



# The Soulful Parent

How to Nurture Your Child's True  
Self & Set the Stage for Growth,  
Success & Fulfillment

By Absolute Awareness  
[www.AbsoluteAwareness.ca](http://www.AbsoluteAwareness.ca)

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## Introduction

Soulful Parent, hey? Hmm...what does that really mean?

To me this means to:

- ✓ parent from our hearts instead of our heads
- ✓ see our children at a deeper level
- ✓ understand our children have their own unique personalities
- ✓ honour how our children learn, process, act, and respond to their world
- ✓ embrace our children for who they are...quirks and all
- ✓ teach our children we live in a physical world, but receive guidance from the spiritual

To truly allow our children be who they are; to honour their true selves, we need to become Soulful Parents. Soulful Parenting is parenting using our own intuition to understand and know our children. It's essential to tap into and listen to the messages we are receiving about our children so that we can know them at a deeper level, and thereby give them what they truly need. Today's children are so much more sensitive and because of this parent's today need to be willing to open up to their own sensitivities and intuition.

Soulful Parenting is meant to help children stay connected to their inner wisdom and allow them a lifetime of growth and happiness, NOT to create a childhood in which they will need to "recover" and heal from.

In my desire to have more and more parents embrace the idea of Soulful Parenting, I decided to put this ebook together. And let me tell you, you are in for a treat! As I began to read through the articles that were being submitted for this book, I got goosebumps, was brought to tears...and overall was thrilled and inspired. I originally planned for this book to have between 12 – 15 co-authors, but as I began to put out invitations it became apparent that there is an astounding interest in raising today's children. It excited, and at the same time humbled me.

Their stories, wisdom, and insights exceeded my expectations and brought so much to me, as I know they will for you. The calibre of their knowledge and experience amazed, energized...and further recommitted my desire, passion, and drive to help parents create healthy, accepting and nurturing homes.

My own personal journey, as well as learning I have two diversely different, yet intuitive children led me to become very passionate about raising children who are able to remain in touch with their true selves, while at the same time retain their intuitive sense...which are the keys to living a life full of growth, success and fulfillment.

When I refer to the term "success" I am not alluding to the definition that society has created around success. I am referring to our own personal definition of what success means. To me this means living a life full of integrity, self-love and self-acceptance, as we continue to grow into the person we are meant to be by pursuing what excites us in life...this includes relationships, career, recreation and our connection to the divine.

Ranging from profound to educational to humorous, each story touched my heart in ways I did not expect, and reminded me again of the amazing path of parenting...and the lessons we receive from it. After reading each article, I could not wait to get to the next to see what else lay in store...and I'm sure it will leave you feeling the same.

Enjoy!



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**"The most important work you & I will ever do will be within the walls of our own homes"**  
~Harold B Lee

## Trisha Savoia

### Understanding Why Children May Rebel

I have come to know and trust my inner knowing and intuition quite well. There is certainly still much room to grow and develop in this area, but I don't have the need to look to outside sources for answers as I once did. And even in the moments where I have still reached out to validate my feelings, it becomes clear that I already had my own inner knowing the whole time.

What I had shut down and have had to work to recover is something that children are innately born with. We all have an inner knowing. And today's children are more in tune, more sensitive, more open, and more self-aware than ever before.

So why all the conflict, frustrations & struggles?

Through my own experiences I have got a glimpse into how today's children may be feeling. What I have noticed for myself is that when I come across others who try to insinuate feelings, ways of thinking, or ways of being on me that don't feel in line with who I am, my inner self balks.

In certain cases, I have taken the less than "enlightened" route and become somewhat defensive, BUT at the same time recognized why I was feeling defensive. Even though it was with the best of intentions, I rebelled against the other person's view that they were "right" and felt they knew me better than I knew myself.

In other cases, I was completely comfortable and trusting in my inner knowing that I walked away without the need for an explanation. However, even in some of those cases the adult in me understood the bigger picture and knew these were just misguided attempts to steer me in the "right" direction, BUT the child in me left feeling misunderstood, and wishing that I could be accepted for who I was.

As parents, we often do this to our children. With the intention of protecting them, and guiding them in the "right" direction, we come from a place of feeling we know what's best for them, and at times insinuate our own feelings and beliefs onto them.

This is one of the reasons that we are encountering resistance from our children. They have their own deep sense of knowing, and when society and/or adults try to steer them away from their own inner knowing, they rebel.

Their Higher Self is fighting against what they do not feel is in line with who they are, and because they often don't know how to articulate this into words, they use the only form of defence they know...rebellion, defiance...and sometimes emotional distance.

As parents we see this as "bad" and they just aren't listening to us, when in fact they are fighting for their inner knowing to remain in tact. When feeling disempowered by outside forces, anger is a feeling that helps them to feel some sense of power and control over their own lives. They aren't consciously aware of this fact but subconsciously they react in this manner or risk losing who they are.

I've often heard how disrespectful teens have become. We need to examine why. No one willingly chooses a path of resistance, struggle, and rebellion if their inner needs have been met along the way. They are sending a message...something IS NOT working.

What can we do?

First, we need to understand that no one knows themselves better than themselves. Yes, some have lost touch with this along the way, but when given the space and guidance they will find it again. And with young children, they never have to experience the feeling of having lost touch with who they are at all.

Secondly, we need to give our children a voice...and teach them how to use it with respect.

And finally, we need to establish a foundation of open communication with our children. One of the most effective forms of letting our children know they are unconditionally loved and accepted is making them feel that they are heard and they are seen; that they're not just some project that needs to be moulded and transformed.

Creating a safe place for communication is monumental in opening the doors to building a relationship with our children that allows them to grow into who they are.

This open line of communication can begin at any age. However, starting this right from a young age establishes a foundation that can be built upon as they grow. If your children are older, it's not too late. It just may take being patient and consistent in letting them know you are available for them.

With older children it's a good idea to pave the way to opening the doors of communication by being open and honest with them yourself, and letting them know that you have learned a new way, and are open to changing; that in the past your reactions may not have served them well, but you are willing and wanting to shift things in a direction that is for the best and highest good. They may not immediately trust that it is safe, but the seed is planted, and with patience, love, and understanding they will feel and see your genuine intention.

When your reactions to your children shift, their reactions to you will eventually follow suit. This then sets the tone of the relationship allowing many of the parental frustrations and struggles to fall away.



**Trisha Savoia** is founder/owner of [Absolute Awareness](http://www.AbsoluteAwareness.ca), and creator of the [The Integrity Code](#), and [The Soulful Parent](#) Programs. Through her programs, writing, and speaking she uses her skills, experience, and intuition as a mother, teacher, Clinical Hypnotherapist, and Life & Parent Coach to help guide moms to recover their true selves and their intuition, while at the same time learn how to parent so their children can do the same.

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## Evelyn Cucchiara

### The Magic Word

No, the magic word is not please. While that's a very polite word, in the grand scheme of things, it's not really going to help you out too much. I'm talking about a different word. One that will empower you to achieve more, find greater happiness and give yourself some breathing room.

Just wondering - is it crazy at your house right now? Are you running around trying to squeeze too much into too little time? If the answer is yes, and this the norm at your house, ask yourself this question. Is this how you want to live your life?

More importantly, is this how you want to teach your kids to live their lives? It doesn't really matter what you tell your kids, more teaching is done by action. Children model the behavior they see at home. Is your behavior worth modeling?

What are you teaching them about time management? I'd like to suggest you empower your children and yourself with the power of a single word. One small word that is by far the best way to simplify your life and bring more happiness into it. That word is NO.

No, I can't bake 6 dozen cupcakes by this afternoon.

No, I can't drive carpool every day, both ways because you have a standing hair appointment.

No, I can't host every holiday, every year.

Simple in thought. Really, really hard in execution. But absolutely necessary.

Why? Because we have been brainwashed to be everything to everyone. Everyone but ourselves. It's time to take back our time and spend it where we really want to. Like reading a book. One that's not for book club. One that's not on your to do list. Everyone needs down time to recharge. When was the last time you had any downtime?

But you need to take back your time for another reason too. For your kids. What skill set are you teaching them by saying yes to everything under the sun? Are you teaching them to value their time?

Children today need downtime just as much as adults, if not more. Without it they are cranky, stressed and in general not very nice to be around. The next time your child is giving you grief, could it possibly be that they are just tired? Studies say that children need a lot more sleep than they are getting. Children ages 3 - 12 need 10 -12 hours of sleep a night. Ages 12 - 18? 8 - 9 hours a night. Think about that. Let's do the math. If the average 9 year old needs eleven hours of sleep a night, and they wake up for school at 7:00, that means they need to be in bed at 8:00 pm. Sleeping at 8:00. Know many 9 year olds that are in bed at 8:00pm? I don't think so.

And why not? Because they're still up doing homework, at club meetings, sports practices. They are over scheduled. Just like you.

It's time to learn how to say no - for everyone's sake. It's okay to say no. With the speed of life today, by the time our kids are adults they will have more demands on their time than even we do now. And if no one taught them how to say no, what kind of grown up life will they have? A very, very, very busy one. But will it be happy?

As parents, it's our job to teach our children how to say no by example.

So set a good example and start now.

Some simple questions to ask yourself before you commit to one more thing:

- does the thought of doing it depress me?
- is there someone else who can do this?
- will this take time away from my family?
- will it disrupt dinner together?

Basic questions, but ones that reveal a lot. Here's why.

- If you don't want to do it, you won't do a good job.
- If there is someone else who can do it better, let them. Give others a chance to shine.
- If it takes time away from your family, who is really benefiting here?
- And, if it disrupts dinner, JUST SAY NO! Studies show that dinner at home, all together at least once a week is what keeps your kids on track. Once a week? That's ridiculous. Every night of the week is best, but shoot for at least half. When did scheduling activities during dinner hour become the norm? It's just wrong on so many levels.

Children, when faced with a decision on yet another thing they could do, have a slightly different set of questions to ask themselves. Remember, this has nothing to do with the things they have to do, like homework and chores. We're talking about the extras, the myriad of choices of things they could do.

- will it make me smile?
- will it keep me out too late?
- will I be home for dinner?
- is this what I want to spend my time doing?

Simple questions, yes. But it really brings it down to the basics. Children don't need to do everything at the same time. Learning how to reserve time for the things they really want to do, makes life a happier journey. For everyone. Here's an example.

One of my sons plays the baritone horn. Does he love it? No, but he was required by school to play something, so baritone horn it was. Is he learning a lot? Yes. During school hours.

He was invited to join an elite ensemble of musicians from all different schools in the county. They rehearse once a week after school in another town. Could he have fit it into his schedule. Yes? Did he want to? Hmm, good question. He was being told by his teachers and friends that since it was

an invitation, he should accept, that it was an honor. In his heart he knew he didn't want to join, but he felt wrong in saying no.

At home, we discussed it. I asked him the questions -

- would it make him smile? No.
- would it keep him out late. No -practices were in the afternoon.
- would he miss dinner? No.
- is this what he wanted to spend his time doing? No.

We made it even more simple. Since he loves building Lego, I asked him if he would rather spend his time building Lego or playing the baritone. He chose building Lego. Decision made.

He went back to school and thanked them for inviting him, but his answer was no. And he repeated that for the next three years when he was asked again. The result? He spent that time doing something that was important to him. And he learned the power of the word no. And he learned not only did his parents respect his decision, but that he was in charge of his own happiness.

Good life skills, wouldn't you say?

A challenge for your family – the next time someone asks you to do something, run it through the 4 questions above. Let your answers decide if your answer should be no.

Then relax and enjoy your new-found time. What do you have to lose?



**Evelyn Cucchiara**, with over 15 years experience in designing short cuts for busy professional women, has launched The Hopeful Life, <http://www.TheHopefulLife.com>, where she shares all of her innovative short cuts on how to live a life that is Happy, Organized, Peaceful, Efficient & Full of fun. In short, HOPEFUL! Currently an entrepreneur, Evelyn focuses on teaching busy professional women how to streamline their lives so that they can find that sense of balance and time for what matters most to them. She's the mom of 3 boys, has been married almost forever to the same man, and finds time to run an internet business as well as a brick and mortar business. And live The Hopeful Life. She owes it all to her shortcuts. (Oh, and by the way, she's also the author of the Amazon best seller "30 Days to an Organized Home." <http://amzn.to/NNHxmd>)

## Shamir Ladhani

### The Wisdom of Today's Children

About a decade ago I was asked to step into a classroom of grade four students when the previous teacher was reduced to tears due to the 'unruly behavior' of students. The setting was a religious education system for school-aged children held on Saturdays. I happened to be dropping my girls to the school when the principal approached me. She was aware of my experience in teaching older students in a similar setting and felt that I could step in. I was warned that the students were rambunctious and boisterous and that I should expect to be frustrated. I found my experience to be quite the opposite.

These young minds were thirsty for knowledge beyond what the curricula offered them. I quickly realized that the questions they asked were well beyond what I or my contemporaries would have expected from these young minds; after all, I don't remember being that smart in grade 4! I found the magic formula in reaching them - engage them as adults and allow them to explore the depths of the concepts of spirituality without boundaries. At the end of the year, there remained only one student in the class. That student was me - the rest of them were my teachers.

I have had the sincere pleasure of engaging youth for a good portion of my adult life - and I have come to realize that they are a different breed than when I was growing up. So what has changed?

This article will explore three foundational questions for parenting in today's age. Firstly, are the children born in the recent past somehow different than those that preceded them? Secondly, what environment are these children exposed to and how is this different from their predecessors? And thirdly, what approach do parents need to take when engaging today's child?

My article will delve into paths less trodden by mainstream researchers - the metaphysical nature of today's child. If you believe that a child consists solely of organic matter and that only 3% of his or her DNA is relevant then this article is not for you - not yet anyway, but you'll come around ☺.

#### Are Children Different Today?

The first question is easy to answer if you have ever remarked to yourself or to your friends how impressed you are with what comes out of a child's mouth. When you were their age, do you remember ever being so quick-witted? So sharp and insightful? My experience with today's youth is that they are far more advanced in maturity than I or my contemporaries were at that age. They are a different breed indeed.

#### What Environment are Children Exposed to Nowadays?

The second question deals with the generational gap between those who lived during the industrial age (parents) and those that were born in the information age (child). Show a tape player to a 12 year old child and you'll see what I mean! Today's parents grew up in an era where computers were not a commonplace, cell phones were the domain of the executives and secret agents, corporate leadership was dominated by males, homosexuality was deemed to be un-natural and the term 'nurses' was synonymous with 'women'.

The good news is that the younger generation find these concepts to be at odds with their desired world order and they make no qualms about voicing their views. They seem to have a solid sense of their individuality and life-purpose whether misplaced or not. They are certainly not looking to adults to 'direct' them. So what is the role of today's parent then? Before we delve into this question, let's digress for a bit and talk about two separate but related concepts: the DNA and the Magnetic North Pole.

### ***The DNA***

Mainstream science has determined that only 3% of the human DNA is relevant because it has a specific order; the balance is classified as 'Junk DNA' and seemingly of little use to the function of the human. New age theorists are suggesting that what the scientific community calls 'Junk' is really DNA in a quantum state; meaning that it is this portion of DNA that interacts (in an entangled state) with the 'spiritual' or non-corporeal dimension of human beings.

In other words, 97% of the human DNA is a communication link to the spiritual world - the world of Angels, Inter-Galactic beings, Fairies and God. This is a two-way link. Hold that thought while we discuss the Magnetic North Pole.

### ***The Magnetic North Pole***

The earth has a magnetic field and anyone with a compass can ascertain where north is. But did you know that the magnetic north has been slowly shifting over time? And did you know that in the recent decades, this shift has accelerated? My then eleven year old asked me these questions being the trivia sponge that she is! There are documented reports of airport authorities changing runway designations to account for the shift of the magnetic north as these runways are numbered in reference to the magnetic north. If the magnetic north shifts, the runway numbering has to be adjusted to coincide with the shift.

There are many theories outlining consequences of the shift in the magnetic pole but none so metaphysical as one proffered by Kryon as channeled by Lee Carroll ([www.kryon.com](http://www.kryon.com)). According to Kryon, the increased rate of the shift of the magnetic north pole has a resulting affect of 'thinning of the veil' thereby narrowing the chasm between physical and non-physical worlds.

It is now a 'local call' to God where in the past it was 'long distance'. It took monks and priests several lifetimes to achieve a state of enlightenment, but it will take today's human a fraction of this lifetime should that path be pursued. Now, we have 97% of Human DNA in a quantum state coinciding with a thinned veil creating perfect conditions for tapping into the spiritual domain with relative ease.

We discussed how today's child is different from their predecessors and the fact that they have a solid sense of individuality and life purpose. Being born during a period when the veil between the two worlds is the thinnest that it has ever been gives these young minds the ability to tap into vast spiritual truisms. 97% of their DNA is engaged and in active communication with the 'other side' from the day they were born.

### **What is the Parental Approach?**

That brings us to the third question: how can today's parent engage a child who is tapped into the vast spiritual knowledge-base whether they know they are drawing from its richness or not? Your child will want to experience things today that would have seemed foolish when you were their age.

But then when you were their age, you were also of the opinion that vinyl records were high-tech and that women ruled the home and barbeque was the sole domain of males.

Have you ever wondered why children are drawn to or away from certain types of food? I've seen parents who are disappointed when their child does not want protein. In some cases, the parent strongly encourages the child to eat what the child does not instinctively desire. The parent may not realize that the child is tapping into the spiritual database and realizing her body presently requires a vegetarian based nutritional intake.

My 14 yr old wanted a burger from a local fast-food chain. Before eating the burger, she apologized to her body for introducing to it food that was nutrient deprived. She instinctively knew how to heal her body. It is only within the past two years after much reading and many workshops that I have come to realize that talking to my body is a powerful healing modality. She tapped into the vast spiritual database for free and effortlessly. What gave me most comfort from the experience is that my child knew what food is appropriate for her - whether she chose wisely or not is irrelevant for now.

My generation was brought up in a period of time when we did what parents wanted us to do. But we needed that guidance because what our parents experienced was likely to be what was to be in store for us; after all, the world did not change much when we were adolescents. This is not the case today.

Today's child is intuitively aware and instinctively knows what he or she needs - sustenance wise, relationship wise and career wise. Our job as parents is to hold the space and let them explore without imposing our bias. Our task is to seek out appropriate environments for them to thrive in. Would my child prefer a classroom setting that looks like Starbucks and has access to Wi-fi ? Will she prefer a teacher who leads or one who facilitates? Will he thrive under parents who coach or who are directive? Does my child have ADHD or are her symptoms due to her inability to control when she accesses the angelic realm? (is it a coincidence that there is a near-epidemic of children diagnosed with ADHD in the recent decades?).

Our job as parents is to create an environment for our children that they can thrive in and to recognize that they are wired differently from their predecessors. In the opening paragraph I shared my experience with grade 4 students. It was only when I treated them as adults and colleagues that I was able to captivate them. Nurturing the youth in this way will pave the way for a more compassionate and harmonious future. After all, if they are so much more mature at their age than their predecessors, imagine what they will accomplish for humanity in their adulthood.



**Shamir S. Ladhani**, P.Eng, M.Eng. has been lecturing and facilitating workshops on aspects of spirituality for over two decades with audience members ranging in ages from seven to sixty. He has also facilitated strategy and goal-setting sessions with leaders of spiritual congregations to help them deliver services to their constituents. He created a community and named it [Calgary Spirituality Explorers](#) (CSE). The community was founded on a very basic principle: *receiving healing and knowledge should not be the sole domain of the rich*. Therefore, all workshops under the CSE banner are held free of charge to those who wish to receive healing and acquire knowledge.

## Ramona Remesat

### Inner Guidance - Teaching Kids to Tune In

*“So you’re 10 years old, you have a laptop, ipod, Facebook and a Blackberry. Dude, when I was 10 we had one thing to play with...it was called OUTSIDE!!!”*

I laugh hysterically as I read this post on Facebook, especially since my seven-year old son just started whining about how he has NOTHING to do! I bite my tongue so I don't launch into a tirade about how things were when I was a kid (otherwise known as “the olden days” to my 11-year old daughter).

It's easy to think that kids today have it made. But imagine, for a minute, being a KID in today's world? Imagine having to navigate the social media universe (and the dangers that lurk therein), the constant pressure to have all, be all, look cool, and stay at the top of the class? Sure, each generation comes with high expectations and pressure but I am fairly certain that our stress levels as kids were *nothing close* to what today's pre-teens and teens experience.

So, as parents, how can we help our kids? How can we give them a “one up” in this crazy world? How can we equip them with the tools they'll need to be successful adults?

In a nutshell, let's teach them to TUNE IN. In a world where we are all bombarded by external stimuli 24/7, it can be really tough to pay attention to our own inner guidance system, otherwise known as intuition, Divine guidance, gut feelings etc. But it's this internal compass that always steers us in the right direction so it's crucial that we all start listening!

This internal guidance system is not a “gift” given to the chosen few. It is our birthright. Unfortunately though, as kids grow up they stop tuning in to it and it's actually the parents and caregivers who, inadvertently, are to blame. Let me explain.

Can you relate to this...you're in a hurry with a two-year old in tow. You need to go into a certain place and your child balks. She flat out refuses to enter the building. Your temper flares and you shout, “Stop being so silly!” Or, a stranger approaches you and your child asks him a question. Your child hides behind your legs and you say, “Don't be so shy, say hello.”

What's happening here is that these children's inner guidance system is telling them that something about that situation or person doesn't feel right. This guidance is a powerful tool that not only warns us when something is not on the up-and-up, but can also nudge us in the right direction so that we fulfill our path and purpose.

Now flash forward to these same children several years later. After hearing “stop being so silly” for so long, they grow up ignoring their inner guidance because they have been taught that it must not be accurate! So as this young adult begins to navigate the world on their own, they must do so without the assistance of that inner voice. No wonder our young people today have it so HARD!

In my work as an Angel Therapy Practitioner®, I teach people how to recognize this guidance and how to use it to help them in every area of their lives. And now it's time for parents to do the same

for their children. And the best way to TEACH our children is to MODEL the behaviour we want them to imitate. So let me walk you through the process.

As I said, guidance is there for all of us to enjoy and to receive it, all we need to do is ASK. Once we put out that call to the Universe, help is on the way!

But teaching our kids to ask for Divine guidance is only the first step in the process. Next, they must learn how to recognize the help when it is given. In our daily lives, we receive information via our senses. We listen, feel and see things around us. When learning to tune into Divine guidance, you'll use these same senses to receive the information that is sent to you. Pay extra close attention to your gut feelings, to things you see in your environment or to dreams, and to the things you hear or seem to suddenly "know". When you receive *guidance* you'll see, hear, know or feel the same things repeatedly.

For example, let's say your teen has been looking for a part time job. They've been asking for some Divine guidance to help them find a job so they can save money for their post secondary education. One day, a thought suddenly pops into their mind that they should call a former teacher. The first time they think this thought they ignore it. After a day or so, they notice that they get that same thought again. This time they might think, "Hmm, that's funny, I just had that thought the other day." But they ignore it again. A few days later, they get this thought a third time and finally make the call. They learn that this teacher is actually looking for help with a project over the summer. THAT'S how Divine guidance works! Spirit gives you the guidance and then you take action to make things happen as they are supposed to.

It takes some practice to learn how to recognize this guidance but really the MOST IMPORTANT steps in the process of tuning in, are learning to TRUST and to FOLLOW!

You see, people are learning to call for Divine help. They are even getting pretty good at recognizing the guidance when they receive it. But then they falter. They know they need to take some kind of action, based on the guidance they have received, but they don't trust it enough to take action.

Sad, isn't it? They're so close to achieving the answers to their prayers but they just cannot seem to turn off the thoughts in their mind that tell them this guidance is "coincidence" or "made up" etc. I'm not saying it's easy to follow a gut feeling or a thought on blind faith without fully knowing or understanding WHY you are doing so. But I have gotten to the point where I do it anyway and it always works out. It takes some practice to get to this point but I challenge you to try it!

Sometimes, however, you'll do all the steps correctly; you'll ask for guidance, recognize it when it comes, then trust it enough to act it out but nothing will happen. So what's going on?

There is something called Divine Timing at play. This simply means that when you ask for something, the Universe gets to work right away to bring it to you, however, some groundwork often needs to be laid first. Think of your request as a giant puzzle piece. Certain pieces need to be put into place before other ones can be added. You cannot skip steps and you cannot speed up the process. This is what is happening "behind the scenes" and the time lag, between when you ask for help and when it actually shows up, is what frustrates people and causes them to lose faith in this entire process.

So please be patient and continue to TRUST. Divine help really does exist! Don't quit believing before you see the miracles manifesting in your life. Instead, trust that all prayers will be answered and that everything will work out for your highest good. And next time your child whines about how hard life is, you can smile in the knowledge that you now have the power to help them in ways you never before imagined.



**Ramona Remesat** is a Non-Traditional Usui-Tibetan Reiki Master and an Angel Therapy Practitioner®, certified by Dr. Doreen Virtue. Her joy comes from connecting her clients to their guardian angels so that they may receive their loving and supportive messages. She is passionate about teaching people that not only are they there to help us in times of danger, but that they want to actively work with us in our everyday lives. She explains that our guardian angels are able to help us in EVERY aspect of our lives, whether it be finances, career, relationships, health or spirituality. While counseling her clients, she teaches that when you work with Divine guidance you will realize a more fulfilled, abundant and happier life. Ramona lives in Calgary, Alberta, Canada with her husband and two children where she counsels clients, teaches and speaks to people from around the

world. You can visit her at [www.connect2yourangels.com](http://www.connect2yourangels.com), on Facebook at Connect 2 Your Angels or view her weekly angel reading videos on her Connect 2 Your Angels You Tube channel. She has also appeared as a guest on the Spiritual Whispers radio show. To listen, click here: <http://www.blogtalkradio.com/kate-large/2012/06/29/spiritual-whispers-with-kate-large-free-angel-readings>

## Susanne Alexander-Heaton

### Nurturing Children's Souls



***“The hearts of little children are pure, and therefore, the Great Spirit may show to them many things which older people miss.”— Black Elk***

Children have the ability to see what some of us are no longer able to see because they have not yet been “domesticated” by what adults deem as reality.

Has your child talked to you about imaginary friends? Did you have imaginary friends when you were young? Are you comfortable speaking with your child about this topic?

When children are able to see things, they believe that everyone else can see them too. Let them know that what they are seeing is a special gift and be willing to talk with them about it. Listening is the first step to nurturing this wonderful ability. Encouraging your child to stay connected with what they see, hear, feel and/or sense actually can help them to trust their intuition about people, situations and to know right from wrong. A sentence not to use is, “*You are too young to know anything.*”

For skeptics out there, it has been scientifically proven that when we are born, our brain waves are predominately in the Delta state from birth to four years of age. This state is associated with deep sleep, rejuvenation and the unconscious mind. When you see a young child pointing to something that you don't see, you can be assured that they are connecting either with loved ones who have crossed over or their guardian angels. I had this happen with my nephew when he was two years old. I put him down for a nap with his bottle and lay down beside him. As he held his bottle in his left hand, he kept pointing to the ceiling corners with his right hand. I said to him, “What you are seeing is your guardian angel and I bet you are seeing Grandpa Alexander (my late father) too.” With that acknowledgement, he brought down his hand and soon fell fast asleep while I was busy straining to try to “see” something in the ceiling corners too!

From ages four to seven, children move to higher levels of brain waves in the subconscious called Theta. This state allows children to have an open mind. The caution here to all caregivers is that this state has no filters, so children easily take in positive as well as negative feedback. Therefore, this is a critical stage to help encourage your child's intuition. A great tool to help with this process is meditation. If meditation is modelled in the early years, it will help enhance all other areas of your child's life.



Here is a simple exercise to help create a safe environment for your child to share with you his or her experiences. Hold your child's hands if it feels right to do so. Say “*We create a sacred space that is fully protected by love, light, laughter and enlightenment.*” Then say, “*As my child, I know that you possess a great gift that many adults do not have anymore. You have the ability to see, hear, feel and/or sense things that others may not be able to. I want you to know that you will*

*always be safe in sharing whatever it is you would like to share. I honour all that you have come here to teach me in helping me remember where I came from because you are so closely connected to the spirit world. Please know that I will always listen to what you need to share. You have been given a gift and my promise to you is that I will help you nurture it. You are safe, you are loved, and you are not alone.”* Be open to what your child shares and do not judge. By doing this, you will be nurturing their intuition.

Intuition ties us to our soul. The soul has great wisdom, so tapping into intuition also taps into our soul and all the answers that we already have inside of us. The more we trust our intuition, the more we can tap into our own inner wisdom. Wouldn't you prefer to help to encourage your child to go within to seek answers to questions that they have, instead of looking outside of themselves to others for approval? By encouraging your child to trust his or her intuition, you will be doing this. In turn, your child will also be helping you to trust your own inner wisdom. Children have so much to teach us, if we are willing to listen and learn. My belief is that all children are born psychic and it is our role as parents or caregivers to encourage their various abilities. Let's work together towards creating confident, wise young souls.



**Susanne Alexander-Heaton** is the CEO of Motivated by Nature. She is an Award-Winning Author, Speaker and FUNdraiser. Her children's book, *The ABC Field Guide to Faeries*, has inspiring reminders of respect for self, others and the environment. It helps to engage healthy discussions amongst caregivers and children. Susanne also provides inspiring workshops for both children and adults. Her book has helped to raise over \$20,000 to date for worthy causes.

[www.motivatedbynature.com](http://www.motivatedbynature.com)

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## Dr. Minette Riordan

### **Creativity is the Key to Our Children's Success: How to Nurture Creative Thinkers and Future Leaders**

I remember hosting a Board of Directors meeting for the Women's Division of the Plano Chamber of Commerce. I was the director of this organization and we hosted this meeting in my living room. If you ask any of the dozen board members what they remember about my year as director, it was probably not my leadership, the great speakers or our fundraising prowess. The highlight of those meetings was my 3-year old daughter!

From the time she could pull on her own clothes, my daughter has had a distinct love of playing dress-up. At age three, she would regularly waltz through our meetings proudly sporting cowboy boots, a tutu and her fairy wings. She might have stripes or plaid on underneath or both. She still had huge, chubby cheeks at that age and a winning smile, but she was a bit shy. She would peek around the corner from the kitchen to see who was watching before walking through the room, stopping to twirl her skirts and flap her wings.

My daughter wore that outfit everywhere for about a year and I just let her. I learned to never argue about clothes, or brushing her hair or not wearing plaids and stripes together. I tried to nurture her love of color and texture and desire to be a fairy-winged ballerina in cowboy boots, which has evolved into being a pastry chef and marine biologist. The days of tutus and fairy wings are sadly long gone. But her love of creative play has remained.

Creativity is the key to our children's success but according to several recent studies, our children are becoming less and less creative. As a parent, I find this both sad and terrifying. Creativity is at the core of all genius in every discipline. At the root of creative thinking is our ability to imagine what could be possible. Without this type of imagination, we would not have airplanes, electricity or vacuum cleaners.

All children are creative. It's how they learn, explore the world and solve problems. As parents and educators, it is our inherent responsibility to nurture creativity in our children and to model creative thinking, problem solving and role-playing. I firmly believe that we have to get our children outside, away from television, the internet and video games and remind them that human interaction is still their most important life skill. Nurturing your child's creativity is fun and easy to do with just a small effort on your part.

Don't confuse artistic talent with creativity. Every child is unique and creative, just like my daughter with her early passion for playing dress-up. The number one key to nurturing your child's creative spirit is to listen and to watch. What are they interested in? Find out more about their interests; indulge them, even if their passion only lasts a week or a month. Create opportunities for your child to experience different people, cultures, environments and adventures. You don't have to travel around the world to make this happen. A trip around the neighborhood, to the local library or the grocery store can open up a new world to your child. You will benefit, too, from these adventures in creativity.

As a parent, I am proud of many of children's accomplishments: they have won awards, made fantastic grades and been accepted into the honors programs at their schools. But what I am most proud of is their ability to entertain themselves, engage their imaginations and indulge in endless hours of creative play and problem solving. At ages 13 and 11, they are great conversationalists and comfortable with all different types and ages of people.

My husband and I have worked very hard during their lifetimes to nurture their creative gifts and engage them in imaginative, creative thinking. We continue to do this in a variety of ways: we severely limit the number of hours they are allowed to spend in front of a screen (for us screen time includes television, computer and any handheld devices), we eat dinner together most nights of the week and we engage with them in conversations about many different topics. We play word games, make up stories and listen to books on tape. The kids and I do different crafts, cook together and debate a variety of topics.

We take our kids everywhere! As a business owner, my kids have helped work large events, attended sales meetings, done volunteer work with local charities and met a variety of people. We have traveled with our kids around the US and Canada to see family. We take them to zoos and museums and spend as much time outside as possible.

We love to go on long nature walks with our kids. One time we took a friend along and after the walk she commented, "Wow, you guys notice everything!" We teach our children to pay attention to the world around them. Plus, they have this imaginary game they play on their walks with well-developed characters and plot lines. They walk with their heads close together, talking quietly as they define their roles and actions. It's heartwarming to watch and while they experience the usual amount of sibling rivalry and battles over who gets the computer first, I know this creative playtime is cementing their relationship for the future. They are learning to work out their problems with each other and solve the world's problems along the way.

We were fortunate to live in a neighborhood where we felt safe to kick our kids out the door to go play. There were other neighborhood kids around as well and they would play outside for hours: foursquare, swimming in our pool, building forts, riding their bikes to the or just sitting in the yard trying to solve the world's problems. It didn't matter what they did, we just wanted them to be screen-free and exposed to fresh air and their own minds.

What are the benefits of our efforts? My son and daughter are well-spoken and well-liked. Not only do they get good grades, they are praised for their efforts and willingness to ask questions, to participate in the conversation and to look people in the eye. They are not the most popular, best looking, the richest, the fastest, the strongest or the smartest, and that's okay with us. My kids are happy and enjoy life. They are rarely bored or lonely. They are very comfortable in their own skins. Don't you want that for your child?

I am not sharing this with you to brag on my children or my parenting skills. I am sure your children are just as creative as mine and amaze you every day. I do not claim to be perfect and while my son and daughter are great kids, they are just kids. What I do know about them is that they are incredibly creative. They never cease to amaze me with their ideas and innovation. Yet we don't indulge them either: if my son says he's going to make a hover craft, we question his ideas, his knowledge of machines and all of the problems that might arise. We don't squash his idea or his

enthusiasm; we just push him to think his ideas through from beginning to end. All ideas start somewhere and all great ideas take time to evolve. Remember Thomas Edison and how many attempts he made before he successfully created the light bulb?

I believe that it is our responsibility to raise the future leaders of our world, to raise children who know how to think for themselves, who have opinions and know how to ask questions. If my child gets stranded someday in an airport in Italy, I want her to be able to figure out what she needs to do to get home. She will not always be living under my roof. I have to let her fly free, fairy wings intact and her cowboy boots scuffed from life's experiences. I will always be here to provide a safe haven and to be a sounding board when she needs one, but I have faith in her ability to figure it out on her own.



**Dr. Minette Riordan** is an award-winning entrepreneur, speaker, coach and author of *From Fizzle to Sizzle: 4 Crucial Tools for Relationship Repair*. Minette is passionate about helping women find the tools, resources and inspiration they need to create the life of their dreams. She lives in Santa Barbara, CA with her husband and two children. She loves art, poetry, long walks on the beach and cooking beautiful food. Download her free set of *Creative Play Cards* at [www.minetteriordan.com](http://www.minetteriordan.com).

## Nola Peacock

### Parent's Toolkit: Empower Your Child to Be Their Best!

When I ask parents what they most want for their kids, the two top answers are happy and confident. Why then, are there so many kids that are unhappy, or struggle with self-esteem issues? Why do so many kids suffer with anxiety or depression? Why is suicide the second leading cause of death in older kids and teens?

I see kids on a daily basis who are feeling stressed, reluctant to go to school and have withdrawn from activities that they used to enjoy. Many kids complain of headaches and stomachaches. What are we doing wrong? How do we turn this trend around and ensure kids are happy and confident?

I believe the answer is quite simple. There are some very easy steps you can take to help your child be happy, confident and passionate about life.

The first step is to think about what is most important to your family. What values are most important? What do you want your family to FEEL like? Once you are very clear on what you want, make a list of 10 things that are essential to your family's foundation.

Below are some things to think about.

Do you want your family members to:

- feel loved?
- feel a connection to something larger than themselves?
- feel confident?
- be successful? What does success look like to your family?
- feel a sense of belonging?
- feel respected?
- communicate in a positive and loving way?
- feel they can be honest with each other?
- understand how important forgiveness is?
- have regular time together?
- share meals together?
- support each other and work together as a family?
- take responsibility for taking care of the home and of each other?
- have special family traditions? What does this look like?
- live with as few regrets as possible?
- have fun?
- laugh?
- be generous with time, attention, love?
- feel safe?

Once you have your list, put it up on your fridge or in another prominent place. As you make decisions regarding your family, go back to your FOUNDATION! Ask yourself whether doing something supports your values. Example: Does racing off to hockey practice 5 evenings a week fit with your family wanting to eat meals together?

The next step is to take care of yourself. By taking care of yourself, not only are you setting a good example for your kids, you are also able to be a much better parent. Physically you need to make sure you are eating a healthy diet, exercising, getting plenty of rest and drinking lots of water. You also need to look after your emotional and spiritual health.

Having your own DAILY SPIRITUAL PRACTICE and encouraging your kids to have their own practice, will make your life, and theirs, much better. Life will seem to flow with much more ease.

Suggestions for daily spiritual practice:

- DEEP BREATHING. Spend 10-15 minutes (or more) just focusing on your breathing. This is something even young children can learn to do.
- MEDITATION. There are many meditations available on YouTube. Try them out. Find what works best for you and for your child. Many meditations are geared towards kids or teens.
- VISUALIZATION. Visualize what you want your life to look like. Feel what it would be like if your life was already the way you wanted it. By spending time imagining things you want, and feeling the emotion as if you already have them, you can manifest your desires. Do this without attachment to the outcome. Often what will show up will be even better than what you imagined.
- JOURNALING. For children, journaling can be done with pictures. You can encourage them to draw something about their day.
- REIKI. I call Reiki a massage for my soul. Children seem to be especially sensitive to Reiki. You can easily learn how to do Reiki on yourself and for your child.
- PRAYER. Ask for guidance whenever you need it. Watch for signs and listen for messages afterwards.

I believe that every child arrives on the planet with a purpose, as well as everything they need to fulfill their purpose. As a parent, you are there to support your child in being who they are meant to be, not to mould your child into something else. Help your child make choices that are right for them and encourage them to do the things that they are passionate about. Your child is very wise. Give him/her a chance to show you.

I believe that a lot of the sadness and depression that we see in kids comes from kids not listening to what is in their heart. There is pressure from our society for children to act and be a certain way. You need to be your child's advocate. Help your child make decisions that are right for them. Teach them to trust their intuition. When you do, your child gets the message that they are loved unconditionally for who they are. They don't feel pressured to be different and to try to fit in.

Imagine what your child would be like if he/she could be themselves. Imagine if your child was excited, confident and happy every day. What would that do for your life?

Below is a step by step process to help your child TUNE INTO THEIR INTUITION.

1. Find a quiet place.

2. Take 2-4 deep breaths.
3. Close your eyes.
4. Think about a question.
5. What is the first thought that pops into your head? That is your answer.
6. If you are still unsure, another way you can tune into your intuition is to think about one of your choices. Scan your body and pay attention to how your body feels. Is there tightness in your chest or stomach? Do you feel uncomfortable? If so, then this is not the right choice. If your body feels at ease, then you know you've got your answer.

Now that you have some tools in your parent toolkit, make sure you use them. Choose one thing new to try this week. Pay attention to the impact it has on your child and your family.



**Nola Peacock** is a kids confidence coach. She has developed a holistic program to help children, teens and their families deal with issues that arise such as difficulties communicating, anxiety, bullying, or depression. Nola also works with families going through difficult situations such as divorce or grieving the loss of a loved one. She loves seeing kids bursting with confidence and being excited about life.

[www.confidenthappykids.com](http://www.confidenthappykids.com)

## Lishui K Springford

### My Little Treasure

The word "jasper" means "treasure." I chose my baby's name before I knew he was a boy, and never even thought up a name for a girl. This is a funny story because a girl would have been a surprise, but a child with Down syndrome was something for which I was completely unprepared.

I can't feel that original grief anymore, but I remember that navigating this new medical and social territory of prejudice was a deep (and unwelcome) plunge into a state of "beginner's mind." When you're an intellectual snob bent on raising a genius child unfettered by small-minded bigotry or victimhood, having a baby with Down syndrome is a rude awakening. I lost my identity.

According to the stereotype, Jasper was destined for a second-rate life of perpetual childishness. Prenatal screening asks the question, "Is it fair to intentionally burden society with a defective human being?" Over 80% of parents-to-be say, "No."

I had failed to get prenatal screening, had failed to destroy my unborn child, and had burdened society. Shame on me.

So many people lamented, "What bad luck!" To save myself from this, I decided to stop mentioning Down syndrome. Let people deal with their prejudices without my help.

This was my first lesson in observing, rather than trying to control outcomes. I made this choice one morning a couple weeks after Jasper was born, when he woke me up by bonking me on the nose. He'd worked at it, wriggling his way across the bed. Six pounds of low muscle tone and high expectations.

The newborn and I stared at each other with the shared realization that he had set and achieved a goal. With intention alone, this boy had connected with and powerfully influenced the world around him. He had no control over the outcome: only over his intention. And that was what the whole lesson was about.

When I realized that this is what it was all about - this purposefulness, this choosing to try even though the odds are against us - my story changed. Angels appeared: people who just happened to say the right things at the right time, because they saw Jasper for who he was - a bright, fun, observant child, with his own unique place in the world.

As with many people, agreeing to labels and stereotypes once imprisoned me. Now I'm free by knowing that no matter how many people believe an idea, it's not real for me unless I believe it to be real. This is as true about little girls who are selfish like their fathers, as it is about little boys who will never grow up because of an accident of nature.

I approach raising Jasper with the goal of being the change I want to see in the world. It's not about accepting, tolerating, or fixing him. He's already perfect.

Every catastrophe that comes our way is another dish on an endless smorgasbord of adventure. Often, we are breathless with anticipation.

I now find myself wise about humanity, education, neurobiology, the human mind, parenting, law, ecology and medicine. See, genius isn't something we or Nature instill in our children. Intelligence belongs to the Universe itself, and the only question is whether or not to tap into it. As a culture, we choose not, preferring to focus on inadequacies. Jasper showed me those are irrelevant compared to who and what we really are.

Sometimes I am heartbroken at parents' blindness to their children's achievements. Maybe we can't appreciate rainbows unless we endure a cold hailstorm first.

Unconventional choices are frightening. I mourned about the lost potential of my dreamed-of "perfect" child before I discovered my desires for my unborn child fulfilled beyond my wildest imaginings.

Before Jasper, I lived for weekends. I'd forgotten who I was.

Then I took my baby to pagan festivals and rainbow gatherings and showed him and the world off to each other. He taught me to hug trees.

I took him to the Institutes for Achievement of Human Potential and Jasper taught me the exquisite complexity and beauty of the body, brain, and mind. He crawled, crept, and walked ahead of schedule for a kid with his diagnosis.

I quit my job, learned German New Medicine, and fulfilled a lifelong dream to teach ecology. Jasper taught me that symptoms - even symptoms like cancer, ecological devastation, collapsing economic systems, and genetic disorders - are not accidents of Nature. They are, in fact, the perfection of Life carrying itself out.

In all kinds of adventures, Jasper has taught me to live joy every day for the colour of the world. He taught that the key to healing is to deliberately seek pleasure in everything. He taught me to balance productivity, creativity, freaking out, and goofing off.

Jasper's biggest "disability" is with his speech and hearing. Through this, he taught me that communication isn't about the words we say. It's about the intention behind them. It's about bonking people on the nose, just to let them know, "I'm here! And so are you!"

Choice is the stuff of life. It's the reason why life's challenges make us better. And Jasper knew it right from the start.

My son is a genius child unfettered by the small-minded bigotry or victimhood so prevalent in our culture.

So now I do what I love. Although his addiction to TV and junk food still piss me off and his habit of calling strange men "Papa" is embarrassing, my life and my son's are meaningful and fulfilled. Together, we're contributing to the new culture: the one in which people understand that Life is

about compassionately, confidently, and securely choosing to be that which we wish to see manifested in the world around us.

It didn't take winning the lottery to live the life I love.

It just took one little Treasure.



**Lishui K Springford** is a writer, counsellor, German New Medicine and Clearing practitioner, Permaculture designer, and Nia instructor, as well as a full-time mother. She created MindTreeHealth in order to help people with serious health, emotional, and lifestyle challenges through what she calls "unconventional healthcare" and "nonviolent whole medicine." In her spare time she crafts, cooks, makes music, and goes on enlightenment intensives on Georgian Bay in beautiful rural Ontario.

<http://www.mindtreehealth.com>

## Tracey Locke

### Seeing Ourselves in Our Children

*"This is the best day ever!"*

My daughter Hadley started making this declaration almost daily when she was about 3 and half. It didn't matter if we were driving through a carwash or headed to the playground, she sincerely felt that life could not get any better. Can I order dessert? Best day ever! She did not get her enthusiasm from me. Before she was born, I was a television reporter and a single mom to my son in my former life. In those long days of racing to not be the last one to pick up from daycare, I daydreamed about having a loving husband, a sibling for my son, a better neighborhood to raise my family, the opportunity to be a stay-at-home parent. I got my wishes, every single one of them with a cherry on top. To my dismay, it wasn't enough.

*"This is it?"* I asked.

*"This is it!"* Hadley shouted.

I finished my sentences with a question mark. I wanted my daughter's exclamation points. So I set out on a journey. Call it a life experiment to *be more childlike*. I wanted to see the world through her eyes. Through wider, brighter, more childlike eyes. I wanted to learn from my children and at the same time not teach them some of the more useless aspects of adulthood. Holding grudges. Unrealistic expectations. Worry. Guilt. Fear. Those are lessons I picked up along the way that were not worth passing on. Tying your shoes. ABC's. Making pizza. Those are the things I felt equipped to teach before my little experiment. Brainstorming. Following your dreams. Believing in magic. Being open to new possibilities. Forgiveness. Self love. That is what I wanted to be an expert at sharing.

I broke my *Be More Childlike* journey down into a different focus every month for one year. In the first month of studying childlike optimism, I sang optimistic songs like *"Somewhere Over the Rainbow"* and *"Oh, What A Beautiful Morning"*. The only thing risked was someone telling me that my voice reminded them of scratching on a chalkboard. The reward was huge.

The first time I tried it, my kids didn't say a word. That night, after an exhausting 11- hour day of tests and football practice, my 12-year old son, Cole, finally sat down to do his homework and was happily whistling the song I had hummed earlier that morning. The next time I tried it on the way to school, I happened to turn around and catch a glimpse of my daughter quietly waving her hands like a symphony composer in her car seat. A couple of weeks passed with no singing. One morning, I woke up growling like a grumpy bear. Couldn't find my keys. A/C was broken. We were late. Everything was a problem. My daughter started singing *"You Are My Sunshine"* to me. I had no idea she knew the words. Not only did she know the words, she knew the good *feelings* that her singing evoked.

Obviously, humming a happy tune is not a cure-all for all of life's challenges. But it is a start. It is about trying new things, however silly, to see what works for you. It is about recognizing that everything you do, say and feel is being heard and seen and sung right back to you. I know that the

stakes are high. I know I need to nurture myself if I am going to be a nurturing parent. But I am also forgetful. I need reminders. Children are more reliable than setting the calendar alarm on your smart phone if you pay just a little attention.

Halfway through my experiment, the focus had shifted to childlike imagination. I thought the month would involve planting new, bold, colorful ideas. Instead, I first had to get in the dirt and weed out stubborn fears.

My daughter loves to draw. But something changed that month. Several times, coloring turned to crying. I watched her try to draw a picture of the beach as a gift for her friend. She hated it. She asked me to draw a unicorn instead. "*Nope, not good enough*". She tried coloring a heart by herself. Big crocodile tears came rolling down her cheeks. "*It's not perfect,*" she kept whining inconsolably. She never finished the picture. In that moment, I clearly saw my reflection in my daughter's tear streaked face. Before her irrational meltdown, I thought perfectionists must be almost perfect because they try so hard. I didn't relate to the label at all because you can't be a perfectionist and still feel so imperfect.

I strove to get rid of that feeling through the next big thing like a hamster runs on his wheel. At the time of the crayon incident, my stated goals on my Be More Childlike blog were to be a better mom, better friend, better spouse, better sister, better daughter and better writer. That sounds childlike, right? I thought by making a to-do list like *living in the present or letting go of expectations*, I could achieve "*better*". I thought "*better*" was a destination and the wheel would take me there if only I worked hard enough.

When I was trying to comfort my distraught daughter with her crumpled pile of papers, concern and empathy turned to frustration and a sense of helplessness. It made me wonder if my family feels that way when I am frantically trying to get the house ready for a holiday gathering or anxious about a pending project.

Of all the parenting advice I've ever heard, what strikes a chord with me is modeling behavior. Set reasonable expectations. Don't take yourself or your mistakes too seriously. Learn from them. Try again. I have since replaced the word "better" with the words "more intentional" on my experiment goals. I added a couple new ones. *Know myself and treat myself with the same care I treat my beautiful children.*



**Tracey Locke** is a Florida-based writer and mother of two. Her son is 13. Her daughter is 4. She believes they are both old souls. Her blog, <http://bemorechildlike.blogspot.com> is about what they are teaching her. Play and learn with Tracey as she consciously tries to cultivate all the qualities that come naturally to kids. Optimistic. Aware. Enthusiastic. Curious. Intuitive. Imaginative. Faithful. Persistent. Innocent. Sincere. Simplistic. Playful.

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## Tracy Blehm

### My Body, Mind & Spirit Techniques to Keep You a Loving Fulfilled Parent

Is this your typical day?

Hit the snooze button three times. You tossed and turned all night because your head won't shut off with all that you have to do tomorrow and all the things you didn't get to today. Hop, jump across the floor to get your pants or socks on while waking up the kids - we are late.

Run downstairs and start throwing food into bowls or the toaster or ripping open a yogurt so that they are fed. Jam an ice pack into the lunch bag that you are smart enough to pack the night before but have unknowingly forgotten the spoon to their yogurt and the library books that are due today.

Rush the kids to eat, rush to school, quickly kiss them good bye and high tail it for work hoping to have time to grab a coffee because you are exhausted and you need a jolt to get your brain and nervous system working to be able to function somewhat as a human being at work. All the while thinking about all of the things you have to do after work, and did you remember to pull something out for supper or is it another fast food night and why are your pants so tight – oh yes you fell off your exercise regime AGAIN.

That was my day every day for many years. In fact add to it that I worked downtown Calgary in Architecture in a rush, rush industry. I am not sure when the insanity set in but I do remember when it left.

My fear of not being good enough, being able to do it all, being judged by those that did not have kids, add huge amounts of stress to the equation and I was not a nice person to myself or anyone around me.

My first daughter was an angel. I loved her dearly and would rip the arm from anyone who tried to harm her. This at the time appeared to be a loving thought rather than the stressed out neurotic thoughts of an overwhelmed woman. We struggled with stress induced infertility and through alternative means, BodyTalk, we conceived.

You would think for a bright woman who worked herself up through the ranks of a male dominated construction industry I would have clued in. Not so. Rather I decided to have my second child and used the same therapy to conceive that little beauty as well. When the time came to announce the pregnancy at work it hit me. I hated my life.

I hated rushing around. I hated dragging my first daughter into downtown early in the morning. I hated working 50 hour work weeks and not getting time to myself or to play, sing and snuggle my daughter. I hated not laughing and enjoying life.

So what did I do? I turned again to Alternative Healing methods to help balance me out and regain life. Yes life. Real life not mundane tasks and chores. I am going to share with you the top three things that keep me, my family and my life in balance.

1. Breathe. Each morning upon rising and before I go to sleep at night I sit in an old pink chair that matches nothing but feels amazing and do this breathing exercise.
  - a. Breathe in for a count of 8 through my nose.
  - b. Hold for a count of 8
  - c. Breathe out for a count of 8 through my mouth.
  - d. Repeat this sequence 12 times.
  - e. Breathe in for a count of 6 while tensing my body from my feet up to my head through my nose
  - f. Hold for a count of 6
  - g. Release all tension and breathe out of my mouth for a count of 6.
  - h. Repeat this sequence 6 times.

This automatically puts everything back into balance. Your hormone function, your adrenals relax, your digestive system slows down and all of the blood circulation that is in your limbs due to the stress (fight/flight mode) is returned to your core. Helping you to digest, detoxify and stay balanced.

2. I set my intent for the day, including everything that I am grateful for. This can be an easy drive to work, a relaxed joy filled day, gratitude for the clients and practitioners that are blessing me by allowing me to be part of their lives, my beautiful children and my amazing husband. The fact that we have gymnastics tonight and my daughter loves it or that I am going to run 2km because it feels good and eventually that weird jiggle will go away as my body becomes stronger and more lean.
3. I go to the kitchen and drink a glass of SOLE water to put into my system all of the trace minerals that my body needs to get it going for the day on an empty stomach, into a balanced relaxed body, into a grateful place. When our bodies have all of the trace minerals they need to start the day your hormonal system works efficiently, the clarity of your mind is stronger, your emotions are balanced and all of your systems work effectively.

Body, Mind and Spirit are all balanced first.

I now kiss my babies awake who are no longer babies but rather 7 & 4. I wake them gently. We laugh and tickle. We get ready and talk excitedly about what is going to happen that day. We choose together what we are going to eat for breakfast and the only fight is over what song we are going to sing to on the radio on the way to school. I am grateful for the experience of being in Architecture so that I know how sweet my life is now that I have taken back control by starting and ending my day in balance and gratitude.

Namaste.



**Tracy Blehm** worked in the Architectural and Interior Design business for over 12 years, and came to the realization that what made her tick was helping others create their dreams. By bringing together people who were the best they could be as part of a dynamic team, she knows they can create anything.

She now brings people together to help others create their perfect health, life balance, pregnancy and more through Owning and Directing [Lasya Healing](#). They can help you create that perfect environment through their wide variety of offerings and they are passionate about continual learning.

Their greatest joy and motivation is hearing that a client has conceived, gone into remission, or has gotten the job. Those are but a few examples of what they are grateful to be a part of.

## Michelle Head

### Parenting Energy

How is energy and parenting connected? The concept of energy is often brushed aside as unimportant or as part of the imagination. In actuality it can play such an important part and have such an impact on ourselves and our children. There are many benefits to having a basic understanding of energy and the energetic body.

When our energy is flowing freely around and throughout our body we are healthy and our physical body is working at its optimal levels. We are relaxed, our immunity is high, we sleep well, and we feel great. Being in tune and aware of our energy can help us stay healthy. When we dismiss or ignore our stress and worries we are ignoring our energetic body's signal that something is off. To continue pushing it aside the stress or worries will begin to manifest in the physical body. It could become a headache, pain in the back, catching a cold, etc. As a person continues to ignore the physical body's signals it may create a chronic condition. All of these things are easily avoidable when you open yourself up to learning about and getting in touch with your intuition and the energy around you.

Everything is made up of energy. Energy cannot be created or destroyed only changed. The energy that flows through us is often referred to as life force energy. You may be familiar with its other names Chi, Ki, or Prana. It is the energy that animates and sustains life. Each person has an energetic body; it is an extension of our physical body. The energetic body is just as complex and intricate; it takes in information and processes it. Our energetic body is comprised of nadis, major and minor Chakras, meridian lines, axitonal lines, other energy grids, and our Aura. You may be familiar with some of these terms if you have received energy healing sessions like Reiki, practice yoga, or have studied Eastern medicine and philosophy.

Your Aura is the energy that surrounds your physical body, approximately 2 feet in each direction. This may be more or less for each individual but gives you a good starting point. Many people make reference to their Aura without realising it. Think of a time when you have had someone stand, what you perceived to be, too close to you. Did you feel that they are in your personal space and wish that they would back up and get out?

What that person has done is stepped into your Aura and you have felt that interaction energetically. You may have had a physical reaction and stepped away from this person so that you feel more comfortable again. There will be people in your life that you are perfectly okay with standing very close to you, in your space and your energy, and there will be people with who you are not. Honor and trust your energetic perceptions, in doing so you will empower your children to honour and trust theirs.

What you experience energetically your child will feel a thousand times more intensely. Why? Because they are still young and innocent, they have not been bogged down by negative view points; they usually have not turned off their intuition or their empathy. Have you noticed that when a baby or young child cries others in the area will begin to cry too? Children live through their heart center, so open and so loving that they are energetically picking up on the other child's distress not only feeling it but experiencing it right along with them.

As parents it is important for us to realize that children are not only dealing with their emotions and feelings but also of everyone around them.

During each part of our day our energy is interacting with the energy around us. We come into contact with family, friends, co-workers, strangers, etc. Our Aura picks up this energetic information and we have a physical or emotional response to it. For example, the expression “Cut the tension with a knife”. You walk into a room where a couple of people are and you can feel the tension all around, you are energetically reading the room and the state of the people in it. You may feel your heart rate increase; you may feel the need to get out of the room - a fight or flight response.

Another example is when you walk into a room and you instantly feel calm and peaceful, you take a deep breath, feel the tension leave your body and you feel safe. Every person you are around, every place you visit you are energetically interacting with. These interactions leave an energetic footprint.

An energetic footprint is the impression that energy leaves behind, that impression can be positive or negative. We can unintentionally hang on to these imprints within our aura. Children are extremely sensitive to this. If there has been a fight in the home the child may not have seen or heard it but they are certainly feeling it. They may not have the words or understanding to explain what they are picking up on but you can be sure that they are.

Daily they are picking up on the energy of their family, classmates, teachers and other children at school. Experiencing these energies can be confusing, frustrating, and overwhelming. When a child comes home and is in a bad mood or starts fights with family members or is extremely emotional it is beneficial as a parent to step back and consider what they have brought home with them in terms of the energetic footprints. The child is often not aware of it but they can bring home a lot of energetic baggage.

Consider something as simple as a hug. A hug can go a long way to help our children release and let go of those energies. If you think about a hug it is an embrace that is made with our heart centers touching, it is an energetic exchange of love. A positive energetic footprint will assist a child to release and clear any negative ones.

Learn more and teach your children about energy and the energetic body and how it all is connected. This can give children an understanding and empower them to recognize that sometimes they are feeling the energy of another person or place. They can learn to filter out the negative emotions and feelings of others so that they do not take it into their own energy and hang on to it.

Meditation is wonderful for children. There are physical, emotional, mental and spiritual benefits to having this as a regular practice. These are just a couple of suggestions to help children feel grounded, secure and powerful as they experience and navigate the world around them.



**Michelle Head** has always been aware of her intuitive gifts and highly sensitive to the World around her. Since childhood she has seen and communicated with Angels and Spirits. Naturally drawn to healing she began her journey learning Massage Therapy. In March of 2000 Michelle received her first Reiki session, it was profound and she knew for certain that she had been called to do energy work. For over twelve years she has been studying and practicing alternative healing modalities. Michelle is a Certified Crystal Healer, Reiki Master-Teacher, a Level 5 Practitioner of The Melchizedek Method, and Body Talk Access Technician. She also works with Aromatherapy, Astrology, Sound and Colour Therapy, Flower Essences, and is owner of [Zenchi Healing](#).

As a Mother of two amazing little souls Michelle is drawn to help other children and their families understand and embrace their unique gifts. She is currently working on a children's book and developing several classes and workshops tailored to children.

## Jay Fiset

### Parenting with Purpose

My wife Cory and I had what has been described as an unusual entry into parenthood although it seemed normal enough to us...mind you this would not be the first time that our normal has raised an eyebrow or two.

Some context may help. Cory and I are high school sweethearts. We have been in relationship for 27 years and back in our dating conversations we, of course, talked about what we both wanted in terms of a family. IF we were going to have kids we both expressed a desire to adopt...even as kids ourselves we believed that there were many children who needed loving homes and neither of us were attached to our child being biological. Fast forward 20 years or so when we felt ready to start our family: We chose to take two approaches simultaneously.

- 1) Pull the goalie (for those of you NOT from Canada that means stop using birth control)
- 2) File adoption paperwork

We had complete faith that whichever happened first, it would be the perfect way to start our family. As it turned out, adoption happened first and for us it was magical. Cory and I firmly believe that our boys were divinely guided to us to parent them. Our view is that they were always "our boys." They just came to us in an unusual route.

That is not to say that there were not issues. Most people have 9 months to prepare whereas we had 36 hours...that was fun! Imagine a man running through Walmart asking every woman I could find where the nipples were? Not the best way to win friends and influence people!

There are so many things wrong with that I'm not even going to start.

Fast forward 7 years and we have 2 boys, both open adoptions which means that we regularly see the boys' birth families and the boys know who everyone is. There are no secrets. Everything we know, they know. Our vision for the future as more complicated questions arise is that we will all be at the dinner table...our family, the birth family and we can talk about EVERYTHING!

I share this with you because we are often asked, "How do you deal with the birth families, isn't it weird? What if they change their mind? What do the kids call them?" And the list of questions goes on and on.

The truth is that it is not weird in any way, shape or form, but I think the more significant question is "How did we create this situation and circumstance in the way that we did?" The way that we approached starting a family is basically the same way we do our best to parent.

We did it being clear about our "WHY." What was really motivating us to choose to be parents? We focused on who we wanted to BE, what we were going to stand for and what experiences we wanted for ourselves, our children and our family.

This is why our grounding about our adoptive family and the inclusion of our birth families in our lives is so simple...we want the boys to know, feel and experience that they are incredibly fortunate because they have more family that loves them than most. In that light, OF COURSE we would include the birth families; it is the only choice that is in alignment with what we want the boys to experience.

How did we get clear about our WHY, who we wanted to BE, and the EXPERIENCES we wanted?

Self awareness and conversations and conversations and conversations over a span of years. The highlights of those conversations are the following agreements and ideas we strive to live by...clearly some are easier than others!

- 1) We consciously chose to become parents. For us it was not a given and we spoke about it regularly, checking in with one another until we were both completely clear that YES we want to do this together!
- 2) Although we only had 36 hours from when we knew we had a match, we did have a couple of years to get clear about "Who we wanted to BE as parents". These conversations lead to a very simple parenting mission. It is our mission to raise our children to be conscious, independent, contributing members of society. This guiding umbrella became our rudder while navigating the rough seas of parenthood and in our 'current' case, sibling rivalry.
- 3) We agreed that one of the most important elements of living and integrating our mission is to help our kids discover their gifts and passions.
- 4) We agreed that our lives MUST go on as a couple and as individuals as well. After spending a combined 40 plus years facilitating personal transformation programs we have seen the evidence that backs up Jung's quote, "the greatest burden a child must bear is the un-lived life of the parents." Meaning that where and how our caretakers were stuck in their development becomes an internal paradigm for us also to be stuck. We do our best to engage as powerfully and as consciously as we can in our lives.
- 5) Shortly after the arrival of our first, we agreed that we were clueless (about parenting at least) and we engaged support. We are blessed by family, friends and people who support us. My Mom has been with the boys daytimes since Wyatt came home. Our friends have been unbelievably generous with clothes, toys & solicited advice and tips. Asking for and receiving support has been a complete game changer and is perhaps the MOST significant part of staying consistent with our parenting mission.

Now Cory and I took our time working out how all of this was going to work in our lives and family but you don't need to. Here are some questions that can start some of the kinds of conversations that helped us.

10 Questions to start meaningful conversations about parenting:

- 1) Are we ready to be parents? If yes, based on what? If no, what would it take to BE ready?
- 2) Who do you want to BE as a parent? What do you want to feel like and experience?
- 3) What is our mission as parents? As a family?
- 4) How will you maintain your romance and connection in your relationship after kids?
- 5) How can you pursue your own gifts and passions as an example to your kids?
- 6) How will you support your kids to discover their passions and gifts?

- 7) What WON'T you do that your parents did?
- 8) What WILL you do that your parents did?
- 9) What rituals and traditions do you want to integrate into your life and family?
- 10) How will you invite and allow support for you as individuals and for you as a family?

These conversations will reveal aspects of clarity, areas of fogginess and will point to areas where you and your partner/family will need further exploration.

The most significant thing I can share with you is that this is a journey. There are no "RIGHT" answers, but the more we do **our own** work the more present we are and the more connected and in tune we are with our boys. To support you on this process I have 3 gifts for you.

- 1) Go to my blog [www.jayfiset.com](http://www.jayfiset.com). Opt in and you will receive BOTH a digital copy of my best selling book "Reframe Your Blame, How To Be Personally Accountable" **plus** the 12 video "Keys to Creation" ecourse.
- 2) Then visit [www.IAcceptTheGift.com](http://www.IAcceptTheGift.com) and take advantage of your FREE ticket to our 3 day Transformational Program "The Gift!" This program will reveal your unconscious patterns, your core values and your strengths that you did not even know you had.

I wish you and your family, love, joy and happiness!!



**Jay Fiset** is a best selling author, student of human nature, avid outdoorsman at 5 star hotels, speaks fluent smart ass, can see and reflect your life mission in 5 minutes flat, loves having 2 sons so he can play with their toys, still fantasizes about his wife after 25 years, loves ideas, but loves results even more. Dedicated to instigating a global movement of Conscious Creator's and supporting people to organize their life and resources around their passions and gifts.

## Stevie Ogrodniczuk

### Modeling Wellness as a Whole

Our quality of life is directly affected by the state of our overall wellness. When we are unwell in any part of our life our personal satisfaction dwindles. When we have a strong balance of wellness in all areas our personal satisfaction soars. A large driver of wellness is the responsibility to assess our overall wellbeing on a regular basis and to take action that keeps us moving towards an optimal state.

Wellbeing, or wellness, has many moving parts that together create a balanced lifestyle. Conscious choices made daily contribute to harmony in mind, body and soul. The Seven Dimensions of Wellness showcase and combine all of the facets that create a high quality of life. I like to call them 'The Big Picture'.

Not only is it important to understand the bigger picture of the Seven Dimensions of Wellness for ourselves, but to model them so that our children grow to understand them as well.

The Dimensions include, spiritual, physical, intellectual, occupational, environmental, emotional and social.

**Spiritual–Love. Faith. Values.** Spiritual wellness includes the ability to seek out answers for growth and to accept what we cannot explain. Creating harmony and peace within ourselves and using that calm to interact with the world. Knowing what we stand for and living it through our actions.

**Physical –** Physical wellness equals taking care of body. Choosing regular exercise, eating nourishing foods, rest, seeing health professionals. Choosing to avoid nicotine, drugs, excessive alcohol consumption and the like. The most relatable of the dimensions for a large group of the population; often when the word 'wellness' is used the visual people get is to eat more veggies and go for a run when in fact it is just a piece of the pie.

**Intellectual –** The openness to see other perspectives, to be curious, to debate and to create. The intellectual, aka the mental dimension, keeps us perpetual students of life. Forever learning from, interacting with, contributing to the world around us brings us strength in this dimension.

**Occupational –** Personal fulfillment based on the 'work' you do. Whether it's an organization you believe in, a message you spread or a household you run. Your values are being honoured, your skills and gifts are being utilized and your perception is positive.

**Environmental –**Includes shelter, clean air and water, quality food, safety. The environmental dimension is not only what we require from our environment but also our responsibility to do what we can to protect the world around us.

**Emotional –** The ability to process, to be with and to express our feelings. To be flexible as we experience the ebb and flow of life. Handling stress and coping with change are important in our world when keeping our emotional health intact.

Social –This dimension reflects the capacity to interact with others, both family members and otherwise. Connection to others on a personal level as well as a community or global level. Understanding the importance of those around us and the pursuit of harmony on all levels.

When one of the dimensions is off kilter, we begin to feel the imbalance in other areas. Our job is suffocating? As a result, our relationship with our spouse may suffer. Feeling foggy and confused with regards to your faith? This may cause decision making to be difficult on an intellectual level.

It is not only our responsibility to assess and evaluate how we are doing with our own wellness, but to give our children the same tools. To effectively hand these tools down to our children, we need to understand what they mean to us.

As we go through this game called life, we often lose sight of the big picture and get caught in a tunnel vision trap. Focusing on one or two dimensions while not giving much thought to overall wellness

For example, a busy Mom of 2, we'll call her Mary, is overweight and has desire to turn that around. She contributes the extra weight as the result of lack of rest, exercise and good food choices. The next step Mary takes is to alter her eating habits and hit the gym. She can't seem to stick to anything and falls back into making choices that do not support her desire for change. The more she feels that she can not get a handle on the situation the more drastic her steps become to lose the weight. All other aspects of her wellness have been forgotten at this point... Mary has tunnel vision; the only dimension she is focused on is physical.

Now let's take a look at this from the 'big picture'. Mary knows that she has not been showing her physical self as much care as is necessary to remain healthy and has come to the same conclusion; she would like to lose the extra weight. Before she takes action she assesses the state of her Seven Dimensions of Wellness. She evaluates each one and finds many factors that are contributing to her physical imbalance. Keeping her attention on the big picture she is able to work towards wellness in all areas, which plays an integral role in the success of her first goal, to get to a healthier weight.

Transferring this concept to children by modeling is a great way to introduce them to the holistic way to view wellness. Imagine the example with Mary focusing only on her physical self to lose weight unsuccessfully, and what conclusions her children would come to. They would see her modeling a constant focus on the physical. This becomes their normal and they may end up on the same hamster wheel of tending to one dimension with little regard for the others.

Alternately, the mother who is working towards wellness in all of the dimensions will raise children who will more likely learn to understand the concept of quality of life based on living our lives in harmony.

As our children grow it's important to keep the dialogue going by being open and curious, show them how to assess and evaluate their own wellness, let them know when they are trapped in tunnel vision and remind them of the big picture. The absolute best chance children have to get off to a great start with wellness is to watch how their parents navigate their own wellbeing, mind, body and soul.



**Stevie Ogrodniczuk** is a Co-Active Life Coach and Fitness Professional. She integrates these passions by coaching clients to their ultimate wellness by reaching goals mindfully.

Stevie does one-on-one sessions, group coaching and facilitates workshops related to wellness. Along with her coaching business she is also part owner of KickStart Fitness in Calgary where she leads classes. She is a blessed Mom to three who loves spending time with her kids and husband, epic road trips and rock n' roll biographies.

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## Kelly Falardeau

### 8 Secrets for Great Self-Esteem

Something I've learned over the years is the differences in parenting regarding how my parents and grandparents parented versus what I do. I learned that my parents and grandparents were afraid to tell me I was doing something good because they were worried it would make me vain and I would become a bragger. I also watched how my step-dad would find what I was doing wrong and remind me of that rather than concentrate on what I was doing right. His method of parenting was to knock me down and watch me rise...if I could.

I happened to be one of those kids who was very determined and wouldn't let my step-dad get me down; I was a fighter. I remember my grandma telling me not to let anyone pick on me and if they did, I was supposed to stick up for myself. When she told me that, I thought it also meant I was supposed to stick up for myself against my step-dad too.

I also learned to let go of the little things and really determine which was a bigger battle to pick. For example, if my sister spilled her milk, my step-dad would get very mad at her and yell at her. So the next time she tried to pour milk, he would stare at her and she would stare back at him with the hope that she wouldn't spill it. This still resulted in him yelling, "Quit staring at me and watch the milk you're trying to pour!" She was damned if she did and damned if she didn't.

I remember thinking to myself, I hope she doesn't spill the milk; she doesn't deserve to get yelled at just for spilling the milk. She was so nervous about something as simple as spilling milk.

As a parent myself, this led me to pick my battles when it came to my kids. When my kids spilled their milk I determined it's just a "little thing." So what if the milk is spilled? You just wipe it up, no biggie. My kids aren't scared of being yelled at just for spilling milk.

From my personal experiences when growing up, I learned some much needed "secrets" of what it takes to nurture self-esteem. The following eight points are my secrets to self-esteem. I believe we have to nurture our children and find the good in them and allow them to rise up from that. These eight secrets will not only help you as a parent, but will be a roadmap for nurturing self-esteem in your kids.

**#1. True self-esteem doesn't come from ANY kind of a bottle.** You may get a little temporary liquid courage from a bottle of alcohol or pills, but it won't give you any lasting self-esteem. And that's the same with bottles of make-up, anti-aging cream or injecting chemicals into your face. None of those things will give you true self-esteem. Learn where your true self-esteem comes from – your heart and soul, not in any kind of bottle.

**#2. The ultimate secret to great self-esteem is to learn how to make yourself feel great, not like crap.** It's as simple as that. Learn how to treat yourself great, you will feel great. Treat yourself like crap and you will feel like crap.

**#3. Quit calling yourself names.** When you look in the mirror, what names do you call yourself? I know when I looked in the mirror and called myself ugly, all I could see were my ugly scars and I truly felt ugly. When I finally gave myself permission to feel beautiful, I looked in the mirror and

started picking out the parts of my body that I loved about myself. I was finally able to look in the mirror and see all the parts I loved about myself and calling myself great positive names instead of negative ones. You don't have to tell everyone what names you're calling yourself, keep it to yourself, but do tell yourself.

**#4. Do not allow other people's comments to bring you down.** If I was to let it get me down every time someone stared at me, I'd be in a hole forever. Despite the fact that at one time I was considered the ugly scar-faced girl, it didn't mean that when people were staring at me they automatically thought I was ugly. They could have been thinking how cute I was, but because I called myself the ugly scar-faced girl, I didn't think people thought anything different than I did. I was wrong. People do think I'm beautiful but because I didn't feel beautiful, I chose to ignore those great comments and believed everybody thought I was ugly. I'll never know what everyone is thinking and it's none of my business. Choose to believe that people could be thinking great things about you too and for those who are saying crappy things about you, ignore them and let yourself believe the things you want to believe.

**#5. Find your passion in life and do what brings you joy not pain.** For example, if you hate piano lessons and would rather ride horses, do it. Find a way, even a small way. When you do what you love and bring joy to your life, you'll be great at it. When you do what you hate, you can't get good at it because you don't want to. Find your passion and do what you love.

**#6. Take the "T" out of can't.** Quit saying, "I can't do that." How do you do that when it seems like the only option is to quit? If there is something you really want to do, don't say "I can't do that," because when you do, your mind will agree with you and say, "Yes, you're right, I can't do it." It's only natural you won't be able to achieve your goal because you've already convinced yourself you can't do it before you even tried. If you really want to do it, you need to take the T out of can't and say to yourself, "How can I do that...?" When you say that to yourself, you open up your mind to the possibility of doing it and your mind will come up with the solution on HOW to do it.

When you ask yourself a question, your conscious mind will generally want to find an answer. If you just give yourself a statement that says "I can't do that", you're right; you can't and your mind won't even try to find a way to do it. Your mind will just agree with you. Simple as that. So, to take the "T" out of can't, just ask yourself, "how can I do..." and fill in the blank.

For example, when I decided I wanted to write a book with 1000 tips for teens, I could have had two different thoughts. I could have thought "I can't write a book of 1000 tips for teens, that would be impossible, I don't know 1000 tips" or "How can I write a book of 1000 tips for teens?" Obviously I thought the latter question because the book is written.

When I asked "How?" the answer came quickly, "How about asking 100 people to write 10 tips each and then you'll get your 1000 tips written for you." And that's what I did, I started asking people for their tips and voila we had a book written. So don't say to yourself "I can't do that", instead ask, "How can I do that?" and the answer will come to you eventually.

**#7. Find ways to empower your friends and people you don't know instead of pick on them.**

Give out more compliments. It's so much more fun to make people feel great than to cut them down with mean comments.

**#8. Discover the beauty in your heart and soul because it matters more than your outer beauty.**

The truth is, when I finally accepted I was beautiful no matter what anyone else thought, I started getting told I was beautiful, sexy, gorgeous; everything I wanted to be called and I have a very imperfect body. I have scars covering 75% of my body. When I stopped looking in the mirror and seeing all my ugly scars and started to see all my little parts that I loved about me, like my big beautiful green eyes, my cute little nose, my cute burnt ear, my laugh, my sense of humour and my hot ass (yes, there's a cute love story to go along with that and it's in my first book *No Risk No Rewards*), I started to see that I was truly a beautiful person. I didn't need to look like Angelina Jolie in order to be beautiful, I just needed to accept me and love my little parts (check out a special program that Kellie Frazier and I produced called [www.LoveYourLittleParts.com](http://www.LoveYourLittleParts.com) to learn more about how you can do that too). When you look in the mirror QUIT calling yourself ugly. Find great names you want to call yourself and quit beating yourself up. You're beautiful just the way you are.



**Kelly Falardeau** is an international speaker and best-selling author of *No Risk No Rewards* and *Self-Esteem Doesn't Come in a Bottle*. Kelly is a burn survivor since the age of two, who has used her story to motivate and inspire. Kelly has been featured on television, radio and various magazines, as well as won the Fierce Woman of the Year award and was featured on the cover of *Be Fabulous*. In addition to all this, she was featured as one of the Top Ten Most Influential Speakers for 2011 and recently received the Queen Elizabeth II Diamond Jubilee Medal. [www.KellyFalardeau.com](http://www.KellyFalardeau.com)

## Jackie Dumaine

### The Yoga Code: Ancient Wisdom for Modern Kids

In the last few years there has been a surge of yoga studios opening up all over the world. There is simply no denying yoga's ability to increase our flexibility, strengthen our muscles, improve our circulation and increase our general well-being.

Yoga for children has become increasingly popular as our young ones are placed under more stress than ever before. Their hurry-up world of busy parents, school work, extra-curricular activities, video games and text messaging often deplete them of the ability to feel peaceful joy. Add to this the increase of bullying and peer pressure, and it's not a surprise to learn that doctors are seeing an increase in stress and depression symptoms in young children.

The physical postures, or what we have come to know as yoga in the West are certainly beneficial in reducing stress, however they are just a glimpse into an integrated system created thousands of years ago to act as a blue print for living a life full of purpose, meaning and happiness.

*Yoga is not only about developing flexibility in the body, it's also about developing flexibility in the mind, heart and spirit.*  
~ Jackie Dumaine

Ancient yogic texts reveal 10 Sacred Principles that are used to act as a compass on our life journey. In essence, they act as a moral and ethical guideline or code of conduct to ensure we are walking on the path of integrity.

In a world that is bombarded with reality TV shows like The Real Housewives, Jersey Shore & Honey Boo-Boo it's easy to see that in the West we've lost touch with how we can attain a true sense of joy.

Our fast paced modern world has become highly focused on physical appearances, social drama and the accumulation of more "stuff" and many of us have neglected to listen to what our spirit needs to be happy.

The Eastern philosophy of yoga has a much gentler approach to living in comparison to the West:

WEST – The Never Ending Pursuit of Attaining

EAST – The Simple Pursuit of Letting Go

WEST – Right and Wrong Thinking

EAST - Cause and Effect

WEST - Mistakes = Failure

EAST - Mistakes = Living

What if we were to adopt, and thus teach our children to live based on the eastern philosophy of yoga? How could this change the interaction and relationship we have as a family and in our communities?

The 10 Sacred Principles of The Yoga Code™ are a simple-to-follow system that help us in making decisions in how to act in a variety of situations.

I encourage you to pick one each week, discuss it with your child and make a pledge as a family to practice it for 7 full days.

### **The Ten Sacred Principles:**

#### **Ahimsa – Kindness and Compassion**

Teaching our children to be kind to others is indeed an important lesson however we must first begin by teaching them how to be kind and compassionate towards themselves – in thoughts, words and actions. Show your child how to love themselves beginning with the words they use. Encourage them to take a few minutes each week to write down positive & descriptive words about themselves. Words such as caring, funny, creative, helpful, good baker, etc.

#### **Satya – Truth**

Show by example. It's easy for us as parents to tell "little white lies" to our children. If you take a moment you'll recognize that you may do it too. Teaching our children to speak truthfully will allow them to have the confidence as adults to stand up for themselves and others as well.

#### **Asteya – Non-Stealing**

Teaching our children not to steal a pack of gum from the store, or the iPod out of their classmates backpack is a given. However, we can also teach our kids to not steal opportunities from others. If one of their friends proudly receives a B on his or her report card after a series of Cs and Ds, there's no need to brag and tell them: "I got an A+". This simply steals their friends' opportunity at experiencing joy.

#### **Brahmacharya – Moderation**

Having more doesn't bring more happiness. Holidays and birthdays are a great time to teach kids to simply take only what they need. This can relay to food as well. With childhood obesity on the rise, learning to stop when you've had "enough" will bring about immediate health benefits.

#### **Aparigraha – Non Attachment**

How wonderful to show our children that attachment to material objects or situational outcomes can cause disappointment. Teach them that they aren't defined by how many toys they have. That regardless of who will win or lose, they can put their heart into any game that they play without being attached to the outcome.

#### **Saucha – Purity & Simplicity**

In body, mind, spirit and surroundings. Cook simple foods with natural ingredients and teach your child how this will nourish their body. Keeping a simple, tidy and uncluttered room will help with their ability to focus. Taking quiet time for meditation will help them become more intuitive.

## Santosha – Contentment

Being happy with what is, regardless of the situation. Gratitude is the quickest way to bring us into a state of Santosha. When your child is experiencing, sadness, frustration or anger, ask them to write down 10 things that they are grateful for.

## Tapas – Determination

In a world of distractions, having the determination to stick-it-out when things get tough can be a challenge. Teaching kids to persevere and follow through will boost their self-esteem and confidence.

## Svadyaya – Self Study

Without time for self-reflection, we aren't able to learn who we are. Many parents discipline their children with time-outs; moments of stillness and solitude for self-reflection. Yet we reward them with video games that cause turbulence in the mind. What if the time-out was positioned as a special time to pause, reflect and breathe?

## Ishvara Pranidhana – Surrender

Trusting in the divine and knowing that we will always be supported. Teaching our kids to trust and believe in God/Universe/Spirit will ultimately create a sense of trust within themselves. A sense of comfort knowing that everything will always work out.

This is just a glimpse into The Yoga Code™ and the 10 Sacred Principles. To learn more and dive deeper into the roots of yoga and how it can bring about transformation in your life and in your family, please visit [www.jackiedumaine.com](http://www.jackiedumaine.com)



**Jackie Dumaine** After leaving the corporate world of advertising and media, Jackie traveled to India where she studied yoga & meditation. This experience had a profound effect on her and prompted her journey as a spiritual entrepreneur. She recently created The Yoga Code™, a 10 step blueprint for creating more love, joy, abundance and peace in our life.

Jackie leads a full life as a Mother, Yoga Inspired Life & Business Coach, Yoga Teacher, Workshop & Retreat Facilitator, Speaker, Writer.

Get your free ancient scroll of The Yoga Code™ - [www.jackiedumaine.com](http://www.jackiedumaine.com)

## Carmen Jubinville

### My 4-Year-Old Teacher

I made an appointment with my family therapist because I was at the end of my rope. I couldn't understand why my daughter was so difficult; and why couldn't I set boundaries with her? Being a life coach, I was stumped and even a little embarrassed to admit that my four year old was running my life. I was feeling powerless and this 3-foot nothing person was pushing me to limits I didn't even know existed.

The thing I love most about talk therapy is that it gives me the opportunity to say my thoughts and feelings out loud. For some reason, hearing myself talk gives me a lot of clarity.

As I shared my experience with my therapist I suddenly became really self-aware. I noticed that what I was saying about my daughter and our relationship didn't jive with my core beliefs about relationships and the purpose they serve in our lives. It was an a-ha moment to say the least.

The reality was that I was so immersed in my situation that I had lost all objectivity; I couldn't see the forest through the trees! I needed to get real about what was going on and I was ready to see the truth.

If there was one thing I knew about relationships, it's that they are magnificent tools to help us learn something about ourselves. I believe we have sacred contracts set up with certain people and these people can be a spouse, a child, an in-law, a colleague and even a stranger. This sacred contract between people is to teach very valuable life lessons. In my opinion, every relationship has an important purpose but there are some that will have an enormous life-changing impact.

What I've noticed about these specific relationships is that they are usually people who will either love us unconditionally in every circumstance of our lives or they are people who are so difficult that they turn our world upside down and inside out.

The interesting thing about these two relationships is that even though the experience feels differently, one a positive and one a negative, the relationships are equally important. In fact, sometimes I think the most difficult relationships are the most sacred because, as difficult as they are, the impact can be so profound if one chooses to really learn from it.

Going back to my daughter, I realized during my therapy session that Cara wasn't just being difficult but that she was trying to teach me something very important about myself. As my therapist and I explored this idea together I was humbled to learn our sacred contract.

Looking back, I could see that Cara acted out most when I was out of balance emotionally, physically and mentally. She acted out when I allowed others to walk all over me. If I were having a negative telephone conversation she would be relentless in getting me to hang up.

It became clear to me that Cara was very aware of my energy. When I wasn't in a good place she wasn't in a good place. The opposite was true as well; when I was peaceful Cara was peaceful.

She was acting as my mirror. She was a little gauge that was constantly showing me my internal state. What a precious little teacher she was.

While I allowed this understanding to sink in, I could see that Cara had been like this all along. Even as a baby she could sense my energy and she would act accordingly. I remember time and time again, if I would wake up in the middle of the night with a worry, Cara would wake up too.

I suppose I never considered that Cara and I would have a sacred contract. Even though I knew that children could be teachers, I don't really think I believed it.

When I embraced mine and Cara's relationship as an important teaching tool, it changed everything for us. I was now very much aware that most of her negative behaviors were a direct reflection of my own imbalances. My solutions to her behaviors were simple: I would ground myself in prayer, spend some uninterrupted quality time with her and I would make a deliberate choice to change my energy.

These solutions worked like a charm every single time although it wasn't always easy. Cara forces me to stay on top of my game but it isn't always appreciated. To this day it isn't easy having a child around the house that mirrors my internal state every single day. Sometimes when I'm out of balance I'm not ready to bring myself back to center. Sometimes it feels easier to vent on the phone, to work too much, to let other people walk all over me and to people please.

Like all relationships, ours comes with its ups and downs. Some days I'm so annoyed with this little person who is showing me myself and other days I am in awe with how in sync we are.

What I know for sure is that Cara has taught me more about myself than almost any other human being and for that I am so incredibly grateful. She is my precious daughter and my 4-year-old teacher and there has never been anyone like her.



**Carmen Jubinville** is a certified life coach working specifically with women who value personal growth and development. Using spiritual and practical concepts, Carmen will help you resolve or come to peace with your resentments, fears, jealousies, heartaches, negative patterns and beliefs and more. To connect with Carmen visit her online at [www.carmenjubinville.com](http://www.carmenjubinville.com) and follow her on Facebook at [www.facebook.com/CarmenJubinvilleMentorToWomen](https://www.facebook.com/CarmenJubinvilleMentorToWomen)

## Shanthi Joyful Yogini

### Be a Living Example For Your Kids

This is the age of technology. Though we enjoy many benefits through the ease of life provided by it, we suffer equally from its drawbacks.

We think that all the latest and advanced modes of communication available such as cell phones, facebook, and email will make our communication much easier than the past. With the modern time-saving gadgets such as washer, dryer, dish washer, grinder, and vacuum cleaner, we hope to feel more relaxed and to have more spare time to spend with our children.

But it is a paradox that just the opposite is being experienced. We have more difficulty in communicating with our own children who may live in the same house, than with the rest of the world. We have become busier than ever before instead of having more free time.

So, what then is the solution? We need to incorporate practices and activities which increase our level of awareness, focus, and ability to be in the moment, in our lives. Through this, we are hitting two (2) fruits with one stone. First, we nurture our souls. Second, we become role models for our children.

Our kids are constantly watching us. They learn by what we DO, not by what we TELL THEM to do. When we handle difficult situations calmly, our kids will receive a positive impact. If we begin to scream and yell when we are tensed, then our kids get exposed to the wrong message that it is acceptable for them too, to yell and scream when they are tensed.

When we lie in order to escape facing the reality, our kids tend to do the same. So it is very critical that we live with integrity. This means, we speak what we think, and do what we speak. If we feel unfulfilled in life despite all the comforts that we have, our children too are inclined to feel unfulfilled despite all that we do for them. So it is essential that we become living examples of how we want our kids to be in life.

In a symphony, the musicians are constantly watching the conductor and his directions in order to maintain harmony and produce a beautiful orchestra to the delight of all the viewers. In the same way, children are looking up to the parents for creating harmony and happiness in their lives. This in turn impacts the community they live in.

#### **As the Parent, So the Child!**

That said, what are some simple practices that we can do on an everyday basis to become a living example?

In my personal life, I have found the Yogic practices done both on the mat and beyond the mat have helped me to feel centered and balanced as I face challenges and difficulties.

The cool thing is that we need to spend only a few minutes daily to enjoy their benefits like “Reducing Stress alias Overwhelm, Anxiety, Depression, & Insomnia” and “Reinforcing Healthy Weight, Healthy Fun & Inner Wisdom”.

It is a myth that we cannot get any benefits from Yoga unless we practice for 30 minutes to 60 minutes at least 2 or 3 times a week. But the truth is that even in practices that take just 1 or 2 minutes, a great transformation is possible as validated by the experiences my clients have had.

I would love to share with you a couple of these practices as examples.

(1) Yogic Breathing techniques:

These when practiced even for few minutes a day have a tremendous impact in being a soulful parent.

Let us begin with the simple abdominal breathing. Placing both the hands on the stomach, we make sure that the stomach moves out when we breathe in and the stomach moves in when we breathe out. We practice this as slow as we can, and as deep as we can.

We can begin to do this right now, whether we are sitting in our office or standing in the check-out line in a grocery store or are at the red light while driving a car.

This can be used for instant relief from stress and overwhelm. So, no matter what the outer circumstances are, how much upsetting they are, we quickly return to a calm state.

When our kids watch us making a transition from a tensed state to a calm state, it becomes so much easier for them to learn these simple lessons. They understand that even though stress and tension inducing events are inevitable in our lives, we still have the choice to bring ourselves back to a peaceful, joyful and fulfilled state using the right tools.

(2) Yogic Exercises: Any ordinary repetitive exercise we do can be made into a conscious Yogic exercise by simply adding the element of breath to it. This means that we do a certain movement in the exercise while breathing in and another movement in the exercise while breathing out. Taking this little further, we can do one Yoga posture a day spending 1 or 2 minutes for a posture brings huge benefits to be a balanced parent.

You are invited to my FREE video training “Jumpstart Your Yoga practice in Just 7 Minutes” to learn more about what REALLY Yoga is and how to do proper breathing and a Yogic exercise at [www.LivingYogaBeyondTheMat.com](http://www.LivingYogaBeyondTheMat.com)

So, to conclude, the Soulful Parent is one who teaches by being a LIVING EXAMPLE. When the parent works towards his/her continuous inner growth, and feels fulfilled in life, it is easy to nurture the child's True Self and set the Stage for Inner Growth, Success and Fulfillment in the child's life.



**Shanthi** (meaning peace) is a dancer, Storyteller, Vegan Yogic Chef and Yoga Master (Yogini) born and raised in India, the birthplace of Yoga and hence in Yogic culture. She has studied Yoga in its pristine pure form from many enlightened Gurus. She is passionate about empowering busy Yoga enthusiasts to incorporate Practical Yoga on and beyond the mat and have fun with it, so that they can release their inner joy in all life situations.

## Sascha Kalivoda

### Creating Emotional Health In Our Children

Look around. What do you see? Do you see a population of unhappy, addicted people...people addicted to food, to sugar, to alcohol, to drugs (prescribed or un-prescribed), to shopping, to praise and approval, to entertainment...to everything outside of themselves? Do you notice that authentically happy, well-adjusted people are alarmingly few and far between? How could this be? Why does happiness seem to be a goal we are constantly striving for rather than an intrinsic quality of our being?

We live in a time where accepted and standard practices during pregnancy, childbirth, in the home and in the schools are having catastrophic consequences on our children and on society as a whole. The proof is all around us, and the causes have been clearly demonstrated by pioneers in the field of pre- and perinatal psychology over the last 25 years. The good news is that the solution lies with you and that you are able to facilitate a different outcome for your children. It starts with putting the consciousness back into pregnancy and parenting and recognizing that the experiences that we had during our formative period (in the womb, during our birth and early childhood) directly shaped our emotional health and our ability to see and know our true selves.

Elena Tonetti-Vladimirova, director of the film "Birth As We Know It", tells us "the quality of life is defined by the quality of birth". These are some powerful words! Considering that 95% of the births in the United States are considered to be traumatic, 45% of which are severely traumatic, this does not bode well for future generations. She also states:

*"...if our early impressions are anything less than loving, then that 'anything' imprints in our nervous system as a valid experience of love, regardless of how those experiences might have been. And throughout our life, we will subconsciously recreate the conditions and feelings that were imprinted at birth and early childhood, because in spite of all logic, those experiences are our comfort zone."*

We must realize that pregnancy and childbirth are sacred events in our lives and they are to be treated as such with preparation, nourishment and conscious connection with that new life. While pregnant, a woman is eating, thinking, feeling and emoting for two. This is not a time for undue stress, poor nutrition and busy schedules. Childbirth is not a time for unnecessary interventions, early clamping and cutting of the umbilical cord, separation from the mother, unconscious cutting of the foreskin and avoidable poking and prodding. This is all recorded in the limbic system (permanently, unless subsequently re-imprinted) as what is to be expected of this world – harsh treatment, violence and pain. And though later in life feelings of fear, hostility, anger and "wrongness" may not be logical, that won't make them any less real or limiting.

Have you ever stopped to ask yourself why you are afraid to speak in public? Why you feel you aren't "good enough"? Why you keep sabotaging your relationships or your success? Why you lack the confidence to move forward in your life? Why do we spend so much time dealing with our "stuff" by going to countless self-development seminars, reading countless self-help books and listening to countless motivational speakers? Why is there so much to "fix"? The answer, or at

least a very large part of it, lies in the quality of our birth and early childhood experiences. During these formative years, our limbic system, the emotional brain, is imprinted. As a result, beliefs are programmed into our system. The problem is that these beliefs are largely subconscious – you don't even know that they are there! No wonder you keep on sabotaging yourself! You wouldn't feel comfortable in your success, so you unconsciously destroy any chance of achieving it. The good news is, as Dr. Bruce Lipton tells us, consciousness can rewrite these limiting beliefs, although it takes the awareness and tools to do so. Hmm...sounds like a whole lot of work.

Wouldn't life be a whole lot rosier and easier if there was nothing to "fix" in the first place? What if the limbic imprint was based on nothing but love? What would this world look like if our children grew up in a world where they knew that they were supported, heard and loved, no matter what? What would life be like if each fetus lived in the womb of a mother who was fully supported, well nourished, stress-free and consciously connecting with her baby throughout her pregnancy? What would children be like if they came through the birth canal under peaceful, loving conditions, where there was complete trust in the wisdom of the female body to bring forth new life? How confident would our children be if they were given the breast immediately upon arrival into this new world, were held close to their mothers or fathers for the first year of their lives, and slept securely with their parents every night with no need to cry out for nourishment or comfort? My guess is that we would see the world transformed into one where peace and love would be the norm, where intelligence levels would sky rocket and where health would be abundant. It really is within reach and it need not take long. But it does depend on us. Our babies do depend on us, and as such, we must respond to them on their terms, not ours. We must keep them close and we must trust our children as they grow.

Of course, life doesn't always allow for optimal. There may be lack of knowledge, a clash in philosophies or perhaps unexpected circumstances to deal with. In the case of a new baby, there may be an authentic inability to breastfeed or the simple lack of knowledge that we have evolved to 'expect' parental proximity day and night as human infants. But this isn't about perfection, it's about a constant learning and growing, and a willingness to change course with that new knowledge. More than anything, our children need our love with no conditions attached, and for each of us, this is going to look a little different. Today we may do differently what we have already done in the past, but let that go. Leave the past in the past, and take that fork in the road to a different future. The beauty about the human condition is that we are always able to grow and evolve. We can always heal, and the more we commit to healing today, the less our children will need to focus on healing in the future. They will be allowed to put their energy into being who they came here to be rather than re-writing the programs they downloaded in their formative years.

In one simple generation, if we choose peace over drama, love over fear, allowing versus resisting, confidence in our innate abilities over mindlessly giving our power to doctors, parenting specialists and other so-called 'experts', we will see humanity transform. We must start by looking within and be willing to heal. By healing ourselves, we heal our children and we heal the earth. The result could be no other and our continued evolution on this planet depends on it.



**Sascha Kalivoda** is a speaker, workshop facilitator and nutritionist on a never-ending quest that continues to evolve her views and consciousness around nutrition and what true wellness looks like. Becoming a mother changed her forever and ignited a passion in her research, which she now shares in a comprehensive online course, [Your Conscious Pregnancy and Parenting Guide](#).

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## Jeri Tourand

### How to Speak to Your Kids so They Will Listen

Do your children LISTEN to you?  
Do they respect what you say?  
Do they harbor resentment toward you?  
Do they argue with what you say?

It's HOW you say it, more than WHAT you say that matters.

♥ The secret is to speak from the HEART!! ♥

*"I thought I asked you to clean your room! You are not going out to play until it's done young lady!"*

How effective is this form of communicating what you want? I've tried it...many times...and their rooms are often still a mess days later! Our children don't like to be "ordered" to do something any more than we do! They will resist as long as possible and it often even goes a step farther and they begin to resent you for your constant nattering and ordering them around! This is a very toxic cycle that you will want to do your best to avoid.

*"I see that you didn't get a chance to clean up your room yesterday. Do you think you could find some time to get it done before noon today?"*

Better? I'd be more likely to comply. What do you think? Doesn't this one feel like the child has more control? It almost "feels like" they have a choice as to whether or not to clean their room. And perception....is everything!

So...Why aren't your kids listening?

Have they LOST RESPECT for you? If you repeatedly ask them to do things and rarely follow up or give consequences when they don't do it...it's easy to lose respect. They will quickly stop taking you seriously. Consistency and firmness are essential ingredients in earning respect. Of course you must give respect to get respect, so be sure to treat them with respect, in order to demonstrate what respectful behavior looks and sounds like.

Do they WANT the negative attention they receive when they don't comply? Many children are so starving for attention from their parents that they will take it any way they can get it! Positive or negative will do. Shower them with the positive kind!

Are they desperately seeking some form of control in their own lives? When children have one or more controlling parents, it is easy for them to feel like they have no say and like no one ever listens to them. They feel like nothing they do or say is good enough to be acknowledged. They will FIND a way to feel like they have some sort of control in their own lives....even if it's just

controlling the cleanliness, or lack thereof, in their bedroom; their “space”. In extreme cases, they could even resort to Anorexia or Bulimia; starving themselves and thinking – “at least you can’t control my body!”

Or, Are they so angry that they are attempting to get revenge and make you “pay” for all the pain that you or someone else, have caused them? This happens when things have gone too far; often when the emotional or physical abuse has cut your child deeply, to the point that they have built up walls around their heart and are now not afraid of being HURT anymore, but are only focused on HURTING others. Payback! You may need to seek additional help from a counselor or professional to remedy this situation.

There are many reasons that children don’t listen. It’s rare that there’s actually a physical problem, although I admit to being tempted at times to take my daughter to the doctor and get her hearing checked.

“WHAT....is wrong with you?” “Are you deaf??”

Be sure to avoid these nasty statements. They are NOT coming from your heart.

As a general rule, if it’s not coming from a place of love, do not say it! And, in those emotionally charged moments when you slip up and say something nasty....take some time to breathe and then by all means, apologize. No excuses like “it’s just that you make me soooo angry sometimes!” – that negates the apology in short order!!

A real apology involves taking responsibility; telling your child that what you said wasn’t nice, that you did not mean it, and that you should not have said it! Now, tell them what you SHOULD have said; what you MEANT to say. Here’s where you speak from your heart. Try something like, “I feel really frustrated when you do not listen to my repeated requests. Can you tell me what’s going on and why you haven’t been listening, honey?” Open the lines of communication, and now it’s your turn to listen. I mean really LISTEN to what they say; paying attention to the verbal and non-verbal. Listen from your HEART, not from your head! Our “heads” tend to interrupt an awful lot and THINK waaaayyy too much! That is not true listening.

Heart-centered listening gets you OUT of your HEAD, away from the constant chatter and thoughts about what you are going to say next; just waiting for your turn to talk or a “space” in which to interrupt. Heart centered listening shuts off your head and the chatter and listens and sees from the eyes and ears of your heart. If you do this with your child, you cannot go wrong; you are connected to the divine, to your emotional core, and to love. Be prepared for a deep, emotional, and heart felt conversation, for this is from where love and compassion flows!

And please remember....you ARE meant to mess up once in a while. How else are your children going to feel alright about themselves when they inevitably mess up?? How else will your children learn how to recover and how to apologize when they make mistakes? You are supposed to role model these things for them. Give yourself a break!

You do not want your children to beat themselves up for every little mistake they make, so you must turn that very same love and compassion onto yourself. This is the best way, in fact it’s the ONLY way to pass that love and compassion on to our precious and deserving children.

So here are the REAL questions:

Do you listen to your kids?

Do you RESPECT what they say?

Do you harbor resentment toward them?

Do you argue with what they say?

Turn it around! You cannot change your children, but you CAN change yourself. BE the change you wish to see in your children. Practice speaking and listening to your children (and everyone else in your life!) from your HEART. When you connect with them on a heart level, they will listen, intently!



**Jeri Tourand** is a mother of 3 extraordinary girls, former school teacher, author, speaker, [Realife Radio](#) show host and founder of "[Living from Heart Center](#)" and "[Parenting from H.E.A.R.T.](#)" Her mission is to provide a safe place for people to come together to explore, expand, express and celebrate the truth of who they are and live a more empowered, joyful, fulfilling and authentic life, thus leading the way for the next generation to know and express unconditional love toward themselves first and then outward, toward all of humanity.

## Lisa Kathleen

### The Zen, Tao, and Yoga of Parenting

Our children are spiritual creatures. A baby that touches the fur of a kitty cat for the first time bubbles with joy. I remember explaining stars to my daughter, age six, as we lay out, looking up at the night sky. She was amazed, she giggled, and in wonder, she said “Mommy, I’m scared, let’s go inside!” Our children have faith, too, knowing, at the deepest level, that they are taken care of. And children have a profound sense of charity. The first time my daughter understood that some people don’t have a home, immediate, heartfelt charity came up: “Mommy!” she asked me, “How do we give them a home?” These bases of spirituality: joy, wonder, faith, hope, and charity, are natural in our children.

When children are exposed to scary and tragic pieces of the story of humanity, without an intentional context, they can lose their connection to these natural spiritual tendencies and become disillusioned and disempowered. The sense of hope is the foundation of empowerment, and as parents, we can actively build it.

As parents, we may have this kind of hopeful perspective ourselves. We may be doing “the Zen thing,” meditating and working to be at peace with “what is”; we may be doing “the Tao thing,” harmonizing with nature; and we may be doing “the Yoga thing,” moving towards Unity. We may feel those things, but our children are concrete thinkers, and it can sometimes be hard to share this big picture perspective - especially when our children are asking really hard, concrete, questions.

“Why do people do bad things, Mommy? Why 9/11, Mommy? Why kidnapping, Mommy? Daddy, why hate? Why divorce? Why starving children?”

We, the adults they trust, need to answer our children’s questions in ways that offer hope and bring empowerment, or they become more and more disillusioned.

We can begin to create this context early on, between the ages of 3 and 6. With older children, we go deeper as questions arise. When we successfully create this hopeful context, our children can step into their places in history, and join the powerful movement of lightworkers around the world.

Here is a story that could be told, in your own words, to your children. Over years, you’ll fill in parts of the story, deepening and broadening the context.

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People have been here on Earth for millions of years. We used to solve problems like most animals do – fighting to show who was strongest, protecting our territories, hunting and gathering for food. Humans have learned over the years, and sometimes, we can find ways to solve our problems without fighting now. But people are still learning to work together to solve problems with solutions that everyone likes. It’s a really hard thing to do, because there are so many people, with different ideas, histories, and beliefs. Almost everybody can agree that we want world peace, but we haven’t figured out yet exactly how to work together to make it happen.

There are still places in the world where people fight with weapons, like tanks and guns. They're trying to get their needs met – their needs for food or shelter, or their needs for understanding or importance. There are still people in every single country of the world who are confused, or hungry, or who feel unlovable, and who don't know how to ask for what they need in ways that work. They just don't know what words to use.

There are still systems in our world that were created to do certain things, like government systems, justice systems, and education systems. They were created to do important things, to solve problems that people often have. Some of those systems aren't quite working yet, and sometimes they even hurt the people they were made to help.

Our Earth and its animals are still being damaged, because people haven't figured out – yet – how to get what they need in a way that works for our Earth, too.

My child, this is where we come in. In our house, you and I, right here, we're doing our best to make sure we practice working together to find solutions everyone likes. We're working hard to find ways to respect others and build systems that work, even here in our family. We're working hard to find ways to take better care of our Earth, and to solve our problems, right here, between us, lovingly.

All around the world, there are families just like ours, working together to get better at these things. And, all around the world, there are big groups of people finding ways to work together in peace, to find food for all people and to repair or rebuild systems to work better.

It's a really big place, this Earth of ours, and change sometimes takes a long time. But we human beings have been here a long time, and, you know what?

I think we can do it. I believe it's possible.

All over the world there are people just like us, working hard to bring love and light to the corner of the world that they can reach. We each have big power, and we're all in this together. When you look around, you will find lots of people, and groups of people, and businesses, and governments, moving towards new ways of doing things. Lots of us are taking little steps, and big steps, and big jumps in the right direction.

When you look, you will know that you're part of a big change that's happening – a change that we are all creating, together.

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As your little one grows, you might share stories of Rosa Parks, Gandhi, Jane Goodall, Martin Luther King, Mother Theresa, Nelson Mandela, or other famous or not-so-famous people working for change. All of us are part of this story – the story of people who are looking for a better way. It's not a story of right and wrong, or of good and evil. It's a story of hope and change, a movement towards more love, more compassion, better systems, healthier, happier people, and working together.

As your little one grows, he or she will understand more details, more intricacies of the human psyche and human systems, how systems were built, and how they might be changed.

Only when we commit ourselves to hope and empowerment, can we offer those gifts to our children. To create this hopeful context, you may need to work hard, because there may be times when you are losing YOUR faith, or YOUR hope. You'll need to choose to be hopeful, to choose to have faith in humanity. You'll need to surround yourself with the messages that you need to hear to stay hopeful.

When you continue to share stories, always offering the deepest truth possible, in the most loving way possible, your little ones will be provided with a context that will keep the hope, the love, the faith, the charity, and the miracles alive, in each of their hearts.



**Lisa Kathleen** is the owner of Full Circle Parenting, a parenting coach and parent educator who empowers and inspires. She strongly believes that parents can build deep connection and support their children to thrive in today's world, and that an essential part of this work is to support the child's spiritual journey with compassion, curiosity, and respect. You can connect with Lisa Kathleen through her website, [www.fullcircleparenting.com](http://www.fullcircleparenting.com).

## Farhana Dhalla

### 3 Easy Ways to Teach Children to Trust Their Guidance

#### *“Meddyna! Stop staring!”*

I don't know how many times I had said that to my (then) 5 year old daughter when one night as I was tucking her into bed, she told me, “You know when I stare and zone out on people, I can see their past lives and I sometimes can see their future.”

I took a deep breath. ...I always knew of her immense wisdom but I hadn't known of her intuitive powers.

Everything shifted. I saw my role as a parent more clearly.

I understood that if I could help my children keep their channels open to the messages they were receiving then they would experience a life with an ongoing connection to the Greater and develop deep trust with themselves and the decisions they make in life.

In order to do that, I had to ensure that 'logic' lost its trump position and 'knowing' returned to claim the space.

Three things that we do around here to develop our 'knowing' are:

#### **1. Language Shifts**

I stopped asking them what they 'think' about something. I now ask them what they 'feel' about something.

For my son, Tariq, this was a harder question to answer as he had already aligned to logical thinking. But after getting his logical answer, I would then ask him what he felt about his answer. Did it feel heavy or light?

The truth/right decision feels light and a lie/wrong decision feels heavy.

In the beginning he couldn't tell the difference but because I would stay with it until we were complete, he knew he had better play along otherwise this would eat into his precious video game time.

He learnt that if he closed his eyes and said his logical answer out loud, his chest would either contract or expand. He was surprised at his body reaction especially when it was contradictory to his original thought.

This offered opportunity for more discussion but even then, I didn't offer advice unless asked. I would just ask again what he felt he should do now with this new information.

I strive to remain curious and non-judgmental about his observations. Well, as best as a momma can.

## 2. Talk Out Loud

I began to talk out loud about my decisions regarding moving, anything that impacted the family, my business, my friendships, my social invitations, etc by saying what my initial thoughts were and then what my body would tell me when I asked it the same question.

I talk out loud to show them the alignment of thoughts and feelings and also the dis-alignment at times. They see the courage it has taken for me at times for me to follow the non-logical messages.

The kids are now used to me following my intuition no matter how illogical it seems at the time and we often debrief decisions made months ago and marvel at the trail of gifts that came from that decision. Gifts we could have never even known of as possible.

## 3. Make it Common Language

After being annoyed at my son for not doing a chore that I had given explicit instructions for and him denying me ever telling him, my youngest daughter Aiyeh pipes up, "Maybe you did tell him Mom, but it was in a different dimension."

We all laughed.

The beauty here is this is common language for them.

I have often been surprised at some of my colleagues who are doing some tremendous spiritual work yet do not discuss it with their children. Their children are deprived of the language and understandings that will help them process the bigness that they already are.

When I feel off kilter, I pull a tarot card, select a crystal to aid me, slap on a Chakra Booster temporary tattoo or look in my handy guide book for the optimal aromatherapy essence to help me process the energy and understand the teachings.

They too now associate the big energy fluctuations as something that can be breathed through, bathed through, oooooommed through or visualized through.

We invite the support of breath, minerals, water and essences as part of our lives.

I talk frequently about the messages that I receive and, in turn, they bless me with messages they receive.

When it comes to immense intuitive power, my children are the teachers. I was just guided to understand my role as their parent was to teach them how to trust themselves.



**Farhana Dhalla** is the ultimate 'go to' person for shifting perspective. She is the visionary and leader of the enlightened divorce movement with a remarkable ability to find the blessing in every situation. Farhana guides people to having a paradigm shift with their circumstance allowing them to unlock the gifts of their situation and open into the magnificent life that is waiting for them. She is also the #1 International Best Selling Author of [Thank You for Leaving Me](#).

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## Margaret Ashley

### What's It Take to Provide An Empowering Education For Your Child?

Imagine a world where children could maintain the dream of growing up to be a hero and had the skills to do so. Where belief and confidence in themselves and their “power” were unquestioned. Where success, happiness, having purpose, quality relationships with great communication and being able to manage one’s emotions, stress and the high demands of life easily were the realities for everyone. The question then becomes... how do we provide that to our children?

As parents, we’re entrusted to care for, nurture and provide for our children. It’s a responsibility we weren’t trained for. When I looked at my newborn daughter, I was terrified, overwhelmed with the idea of how I was going to provide her with everything she needed. An empowered education that would prepare her for the fast paced, stressful world that so many of our youth lose their way in. Providing a quality empowering education is one of the most time intensive and expensive processes we encounter in raising our children. It’s a daunting task we often ask ourselves if we’re capable of when we don’t have so many of needed life skills ourselves.

Growing up believing you can be anything, do anything, have anything, overcome anything, and make a difference is a gift all children deserve. During our childhoods we all dreamt of being a superhero, having hidden super powers, able to help those in need and save the day when situations arose. Then, we grow up & that childhood belief in our “power” disappears as we get caught up in the day-to-day stress of life.

What happens on the journey between that incredible time when we believe in our invincibility and limitless possibilities and becoming an adult who lacks the confidence and belief that we are capable of being anything we choose?

Life happens. Growing up in today’s world is more difficult and stressful than ever in spite of our many advances. As a society, we want our children to learn what they need to become what they dream. Unfortunately many of the skills needed to accomplish this aren’t taught in schools and we can’t teach what we were never taught.

Every child is a unique entity unto themselves, with an inner genius waiting to be discovered. Each child has unique strengths, talents, skills, interests, understandings, passions, creativity and learning preferences that make it virtually impossible to design a system that meets every child’s needs.

While our school system does the best it can, the world is evolving at such a pace that schools simply can’t meet the needs of each student. Families recognizing this are choosing to take responsibility for augmenting areas they feel are essential to their child’s overall well-being. As a parent, I recognized this long before my daughter was old enough to be enrolled in school. The challenge was I had no idea how to address what I felt was lacking. I just knew that I wanted her to be able to live a happy, inspired life of purpose, being the hero of her own life. I knew I wanted her to have opportunities, skill sets and resources that schools couldn’t provide due to budgets, time, and other restrictions. I realized there were many things I felt were imperative for her to learn so she was equipped to navigate the challenges she’d face that might cause her to question her

worth, her abilities and her very essence. So I started exploring options, asking questions, seeking resources and techniques that I felt would help me prepare my child for success in her life.

I've found that many others are searching for the same thing I was; are plagued by the same insecurities and fears. They want to keep up with the latest strategies and scientific advances to help their children learn in ways that work for them while empowering them to lead productive and inspired lives, pursuing their dreams.

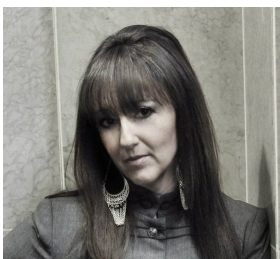
I recognized I needed help to teach what I myself wasn't great at and so began a crazy big dream. I sat down and identified what skill sets I thought would serve my child in her life and relationships. I knew that emotional management, positive communication skills, collaborating with others, conflict resolution skills, character and creativity development along with reframing trauma and circumstances, being able to focus on the positive rather than the negative and knowing stress management techniques would be essential to her development and wellbeing. I also felt that if her self-esteem and belief in herself and her personal power were high, that others would not be able to impact her negatively in a way she would question her value or ability.

Wouldn't it be great if the best in the world could be my child's teachers? My quest to provide my child with "teachers" who could provide the skills I wasn't well versed in, evolved into the founding of a non-profit organization where we offer freely this type of information from world-renowned experts to all parents, teachers and individuals who want to empower the kids in their circles of influences with those same skill sets and more.

In the Life Skills Empowerment series, we focus on providing children with the tools needed to negotiate the challenges they will encounter, think in terms of limitless possibilities, and consciously design their lives around their dreams. This includes character, self-esteem and communication skill development, creativity & imagination development, and stress reduction.

Without the mastery of such skills, success in school and life often remains elusive for many. We want to change that. Our partners want to change that. The intention of the Life Skills Program is to be the start of the change we want to see in the world. We want to ensure children are taught the skills and provided the gift of belief in themselves, their power, their dreams and their ability to succeed at anything.

**It Takes Only One to Change the Life of A Child.** We invite you to join us in being that change and empower all children within your circle of influence with programs to be continuing influences of change & inspiration in the future. Details can be found at <http://www.TheNaturalLearningCentre.com>. The Natural Learning Centre is a non-profit, founded in 2005, created to empower individuals within communities of the world to invest in future generations. Our programs serve the children of the world. Our international coalition of caring volunteers, provide vision, inspiration, the finest resources and specific strategies needed to empower our heroes of tomorrow.



**Margaret Ashley** Host of the Life Skills For Kids Empowerment Series. Margaret is an author, inspired educator, international speaker, and CEO of the non-profit, [The Natural Learning Centre](http://www.TheNaturalLearningCentre.com). She works with educators, community groups and parents to create a collaborative, transformational community passionate about empowering children with life skills. The Centre provides connection, and exceptional resources freely given to ensure success in school and out.

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Chris Cade

## The Myth of Perfect Parenting

As parents, we all have those days when we feel like we're just not good enough. Maybe our kid threw a tantrum in the store and we didn't respond as gracefully as we'd have liked to. Maybe we were late getting our child to school. Maybe we just shared one of our somewhat "unconventional" parenting practices or beliefs. Or maybe we're just having a really tough day and didn't respond to our child the way we ideally would have liked to.

Whatever it is, we all have those difficult moments when our Inner Critic judges us for not being the "perfect" parent. It's understandable. We want the best for our children. It's natural. What isn't natural is the heavy-handed critical voice that says in our total humanness, we're not good enough. Since it's not natural, one of the best gifts we can give to ourselves and our children is to give our Inner Critics a swift kick in the rear!

If it's not natural, then what is it? The Inner Critic may sound like our own voice, but it's really a collective lifelong integration of the messages we heard from our past caretakers, friends, family, peers, authority figures, and society. It represents how we've been taught the world "should" be, and consequently, what a "good" parent "should" be. It is a manufactured character from our past.

The thing to understand, however, is that the more we identify with trying to be the "perfect" parent that our Inner Critic wants us to be, the worse off we and our children are. This is because we perpetuate the cycle that developed our own Inner Critics in the first place. We will hand down our own legacy of self-criticism to our children unless we choose a new path. The path we must choose is to silence our Inner Critics so that our true nature, our true capacities, our truly incredible potential can step up to the parenting plate. In fact, silencing our Inner Critics is one of the most important, if not the most important, steps we can take to find peace within ourselves and to pass it on to our children.

There are many ways to do this. In fact, I teach at least half a dozen very tried-and-true methods that have incredible power. However, with such a brief article I will highlight the one which I feel is the quickest and easiest to implement:

Forgiveness.

The bottom line is that in any given situation, you are doing the best you can with what you have. When a child throws a tantrum, it's not because the child is bad. It's because the child is emotionally overwhelmed and doesn't have the tools and capacity to cope with that overwhelm. As parents, we do the same thing. When we aren't able to live up to our idea of the "perfect" parent, it's helpful to remember that in any given moment, our tools and capacity have actual limitations.

You may not have the time or money to handle a particular situation the way you would ideally like to. It's possible that your friends and family aren't the best audience to share your unconventional parenting practices with. And it's possible that although you put your child to bed at a reasonable time, he or she was still exhausted and couldn't handle wanting everything in the store but not being able to have it all.

Then you respond either outwardly in ways that aren't congruent with your idea of being a "perfect" parent. Or you respond inwardly with the harsh judgments of self-criticism. Either way, the fact of the matter remains: You did the best you could with the resources you had in that moment.

How can you know this to be true?

If you could have done better, you would have. Things are now because this is how they should be. They can't be any different. By accepting this simple fact, it becomes a lot easier to accept the difficult thoughts and feelings of self-criticism. Another word for acceptance is forgiveness.

Forgive yourself for every time you acted or thought differently than your ideal. Forgive the people from your past who contributed to the self-critical thoughts you now have. Forgive the people in your present who have difficulty accepting you, and your parenting, as you are.

No matter what voices of the past may be running through your head, you know your child and yourself better than anybody else in the world. Trust that. Then politely thank your Inner Critic for sharing in the same way that you would thank a person who gave you well-intentioned yet totally useless advice...

Because when you get right down to it, that's exactly what your Inner Critic does: It means well, but its ideas are outdated and it is totally clueless about what you and your child actually need in the present moment.



**Chris Cade** considers himself a voracious seeker of Truth. He is a second-degree black belt and martial arts Champion who has swum with wild dolphins and tested software to find the bugs. His journey – leaving a six-figure income and corporate life with Hitachi and Adobe for a spiritual one – has rewarded this visionary with a network of spirituality and personal development websites. A graduate of The Monroe Institute's Gateway Voyage program, and a student of the Diamond Approach, Chris is a spiritual teacher, lecturer, and grateful father.

[www.chriscade.com](http://www.chriscade.com)

[www.videosmotivational.com](http://www.videosmotivational.com)

After reading this ebook, **What's Next?!**

Don't worry, I'm not going to leave you hangin' without a way for you to take further action towards becoming a Soulful Parent!

Watch your inbox for details on

## The Soulful Parent eCourse!

In the meantime, you can stay in the loop and mind-set of Soulful Parenting by following my [blog!](#)

**Read what other parents have had to say:**

*I just wanted to thank you for the past 10 weeks of The Soulful Parent course. I feel so much clearer and purposeful. I have a different relationship with my children and am so excited that I can help them understand their true selves. You are doing truly great work!*

*Michelle, mother of 3*

*I just feel compelled to write to you. I have to let you know how so much of what you say strikes a personal chord with me...and I mean big time. You are helping me so much on my path it's unbelievable. I knew when my friend told me about you and your Soulful Parent course that it was for me. I had no idea to what extent. Its gone way beyond what I expected and is helping me not only with my parenting, but as you share your stories of your personal spiritual growth, you're helping me pave my way. So thank you from the bottom of my heart.*

*Monique, mother of 2*

*Recently, I had the great pleasure of completing the 10-week Soulful Parenting Course. Honestly, starting the course, I really didn't know what to expect. I was hoping to gain a few nuggets of wisdom, discover a couple new ways to raise my children and overall just become a "better" parent.*

*What ended up happening was a dramatic shift in how I look at...well everything. It changed how I see my children, how I approach my "job" as mom and overall, how I view parenting. I realized it's not our job to shape and mould our children into who WE want them to be; rather it's our job to simply guide and be there for them as they grow and become who THEY are supposed to be.*

*Throughout each week during the course, I was given new insights and "lightbulb moments" that really changed my perspective on my boys and my parenting. I was forced to really see my children and understand how they approach the world, what unique characteristics make them who they are and what I can do to support and nurture that.*

*We are so programmed by society and past generations - and a lot of time, as parents, we just go through the motions. We parent on auto-pilot, often spewing out "because I said so, that's why" or "I'll give you something to cry about" or "because I'm your Mom and I know best."*

*The Soulful Parenting course allowed me to really understand, while we obviously live in a physical, material world, that to live a truly happy and authentic life, we need to raise our children with a spiritual conscience.*

*We need to understand this generation of kids being born are far more spiritually advanced and in-tune than in years past. They are sensitive and empathic and really are the people that will change the world. And we need to start parenting these children with a new understanding, an open heart and a new kind of communication.*

*THANK YOU Trish, for everything you shared, everything you taught and everything you did. The ripple effects of each lesson are still being felt in every area of my life. With so many classes being offered on discipline or child rearing, all designed to fit into a specific box or quickly label our children, your course has shown me that each child needs to be celebrated and nurtured in their own specific and unique way.*

*I am forever indebted.*

*Sincerely,*

*Joanne, mother of 2*

*The Soulful Parent is one of the most amazing courses I have ever taken. It has made me so much more aware as a parent and given me many useful tools to help nurture my children's intuitive sides. It has created many wonderful conversations with my children and I feel in turn has brought us closer as a family. It helped me make some very positive changes in regards to how I parent my children. Since the course started, I have seen a big change in my kids behaviour and attitudes...all for the better. It really taught me to pay attention to my children's needs. Thank you Trisha for all that you do; you are such an inspiration! I will recommend this course to everyone I know!*

*Charity, mother of 3*

Visit [www.AbsoluteAwareness.ca](http://www.AbsoluteAwareness.ca)

Thank you for joining me on this amazing parenting journey!!!!~xox



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