others Can Shine

Lynelle Kerr was flicking through a magazine when she came across a photo of a young Cambodian girl who was screaming in terror. This then was a moment that changed her life and also that of the young Cambodians she set out to help.

In October 2006, Dr Lynelle won the XL Global Social Entrepreneur of the Year Award for her idea to help young victims of the sex trade in Cambodia. She has now set about putting her vision into practice.

"It was a great surprise and honour," says Dr Kerr "to be given this award, and I hope that by winning I can help increase awareness of social enterprise, and that I can encourage other entrepreneurs to contribute to making our world a better place."

Innate – a Social Enterprise

Dr Kerr is a chiropractor who has a vision to change the world 'one spine at a time'. "At Innate we provide a specialised form of chiropractic that uses light touch to the spine, to activate the body's 'innate' ability to heal and correct itself," she explains. "We help re-connect your mind with your body, helping you transform your health, well-being and life potential."

Innate Pte Ltd is based in Singapore and operates from Camden Medical Centre. "I established Innate when I came to Singapore six years ago," Dr Kerr continues, "because I wanted to introduce our work into Asia. I have always been passionately driven to share our work with more people around the world, especially with those who need it the most, the less fortunate and the needy, particularly the children – our future!"

The Cause Found Me

Dr Kerr's love and long-standing concern for children is expressed through her new foundation, but she says she didn't find the cause: it found her. "Three years ago I was flicking through a magazine and came across a photo of a young

Cambodian girl. She was screaming in terror, she had collapsed on the ground and was clutching desperately to a woman, who was the owner of a shelter. The words, "ten years old...rescued... sex trade... begging not to return..." leapt at me from the page. Shocked, I threw the magazine down. What this young girl must have been through to be so traumatised was too horrific to contemplate. I wanted to forget that I had ever seen that picture."

She couldn't forget the picture, and its images never went away, "It has haunted me ever since, and a year ago I decided to do something about it. So began my dream of setting up a foundation to help these children."

It's About Having a Dream

Dr Kerr's charity is one that was fated to happen. "Five months before the

2006 Global Entrepreneur Summit, I had a vivid dream," she relates. "In the dream I was being handed a cheque, the cheque was signed but blank and the words 'All One Foundation' were written boldly across the top."

This is one dream that became a reality. "Today, I have that cheque displayed in my office. When I was handed the cheque for \$20,000, it was exactly the same cheque I saw in my dream. There are no coincidences, absolutely none!"

Change Your Spine, Change Your Life

Dr Kerr very much believes that if you change your spine, you will change your life, and she says this from long experience at what she does. "During my ten years in private practice, I have worked with hundreds of people who have suffered sexual abuse. When people suffer trauma of this kind, particularly at a young age, unless the resonance (energetic memory) of the event is released from the nervous system, it is very difficult for a person to fully recover and live a productive and happy life. Innate has



Dr Lynelle Kerr with some of the Cambodian children she treated

Photo courtesy of Lynelle Kerr

the solution! We can help these children fully recover physically, emotionally and psychologically, so that they can enjoy safety and peace, not only in their bodies, but also in their lives.”

Orphans in the Sex Trade

There are thousands of orphans who have been rescued from the sex trade, who are now living in shelters in Cambodia. Dr Kerr believes it is one thing to give these children a home; however, it is another to give them a life so that they can know peace and the power of who they truly are.

“To be who you are, you must first be free of who you are not,” she asserts. “Marianne Williamson said: ‘We are all meant to shine ... as we let our own light shine we unconsciously give other people permission to do the same. As we are liberated from our fear, our presence automatically liberates others.’ The All One Foundation allows these children of Cambodia to shine!”

Land Mines & Spiders

Dr Kerr says that when she left for her first trip to Cambodia, she was nervous about going alone to a strange country, which she had heard was riddled with land mines and enormous spiders. However, it turned out to be a wonderful trip. “I made many positive connections, doors opened, and the opportunity to do what I most wanted to ... work with the children, happened.”

Dr Kerr used her talents to help the children and she was delighted with the results. “I worked with 30 girls in two different shelters, all victims of sexual violence and the worst cases. None of them spoke English, but all of them were so responsive and deeply grateful, so gracious after all they had been through. Of my ten years in practice, my time working with these children would definitely be the most memorable. It was an honour to work with them all — they are strong souls with the most beautiful hearts.”

I Feel Better!

Some of the responses to Dr Kerr’s treatment were spectacular. “One of the girls I worked on walked with a limp and her arm was partially paralysed — the result of being brutally beaten and raped for two years. During her session, a butterfly flew in through the

window and floated around us. She was crying when she sat up afterwards: tears of joy! Her face was beaming and she kept repeating something in Khmer. She started to giggle, and I asked the young psychologist with me what she was saying. Earlier he had told me he knew all the girls needed more help, but he hadn’t known what to do. With tears in his eyes he told me she was saying, “I feel better, I feel better...finally, I feel better.”

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We Can’t Wait

Not everyone believes in doing charity work, but Dr Kerr ignored their advice. “People have been telling me that I should forget charity and focus solely on my business instead. They say charity is a distraction: something you do only after your business is well established. This is a common belief, which creates fear and stops entrepreneurs from contributing. I believed this story: “How can I help others when I am struggling to pay my rent?”

“I don’t want to believe this any more and I don’t believe in waiting. These children can’t wait, the environment can’t wait, and the world can’t wait.”

All One Foundation has made Innate complete — it has given our company soul, says Dr Kerr. “As a social enterprise, I want Innate and All One to be an example of how small businesses can make a big difference in the world, and to show that you don’t need millions and the resources of Bill Gates and Warren Buffet to do so.

“I also want to create the awareness that charity can be much more than simply giving money,” she continues. “Companies can also give their expertise, knowledge, products and in our case services which can be more valuable and empowering than handing organisations money.”

Dr Kerr wants to inspire other entrepreneurs by creating a new story: that charity can be easy and can enhance a business, no matter what stage of growth it is in. “Like yin and yang, charity and business fit together — one enhances

the other.” Most importantly, she believes you don’t have to wait, that the time to act is now! She quotes Buddha: “Thousands of candles can be lighted from a single candle and the life of the candle will not be shortened. Happiness never ceases by being shared.”

Serve and Be Served

“I went to Cambodia wanting to give,” Dr Kerr states, “but I came away with much more than I gave. As Ralph Waldo Emerson says: ‘It is one of the most beautiful compensations of this life that no man can sincerely try to help another without helping himself ... serve and he shall be served.’”

‘Allowing Love’ is the motto for The All One Foundation. The foundation cares for young women and children in Cambodia who have been rescued from the sex trade, by providing them with the professional health and wellness services that are offered at Innate. Innate and other corporations will fund The All One Foundation. Funds will be used to permanently base doctors in Cambodia, and to provide sustained and professional care to the young women and children who have suffered sexual violence from trafficking.

A Little Girl’s Dream

“My dream of bringing love and peace to the children of Cambodia is also the dream of the little girl I saw in the magazine photo three years ago. She would be 13 years old now. I hope wherever she is, someday, somewhere, our team will work with her. From her, and on behalf of all the children of Cambodia and beyond, that will shine ... A heartfelt ‘thank you’ to Roger Hamilton and the team at XL Results Foundation for helping make this dream a reality.”

XL Results Foundation may have given her the means to launch her charity, but without Lynelle’s dream, the good that flowed from the money would have never have happened. That cheque would still just be a piece of paper, and not bringing happiness to those who desperately need love and care.

“We are All One, all connected. As Sivananda taught: ‘All life is one. The world is one home. All are members of one human family. All creation is an organic whole. No man is independent of this whole.’

We are all meant to shine,” says Dr Kerr who not only believes this, but has found a way to make others shine. 