

UNFOLDING YOUR CHILD

A Spiritual Approach to Parenting



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Introduction

What you are about to read is a personal account of my spiritual approach to parenting which I have termed *Unfolding Your Child*. I know it works because my sons and I are our best friends and as I write this Jonathan is 24 and Michael 28. I swell with pride as I look at how they are turning out as human beings.

In Yiddish, the term “Mensch” means people, but it is interpreted as someone who is a good person in all senses of the word. Describing someone as a “mensch” is one of the highest accolades you can give to them. The people who know my sons use this term frequently to describe them to me.

I could not be prouder of them!

A spiritual context to get us all on the same page

Your spiritual journey in a nutshell

The spiritual journey is immortal and eternal. We reincarnate thousands of times and return to the earth plane as well as to other “spaces”, which “spaces” we have amnesia about in this lifetime.

Each time we return to the earth plane we emerge as a baby born to a mother and a father. Is this random chance or do we select our parents? There is plenty of spiritual literature on past life regressions which points out that we do select our parents for numerous reasons. We do this selection process while we are in Spirit and our Guides and other Spiritual Mentors assist us in this decision-making process.

Our eternal and immortal spiritual journey has one objective, and that is to become Godlike in our thoughts, words and actions. Everything we choose to experience in the physical place we call the earth plane is a refining process sifting us to become Godlike.

If you can picture a simple sifter or sieve and we bring to it all the things that fit and don't fit through the holes. The bits that don't fit need to be worked on so that, in time, they can be reworked and reshaped for them to be incorporated into that which falls through the holes. You are the All of It because you are part of Source/Oneness/God who is All That Is and you are too.

Selecting to come to the earth plane and to return time and again in another body requires your permanent soul to experience All of It. Your soul will experience many, many types of behaviour and beliefs. Through the millennia you will be the quintessential composite of every emotion and experience to be had on the earth plane.

Hopefully, as your refining process journeys across numerous decades, centuries and millennia the process of your perfection to become Godlike in your every thought, word and action is occurring. Eventually, there will come a time when you no longer need to experience the sensuousness offered by taste, smell, touch, hearing and sight of physical beings on the earth plane. You can then return and reside in Spirit as your soul has evolved to a station that requires you to be in Spirit and other “spaces” for the continuation of your soul's immortal and eternal journey.

Soul Groups and the selection of roles on the earth plane

When we are in Spirit, we exist in Soul Groups, and we usually reincarnate with members of these Soul Groups taking turns to be different roles, i.e. mother, father, sister, brother, in-laws, cousins, uncles, aunts, best friends, enemies, and so on.

In a complex arrangement of deciding what each member of the Soul Group participating in the next reincarnation on the earth plane is to be like, different Souls require selected experiences to enhance further their refining process of becoming more Godlike. For these Souls to achieve these set objectives, the other participating Souls in the Group have to agree to be the counterbalancing souls to ensure that the objectives of the first souls returning for the refining process on earth can be realized.

Now, this becomes both interesting and enlightening for all of us to fully understand. The hero, the villain, the winner, the loser, the victor, the victim, the abuser, the abused, the 'angel' and the 'devil' and so on have to be counterbalanced in the duality of the experiences on the earth plane.

(In the enlightened higher planes of the Spiritual World there is only Oneness so that the duality found on the earth plane is not required in Spirit.)

So it now becomes both evident and obvious that being judgmental on the earth plane is unwarranted. The people we judge as "bad" people are Souls who have decided to play the part of the "bad" person to enable the counterbalancing souls the opportunity to grow and become more Godlike. These souls in bodies are likely to become pariahs on the earth plane and treated badly physically, emotionally and mentally by their families, friends and the rest of their communities and society at large. In reality, they are the real heroes/heroines taking all this emotional, physical and mental abuse for lovingly fulfilling the role of the "bad" person to enable their Soul Mate to grow and become more Godlike in their thoughts, words and actions.

Now that I have probably turned you on your head(!) let's explore the role of selecting of one's parents as well as selecting the life you have chosen to live to achieve the set objective of you becoming more Godlike in your thoughts, words and actions.

Please note that you have free will on the earth plane and if you decide to change your set objectives and go off in another direction that is allowable and permissible. You will simply have to return in another lifetime to fulfil the set objectives you agreed to before.

You do not act in isolation. Your decisions and the decisions of others of your Soul Group intertwine and through the causal nature of cause and effect any new free will decisions you, or they, make, creates a reconfiguration of the "game plan" or an entirely new game plan to achieve each soul's set objectives.

Selecting one's parents

Today a relatively new phenomenon is occurring whereby in many countries around the world the birth of children to single mothers is increasing and reaching between 30%- 50% plus of all births in these countries. This single parent occurrence has

been accelerating since the advent of the birth control pill over 55 years ago. The rates of divorce in many countries are also abnormally high meaning that children probably have a greater chance of having one parent in their home than the conventional two-parent families of old.

The choice to be born to a single mother is a brave choice indeed as one parent will usually struggle financially and be under continual pressure being both mother and father to a child.

The formative years of a child are recognised as the first seven years, and even the Jesuits have a saying "Give me a child until he is seven and I will give you the man".

For most of these initial seven years, the child is being nurtured by their parent/s and only goes to formal school around six years old. The selection of one's parent/s is thus the choice to be nurtured by someone to shape and form your character. This is not a choice to be made lightly without lots of forethought.

So we had now reached a point where we select our parent/s to enable us to experience a life whereby we can grow and become more Godlike in our thoughts, words and actions compared to when we were a soul in a body in a previous incarnation on the earth plane.

Hopefully, if you have followed me through the above explanation, you now understand the process and purpose of being a soul, being part of an intertwined Soul Group and selecting a parent or parents for your current journey to the earth plane.

With these basic foundation stones being laid, I now hand this book over to the parent/s :

Spiritual Equals

I wanted us all to be on the same page, and now this book entitled *Unfolding Your Child* is being written for the parent/parents and the parent/s-to-be.

Let's start with a definition- Parent in Latin means to bring forth.

I am assuming that you are on PersonalEmpowerment.co and reading this book because you have a spiritual base to your life. The choice of you becoming a parent has been made in Spirit, and the choice of one or more children to come through you was made to assist you in the growth and development of your soul in this body to become more Godlike in your thoughts, words and actions.

You chose your child or children, and they chose you in Spirit before you came to the earth plane on this visit. You are equal in spiritual terms, and the hierarchy of

parent/child is only a function of time, which time is peculiar to the earth plane, as in Spirit there is only the present moment of Now.

You are not superior to your child in any way simply because you are older and you created them. You are spiritual equals. It is vital that you accept, acknowledge and respect this fact if you wish to become an aware parent unfolding your child.

RESPECT- Recognising Each Soul Politely Ensuring Correct Tribute

You have agreed to be the counterbalance to your child and they to you. This counterbalance is not only in a “good/bad” way but also in a “good/good” way and, on occasion, in a “bad/bad” way, as agreed between the two of you in Spirit.

You have entered into a **causal relationship, one of cause and effect and it swings both ways!** I have emphasised this in bold type to show you its importance.

Who are your children?

I am going to let Kahlil Gibran, author of my favorite book, *The Prophet*, answer that:

“Your children are not your children.

They are the sons and daughters of Life's longing for itself.

They come through you but not from you,

And though they are with you, yet they belong not to you.

You may give them your love but not your thoughts.

For they have their own thoughts.

You may house their bodies but not their souls,

For their souls dwell in the house of tomorrow, which you cannot visit, not even in your dreams.

You may strive to be like them, but seek not to make them like you.

For life goes not backward nor tarries with yesterday.

You are the bows from which your children as living arrows are sent forth.

The Archer sees the mark upon the path of the infinite, and He bends you with His might that His arrows may go swift and far.

Let your bending in the Archer's hand be for gladness;

For even as He loves the arrow that flies, so He loves also the bow that is stable. ”

As a parent who has brought up my sons, who are my best friends and I theirs, I have followed this teaching of Kahlil Gibran and many others from *The Prophet*.

Your children have an equal standing in your home with you. You are not superior to them nor they to you. You are both Souls and are equal parts of Oneness/Source/God.

Unfortunately, most parents have not learnt this lesson of equality and their relationships with their children reflect the imbalance of superiority and inferiority evidenced in a continual power struggle where love is absent, and fear predominates.

As much as your children are here to learn from you, you are here to learn from them. They have much to teach you too. They represent a mirror to you of your good points and your bad points. Punishing them for this reflection of your bad points, as evidenced in the mirror they hold up for you, is exactly the incorrect approach as it damages their self-esteem. Praising them for your good points, as evidenced in the mirror they are holding up for you, will improve their self-esteem.

You have a very precious initial seven years, or some 2500 days, to be nurturing, loving, kind, compassionate and warm-hearted to them. Any negative issues you dump on them will be indelibly imprinted on their self-belief and affect their self-esteem forever. There is nothing more important for you to do, and for you to spend your time, than in a nurturing, loving, kind, compassionate and warm-hearted way with your children. Also, similarly loving your spouse will be the best legacy you can leave your children, forever.

Each child has their spiritual journey and comes with its persona, blueprint and character. It's your job as a parent to unfold your child with what they have and not to mould them to your ego-based needs and dreams.

I have used this example before in my writings but will repeat it here as it is so relevant for child unfolding:

One day a man was walking through a forest, and he saw a cocoon on the ground, and it was moving from side to side. Being a kind-hearted soul, he thought he would assist the emerging butterfly by taking his penknife and carefully cutting a tear in the cocoon to allow the butterfly to escape and fly away. The butterfly managed to escape out of the now torn cocoon, but it promptly fell to the ground and was unable to fly. What the well-intentioned man did not realise was that the butter-

fly within the cocoon had to build up its wing muscles by breaking open the cocoon thereby enabling it to fly.

So many parents want to prevent their children from any hardship that they tear open the cocoon disabling their children for life. The pearl in the oyster is caused by the irritation and friction within the shell. Gold is hardened through fire and man in adversity.

Respect your children for who they are and do not mould them to your ego-based needs, dreams, hopes and fears. Most parents have it all wrong. They are not yours to do with as you want, they are their own beings, and your responsibility is to unfold them, not to mould them.

If you are reading this on a computer or your phone or an ipad or similar reader, then I can assume that you are not among the 2 billion people living on a few US dollars a day and knowing financial poverty and extreme hardship in life. Children born to such parents have obviously chosen a hard journey this time on the earth plane. These parents do not have the luxury of choice of how to bring up their children by unfolding them and lovingly nurturing them. Their children are needed to help bring necessary food, water and wood into their homes daily to ensure surviving from one day to the next.

Children believe in 'it's possible' not 'it isn't possible'

Your children have their own dreams and blueprint to live their life according to their own desires achieving what they dream is possible to do. They hear 'voices' you do not. They get inspiration from their 'Guides' in Spirit. They live in a world of 'I can do it'. They are 'Life's longing for Itself' as described by Kahlil Gibran above. What right has a parent got to rain on their parade? Because a parent can't see what a child can see does not mean that the child is hallucinating.

As Nietzsche said, "And those who were seen dancing were thought to be insane by those who could not hear the music. "

Let the child be themselves, and they will astound you with what they can do. Never tell them that it isn't possible to do because they trust you and they will believe you and stop believing in themselves. They will lose their inner trust and from that point onwards will never trust their inner feelings again.

As a parent, you are either building them up or tearing them down with every thought, word and action of yours. Remember over 70% of all communication is non-verbal, so your children will pick up those non-verbal messages too.

Our children chose us for our guidance to help them unfold. For many of us, we have stopped listening to our inner voice. That 'small voice within' which is our Soul, the part of God we are at our essence. We have ignored this inner compass for so long that we have forgotten it was there in the first place. Our 'North Star' has become our survival mode, not our God-given mode.

It is time to reclaim our true 'North Star' and thank our children for reawakening this memory through their inherent naive belief that all is possible.

There is a story told of a three-year-old child leaning over the cot of his newborn brother. He was imploring him by saying "Please remind me of what God is like, I'm beginning to forget."

We are the World - We are the Children

Let's make this a multi-media presentation!

Here are the lyrics to "We are the World" which has been viewed over 203 million times on youtube.com. The link to the youtube video, which is below the lyrics, reflects the unity of these world class singers coming together in the spirit of the song. The words of the song talks about the Oneness of us all and the special role of children - a theme throughout this book.

"We Are The World"
(performed by USA For Africa)

There comes a time when we heed a certain call
When the world must come together as one
There are people dying
And it's time to lend a hand to life
The greatest gift of all

We can't go on pretending day by day
That someone somewhere will soon make a change
We're all a part of God's great big family
And the truth, you know,
Love is all we need

We are the world,
We are the children
We are the ones who make a brighter day
So, let's start giving
There's a choice we're making
We're saving our own lives
It's true we'll make a better day
Just you and me

Send them your heart so they'll know that someone cares
And their lives will be stronger and free
As God has shown us by turning stone to bread
And so we all must lend a helping hand

We are the world,
We are the children
We are the ones who make a brighter day
So, let's start giving
There's a choice we're making
We're saving our own lives
It's true we'll make a better day
Just you and me

When you're down and out
There seems no hope at all
But if you just believe
There's no way we can fall
Well, well, well
Let's realize that a change can only come
When we stand together as one

We are the world,
We are the children
We are the ones who make a brighter day
So, let's start giving
There's a choice we're making
We're saving our own lives
It's true we'll make a better day
Just you and me

<https://www.youtube.com/watch?v=ZiORpNSELas>

Are we simply trying to keep our head above the rising tide?

With a job or business to keep going; bills to pay; low economic growth and low-interest rates on our savings and investments; providing for escalating educational costs at school and at college; paying the mortgage; carpool; juggling a career and parenthood; with ageing parents that need our help physically, emotionally and financially; dealing with continual pressure, pressure, pressure- its a miracle we even have time to read a book on unfolding our children!

Feeling that the tide is continually rising in our lives, it's understandable that we have been unconscious as parents doing whatever we can to keep the place from blowing up in our faces. The extra energy required to become aware and to maintain such awareness of unfolding our children, as opposed to moulding them, to keep the wheels from falling off the family and the home, such extra focused awareness energy, is hard to come by.

It's a bit like leaving the washing up to pile up. If you don't unfold your children with awareness now, the effects of unconscious parenting will pile up, and the 'proverbial will hit the fan' at exactly the wrong time when you are drowning in other issues.

Now is the time to begin and sustain an effective awareness campaign as a parent. Be aware of nurturing, loving, being kind and patient with your child. Put down the social media appliances, switch off your cellphone, switch off the TV and make time to LISTEN to your children.

Do you know that silent and listen have the same letters?

Don't talk, advise, guide, or anything else with your child but simply listen to them. This listening process could take some time before they learn to trust you again but be patient and make sure you do not interrupt them under any circumstances. If they ask a question in connection with what they are talking about, then answer as briefly as possible and let them carry on talking. Whenever appropriate maintain good eye contact with them and do not get distracted by anything else, like folding the washing, this is their special time.

I will make a promise to you. If you can do this listening process properly daily for 15 -30 minutes or so, after a month you will have the most obedient and willing children wanting to be around you and help you. That is all it takes. No more medication, no more counselling sessions, no more tantrums. For a child to simply know that they are being listened to by the one who loves them the most, is the panacea for a happy and loving home environment.

Guess what is stopping you connecting with your child?

If you have read any of my other 16 books you will know the answer - yup that's right, it's your EGO - Edging God Out.

Your false image that protects your emotional wounds, your ego, is stopping you connecting with your child and allowing them to unfold. Your ego is the entity that is moulding your child to what you want and needs it to be. To a young child, your ego represents you. They are usually devoid of ego, to begin with, and are authentic. If you could connect your authentic self, that is, not your ego self, and their authentic self, you will have a match made in heaven/Spirit.

Authenticity is the key to any relationship, let alone one with your very impressionable young child, or older child, as the case may be.

If you think about it any relationship worth having can only be with the authentic selves otherwise if you are both coming from your egos, there will be four entities in the relationship, and no one is sure who is talking!

The basis of my writings is the difference between love, as Oneness, and fear, as ego. The spiritual watchword I keep repeating is "What would Love do Now?"

It is that simple, if you want to unfold your child, simply ask yourself at every turn, "What would Love do now?" and do only that.

Oneness is what you have in common with your child. I will be dealing with this topic of Oneness in greater detail later on in this book, but I want to introduce it early on, so your mind has registered its vital importance in the unfolding of your child.

You and your child are equal parts of Oneness/Source/God, and as souls, there is no hierarchy. You are both soul members of your Soul Group and as I have said before, this time around you are the parent, and they are the child. In previous incarnations on the earth plane, it's feasible that these roles were reversed.

Can you look at your child as your partner/Soul Mate rather than your child?

Is your preference to be dominant as the parent and treat your child as an inferior person? Do you think that it is feasible that your soul could be unfolded while you are unfolding your child's soul?

Is it likely that if you trusted the process of unfolding by treating you and your child as a partnership of souls, that you would become a much better version of who you are right now?

Can you see yourself dropping your egoic self, based on power and fear, and become more soulful based on understanding and love?

What do you think will happen to you?

What do you think will happen to your child?

What do you think will happen to your marital or cohabitant relationship?

What is stopping you from committing to this equal soul partnership from this moment onwards?

Rabbi Hillel, some 2000 years ago, asks his famous question: *"If I am not for myself, who will be for me? But if I am only for myself, who am I? If not now, when?"*

And so I ask you the similar question: Are you for yourself only as a parent? What about the relationship with your child, your Soul Mate? If you want a partnership with your child, then when will you begin this transformation to wellbeing for you and your child? What's wrong with right now?

Who is the teacher and who is the pupil?

Remembering Kahlil Gibran's comments about your child living in tomorrow where you cannot visit, how about connecting to your child's presence via vibrational attunement? Can you get onto the same vibrational frequency as your child? One way is to sit in silence with them and, if possible, maintain eye contact in a "soft" eye contact way with "smiling" eyes.

Breastfeeding creates such a bond between mother and child and those fathers who get up on those cold winter nights and bottle feed their baby feel a similar bonding process.

If you smiled at your child and mentally asked the question of them, without mouthing the words, "what are you here to teach me?", then your positioning changes to one of a partnership rather than one where you impose your ideas, dominance and control over your child.

There is a lot of healing that will take place for your 'inner child' if you adopt a partnership of being a parent with a child exploring life through your child's eyes.

Unfortunately, most of us grew up with parents who had survived wars and other traumatic events, and the role of a dominant father figure remained for most of the second half of the 20th Century. The increasing role of emancipated women developed further with the advent of the birth control pill in the early 1960's. In many Western Countries, the number annually of female undergraduates eclipsed male undergraduates at Colleges and Universities within a generation after that.

The roles of parents underwent a seismic shift as women joined the workforce and the stay-at-home mom became a rarity. The "latchkey kids" were born, and television and more recently the Internet and social media became the role models for these "latchkey kids."

Children now had two working parents, and there was constricted time available for child rearing by the parents. Where sufficient funds were available, parenting was increasingly being undertaken by paid help in the home and extramurally by extra lesson teachers, counsellors and the like.

It's difficult to build a relationship when the time is limited and dinner, bathing and homework have to be compressed into the previous bonding time for parents and their children. Breakfast time is usually rushed and pressurised for both children and parents as they get ready for school and work, respectively.

So back to you as a previous child growing up in such an environment as possibly a "latchkey kid."

Your "inner child" was deprived of the bonding time needed to develop a spiritual partnership with your parent/s. Most families were reared on the "My way or the Highway" principle of dominant parenting ignoring your needs as an emerging young person with questions, doubts, uncertainties and requiring practical guidance. Your "inner child" was being ignored and remained unsatisfied, probably to this day.

What an amazing opportunity is now being presented to you by your child to attune yourself to them and discover their needs and wants, which is probably the same needs and wants your "inner child" is still waiting to be addressed, even though you are now a parent.

Can you now appreciate the role of a loving spiritual partnership of a parent with a child as opposed to a dominant, ego-based parent, controlling a child with power and fear?

The role of teacher and pupil is now interchangeable as you experience the opportunity of attuning yourself with your child and they letting you experience the wonder of the world through their eyes.

Can you see the healing possibilities for your “inner child?”

Boundaries and discipline

As a parent, it is your job to assist your spiritual partnership with your child by providing boundaries and discipline. As a very young child, they cannot possibly know where these boundaries of acceptable behaviour are and how to behave appropriately in a world of structure, rules and regulations.

Boundaries should not be presented in a fearful way but rather with an understanding that they are necessary for the well-being of your child, your family and the outside world.

Discipline is usually fear based as the potential punishment is the Sword of Damocles that is suspended above a child who is being disciplined. A child cannot understand why it needs to 'colour within the lines' as prescribed by an adult. I will cover this topic in much more detail later on in this book but want to open the door for you to think about the term discipline in another way at this juncture.

How about guidance rather than discipline? What about behaviour modification rather than discipline? Fancy thinking about 'shifting and shaping' as a way to explain the need for discipline? What about listening and understanding why your child wants to do what it does first and then deciding how to approach the guidance, shift-shaping and behaviour modification so that they 'buy into' the need for doing what it is you require them to do, which must be for their ultimate benefit.

All this is done without any fear of punishment but with love and understanding, kindness and gentleness. All it takes is for you to take your ego out of the conversation! By not making it a battle of wills but a consensus of like-minded spiritual friends you will achieve the results you seek. Equally importantly, your child will learn a most valuable lesson that potential conflict can be solved by understanding each other's viewpoints and treating each other with tolerance, respect and love. I know most of you are thinking “yeah right, but you haven't seen my child!” Believe it or not, I have seen many children in various and diverse roles across the spectrum of behaviour from 'goody two shoes' to potential serial murderers and know emphatically that every child wants to be picked up, hugged and loved unconditionally. Most of their aberrant behaviour is because they have not been picked up, hugged and loved unconditionally at all or not enough for their needs. There are no

illegitimate children, only illegitimate parents and the same goes for any aberrant behaviour of any child. They arrived pristine, unblemished and perfect. Any damage that has occurred to them is because of ego-driven parents, and usually, lack of unconditional love is the common factor.

The most important job in the world

You decided to become a parent. Nobody held a gun to your head and forced you to procreate. You made the decision, and you have the responsibility of that decision, and it is the most important job in the world.

I don't care if you are a brain surgeon or the head of a country or a Fortune 500 Global Giant CEO, nothing is more important than the role of a loving parent unfolding their child.

What you do in your job may affect thousands of people, but you are replaceable tomorrow by another incumbent who will take your place with hardly a ripple. However, your role as a loving parent to a child of your creation is the most important job in the world. You can never resign from that job because the grass is greener somewhere else. This job is a life career, and if you mess it up, you had better be conscious that the ramifications will follow you and negatively impact your future. Conversely, if you are a loving and spiritually aware parent, you will reap emotional rewards that are far more beneficial than any material benefit you can imagine.

In early 1996 I was on a flight from Chicago to Houston travelling with my USA based Associate. He was struggling with a decision to remain in Chicago for business reasons during the week and to travel on weekends to his family who was moving to his wife's family farm in Ohio. He was uncertain whether he could run his nationally based consulting business from a farm in Ohio. He and his wife decided that a farm upbringing for their children was preferable to living in Chicago. The Internet was not available to the general public, as yet, and we used faxes to communicate as well as cumbersome 'brick-like' mobile phones we carried around with us.

I could see him stressing about this decision, so I wanted to give him some quiet time to think through all the details.

I picked up the in-flight magazine and was paging through it and came across a picture of a little boy in a field looking at the passing river. The caption read:

"A hundred years from now it will not matter what my bank account was, the sort of house I lived in, or the kind of car I drove. . . but the world may be different because I was important in the life of a child. "

I asked him if I could show him something and he asked what? I handed him the page, and he broke out into a big grin and said "Thanks, that's it. I am moving to Ohio".

Fortunately for him in a few years the commercial Internet arrived, and now we could all work from Timbuktu if we wanted to!

Turning parenting on its head

Up until now, you have probably believed that it's your function as a parent to raise your child? How about looking at it from a different angle?

What about the idea that your child is going to be instrumental in awakening in you the ability to undergo a spiritual metamorphosis? Your parenting of unfolding your child is going to also unfold you into a loving, kind, respectful, understanding, considerate, compassionate, empathetic, happy, if not blissful, human being. I stress the words human being as opposed to a 'human doing', the usually accepted role of an authoritarian parent.

Your child is your teacher and your guide awakening in you the ability to be who you truly are at your essence, Unconditional Love, as a part of the Source of Unconditional Love.

Are you ready to dive into the water?

A word of caution. This journey you are about to embark upon is not for the faint of heart.

We are going to investigate your psychic wounds, your emotional wounds and your upbringing and unearth some truths that you have hidden away deep in your psyche.

The reason this is necessary to do is to understand your reactions to your upbringing based on what is buried deep inside you from your childhood. It's from these well-hidden reactions that you are likely to react to your child unconsciously. I aim to help you become a parent operating consciously as someone knowingly part of Source/Oneness/God, who is Unconditional Love.

I have been on this journey myself aided and abetted by qualified professionals and others as well as lots of personal research and spiritual guidance and understanding. When you understand what you do and why you do it, an awakening occurs that is so liberating. You untether yourself from your past conditioning and free yourself to become the best version of you. And, of course, your child benefits as you become egoless and full of unconditional love. Trust me; it's worth the journey of self-discovery.

Mirror mirror of myself who is the fairest parent of all!

With apologies to Snow White!

Your child will reflect a mirror to you of yourself. Somehow they know which buttons to press that unearths unconscious hidden memories of your childhood which you have never dealt with and resolved. The usual reaction to this is one of irritability and even anger as you unconsciously knee-jerk back to your childhood with all the pent-up frustrations of unresolved issues that have plagued you to this day.

This mirroring by your child is possibly the best gift they can give you, providing you are consciously aware of it and of the need to finally dig it up and resolve it. You may very well require professional therapeutic guidance to identify, assess and find solutions to these past hurts that have shackled your progress as a human being, spouse, parent, employer/employee, friend, neighbour, etc. The unconscious part of you has carried these unresolved issues into every relationship you have, including your relationship with yourself and with your Deity of choice.

As I alluded to earlier on, your parents grew up in an environment that was not conducive to self-examination and personal spiritual development. In those years a paternalistic, authoritarian model was the norm where children were told to be 'seen and not heard'. Corporal punishment in the home and at school was permissible and, what today is termed child abuse, was allowable in those days.

You survived physically but maybe not emotionally, carrying those emotional wounds within your psyche to this day. Unconsciously, you have allowed and enabled these emotional wounds to present themselves in your current parenting role, and your child is now pressing those buttons within you.

Your child is your spiritual saviour in this process of moving from being an unconscious parent to being a conscious one. You now can catch yourself knee-jerking in your ego reactions and consciously stop yourself and find a way to come from unconditional love in resolving the issue at hand. I will discuss this process later on but for now simply be aware of becoming conscious of your knee-jerk reaction coming from your ego and ensure your response is as loving as you can be.

Who is the authentic person within you?

If you have read any of my 16 other books on PersonalEmpowerment.co and GuideSpeak.com, you will know that you are a soul within a body visiting the earth plane. I distinguish between who you are as a body and who You are as an eternal and immortal Soul.

In a nutshell, You were created when Source/Oneness//God created Light, and You were part of that Light as a Light Being. You were there at the beginning, and you

are eternal and immortal as a Soul occupying countless bodies on the earth plane of existence through eons of time.

The authentic You is part of Source/Oneness/God who is Unconditional Love and Light. You are Unconditional Love and Light at your essence, and you were so at your birth in this lifetime. It's only your ego that has blocked that out and why you may not be feeling that now.

So the answer is quite simple, consciously remove your ego when making a thought, word or action and all that will be left is your underlying authentic self – Unconditional Love and Light! That is why I keep mentioning that your every thought, word and action should be motivated by “What would Love do Now?”

Unfortunately, this is easier said than done but if you work on it consciously, it is possible to do for most of your awakening time.

Opportunities abound to become the authentic you

If you are present with your child, I mean consciously present in this moment of now, then there will be numerous opportunities for you to practice being your authentic self.

You now see yourself as authentic as your self-definition. You are not your ego self; you are your authentic self-full of Unconditional Love and Light. Whatever is showing up now between you and your child is a heaven-sent opportunity to put this authentic self into practice with understanding, tolerance, respect, compassion, empathy, kindness and love.

The most surprised person will be your child, and they may squawk out “Who are you and what did you do with my Mom/Dad?!!”

It's important to realise that this conscious parenting process is awareness in the continual moment of now and even the smallest issue must be incorporated in the present moment and dealt with there and then. In this way, a solid foundation of Unconditional Love and Light underpins your new relationship with your child, and they will blossom with the attention, understanding, tolerance, respect, compassion, empathy, kindness and love you give them.

As you help your child, so you help yourself become this unconditional loving person consciously avoiding your ego reactions. This process will have many setbacks, and there will be times that your 'old ego self' will rear its ugly head and you will regret your outburst or unloving thoughts, words or actions. Don't be too harsh on yourself, as the saying goes, "Rome wasn't built in a day" Give yourself some slack, and as long as your progress is inching forward day by day, then you can be justly proud of becoming the authentic you. However, whenever you do slip up, and you catch yourself after the event, the first thing you must do is apologise to your

child. This apology covers this incident but also enables your child to see that you are human and that you too make mistakes. This process allows your child to learn the correct procedures when to apologise and creates a vulnerability which makes the person apologising more acceptable as a friend.

Now let's record our appreciation of our authentic child

As I have explained that the authentic you is who You really are so your child's authentic being is who They really are- Unconditional Love and Light as a part of Source/Oneness/God.

It's time to record our appreciation of that fact that they are spiritual beings and not some snotty nosed brats! Your child is God incarnate and if you treated them as such you will be surprised how they will treat you.

Their inner being is theirs to do with as they please. You have no right to criticise or judge your child because you spawned them. They need to be appreciated for who They are, not who you see them as, through your limited vision.

Remember the quote from Nietzsche earlier on *"And those who were seen dancing were thought to be insane by those who could not hear the music."*

Up until now, you have seen them as a child, not as an equal spiritual being- you haven't heard the music!

Celebrate their uniqueness as a spiritual being in a human body. That should be more than enough to convince you that your child is extraordinary and should not be judged in any way whatsoever.

They don't need to do a thing, fulfil any expectation of theirs, yours or anyone else's. Their spiritual beingness elevates your child beyond any form of expectation, trial, tribulation, performance, assessment, ability or lack of ability.

If you have spent time with children affected by Down's Syndrome, you will know what I mean when I say simply judge them for the spiritual beings they are, not on their ability to pass an exam with flying colours or run a sub-four-minute mile or be the lead in the school play.

My personal experience with so-called 'retarded' children stems from having two cousins who have spent their lives in a 'Special Home' catering for their so-called afflictions. One, Francis -Ann Berman, passed away recently at the age of 59. At her funeral, the man in charge of the 'Special Home' remarked to me how few mourners turn up for the funerals of these so-called 'retarded' beings. He said he spends every day with them and they are the kindest and most loving human beings imaginable. He remarked that the people beyond the walls of his 'Special Home' are the really 'retarded' ones as they let their egos dominant their lives,

whereas the people in his 'Home' do not display any form of ego but are happy and filled with unconditional love for each other.

Can you imagine loving your child unconditionally for simply being a spiritual being in a body born to you? Nothing more and nothing less. Celebrating who They are and for the reward of them being in your life right now, immaterial of what they have done or haven't done.

No expectations, no pressure, no nothing! Now, can you love yourself on the same terms and conditions? Simply loving who You really are without the track record of the past or the potential of the future. Right here, right now, loving You for being You.

Your child will have an inner being of feeling great about themselves emotionally and intrinsically feeling loved within, without the need for awards, rewards, external recognition or accolades. If these acknowledgements come, then so be it, but it won't change their internal self-image one iota.

Your child will then be interdependent and secure entering into any relationship, employment, self-employment, educational forum and the like. Feeling well-founded self-love creates this interdependent person. Imagine entering into a loving relationship with such an egoless person?

The road I have shown you is devoid of praise for accomplishments and criticism for nonperformance or poor performance. It's simply recognising their authentic being as a spiritual being and loving them unconditionally for that alone. You loved them like that when they were born - so what has changed?

Can you spot the magic word I haven't used yet in describing this transformational process?

It's acceptance. Acceptance of who your child is intrinsically and not having expectations of who they should become or even who they should be.

We are trusting them to find their path guided by their Spiritual Guides and inner knowing of who They really are and allowing them to unfold in a manner and timeframe that suits them entirely.

Scary isn't it?

This handoff approach is pretty scary especially if you are like most parents and 'Control' is your middle name!

It's a spiritual process called TRUST- To Release Unto Spirit Totally and then To Rely Upon Spirit Totally.

Ok, so let's say you were prepared to give it a try. What's the downside and what's the upside?

Let's tackle the downside first.

Abject failure and a "crash and burn" scenario unfold for your child. That's pretty serious, and no parent wants that outcome for their child. But it's your child's decision to be the free spiritual being and want to fly as close as they can towards the sun.

(In Greek mythology, Icarus ignored his father's advice and through hubris, or ego, he did not keep to the middle path his father recommended, and his wax and feather wings melted as he flew too close to the sun.)

Your child being brought up as identified above with unconditional love and inner strength develops egoless interdependence and so the 'crash and burn' scenario is an unlikely outcome. If it eventuates, it is likely that your child's fierce interdependence will accept the abject failure as a necessary stepping stone to determine what will work for them eventually.

They are like any entrepreneur knowing a lot more failure than success in their early years.

Now let's see the upside.

Having unleashed your child to truly find themselves, their passion and commitment as an interdependent person, filled with well-founded self-love and inner integrity, will make them amongst the happiest people in the world.

For me, it's a no-brainer as a decision. I have put my money where my mouth is and allowed my two sons the opportunity and ability to follow this path. They have chosen careers which improve the lives of young people.

My decision to write this book, which is based on my spiritual approach to rearing my sons, has also been influenced by the work they are doing in assisting young people and in this case the tree fell close to the apples!

The symbiotic relationship in the spiritual approach I have used with my sons has allowed and enabled me to grow spiritually in tandem with their spiritual and inner integrity growth. You will experience the same growth and perhaps come to the conclusion that I have that they are "growing me up" rather than me "growing them up"!

Each child is different, and they come individually with their own spiritual journeys in place from their soul contracts made in Spirit before they emerged via you onto the earth's plane of existence this time around. Your approach to each of your children, should you have more than one child, must be shaped to their unique needs and not your ego's desires, needs and wants. You are the adult, and you must be sensitive, understanding, compassionate and empathetic to your child's needs and wants and work with them at their pace of evolvment not according to some manual on child rearing.

I do not intend this to be a book of "How to Raise Your Children" as there are countless books and advice givers, some well qualified, to solve these issues for you.

I simply want to open your eyes to the possibility of being aware that a spiritual approach to working with your child's soul and your soul in an unconditionally loving way may be the solution that you are looking for in raising interdependent, young people who have developed well-founded self-love and inner integrity. Simultaneously, you will further develop your spiritual self and be proud of who you are becoming.

You go first

Before you seek to instill a spiritual foundation under your child's growth path, you will need to put one under you first. I am assuming that because you have visited PersonalEmpowerment.co and reading this book that you are already on a path of spiritual development.

Your child may not do what you asked them to do in life, but they are likely to follow your example as you live your life. Whatever you want them to become you will need to be that first. This process of emulation is a symbiotic relationship of sharing your growth and their growth. It has all the attributes of being loving, kind, considerate, understanding, respectful, compassionate, empathetic, generous, abundant, happy, joyful, blissful and so on. All these attributes need to come from you first before they emulate your behaviour and belief systems.

It is vital that you don't create a picture of perfection as your child will feel that they have to be perfect too. You are human. You misplace your keys, leave the refrigerator door open, belch at the inappropriate time, mess up from time to time and so on. If your child sees that it's okay to make mistakes, to laugh at yourself for doing so and to simply fix the problems you created without fuss or bother then they will be encouraged to expand their horizons and not be afraid to make mistakes. After all, mistakes are learning experiences and usually do not have life or death consequences.

An important part of any growth is getting outside your comfort zone and trying new things. Seldom do we get things right the first time, it's usually trial and error until the pieces fit into place. Handling the trial and error process with good humour, sometimes laughing at yourself when you make obvious mistakes and inching forward step by step until the mission is accomplished, is the correct way to encourage your child to stretch themselves beyond their known comfort zones and to grow as human beings.

No one really enjoys the tedious routines that we have to do around the home or even at work. We usually zone out of our mind and put our actions on auto while we do these mainly boring routines. From a spiritual perspective, staying present in the now and being consciously aware of these routine actions makes one mindful. In this space of Now you can connect to your Higher Power because, as I have spelt out in my book *How to Live in the Now*, this is God's Space, the only place where Source/Oneness/God exists.

Experiencing this yourself and then explaining it to your child makes the tedious, boring routines a different experience of anticipation, potentially feeling God's presence and the feeling of blissfulness that accompanies that mindful process.

After getting divorced, I took over the role of running my large home as well as running my global business. I now had to fit in the weekly grocery and household shopping which I did going to and from work. I decided that I would make this usually boring job into an adventure. I decided to look more closely at the labels of what I was buying and see where they were manufactured and what ingredients were used. My sons often accompanied me, and we turned it into a game of discovery. Today my sons buy their own grocery and household needs, and they are conscious of what they were taught by looking at labels and imagining where the ingredients were grown and by whom.

Now some painful times to explore

There are times when our child does things that send us off the deep end. Most times our overreaction is unwarranted, but we can't help ourselves. What has usually happened is that we are harbouring some old ego dominated grievances from our own upbringing and the trigger is pulled by our child doing something that brings that subconscious ego based wound into the present time as though it's happening to you now.

You need to urgently bite your tongue and spend time investigating the attachment you still have to that emotional ego based wound. If need be, you may require professional guidance to work this through. Firstly, it's not happening now and, secondly, the person and incident are long gone, and only your subconscious mind is keeping the grievance alive. You need to explore why you have not forgiven the other party/parties and why you have not forgiven yourself.

In this instance, forgiveness means for giving you the opportunity to let this aberration go and no longer be an emotional thorn in your side. Your need to hold onto it is coming from a place of victimhood and refusing to let it go means that you are poisoning yourself and hoping the other party/parties suffer! They have probably forgotten the episode and moved on with their lives, especially if they are callous human beings uncaring of their thoughts, words and actions.

Acceptance of the reality of Now is the key and accepting the process of forgiveness is the solution to no longer allowing your child's actions to upset you so much, disproportionately to the current issue at hand.

Only your acceptance of this will enable you to accept your child's actions and not look to control, manipulate, dominate and mould them because of your past ego based grievances.

If you have done this removal of grievance problem successfully, then you can honour yourself for this achievement. This process opens the door of acceptance to honour your child for their thoughts, words and actions which prompted you to investigate and eradicate this ego-based grievance from your subconscious mind. Celebrate with your child with an ice cream or similar treat and thank them for helping you unearth the shadow part of you in this way. They will balloon with self-importance that they helped you and felt self-pride at doing so. You are also teaching them how to deal with their own ego-based grievances safely.

Ready to confront the ego bogeyman in your life?

EGO - Edging God Out- is the “bad” ego, not the “good” ego which we need to make decisions, set personal boundaries and develop well-founded self-esteem.

So my reference to ego is always the “bad” ego which is a fear based response to loss or potential loss affecting you.

When our child is born most of us feel a welling up of pride and joy as this little person emerges into our world. We cannot believe that we could create such a perfect bundle of happiness. Perfect in every way, we take credit for this miracle that may have some of our features. “See it’s mine”, and we swell with pride.

The truth be told, as a man, you were the postman delivering a letter, the contents itself was created by Source/Oneness/God but we, the postman, take credit for the creation. As a mother, you have nurtured this minute fertilised egg into a beautiful baby and felt its growth day by day within you. You can claim some credit for its wellbeing as your thoughts, words and actions have influenced its journey to be this perfect bundle of happiness. Of course, the development of the fetus is a God-given miracle, but you are entitled to bask in the glory, especially if the childbirth was onerous in any way.

At this point, this baby is mine and is an extension of me. Now the time comes for the ego to start claiming ownership and control of this baby and the spiritual journey of sharing its unfolding are not on the table for discussion yet. Narcissistic parenting takes over, and the dreams of what this baby can be and achieve become a normal process for non- spiritually based parents. Fears also enter the picture, and the ego becomes more engaged as it seeks to protect this baby from any unpleasantness, real or imagined.

By allowing the protectiveness of a rampant ego into your child-rearing process, you do not address the essential being of your child, who, in reality, is an equal soul to you, and entitled to be nurtured from love and not from fear of any form whatsoever.

Your child needs to be authentic and to grow moment by moment in the unfolding spontaneous field that is love based and determined by a Higher Power. By learn-

ing to live in this way your child accesses the Power of Love in the present moment of now. Regrettably, our ego-based selves attempt to control and manipulate our child and the Love of Power, rather than the Power of Love, dominates their authentic being converting it into an unauthentic being knowing fear.

We distance ourselves from the love based authentic child and deal with the fear-based unauthentic child creating a wider and wider gap between parent and child in a spiritual sense of understanding and symbioses. The adult /child “do as you are told” relationship is entrenched, and the chances of reversing this to an equal partnership of two spiritual souls get slimmer by the minute.

Another major area of concern is the parent living through their child and taking the child’s successes and failures as their own. Not only is this unfair to the child but it pours huge additional pressure on a child, who is emotionally immature to handle all this added responsibility of performing for their parents “status games”.

Children who are pressurised to perform academically, culturally or on the sports field for the outside approval of their parents, teachers and older family members are fearful of failure. They do not reach their full potential as they are inhibited by the fear of failure of not living up to someone else’s expectations of them.

My father was a champion golfer, and I was on the golf course with him from the age of 6 years old. Inevitably, I started playing golf at the age of 14, and my father saw my potential and was instrumental in driving me also to become an even better golfer than he was. He forced me to give up my other team sports and to focus only on golf. At the age of 17, at 6 foot tall, I weighed a paltry 108 pounds (49 kgs) and was playing to a four handicap whereas my father was a scratch golfer(zero handicap) weighing double my weight with double my physical strength. The pressure I felt for the perfection he expected from me was overwhelming, and although I was very disciplined and rose to the challenge to win tournaments, I never enjoyed golf as a fun sport. It was always hard work and based on approval seeking from my father.

When I became a father, I encouraged my sons to play all sports to any level of performance they wanted to achieve. If they wanted to improve their performance, I facilitated that with lessons from a suitable coach. If they chose to practice and wanted me to play with them, I joined them, always ensuring that if we weren’t having fun, we would stop. I encouraged them to play team sports so they could learn about working in teams and having fun with their friends.

When a parent controls a child, they block off the child’s ability to reach within and tap into inner resources that are limitless as a Soul, being part of Source/Oneness/God. The child is precluded from believing in such resources as the parent “knows best”. Control and domination based on power and force from a feared adult cower the child into submission. They seldom recover from this manipulation and control and spend their lives seeking approval from others as they did from their parent. The child’s free-ranging spirit is broken, and they simply defer to

their parent. Regrettably, for most, when they become parents themselves one day they follow a similar pattern with their children.

In simplistic terms, I call this 'colouring within the lines' when there is no logical reason to limit our child, and we should give them free reign and colour wherever they want to. Tapping into the Creative Force that makes worlds and universes allow them unlimited opportunities to shine.

Everything we do we do for ourselves. By giving our child this free reign, we free ourselves from our past limitations, probably imposed by our upbringing, and allow us to soar with the eagles as well!

Ready to start your growing up process?

As a parent, the correct nurturing of your child via your soul's connections, as opposed to your ego's connections, will have the effect of dismantling the negative parts of your upbringing. This process will enable you and your child to grow up correctly fulfilling your God-given right to know love sponsored thoughts, words and actions and to be unlimited in reaching for the stars in whatever way suits you both to do so.

As I explained in the previous few pages I was consciously able to do so and so can you.

Let's begin with the identification process that says what ego is and what is soul. What is fear based and what is love based, in our thoughts, words and actions? What belongs to your ego-based upbringing, courtesy of your first family, and what belongs to your children, courtesy of your ability to come from love and not from ego?

Your children don't mind inheriting your wealth, but they do mind inheriting your restrictive, ego-based upbringing by your unconscious parents.

For the first few years of your child's life, you are their world. Everything you think, say and do, as well as your non-verbal language, is absorbed indelibly by these little sponges around you 24/7. These examples you set for them becomes their framework for how to deal with the world and, in most cases, it never changes throughout their unconscious lives!

It happens in the smallest of ways by the positive or negative way you interact verbally and non-verbally. Every little nuance is noticed and filed away in their indelible minds. How you greet them after their night's sleep. How you treat your spouse or partner upon waking; getting ready for the day ahead; what happens at breakfast; saying goodbye to your family as someone leaves for the day; dealing with housework; interacting with helpers at home; preparing food and drink for your child and

for yourself; preparing dinner; the homecoming of siblings and spouses/partners; dinner time; homework time; relaxation time and getting ready for bed time.

Your attitude, kindness, or lack thereof, respect or lack thereof and so on, all filed away for how they should deal with the world.

George Orwell in his famous book, 1984, came up with the saying "*Big Brother is watching you*". Well, I have news for you, that "Little eyes and ears are watching you 24/7".

A common parenting fault is to use your child to fill the gaps of what is missing in yourself. We can't give love if we don't have a well of love to draw upon to give to them. First, we must ensure we have it all to give to them because expecting them to give it to us when we don't have it ourselves, is ego based manipulation, power and control.

The good news is that you will know exactly when any of your unresolved ego based upbringing issues need to be attended to. The bad news is that your child will unerringly press those buttons and send you over the edge! They will mirror those issues and probably not in an elegant, easy to accept manner!

The only way to grow through this process is to be awakened to what upsets you, the roots of the cause of it, which is usually first family stuff, to be able to sit with the issue in silence and obtain a proper perspective of it now in your life. After that, then do the healing part of forgiveness, described earlier on in this book, for the person/people involved or the incident involved and then the for giving yourself the opportunity to get passed it finally in your life.

Most of us have a shadow self where emotional stuff is buried unconsciously and remains separate from our consciousness or awareness. When those hidden and unconscious emotions are triggered by someone or something we usually lash out uncontrollably, way out of proportion to the way a normal person would react. Most times, we unconsciously project these well-hidden and consciously forgotten emotions and attack the person/people who pushed those buttons within us. We don't take responsibility for these unconscious emotions, and we blame the other party, sometimes in an extreme physical manner, including murder in certain extreme cases.

What we need to remember is that every issue is neutral. It just is. Some people will react to it and others won't even notice something is amiss. Only our inner pain and hidden memories will treat it as a tornado ripping through us. For someone else, it will not even raise a ripple of attention.

There may be incidents where your hidden emotions are triggered, and you don't have a recollection what the cause was, but you know that you are in emotional pain. Don't interrogate yourself but rather simply accept that you are in emotional pain and it has the potential to cause you to react way out of proportion to the inci-

dent itself. By simply having the ability to acknowledge the emotional pain and to be aware not to react but to respond calmly with an inner feeling that whatever caused the inner pain is no longer present in your life, and it belongs to the past. You now live in the present moment of Now where the incident is not presently occurring. Therefore, the emotional pain hidden in your past is no longer yours, and you can release it with love and wave it goodbye and good riddance! Oh, the freedom you will feel as this toxic issue is released and you begin to feel healed by the unconditional love within you as your essence.

The key here is to deal with 'what is now' and not 'what was then'. When parenting your child deal with the issues occurring now. Do not focus on what happened in the past or what may happen in the future. When dealing with yourself deal with what is occurring now and not what happened in the past or what may happen in the future. Your point of power is Now. You can only do something about it now. You cannot do it yesterday, and you cannot do it tomorrow- only now is real- and only now has any power.

My acronym for POWER is Present Only When Ego (is) Removed.

Now the enlightening part!

Everything and everyone is your teacher. You want to resolve this long hidden memory and release the inner pain that sits unconsciously inside you. At a spiritual level, the other party has a soul contract with you to press your buttons and bring this issue into the Light so it can be healed by you through your awakened awareness and then through the conscious healing process described above.

We are all One and the soul contracts made by you and your Soul Mates in Spirit, initially to give you the inner pain, and, then to unearth it, and after that to enable you to heal yourself of it, was all done with unconditional love from all parties involved in these soul contracts. As you can see these soul contracts are multi-generational: firstly, your parent/s gave you the inner pain, then your child triggered the inner pain, and you resolved the inner pain.

Early on in this book, I discussed the Soul Group is creating a complex web of soul contracts and stated that we are all equal in Spirit as souls, immaterial whether we play the role of parent or child or other people in this incarnation.

That is why the spiritual approach to parenting I am advocating in this book is to treat all parties as equals, as souls, and not to favour a parent over a child as being more important. Spiritual parenting is a parent with a child not a parent over a child.

Emotional Wisdom

Today we have become accustomed to the term emotional intelligence, but emotional wisdom is a term very infrequently if ever, heard of by most people. Just as intelligence is not wisdom, so emotional intelligence is not emotional wisdom.

When your heart and mind work in unison and in awareness of the present moment of Now, presence is felt. I call it God's Space, and in it you receive guidance that becomes emotional wisdom. You then see the issues at hand with a clarity not available when you only have intelligence as your tool.

When you can experience all your emotions and find a place of solitude to witness them, some wonderful, some too ghastly for words, but you open yourself up in surrender and vulnerability and taste the sweet and the bitter without judging them at all. They are neutral emotions. It's only our judgement of them that colours them prejudiciously as either sweet or bitter or someplace in between. If you can see a mistake as a learning experience, then you can also reframe all your emotions and look for the nugget of value hidden in every emotion. The key is to experience every emotion as it happens and not to hide the unpalatable ones away within your psyche.

By coming from a place of love sponsored thoughts, words and actions, your heart and your mind intertwine to create emotional wisdom in dealing with all your emotions. Yes, some emotions will be painful. Pain is inevitable, but suffering is optional. Learning to sit with your pain and accept it without resistance or rejection or reaction to it, simply allow it to be for now. It won't kill you, I promise you. Eventually, the pain transmutes itself into wisdom as you initially learn to survive it and then learn from it.

This acceptance of the pain process can be compared to failing an exam. Initially, you are shocked and can't believe you failed. Then you learn to accept it and surrender to the inevitability of having to redo that course again and rewrite the exam. Then when you are redoing the studying, you accept the fact that you didn't know your work and deserved to fail. Now you study properly, and you pass the exam with top marks. You now feel invincible whereas 12 months earlier you felt a failure. The results are the results, it's how you react or respond to the results that creates the emotional input.

If you can find this balance of feeling all of your emotions you will free up your life-giving energy. You will now not be carrying any emotional baggage, and you will feel what freedom is - the ability to live spontaneously in the present moment of now. I call it being on the leading edge of the wave which runs eternally without breaking.

When you have done this emotional wisdom work, you will feel like dancing instead of walking. When your child witnesses this process you free them to follow in your footsteps of feeling all their emotions without reacting or responding but simply ac-

knowledging how they feel in that moment of now and the next and the next. They too can follow the process of sitting in solitude with the emotional feeling until it transcends itself to emotional wisdom.

Your child will learn to come from love and not from fear through this process of emotional wisdom. By permitting them to feel the emotions then and there, the actual pain is usually less painful than the anticipation of pain. Allow them to talk about how they are feeling with the pain they are experiencing. Don't wish it away or belittle the pain. They and you must learn to accept the pain as a process of life and that "this too shall pass". It is more important that they experience the pain, talk about it and let it go so that they can learn to be authentic human beings and you give them the space to be authentic through your listening to them.

I went to high school in the 1960's and corporal punishment using "cuts", or hiding with a cane was permissible, if done by the Principal or Vice Principal. One day the whole class did something to a teacher, and the Principal was called in to resolve the problem. His solution was to give "cuts" to the entire class. As we stood in line waiting for our turn and hearing the "whap" as each student's backside felt the cane, the fear of pain built up to a much higher level than the actual pain we received. The torment of waiting in line was unbearable.

If you don't empower the anticipation of the pain by resisting and hiding it away within ourselves or deciding to react to it in some way or other, then the pain moves away quite quickly, and you are left with a perspective and understanding, which transforms itself into emotional wisdom.

Avoiding the pain is the worst thing you can do. In spiritual literature, there is a saying, 'what you resist, persists!'

Assuming the high school experience, I described above went in another direction. That we all ran home to our parents screaming that the Principal was going to give us "cuts" and our parents rushed to the school to protest that their poor little Johnny was innocent and the bullies in the class made him join them under threat of being beaten up if they didn't join in. Assume that Lawyers started appearing out of the woodwork threatening to sue the school, and eventually the Principal recanted his decision.

We would have been the bigger losers as we hid behind the skirts of our parents and didn't face the consequences of our actions. We would have buried that emotional guilt and fear within ourselves. We would have approached life after school on a similar basis always running for cover when the 'proverbial hit the fan' in our lives. Eventually, something would have happened to every one of us when we had to stand trial and face the music of our actions. Without the experience of learning how to own up to our mistakes and accept the temporary pain of getting "cuts" at school, we would not have had the emotional wisdom to deal with a similar issue now in our lives. I can assure you that a similar issue today is far greater than being naughty schoolboys in the 1960's.

Releasing pain at the time it happens enables us to move on with our lives, and soon the pain is forgotten. Children do this automatically if they are taught to do so, whereas adults tend to hang onto the memory of the pain and create an ego-based story about the pain. Have you ever heard most adults describing their current illness or medical procedure! The actual pain is no more, but it exists in the mind as we never let it go. The attachment of our ego-based drama externalises our pain and keeps it going and going boring most people too polite to tell us to shut up! The simple remedy is to sit with our pain in silence and solitude and let it pass without bringing our ego into play. By transmuting our pain into emotional wisdom, as described above, we grow from the experience and, in time, can even be thankful for the experience due to how much we have learnt through the process. This experience is emotional wisdom.

Interpretation is the key to understanding

How we interpret things depends on where we are standing. If we are standing with our ego 'front and centre' in our lives then the interpretation will always be ego-based and a defensive or offensive action will be taken by us.

Fear of loss will initially be the driving emotion from a defensive action and, if an offensive action is taken, hope of gain may be our motivation. Either way, we have entered in a win: lose scenario. It could end as lose: win not in our favour, or it could end as lose: lose. Any win: lose outcome will have us as uneasy winners and having to sleep with one eye open awaiting some form of retributive attack.

Regrettably, this is usually the outcome when raising a child from an ego standpoint. The parent is usually the more powerful person from physical, mental and financial viewpoints.

That is the position for now but as time marches on the tide turns in favour of the child, now an adult. If the emotional wounds remain in the child, now an adult, expecting understanding, kindness and mercy from them, as the parent becomes elderly, may be a bridge too far to cross for them.

Time festers emotional wounds and whatever the initial incidents, they have now been blown up out of all proportion in the mind of the child, who is now an adult.

It is also likely that the child, now adult, is also operating from the learnt reaction of their parent, that of coming from their ego, in their own reactions in interpreting their life's issues. Listening; understanding; compassion; empathy and mercy are not likely to be their strengths in dealing with people, including their ego-based parent as they age.

If on the other hand, we are standing with our soul consciousness, and interpreting what is occurring from a place of listening; understanding; having compassion and empathy towards our child or another person, then we allow love to be 'front and

centre' in our interpretation of what is occurring, and we find a suitable solution that enables win: win to occur. We are more likely to even go beyond that to realise that we are all part of Oneness and whatever is occurring is affecting all of us either positively or negatively.

What is occurring is 'what is' and that is the reality seen from a neutral viewpoint of interpretation. It's only our ego that labels it good or bad. From a soul or love perspective, we look at what is occurring from a neutral place of understanding. We bring as much love into play as necessary to ensure that all the relevant parties are treated as well as possible in the circumstances of 'what is' actually occurring.

There is no battle of wills involved from a soul perspective as there is from an ego perspective. There is a saying that goes, "No one wins a war, there are only major and minor losers. "

Where a child has been involved in such an ego perspective, the losses are greater because the child is likely to become a parent and perpetuate this ego-based approach of interpretation, negatively affecting an unknown number of other lives in its wake of ego destruction.

So, as you can see, interpretation from an ego or soul perspective determines how decisions are made and implemented. You either base your interpretation and the resultant understanding and decisions on fear of loss or on love, and, hopefully, gain for all involved.

As a parent who has now been awakened to this reality, please choose the soul approach interpretation on which to base your understanding and decisions and your resultant love based thoughts, words and actions towards and with your child.

Why do we react negatively from an ego perspective

It's important to find out why we react negatively from an ego interpretation when something triggers us, and we blow the issue of what is occurring out of all proportion, especially when it's the mirror of our child pressing that very sensitive button.

It's usually anxiety that causes us to blow up like a volcano when the hidden emotional wound from our past is triggered by someone, including your child. The root of the anxiety is the festering hidden away fear, and possibly anger, that has never been faced and brought into the open for resolution and healing. Anxiety is caused by the inability to solve or resolve one or more issues. If you had the confidence and ability to deal with the issue, should it ever arise, then there would be no need to feel anxious about it ever happening because it would be a non-event affecting you in the future.

Somehow and somewhere you have been told by your parent or another or yourself internally, that you cannot do something. You have believed this and buried this

fear of inability deep within you. When someone triggers that need to do what it is that you are so afraid of doing, it builds up anger, at yourself and others, for instilling this fear inside of you. You explode in anger at the relatively innocent victim of your outpouring of anger based anxiety.

This anxiety can be resolved by you and, if brought into the light of conscious awareness, can be dealt with logically and not emotionally. At this stage of your life whatever the inability was when you were a child, that can be overcome with a positive approach to resolving it now. Maybe you couldn't bake a cake or shoot a basketball hoop and you were ridiculed for it by someone who you respected and trusted at an impressionable age. Well, you can certainly do either of those things now, and it will be easy to do so to prove that to yourself.

Maybe you were molested physically by someone you respected and trusted when you were young, and you are now ready to confront that person if they are still alive. Hopefully, such a confrontation can come from love and not fear, anger and hatred but whatever route you choose you will be facing that demon head on. If they have passed on from the earth plane then addressing their soul in heaven/Spirit may be sufficient to bring it out into the light of day.

All solutions come from initially being the Watcher of your emotions, preferably before they explode. However, even if it is after the explosion, then you can still be consciously aware of watching those emotions and unearthing them from their hidden recesses of your psyche.

Having identified your emotions as the Watcher, now it's time to sit with the emotions and tell yourself how they are making you feel right now. Let it all come out and be truthful to yourself. Cry, howl, and even maybe laugh, as you release these emotions once and for all. Let it all come out as you would want to rid your body of any poisoning toxins to your well-being.

Firstly, the causes are not happening now, and, secondly, you are now dealing with the triggered issues on a 'life is what it is' basis. The triggered issue has no power over you if you see it as what it is now.

For example, if you were a victim of adulterous spouse and you are watching a movie, and an extramarital affair occurs on the screen, it has nothing to do with you. This is a fictitious story on TV, and if it makes you uncomfortable, then you need to sit with this emotion and work it through in your mind. You will come to a place where you can either forgive your spouse or ex-spouse and preferably if they are your ex-spouse, be thankful that they are out of your life now. Now your tears turn to smiles!

From your child's perspective seeing you resolve your issues and move on with your life is a great example for them to follow. For example, if you remained that embittered spouse or ex-spouse, continually hurling insults at your spouse or ex-spouse, your child's emotional state will become toxic, and they will have a very

jaundiced view of marriage and, most probably, have an unhappy relationship themselves in the future. Conversely, if you resolved your emotions and your child can see that you are happy now and, even better, if your child could see you and your ex-spouse together acting like “happy families”, then they would have a much better chance of having a happy relationship themselves in the future.

A different view of being an example

If you lead by example then you don't need to use your words to convince other people how to act- your example is doing it visibly for them. People don't think in words, they think in pictures. So using your words to influence your child could mean that they have not experienced seeing you doing it!

How many parents blurt out to their children, "Don't do what I do, do what I say!"

Children are naturally happy, joyful and playful. They run around screaming with happiness chasing someone or enjoying a bubble bath laughing as they pick up the bubbles in their hand and blowing them off their hand. Happiness personified. Children have unbridled passion and enthusiasm for life.

Children should be our instructors, not us, theirs! They have so much to teach us about happiness, passion, enthusiasm, love, kindness, courage and even how to approach life itself with aliveness!

Children are naturally creative and can make a world of imagination come alive because they do not impose practical limits upon their creativity. Anything and everything is possible in a child's mind. We can learn so much about creativity and possibilities if we learn from our children instead of telling them to 'colour between the lines'. If we sagely tell them that, of course, elephants can't fly, we pop their imaginary bubble of happiness. Elephants can fly, you simply need a big enough aeroplane to accommodate them!

For today, allow your child to teach you something and then thank them for doing so, and you will begin to understand the equality of your spiritual souls. More importantly, your child will rise to the occasion and develop their self-esteem knowing that you are learning from them. They will want to teach you more and more and feel the inner self-pride which goes with that.

Bring spirituality into your home as a foundation for leading by example

It is natural for children to look up to and even hero worship their parent/s, especially in the years they are homebound before going to school.

In homes where religion is practised, the children are carted off to the family's House of Worship and told to sit still and listen to the religious leader talking at a level suitable for adults and not for children. However, some Houses of Worship do have children's services and religious classes aimed at the child.

Saying Grace, in some form or other, may take place but the dining room table is being replaced with the kitchen table or sitting in front of the TV while eating with a tray on one's lap.

Spirituality is devoid of rules and regulations and Houses of Worship and classes for children. Spirituality is experiencing for oneself by living in the present moment of now and dealing with life 'as it is now'.

While religion is learning from what people of old did, spirituality is learning moment by unfolding moment, uniquely for oneself. Spirituality requires you to acknowledge that you, as a Soul, are a part of Source/Oneness/God and that as God is Love, so are you, at your essence.

The connectivity to your Higher Power is always there, and guidance comes when you open yourself to It by sitting in silence and listening. You can also pray, whereby you talk to your Higher Power, and then, by sitting quietly, you listen and the answers will come into your mind.

Spirituality requires TRUST- To Rely Upon Spirit's Timing

If you accept that Spirituality will be your Teacher, then everything that happens to you is for your learning and growth - and life is your classroom.

Spirituality sees everything as neutral, and the only meaning something has is the meaning you give it.

For example, one man's thrown away garbage is a treasure chest of survival and hope for a homeless person.

Religion will exhort you to be charitable, and some religions insist you tithe and give 10% of your earnings to charity. In religion, the Giver is superior to the Recipient and must be encouraged to give charity.

Spirituality says each soul is equal and each person/soul has their own journey. This journey was selected by them in Spirit, via a soul contract, to experience life in all its forms through many lifetimes on the earth plane. Spirituality says that giving and receiving are both sides of the same coin and that the Giver receives emotional rewards by giving. The Giver should, therefore, thank the Receiver for allowing them to feel so good by giving. Therefore the Receiver is, in fact, the Giver!

Spirituality teaches the Law of Cause and Effect, or as it is sometimes referred to as Karma.

Karma, in the West, usually means retribution, whereas the Law of Cause and Effect meaning is that Like attracts Like and 'good' brings 'good' in its wake and so does 'bad' bring 'bad' in its wake.

(If you are interested I have written a free e-book called *The Book of Universal Spirit Laws* which is obtainable from my website GuideSpeak.com.)

If you live a spiritual life and you come from your soul with love sponsored thoughts, instead of from your ego with fear sponsored thoughts, then you will live a happy and contented life. You will still know the continual pendulum swings from 'good' to 'bad' and back again, but you will be above the friction level of life and know how to treat both 'good' and 'bad' without judgement but simply as 'what is happening now'.

Armed with this awareness or consciousness, you will be much more accepting of whatever happens now and now and now in your life, and in the life of your child. You will not overreact if your child's report card says passed with an A, or failed and to be kept back for a year in the same class. You will be accepting of either as a lesson from Life, and you will know that this result is for the growth of your soul and of the soul of your child.

Ones' perspective changes when seeing every event as growth in one's soul towards the perfection we call Source/Oneness/God. We can live as such as an example for your child to follow as well.

For example, instead of berating your child for failing as it affects your ego to have a dunce as a child, you can approach it from a soul based love approach.

"You obviously haven't grasped the fundamentals that were taught this year, and there is no point in moving up to the next standard with your friends with such a gaping hole in your foundation stones. If you were a house with missing foundation stones, you would collapse in time, and we certainly don't want that to happen to you in your life. So let's see how we can work together and ensure that you build a solid foundation next year for the rest of your life. "

As an aside, I have a relative who was studying medicine and was a bit of a play-boy at University. He failed the second year of the course, and it was the best thing that ever happened to him as he had to repeat the year. He met and subsequently married a student in his repeat second year class, and he got a thorough grounding in anatomy, which was the focus of the second year curriculum.

He and his wife have been married for 37 years and share a medical practice where they are renowned for practising the medicine both their fathers who were doctors taught them as 'old school ' medical practitioners. They have patients flying in to consult with them in their practice from all over the USA to experience this 'old school' type of medicine in a world of Obamacare! So the failing of second-year medical school was a blessing in disguise for my relative.

Back to the topic at hand and that is one of experiencing life with your child knowing that Life will give us the lessons for the growth of our souls. Life will also give us the answers, or at least, guidance for us to find the answers, as we grow towards the perfection of Source/Oneness/God from a place of love sponsored thoughts, words and actions.

Your child will follow your example in this spiritual approach to life providing they see it with their own eyes. There is no need for you to preach it, simply live it, and your child will know exactly how to behave now and throughout their life.

By coming from TRUST- To Rely Upon Spirit's Timing- our child will experience that there is only experiences to be had and not to label them as 'good' or 'bad' experiences. All experiences are neutral, and it's only our ego that labels them 'good' or 'bad.'

In my free e-book *Being Loved Unconditionally* found on PersonalEmpowerment.co there is a story told about Elijah and the Rabbi which I will reproduce below:

"So there's a Rabbi who went on a journey together with the Prophet Elijah. They walked all day, and at night and they came upon the humble cottage of a very poor man, whose only treasure was a cow. The poor man ran straight away from his cottage, his wife with him, to welcome the strangers for the night, and to offer them all the simple hospitality which they were able to give in such straitened circumstances.

Elijah and the Rabbi were entertained with an abundance of cow's milk, were sustained with homemade bread and butter and were put to sleep in the best bed, while their kindly hosts laid down before the kitchen fire.

But in the morning, the poor man's cow was dead.

They walked all the next day, came late evening to the house of a very wealthy merchant whose hospitality they craved. But the merchant was cold and unpleasant, and all that he would do for them was to lodge them in a cowshed and feed them on stale bread and dirty water. In the morning, Elijah thanked him profusely for what he had done and in return for the kindness he sent for a Mason to repair a section of the merchant's wall, which

*happened to be falling in ruins.
The Rabbi, unable to hold his silence any
longer begged the holy man to explain the
meaning of his dealings with humanity.
"Regarding the poor man who treated us
so hospitably", replied the Prophet, "it was
decreed in heaven, that his wife was to die
that night, but in reward for his goodness
God took the cow instead of her.
I repaired the wall of the rich Miser, because
a mighty chest of gold had long been
concealed behind the wall, and should the
Miser have repaired the wall himself he
would have discovered that treasure.
All is seldom as it seems. "*

So going forward we must take care not to label events as 'good' or as 'bad' but preferably as neutral events and look within the event for the hidden lesson that Life is showing us.

While teaching your child via your example remember always to be authentic and state how you are feeling about the events in life. If you are stuck in traffic and feeling irritated by it, be authentic and express your frustration and for your child to realise that their parent is human and has feelings of frustration too.

However, if you want to use this frustration of being stuck in traffic, you can show your child a positive side to it as a neutral event in your life. You can also point out that the car you are driving is your dream car and that when you were younger, you wished you had such a nice car to be driving around in. So the lesson you can show them is one of gratitude that although you are stuck in traffic, you are pleased that it's in this nice automobile in which you and they can share some extra together time.

The TRUST we exhibit daily or frequently in our life shows our child and us that Life can be trusted and that fear is an ego-based illusion.

Our child learns that TRUST is real and that To Rely Upon Spirit's Timing is the way to live their life from a spiritual basis.

They trust you, and you trust them, and that is implicit in a spiritual relationship of child rearing. They are going to make mistakes as they grow and 'colour outside the lines' in their life. If these mistakes are reframed as learning experiences, then they will be encouraged to try new adventures learning as they go from each experience. Fear will not rear its head if they are given the reassurance that life is for the living and new adventure await every moment to be grasped and the 'juice squeezed out of every experience'. Failure is simply a stepping stone to eventual

success and what failure teaches one is that way won't work this time around and to look for another way to handle the experience by learning from what didn't work.

When your child sees that you have trust in their decision-making, then they rise to the occasion through self-belief, and their success develops their well-founded self-esteem. As a parent we must trust them on the high wire, they have chosen to walk upon and not appear anxious or concerned that they will fall off and hurt themselves. If they have learnt to be responsible via your trust, they must be given all the support and confidence you can authentically show them.

They will teach you about learning to TRUST and for you to let go and allow them to build a foundation to visit tomorrow where you may not enter.

Why me Lord?

There are going to be times in your life where you cry out "why me Lord?"

Is it likely to happen when you win the lottery? Probably not! Is it likely to happen when your child is born, and you hold them in your arms for the first time? Probably not!

Is it likely to happen if you are involved in an accident, or you lose your job through your employer going belly up? Probably yes.

You can either be a victim or a victor; it's your attitudinal choice to make every time.

As a victim, you will see all 'bad' things being drawn to you as if you deserve to suffer. Some people believe in the concept of a 'Devil', and they believe that the 'Devil' is doing this to them. Believing that this 'bad' thing is being drawn to you is an ego-based fear sponsored thought process.

As a victor you will consciously reframe every so-called 'bad' thing and look for the lesson to be learnt through this process, thereby enabling you to grow from a soul perspective.

Your attitudinal response will make all the difference in your life but, more importantly, you have a little pair of eyes and ears watching and listening to how you react or respond to life's events. These events could be of a personal nature, as well as those of a global nature, such as a weather disaster heading your way.

You are teaching by your example how your child will handle their attitudinal reaction or response when they are living their own life away from your direct influence. Those indelible lessons of blaming as a victim, or coping creatively as a victor, are made by you and each time your child is witness to your reactions or responses to life's issues.

Unlearning the reaction response and learning the coping response

I am going to give you the magic cure to learn how not to react with an emotional outburst coming from an unconscious mind operating from a hidden emotional wound and how to provide a coping response coming from a conscious mind.

This magic cure is very difficult, so I need you to concentrate very hard and practice this for at least 100 days before you can perfect it.

It's called breathing!!!

Seriously though, it is learning to breathe deeply in for five seconds and then breathe deeply out for five seconds, and do so for a number of times before you say a word. That's it in a nutshell!

Someone does or says something to you and instead of blurting out an explosion of emotion right back at them, or at your innocent child who happens to be in the room at the time, try this for sighs!!

The event happens.... you breathe in deeply and slowly to the count of five, and then you breathe out deeply and slowly to the count of five, then for the second time and then for the third time.... . and then for the fourth time.... and then finally for the fifth time.....

If you are still angry at this point, then it's off to the psychologist with you, and if that doesn't help, it's off to the psychiatrist to prescribe some heavy anti-anxiety medication for life!

Breaking the hair-trigger response that comes from this gaping ego- based emotional wound poisoning you from the inside is vital for your emotional and physical health, as well as the health of your relationship with yourself and with others, including your child.

If you are intelligent enough to be reading this book, then you are intelligent enough to break this hair-trigger reaction by learning this five times deep breathing response.

Take heart from this quote from Elizabeth Barrett Browning,(1806-1861), a poet, *"He who breathes deepest, lives longest."* I meant take heart literally!

Once you have given yourself this approximately 30-second respite before answering or responding to the event, you should be in a calm and logical place to respond.

Now you can decide whether to respond coming from ego-based fear or soul-connected love. If you enjoy fighting with people, and that is your choice, then go

with an ego-based fear response. If you, like me, prefer a more peaceful life, then go with a soul-connected love response.

However, if you are dealing with your child and you want to follow the precepts of this book, then the only choice is a soul- connected love response.

The 30-second gap you have now given yourself to breathe five times deeply can also be used to acknowledge that whatever was done or said is 'what is'. That is the reality currently, and you may agree or, more likely, disagree, but you begin to realise that it's only someone's opinion, it's not necessarily the truth.

If you value this person highly, then their opinion should be given some serious thought in case they are right about this point of view. This opinion or event which was about to unearth an explosive emotion from you is merely a momentary word or event and carries no weight whatsoever unless you choose to make it so.

Now assume it's your child who makes a comment and they see you not reacting as in the past but consciously breathing deeply, and after 30 seconds they experience you coming from a soul- based love response in reply to them. How do you think they are going to react/respond in future when someone makes an unpleasant comment about them or evokes some hidden emotional wound within them? And now you have put your child on a path of happiness and peace. Could you do anything better for them?

The next step in this coping response process is to learn to sit with an emotional reaction and discuss it in your head, or preferably, with someone who has the empathic understanding and patience to listen to you without interrupting you as you talk out your issues. If you can unearth the root of the emotional wound and talk about it to someone you trust, then the airing of it becomes a watershed within your understanding and release of it. If there is no one you can trust, then thinking about it, or writing it out, will have a similar cathartic process of understanding and release of these ego-based emotional wounds long hidden within your psyche.

These processes can also be undertaken with your child present, or you can tell them afterwards of these processes to assist them in dealing with their ego-based emotional wounds when the time is right in their lives. Perhaps you can be their trusted confidant, even though you may very well be the cause of these emotional wounds. A trained and impartial professional is always the first prize, but if your finances don't permit this, then you may be their trusted confidant.

Lastly, it's important to teach your children that life has its ups and downs and that sometimes things occur at the worst possible time. However, they can't be wished away, and you can't put your head under the blankets until they disappear. They have to be faced, unpleasant as they may be. If the medicine to make you better is unpleasant, you still have to swallow it. You will get over the unpleasant taste and live to fight another day.

There will often be times when you have to do things and say things that don't make you happy, but they have to be said and done to move on with your life. It is important to explain to your child, and to yourself, that you have faced up to, and solved, 100% of the unpleasant issues in your life already and survived to tell the tale. The more unpleasant issues you face, the easier they are to handle, and that is what growth is about. You really do grow from your mistakes and your failures, providing you treat them as learning experiences, and the occasional success is your reward.

The pearl in the oyster occurs through the irritation of sand in the oyster shell. Gold has to go through the fiery furnace to make gold blocks of value and man is tried in adversity. Diamond, the hardest substance known to man, arises out of extreme pressure over thousands of years.

Life is never tough, its neutral. It's only you who judges it to be good or bad, tough or easy. As I stated earlier on, one man's garbage is another man's treasure chest of hope and survival.

Teach your children these lessons of understanding and acceptance while you learn them yourself and put them into practice.

You are creating your grandchildren now

However and whatever you are saying verbally and non-verbally to your child now will be soaked up by them like blotting paper and regurgitated by them to their child, your grandchild, in 10 - 30 years' time.

No pressure!!

That is the reality of how intergenerational behaviour is formed by both conscious and unconscious parenting, the latter being the much larger influencer of children.

If you can follow the lessons in this book of unfolding your child, via a spiritual approach to parenting, you can be a conscious or aware parent indelibly creating an equal partnership between your child and you now, as well as your child and their child, your grandchild, in the future.

This equal partnership has its roots in you both being equal souls in Spirit and deciding together the roles you will play in this incarnation on the earth plane of existence. Parenting with your child is the key as its based on mutual respect and understanding.

Even if your child is too young to understand, make it your preference to explain what you say to them verbally, especially about boundaries and the need for listening to you where potential problems or dangers lurk. If this is explained to your child, they will feel that you have offered them respect and understanding and taken

the time to identify and explain the problem or danger areas where they must avoid entering.

This validation process verbally must also follow through via the non-verbal language you exhibit towards your child. Remember that non-verbal communication is usually used much more than verbal communication and children are sensitive, empathetic little people and they pick up on harmony, disharmony, authenticity and inauthenticity among people.

(If you want to know more about non-verbal communications, how you do it and what it means, then check out my free e-book *How to be a Great Negotiator* on PersonalEmpowerment.co. *Inter alia*, the entire body is mapped to identify and signify what each nuance you do means non-verbally to others and, conversely, what others do non-verbally means for you.)

Speak up or shut up or deliberately be silent

There is a time to speak up as there is a time to shut up and also a time to deliberately remain silent. Each has their time and place to be effective when child raising and with fellow adults.

The important thing to bear in mind is whether you are coming from your fear-based ego or your soul-based love.

Coming from your fear-based ego will invariably turn out badly for you. Maybe not immediately but somewhere down the line, your ego outburst will come back to haunt you. Usually, this happens at the most inopportune time and when you are unprepared to defend yourself.

There are times when it feels great to 'let it all out' and berate someone, even your little child. You have had this burning inside of you and like a volcanic eruption you let the other person have it, and you feel good for a moment. After that, unless you are psychologically imbalanced, you start to feel guilty for your overreaction and wish you could take your words back but the 'cat is out of the bag', and the causal effect is yet to play out.

These outbursts often happen when having to wait an inordinate length of time to be served by a Public Official or by a Gatekeeper who controls access to someone important. They are merely doing their job, and we seldom stop to think how they feel about what is occurring in their lives at the time we blurt out our demands expecting them to drop everything because 'I have arrived'!

One can gently, but effectively, voice your opinion to the correct person about the inordinate lengthy delays and enquire whether they are caused by some emergency or other. Equally importantly, you will be entitled to be your authentic self and,

after a reasonable time has elapsed, you have a right to inquire about the waiting time in a calm, but firm, manner.

You are politely standing your ground and inquiring about the length of time before you will be attended to. It will be effective because it is a simple polite inquiry, not a demand with “shotgun in hand”!

If your child is with you, or if you are recounting the day’s events to your family that evening, then your child will learn the correct way to find their tongue and use it appropriately and with the right polite tone to bring the waiting to a head.

However, most times it pays to simply shut up because most people don’t give a damn how long you have been waiting. Their concern is for the bunion on their foot which is hurting them right now or working out how to have enough money at the month end to afford a nice present for their loved ones. For most Gatekeepers and Public Sector Officials, you are an irritant in their lives and its best to keep your mouth shut as they have all the power.

Deliberate silence speaks much louder than words. The pregnant pause of deliberate silence is deafening! There is a lot of power in deliberate silence because the other party or your child cannot answer back when silence is your weapon of choice to deal with the situation. When dealing with your child ensure that the deliberate silence and the power of fear behind it are not dragged on for too long otherwise you will leave indelible scars of fear on your child’s psyche, which will reoccur negatively during their lifetime.

All the time those little eyes and ears are picking up exactly how you behave in the three scenarios above, and they are filed away for their use down the line. Shadows and echoes ring throughout history!

Life is about growth not solely for happiness

Our society today, and especially our youth, have adopted the mantra of instant gratification as opposed to one of planting a seed and watering and maintaining it until it ripens and its produce is ready to be picked. The impatience of youth is aided and abetted by the Internet and social media where there are a plethora of ways to be “thrilled” in every moment. These thrills could be in continually receiving social media information and responses or immediate access to answers that don’t require a thought process. There is a definite benefit in wrestling with a problem to find a solution and so grow mentally through the process. However, usually its simpler accessing Google or Youtube for the answer.

This instant gratification process brings information and maybe even knowledge but not wisdom. Wisdom is gleaned from researching and sifting through alternatives thereby developing a case for selecting the answer you have worked through after comparing it to other potential answers. Wisdom comes from creating a solution whereas an answer is based on information and maybe knowledge.

Giving a man a fish is an answer for today's hungry belly but teaching a man to fish and giving him the wherewithal to do so, is a solution for him to feed himself every day. (I deal with this issue in more detail on page 387 of *How To Live in the Now* found as a free e-book on PersonalEmpowerment.co)

Instant gratification implies instant happiness, but it seldom is so. The bottomless pit of instant happiness has to be fed an increasing diet of instant gratification.

Life is about growing our abilities, capabilities, opportunities, and for those interested in a spiritual path, growing to become more Godlike with every breath we take.

If one assumes that every opportunity presented to you provides you with the choice of growth as an adult and as a spiritual person, then your attitude towards any form of challenge or obstacle can cause you to reframe it. Instead of adopting a victim approach of 'poor me look what life has thrown me now', you have an attitude of 'wow, an opportunity to grow once I have a solution for this issue.'

The opportunity based issue comes from an attitude of abundance whereas the victim attitude comes from an attitude of scarcity. Abundance focuses on win: win and scarcity focus on win: lose.

Life is neutral, and it's our attitude as victor or victim or seeing it as abundance or scarcity, or growth or threat, which colours our approach to life.

A favourite quote of mine from the all-time best golfer in the world, Jack Nicklaus, "*Who said golf is fair?*" can be related to life as well, "who says life is fair?"

I think many people assume that life is fair and they are disappointed if life appears to be mistreating them. However, the 3 billion people living on less than US\$2.50/day can't even contemplate that question as they seek to survive daily. With 80% of the world living on less than \$10/day, the fairness of life is also an academic question.

Acceptance is the more likely approach rather than looking for fairness when approaching life. Hopefully, most parents adopt an attitude of doing the best for their children with whatever resources they have at their disposal.

There are very courageous parents who dedicate themselves to their children who, for whatever reason, require that dedication. These children may be physically, mentally, psychologically or emotionally impaired in some way and the dedication of service to their children's wellbeing, regarding their circumstances, is quite an awe-inspiring event to witness.

The acceptance of these parents to not query why their child has these limitations but to treat the circumstances 'as is' rather than 'what should be' and to adjust their

ambitions to enable their children to have their full attention and resources creates a world of unsung heroes and heroines.

If one has the attitude that whatever happens growth is inevitable then the labelling or judgement of what is good or bad, fair or unfair becomes immaterial.

In this way, we treat life as a dispenser of lessons for growth as human doings and as human beings. I have created this distinction to separate those adults, and those children, who are unconsciously aware of a spiritual journey and named them as human doings and those consciously aware of a spiritual journey named as human beings. There is no other meaning in these distinctions, and neither is either inferior or superior through this distinction.

If we see life as a vehicle for growth, then we are grateful for every opportunity to become the best version of ourselves and, from a spiritual viewpoint, we seek to become more Godlike, with Source/Oneness/ God representing our vision of perfection.

The role of our child then becomes the lubricant for greasing the wheels of our journey through life as we seek that perfection within ourselves to be the best that we can be. Our child becomes our mirror and our motivator. Mutual love between ourselves and our children is the result.

What an amazing opportunity for our children to learn by example as we seek to be the best version of ourselves. They see us striving to do so, failing, falling, picking ourselves up, striving to reach further and eventually reaching a place where we are comfortable to rest for a while and look back and see how far we have come in our quest.

When we decide to go further in our quest, our children realise that they too can follow a similar path as we have cut the bush away to make their path a little easier for them. If they follow us, they are likely to go further than the point we reached as they will have more time on their side than we had. Their children, your grandchildren, should they follow their parents lead, will continue even further along the pathway.

It all starts with an attitude that life is for growth and not solely for happiness.

Life is not meant to be fair. Life is your teacher, your guide, your friend and will show you that sometimes the best thing a friend can do for you is to force you through hardship to discover the best that is within you.

Whose journey is it?

I want you to imagine an aeroplane discharging its few hundred passengers at the airport arrivals section. They all leave the aeroplane, and some have baggage to

collect, and others only have carried on luggage. As they enter the airport building some go to the bathroom, some go to a restaurant or bar, some go to car hire to fetch a car, some wait for their Share Ride driver to arrive, some board a bus, some hail a taxi, some get picked up by friends and family, some have their car in the parking lot while others go to board a connecting flight for another destination. Those using road transport leave the airport via the internal road system, and then they can go in numerous directions to the next place on their travel plans. They didn't board the aeroplane initially with no idea of what was to happen next in their lives once they landed, they had a plan of what they needed to accomplish which initiated boarding the aeroplane in the first place.

So for the journey of childbirth. In Spirit, you developed a game plan for your next incarnation onto the earth plane of existence. This incarnation was decided with your Soul Group as discussed earlier in this book and various intertwined soul contracts were formed enabling all the members of your Soul Group the opportunity to create, and hopefully fulfil, their soul contracts to experience life in a sensuous environment and to grow towards the perfection of Source/Oneness/God.

Each baby is a Soul in a baby's body, and each Soul has its journey mapped out of what it intends to achieve in this lifetime. However, free will is also part of the deal, and a person can decide to sidestep their Soul's journey and go "walkabout" as the Australian Aborigines would call it. This change in plan sets up a whole new ball-game of cause and effect issues and more life journeys for the Soul to encounter through eternity.

The point I am attempting to make is that your child has come with a specific meaning and purpose and if you attempt to channel it your way forcing and manipulating their journey to suit your needs then be assured things won't be calm!

Each Soul must be enabled and allowed to fulfil its mission giving its journey meaning and purpose. As a spiritual parent you have obligations to nurture and encourage your child and to give them the freedom of choice, when they are old enough to do so, to determine how, like the aeroplane passengers, they will find the road they are predetermined to take.

Basically: nurture, develop, encourage, support and get out of the way!

Revised tug of war

Today is August 9, 2017, and in South Africa, it is celebrated as a national public holiday, Women's Day. I have recently returned from a working/social lunch with two partners in a business venture, and they brought their delightful three-year-old daughter to the outdoor restaurant. It's a beautiful winter's day, with a cloudless sky and warm sun around 21 degrees Celsius, so eat your heart out those who have cold winters around the world!

After the business discussions were completed, I talked about writing this book and of some of the topics I had covered to date. Their three-year-old is currently displaying the strong emerging personality which marks the “terrible two’s” and this morning had put on quite a performance of screaming uncontrollably and not wanting to get dressed and being, as we say, 'otherwise'. They are mature, intelligent, people and bring their daughter up correctly but admitted that they were at their wit’s end in knowing how to deal with her and attempting to keep down the noise in consideration of their nearby neighbours.

Although I said this book is not going to be about “how to bring up your child” but rather the principles of a spiritual awareness of parenting, I want to share with you my advice to them.

I call it the “revised tug of war”. In conventional relationships where there is conflict, each party pulls on the rope at either end, and a tug of war ensues until one side pulls the other over the middle line. In the revised model, you simply refuse to pick up your end of the rope and the other party has no resistance and no purpose in pulling their end of the rope.

By removing resistance, you also remove the conflict. In preference to conflict, as in the case of the three-year-old today, my advice was to simply sit on the floor in front of her, without speaking but simply half smiling at her until it becomes fully smiling with her. This action will diffuse the conflict situation by refusing to interact at this tantrum level and, instead become the silent Watcher of the tantrum, without judgement of any kind. Eventually, the 'tornado' will blow itself out, and you will be sitting there, in support and love, with a half smile on your face.

Sometimes even unconditional love cannot replace a hole in one’s soul

At this lunch, we went on to discuss that the only thing you should give your child is love. I explained my simple philosophy to them that God is Love, we are part of God. Therefore all we are is Love, and if we do not feel that Love then what have we put in our way in the form of fear-based ego, that is blocking that Love from shining through us? Identify the ego blockages, remove them and, hey presto, Love shines through you from the Source of such Love. If your child feels that Unconditional Love itself, then it will never need to seek ego-based attachments to substitute for the missing Love.

I recounted to them a story of a very close friend who departed this earth some ten years ago. He was born in the early part of World War 11 and to avoid the continual bombing of London he and his mother were sent into the Scottish countryside to live with his paternal Grandmother. Unfortunately, his mother was a cold and detached person and showed him, little love. His Grandmother was more maternal, and he received some love from her. However, the Scots are a hardy breed and love is not uppermost in their minds as they struggle against the harsh elements for most of the year. My late friend’s father was off fighting for England against the

Nazis of Germany, and he never developed a relationship with his father during the formative seven years I referred to earlier, so prized by the Jesuits in developing one's character. His father returned from the war when my late friend was about 7 or 8 years old, and they went back to a very austere Britain after the war. His father was a tough and uncompromising bank clerk and eventually become a Bank Manager, and he had a drinking problem.

With no love shown to him in the home, he was packed off to boarding school and lived a solitary life. He grew up with a hole in his soul. In time, my friend also turned to alcohol to numb the pain of not feeling any love, and he got married and divorced after his wife gave birth to three children. To my friend's credit, he was an amazing father in between bouts of alcoholism and much later on in his life would travel some 800 miles/1200 km in a round trip every weekend to spend a few hours with his children. He did this for many years.

Having been sober for over 20 years and very active within Alcoholics Anonymous, regrettably the lack of love at the core of his being was triggered by intense therapy training as he sought to become a Therapist. He suffered a relapse back into alcoholism and eventually died from this disease.

On a personal note, his soul is often with me in my dreams, and occasionally I sense his guiding light in my life. I wrote about our friendship in *GuideSpeak.com Book of Life Skills- Our Friendship* -when I visited him in London in 2006. He was sober then and very involved in Alcoholics Anonymous. His desire to become a Therapist was strong, and the next year, during his intense therapy training, he unearthed this gaping hole in his soul from lack of parental love sixty-five years earlier and relapsed back into alcoholism.

I share this story with you to illustrate the long-term impact of not giving love to your child.

I will now share with you *Our Friendship - the Book of Life Skills - GuideSpeak.com* which I wrote for him in 2006.

*We have been fortunate, very fortunate indeed!
We met thirty years ago when we were lonely, and we knew fear.*

*Two lonely people struggling to survive in our individual worlds, the connection was cautious, yet strangely magnetic.
However, soon we sought each other out.
Somehow, our loneliness seemed to disappear when we were near each other.
In desperate times, we found a strength and solace in being together.*

*And so a friendship bond grew in unconditional love and unconditional trust.
Personal intimacies were shared in our vulnerability with each other.
There were no secrets between us.
There were no contracts binding us.*

*What was yours was mine and what was mine was yours.
The voluntary friendship had developed into an involuntary bond of unconditional love and trust.*

Two Souls had connected in a long remembered way from many lifetimes together when friendship was always strong. We used to say; we would take a bullet for each other. Now I know we were comrades in arms many lifetimes ago, we protected each other's backs in battle as we have done once again in this lifetime.

Ours is a friendship that others have admired and some not understood. Our spouses were envious of our closeness, but our children understood.

Your children look to me for fatherly familiarity, guidance, love and friendship and my children sit and talk to you, and you both appear to be like two branches intertwined in intimacy of love and friendship.

The strangest part of our 30-year friendship is that we were only really in each other's sacred space for a few short years, four to begin with and then another four years.

*For over 20 years, oceans and continents have separated us.
In that time, we have seen each other probably five or six times, and yet the bond is even stronger now than ever before.*

As our marriages are dissolving after over 20 and 25 years apiece, we share the experiences in total honesty and vulnerability. We release our spouses in love, and in love of ourselves, for them to go on their journeys.

Why do we not have bitterness and anger as we find ourselves alone again? Because we knew fear when we first met thirty years ago. Now after our spiritual searchings and awakenings we know love.

*We know that God is Love.
That we are Part of God.
That we are Love.
That Love that we have re-membered from our eternity together is the Love we are as we wave our spouses farewell in love, and in love of ourselves.*

*I proudly introduce you to the new love in my life.
My soul-mate that I have yearned for forever.
My soul-mate that I have earned, as a reward for my journey.
This soul-mate has travelled a similar road to find me her soul-mate.*

*I introduce her to you, and a connection is instantaneous.
You both, at Soul level, recognise each other from lifetimes before, and for the moment only I can see it.*

*Soon you both will start to re-member each other.
And so as our hair greys and thins, we start our new lives choosing new career
paths.
Both of us prepared, willing and able to serve others in need.*

We two have known unconditional love and trust for 30 years. We two have connected to the Source of unconditional love and trust. This Source, some know as God, has blessed us to share our bounty with others.

*We two came together lonely and full of fear some 30 years ago.
Now we only know abundance of love and friendship.
The world is waiting for us.
You in your way and I in mine will open our hearts in love as we stand together now, as we have through eternity, in unconditional love and unconditional trust of true friendship.*

Come the world is waiting for us to share this feeling with everyone.

Upon my friend's passing on, this tribute was found among his treasured personal papers.

So I have opened my soul in vulnerability to you, dear Reader, to show you that such unconditional love and unconditional friendship cannot heal a gaping hole in one's soul from the lack of parental love, even after 65 years.

Let us all learn from this lesson that love denied to a child is a death sentence in the making.

The choice to be opened up as a parent

The choice to have a child is usually undertaken with naivety of wanting someone to love and to nurture. There is a lot of ego involved in this choice because you feel that your life is incomplete and a child will complete it. Married couples, as well as couples choosing to live together and not marry, somehow feel that a child will bring them even closer together as a couple, as they mutually love and cherish the fruit of their loins.

I used the term naivety above as these first-time parents have little understanding of what this choice of deciding to have a baby is going to do to their lives and their relationships.

Your life is about to be turned on its head! When the baby arrives your life, as a mother, and I assume as an involved father, is now going to be at the whim of this 3kg/6.5 pound baby's needs - 24/7. Sleep, as you know it, is gone. Exhaustion becomes your middle name, as you are on duty 24/7. Sex becomes a distant memory.

Cleanliness of your home takes a back seat. Socialising with friends goes out the window. Your whole life is focused on every breath, cough, belch, nappy change, feeding, sleeping/not sleeping moment. If your child has colic or is crying a lot, your nerves are stretched thin, and the lack of sleep and exhaustion takes its toll on your relationship with your spouse/partner, as well as with the rest of your life that you had before your baby arrived.

Your new life as a parent is normal and what you are experiencing on a practical day-to-day level is being replicated in many homes across the world when young babies enter, especially as the first child in a home. You are stretched to your limits because, firstly, it's your first child, and the newness and uncertainty weigh heavily upon you, and, secondly, you are trying to build the love for your child, but their incessant crying is not making them easy to shower with unconditional love. At this stage, you will settle for silence and lots of sleep and let the love come later!

When it's three a.m., and you haven't slept for days, and the baby's colic is in full vocal range and your spouse/partner has an important meeting the next morning at work, you sit back and wonder- why was it we wanted a child?

Of course, there are those perfect babies who eat and sleep and are a pleasure to have around as your love develops daily. Yeah right! And don't those parents get on your nerves as they recount how their perfect baby is so adorable!!

Welcome to the real world! You now have a choice. Either you grit your teeth and get through this difficult time as your baby cries its way to its first birthday, or you adopt a philosophical, and preferably a spiritual approach, and see how this baby is changing you for the better as a human being.

Even though the baby is so tiny and apparently helpless, its psychological radar becomes attuned to the security it feels and the physical comfort it receives. Usually, calm and loving parents create a soothing environment for the child, and it feels that calmness and responds accordingly. But not always! Conversely, highly strung mothers and even nervous and edgy fathers create an emotional disturbance at a psychological level as well as at a physical comfort level of the baby. If the baby is breastfed, it will imbibe the mother's milk including all the chemicals released through anxiety and stress.

If the baby is bottle fed, it imbibes any anxiety and uncertainty of its parents and will usually react accordingly in an anxious and unsettled manner.

The parenting approach must be to provide as much physical comfort and psychological well-being to the baby enabling it to feel trust outside of itself and start building a sense of security.

The ideal baby's feelings, which are both soul and mind based feelings, is for knowing the bond of unison or oneness with its parent/s and their closeness and togetherness physically.

There are subtle, and not so subtle ways, that we influence our babies and its usually in our response and attitude to life as its happening around the baby. How the parents treat each other with love or without love ; how one or both parents enjoy themselves and laugh easily around the baby; how the parent/s deal with everyday issues with a smile on their face or looking harassed by life; what happens when disagreements arise and the temper flaring or calmness that these issues are resolved or dealt with; how fear, greed, envy and other negative traits are dealt with between the parents and by each parent; even how challenges are met either with an attitude of abundance or with an attitude of scarcity. The bottom line is how ego and soul are evidenced and portrayed in the parental relationship as to fear or love. The baby soaks all this up, and its character and personality are being shaped while all this takes place around it.

These parenting approaches lay the foundation for the parent/child relationship, usually for a long time into the future.

What the baby is doing is also opening up the parent's awareness or consciousness. By providing the vehicle for love via the parent's responses to their child, the parent is moving away from self-centredness and ego-based selfishness toward sharing, giving, loving, serving, nurturing in a synergistic way of growth, and maybe better termed as a symbiotic merging of minds, bodies and souls.

The ideal time to forge these symbiotic bonds is when the baby is totally dependent on its loving parent/s. This lays the foundation stones for a long and happy parent/child relationship evolving.

On a personal note, I was a doting, loving father, especially to Michael, our firstborn son. I found that when Jonathan arrived four years later his first call in the mornings was for Michael, his brother, and I didn't have the same one-on-one time with Jonathan that I had with Michael, as an only child at the time. I am sure this is commonplace in most multi-sibling homes. However, Jonathan was a much more relaxed and calmer child because he had the love and support of his two loving parents as well as his older brother, who he called "Mikey Hero"!

Your baby will have you run through the entire gamut of human emotions frequently, if not daily. You will know the amazing bliss of unconditional love and the depths of despair as you stand helplessly by unable to understand why they are crying so uncontrollably, and all the emotions in-between these two extremes. You will be opened up like a can of tuna with every nerve ending jangling as you experience this range of emotions on a continual basis.

Your contemporaries in the workplace who remain childless for now consider their range of emotions to go from happy to sad while yours go from exultation to despair, usually in the same hour!

You are being broken open emotionally to allow the Light and Love of your soul and your baby's soul to enter into you making you a much more loving, compassionate, empathetic, kind and considerate person than you were before.

What is happening now is the focal point of your life

When you were an ego-based childless person, your mind went to hopes and fears based on projecting your mind into the future and thinking of your past.

Your only point of power is in the present moment of now as this is the only place/space that God occupies, as Love and Light occupy, as you as a soul occupy. Your ego-based mind is in the past or the future.

Your baby only operates in the present moment of now and has no thoughts or desires about the past or the future. What is happening now is all that exists in their life. Oh, how we can learn from them to stay conscious of only this now moment.

If we could simply be authentic and focused in the now with our baby's needs as our primary focus, then we can learn to drop our ego and become loving, selfless, considerate, caring people. And is that so bad?

Our eye contact and correct tone of voice are what our baby will be watching to see if it feels safe and sound, psychologically, emotionally and physically in this moment of now.

Parents often berate themselves because occasionally their guard is dropped and they act in an ego-based selfish way, as they did before the birth of their child. Cut yourself some slack here. No one is perfect and if you make an error, laugh about it, so that your baby picks up that it's ok to mess up from time to time, laugh about it and then go about fixing the problem with a smile on your face. We are not Super Heroes, we are mere mortals, and we have limitations on our patience, abilities and endurance. We learn humility when we reach these limitations and become grateful for all we have and are capable of doing. At a subtle, subconscious level, your child is picking up all these points of yours to create their foundation of belief, behaviour and attitude towards life. You are their major influencer and will continue to be so for some years to come.

There are times when our child makes us see the correct perspective in life. There was a time when a corner office, a luxury car, a large expense account and flying to meetings in the corporate jet were the epitome of success.

Now a smile from your baby after a bad bout of 'running tummy'; is the equivalent of the sun shining through on a bleak winter's day. Your baby's gurgle of happiness is invaluable to keep in your mind. These emotional feelings of happiness far outweigh the trappings of 'so called' success in the material world.

I have a good friend who lives in Switzerland. He is a global businessman and has travelled to over 100 countries and usually lives 'the high life'. He was a self-centred bachelor, and in his early fifties, he had his first child. To see the 180-degree change he went through to become an obsessive loving father was an amazing transformation. Instead of regaling me with his business and travel stories whenever we spoke or met, now his daughters are the only topic of conversation.

He admitted to me that he would rather stay at home with his daughters and play with them then get on another aeroplane for a business trip.

We tend to overlook most things as we take so much for granted. Speed has replaced vision as we blurringly cast our eyes over so much that we miss the important bits. The fascination of a baby watching the sunlight coming through the window and making a pattern on the floor. The slowness of their sight and vision, due to their lack of mobility as a baby, makes every insignificant thing so significant. We can learn a lot by taking things much slower and keep the rhythm at a pace where we do not overlook anything your baby deems important. A leaf on the ground will give hours of enjoyment as your baby explores every vein within the leaf.

It's in these moments of now that we can access our Higher Self and connect to the Source of All That Is.

We walk sightless among the miracles in our daily life, and our baby will open our eyes to some of these miracles.

Terrible two's and the emergence of individuals dressed in toddlers clothes

Your baby has become so cute as it first sits up, then learns to crawl around six months to nine months and around nine to eighteen months they wobbly find their feet and get their balance, and then they are off!

At around 24 months they start to develop their independence, and now your patience as a parent is about to be tested to the limits.

Your beautiful, cute baby may become the moodiest, irrational, difficult, stubborn, independent, then clingy and then independent again, volatile, inconsolable, persistent and ignoring little person. As they find their independence, they are torn emotionally between what they want to do and what they are capable of doing, and they become highly frustrated most of the time. They haven't learnt to temper any expectations with realism so everything is 'shooting the lights out' and then falling short and getting annoyed at their inability to do with their mind and body what their imagination tells them they can achieve.

This bundle of frustration is not easy to be around, and parents who manage to smile their way through the terrible two's and beyond and still unconditionally love their child deserve a medal for bravery!

The child needs to conquer new territories but still requires to be hugged and nurtured, and they could swing these needs around within seconds. As a parent, you simply have to walk around with a half smile and be available 24/7 as their moods swing from one extreme to another as they struggle within to find their way inde-

pendently. The toddler asserts this need without thought of hurting anyone or anything as these areas of compassion and empathy, have not, as yet, been a learnt response from the child.

Like a construction site, raising a toddler becomes a “hard hat” territory.

The dichotomy of these swaying emotions come from the feeling of wanting independence but still needing support from their parent/s. As a parent, learning to let go but still being around is probably one way of finding some middle ground on a daily basis.

What is important from a parenting awareness viewpoint is to give them enough room to grow by themselves without any undue “mollycoddling” and over protectiveness but at the same time watching out they don’t harm themselves in some way. It’s a high wire trapeze act of note for the parent/s.

The child could become abusive to the parent/s as well as to other siblings and even to friends and strangers. A child has to be taught boundaries and containment in a way that doesn’t unduly dampen their behaviour but enhances it. What is important is that the toddler continually feels the love of their parent/s immaterial to what they get up to.

I remember a Mad Magazine from the 1960’s; I think it was, where a father brings a son an expensive toy in a big box with Christmas wrapping. The toddler tears open the wrapping and empty’s out the big box and then promptly returns to sit in the big box, now devoid of toys, and pretends to ride in it as if driving a car. At this age, they need the freedom to ‘colour way outside the lines’ and to be as creative as possible. There are no limits to their imagination, creativity and spontaneity and you must not impose any. This curiosity, wonder and awe at the way things work are both childlike and necessary to break human-made barriers of limitations.

There is no growth, or very little, in the known world and for parents to be involved with their toddlers they must embrace the unknown world in surrender, vulnerability, openness and trust. Their toddlers will take them to this unknown world and parents must have trust to let them enter, on their own, until they ask for help. This parenting approach has the effect of parents becoming more authentic and trusting of their child and has long-term positive benefits for their child as it grows older and more confident to tackle the world head-on.

There is a lot of learning for parents to do emanating from bringing up a well-adjusted 2-3-year-old. These aware parents learn their freedom as they ‘let Go and let God in’ to their child’s life to watch over them and protect them from harm. Initially, learning that each child comes as their own person and a cookie- cutting approach to child-rearing is not going to make it.

Finding our authentic voice as parents, having inner integrity and attempting to ensure that our toddler hears and follows our examples is the best we can do as we allow our child to unfold with as much unconditional love as we can give them.

It is up to us to create a fine balance between giving a child this freedom and to create boundaries for them of acceptable behaviour. They can be rewarded for good behaviour, that is behaviour that is socially acceptable regarding the societal norms. Being praised for doing the right thing sets up a boundary on the good side of the map of their lives. The trickier part is how to find this fine balance between encouraging them to be creative and expansive and not allowing them to misbehave, that is behaviour that is socially unacceptable regarding the societal norms. How to identify for them what is not acceptable and how to ensure that they understand, especially if their vocabulary is still limited.

Using the word “NO” is probably the first time that their behaviour as a child has been criticised and they feel the emotional rejection of that harsh tone, even though they may not understand what “no” is and what it pertains to. Any form of rejection or strong discipline may stop them in their tracks now but will be an emotional wound within their psyche and will reoccur later on in their upbringing or even when they are adults.

Personally, I found that when my sons had a tantrum, I would not react negatively but would attempt to hold them to me to calm them down. If they fought that move by me, I would sit on the floor, so I was around their height while they were standing and I would wear a half smile and be silent as they ranted and raved. My silence and non-reaction usually brought the tantrum to a close fairly quickly and then my arms were opened so they could sob against my chest and feel my physical and emotional support.

To be quite honest, my sons didn't have many tantrums, and if I spoke to them, it would always be in a calm and softly spoken voice so as not to inflame them even more. I found that the unconditional love I showed them then, and even now, with them being 28 and 24 years old, allowed them to have respect for me as well as admiration for who I am and how I conduct myself with them and with others. We share unconditional love as best as we can and often if we are watching sport or something else on TV together, they put out their hands for me to hold while we watch. It comes from them and not from me as I make as few demands upon them as possible. They choose to spend time with me and to contact me during the day if I am away from home where we all live and work together. They bring their friends home if they need some parental advice or help with their careers or their relationship issues and I am also a business mentor to a number of their friends.

I know I haven't answered the most difficult question of how to set boundaries without saying NO and impacting negatively via emotional wounds within their psyche. I have preferred to attempt to show you my style of child-rearing based on mutual respect, admiration and unconditional love and then they set their own boundaries to ensure we live a harmonious life.

For example, I don't allow them to swear in front of me, and I don't swear in front of them. When their friends are at our home and being young men they swear as a form of bravado, my sons say, "keep the swearing down, my Dad is here".

Each parent is going to have to find their form of persuasion to determine boundaries, especially at the baby and toddler stages and don't be afraid to draw a line in the sand and say 'this far and no further'. Explain that crossing that line will have negative impacts on their lives. That metaphorical line in the sand is for their good and their safety and explain that it is your job as a parent to keep them away from harming themselves or others. You must emphasise that you are doing this out of love for them and that one day when they are older, they will understand this better.

By treating your child with appreciation, admiration, respect, kindness, consideration, courtesy and as much unconditional love as you can, they will respond with the same attributes to you. In this way, boundaries are willingly set without any rules, regulations and disciplinary steps having to be enforced. Love encompasses such willingness for your child to be the best person they can be because you have set the example for them through your thoughts, words and actions towards them and others.

The bottom line, as with all of life, is you can come from fear or love, from ego or soul, in rearing your child. Ego and fear will create some desired results but will carry in its wake the effect of emotional wounds in the psyche of your children, which will materially negatively affect them, you and your potential grandchildren.

Coming from soul with love is the solution, and your journey is how to do that as a parent.

To assist you as an aware parent I have written some 17 books published for free as e-books on PersonalEmpowerment.co and [www. GuideSpeak.com](http://www.GuideSpeak.com), and I have a FaceBook page www.facebook.com/PathtoPersonalEmpowerment where we post three uplifting/inspirational posts a day. At the time of writing this in September 2017, we have over 800 000 Followers on FaceBook, and this grows organically by around 60 000 new Followers a month. My books are promoted as free e-book downloads on this FaceBook page and in early 2018 I am setting up a free Spirit Wellness Centre in Mauritius.

By providing you, as a parent, with free access to this knowledge base I am hoping it will assist you in learning how to come from soul with love towards your child as well as towards yourself and all those you interact with daily.

I believe that the world will become a better place with you and your child in it.

Hi Ho it's off to big school we go

An uncle of mine, who was a medical practitioner for nearly 60 years, once said to me that your child is yours to influence until around seven years old. At that point, he goes to school, and his friends take over as influencers in their lives. “Tommy said this and Tommy said that” and there is a new Sheriff in Town!

Whatever foundation you have placed under your child during the formative first seven years should determine the way they grow away from you and towards their peers at school.

It's far from one-way traffic as they switch from needing you for emotional support and then pushing you away when they feel more secure and then back to you and so on. This to and fro movement continues as they find their feet in the school environment.

You must respect that this is a natural progression and encourage their independence. If you selfishly make them more dependent on you as you feel rejected by them, then you are making a rod for your own back later on as they never learn to become independent of you.

The socialisation that occurs at school, the authority of the teachers imposing discipline as well as the structure of the school day all aid and abet their learning process and help form their identity outside of their home environment. As a loving and aware parent you must be watchful and at the same time ‘hands off’ as they find their feet in this changing landscape.

This is usually a time of uncertainty for them as their little brains attempt to cope with acceptance and rejection; certainty and uncertainty; the need for your support and the need for their independence; the ability to do certain tasks and the inability, as yet, to do other tasks; the frustration they feel from time to time and the happiness they exhibit from time to time.

Throughout this process, it is important that you are underpinning them with the virtues that will assist them throughout their lives. Some examples:

- integrity- knowing the difference between what is right and what is wrong;
- respect- for themselves, their parents, their teachers and their friends;
- dependability- to be able to be relied upon to do what they say they will do;
- understanding- to be compassionate, empathetic and supportive of their friends and family;
- generosity- to share what they have with others;
- focus - to be able to complete what they start doing without getting too distracted ;
- awareness - that they are operating in an environment with others, and that other people also have emotions and feelings too.

Those hormonal years!

Just when you thought it was safe to go back into the water.... (with apologies to Jaws!)

So you and your child are doing great as they get through the first five years or so of school. They are increasingly separating from you and attaching themselves to their friends.

Then something strange begins to happen to their bodies as their hormones begin to emerge and take centre stage in their lives. Not only does their body shape begin to change but their minds go out of whack too!

They are a half boy, and half man or a half girl and half woman and their minds can't adjust to these changing roles. They hit turmoil at a fast speed, and you wonder who this stranger is living in the bedroom next to you? They become insecure as they are having a hard time adjusting to their physical changes via their intellect and their emotions rage with their hormones. You become too scared to look at them as they blame you for even looking at them 'that way'. You feel like you have to walk on eggshells in your own home and the expression 'cat on a hot tin roof' is fully understood by you now!

This is where the awareness and maturity of being a parent are called into being. You can't take anything they say personally. You can only be there in a supportive role and willing and able to answer their questions but only once they ask you for it. This is the silent partner routine for a while as they swing from one extreme to another, both emotionally and hormonally. It is painful as a parent to watch them torment themselves as they try and find their new identity that their changing bodies, hormones, emotions and minds are forcing them to confront.

They still feel like children some of the time, but their peer group and their need to fit in propels them to be more adult than they want to be. This yanking around is very unsettling for them and it's best to give them as much room as possible to attempt to find themselves.

Coming from a real estate economic background as I do, this is the time that the parents, usually aged in their forties, decide it's time to get a bigger home so that they can have some physical distance from their teenagers!

Your role as the silent spiritual partner is one of being there supportively for your child and for them to know how much you care. No fixing, no solutions provided, definitely no advice unless asked for and then keep your advice short and sweet. They don't have the patience to listen to long stories with a moral at the end. They are part of the 'Instant Gratitude' generation. They want it, and they want it now, and they want to show it off on social media like yesterday!

Providing you laid down the correct foundation stones as outlined above, they should come out of this ego-dominated, self-absorbed fog towards the end of high school.

High school brings in its wake the need to be accepted by one group or another. This becomes a potentially dangerous time for those children without strong parental support and foundation stones that have not been laid correctly from birth.

Children struggling at school may decide that the life of crime has an allure to it and, after all, there is no homework in jail! When you understand that 67% of males in jail and prison in the USA didn't finish high school, the correlation between not doing your homework and eventually dropping out of school and ending up in prison or jail is statistically high.

If, as an aware parent, you did your job and raised your child with love and support, teaching them the values we discussed above as their foundation stones, then the emerging adult today should have sufficient brains, attitude and self-confidence to not take the criminal fork on the road but to put them onto the road of the "straight and narrow".

Providing you are not regularly visiting your child in jail, then the role of your acceptance of them must continue to reinforce that their foundation's stones are well placed. Sure they are going to make mistakes, but if they can see these mistakes as learning experiences, then they will grow towards the Light and have their head screwed on tight.

If you have brought your child up with the right moral code, then they can always find North and come running home to you if the going gets too rough for them with other lesser mortals. The well brought up child knows that you trust them to do the correct thing and they trust you to leave them alone and let them make their mistakes and clean up their mess. These children know that you are there and they have your number. Now stay away from them, please, and allow them to find their own sturdy feet on the dance floor of their life. They will call you as, when and if, they need you, but your job is to give them roots and wings, and we are now at that wings part.

Why did I want to become a parent?

There are many times when struggling with raising children; balancing an ever demanding financial budget; looking like hell with unwashed hair and worry lines on our faces; trying to keep a job or career afloat; rushing to the emergency room at 11 p. m. as our child has emulated Spiderman sans the instant web; and all the time hoping to have a fulfilling sex life one day soon; that we look at our reflection and see a stranger looking back at us.

If you happen to bump into a friend who decided to stay single and they have a fulfilling career and look like they have stepped out of a fashion magazine, you wonder why did I want to become a parent?

Having reached the age of 65 and been career orientated and family orientated I can look back with a perspective denied to many. My friends who decided to remain single, travel the world, play golf whenever it suits them, drive sports cars and usually date ever younger women, but they usually have a hole in their soul that nothing can fill.

I even have one friend who lived this bachelor lifestyle and who decided at age 60 that he needed 'an heir to his throne'. He made a commercial arrangement with an attractive lady friend, and she carried his child to full term, gave birth, received her promised money and he was now the proud owner of a baby boy without a mother. This child has become a nightmare and the father, too scared to lose any love the child may have for him, spoils him rotten and discipline has gone out of the window. So that experiment didn't work, and there are going to be some negatively affected people that will, unfortunately, interact with this child as he grows up.

The hole in the soul of a deliberately chosen single person is usually accompanied with a selfish, self-centred, egotistical person who is so preoccupied with the minutiae of their splendid existence that they become boring company and feel the loss of not having a child of their own.

As a single person, you focus on '2 get and 2 give' while as a married person, and as a parent, you focus on '4 get, and 4 give'!

As I age, I am beginning to realise that children are the necessary steps one has to take to enjoy the real dividend of life- grandchildren that you can spoil and then hand back to their parents to deal with the aftermath of the spoiling treats!

I am very close to a nephew in Australia and, for various reasons, I am the only 'grandfather' figure around for these two delightful children. I love being with them and can't wait for my own grandchildren to emerge in due course.

The decision and choice to become a parent have more to do with spiritual evolution, emotional growth and psychological maturity than most would care to admit. Our child grows us up as much as we grow them up.

In the case of marriage, you place your heart into someone else's keeping, and if it doesn't work out, you take your heart back with a few bruises and bumps. In the case of having a child, you move from one person to become two people with two hearts beating within you as a mother, and the anticipated joy of a father listening to both heartbeats.

You transform yourself into a whole new being. You move from finding a love you never knew existed, unconditional love, to feeling every emotion that your child

feels, no matter what their age. There are times when you have your heart wrenched out from within you when things go wrong in your relationship with them or their lives, to sublime bliss when they achieve or excel at something meaningful in their lives or when you feel the unconditional love from them or to them. The responsibility of being a parent stays with you no matter what may happen in your marriage or relationship. You are always a mother or a father from the moment of conception until you pass on from this physical plane of existence.

You die to your old self, and you create a new identity when you become a parent, and for some this transition is unexpected and a difficult adjustment to make. You are now Tommy's Mother or Tommy's Dad, no matter if you have a PhD in Nuclear Physics or are the CEO of a Fortune 500 Company. If you watch a child in the company of a famous person they don't care what the other person's reputation is to the outside world; the child only knows if they feel fear or love from this person.

The way to go as a parent is to embrace the transformation of your new self as it expands you to become more human, increasing your understanding of the virtues of goodness, kindness, courage, compassion, empathy, respect and generosity. Most importantly, opening you up to knowing unconditional love for another and yourself, if you are so fortunate to experience this unconditional self-love.

Now, do you feel better for choosing this life choice of parenthood?

Slow down and smell the nappies!

As a parent, we have a full load for the day ahead. Our to-do list runs over the page, and we are in a hurry to get going.

"Mommy, I can't find my dolly" is the last sentence you needed to hear right now. Exasperated, you fume to yourself, as you climb the stairs to play 'hunt for my dolly'.

Let's take a step back and review this scenario. It can go either of two ways: Lots of screaming and shouting from you at your daughter as you are running late and your boss has shouted at you twice this week for being late. Your daughter gets distraught and starts crying uncontrollably because not only is her security blanket of her dolly missing but now the person she loves most in the world is screaming at her for losing her dolly. What you might call a double whammy!

Eventually, the dolly is found but your blood pressure is rising, and your daughter is screaming and crying. And for what may I ask? Because you are frightened that your boss may shout at you again or even threaten to fire you from your job. Really, and that is worth shooting up your blood pressure and causing your daughter to have a gaping emotional wound in her psyche forever?

Perhaps it's time to sit down with your boss and explain that as a mother you may be late for work from time to time but that you will make up the time when you are late. Furthermore, you want to let him, or her, know that having you on their staff as a great employee comes at this cost of probably being late from time to time. If your boss is unreasonable about this approach, then I would look for a new job now because something else will come up and they will abuse you as an employee. When you go for your next job interview, ensure that you can be late on occasion and work in the time later to avoid a repetition of the 'hunt the dolly' saga.

It's time to realise that the meaning of time to you and the meaning of time to your child are two different things. You are under pressure time-wise, and your child has all the time in the world. The child will do things at their pace. Efficiency isn't the name of the game that they are playing! Unless you want to turn yourself into a nervous wreck, I suggest you adjust your timing to your child's pace and learn to smell the roses, or nappies, as the case may be!

Enjoy every moment with your child and don't be "Greenwich Mean Time" but make an adventure of every outing and that night at bedtime relive those happy memories again. So now you have learnt and taught your child that you could have twice as much fun because you took your time and relived the adventure that night as well.

The saying "tide and time waiteth for no man" specifically says man and not child!!

Be patient, plan your day accordingly and while you may get through fewer items on your to-do list you will thoroughly enjoy each moment together with your child. When it's time to be sitting on your verandah in your golden years, you will remember the adventures with your child and have long forgotten your to-do list that remained incomplete for that day.

In doing this, you will then learn that a clever parent solves a problem, whereas a wise parent, avoids the problem in the first place!

Silence is beyond golden

If I can offer only two things to you to become a wise parent it would be:

(1) Always stay in the Now when dealing with your child- don't discuss what happened in the past and don't project into the future, simply deal with what is occurring now in their lives.

(2) Whenever possible remain silent and listen to them, but preferably remain silent with them. If you two can be in a room together and remain silent consciously, the silence will enable this Now moment to open up both of your souls, which are Love as their essence, to connect with each other.

This Now moment is the space between the past and the future and is embellished with Unconditional Love.

When a mother is breastfeeding her child, and they are silent together, bonding occurs and the bliss of this moment is remembered by both mother and child. Those fathers who get up for the early morning bottle feed also get a glimpse of this bliss, if it's done in silence and stillness.

As your child grows from a baby to a toddler, to going to big school, to the puberty years and onto the last few years of school, try and find any and every opportunity to sit together in silence, and stillness, if not lie down together in such silence and stillness.

As an aware and wise parent, in doing this, you will avoid many a problem that may plague other parents and their children as the words they use to each other may create friction, whereas silence and stillness enable unconditional love to emerge and merge your two souls.

With words, your egos' speak, but in silence and stillness your souls speak to each other, and their only language is unconditional love.

Absent parents create absent children

It is not uncommon for a child to have a parent and feel that they are absent from their lives; emotionally, psychologically and spiritually absent, but not physically absent. They are in the room with them, or in the home with them, but they are absent in their attention, care and concern for their child.

There are many relationships where people who are together but one feels so alone, due to the neglect of the other party to their needs and wants. Usually, the affected party also shuts down emotionally and physically, and a barren relationship is created and ignored. They live together like two railroad tracks never connecting.

The problem in child raising, regarding such absenteeism of their parent/s, is that the child doesn't feel whole or complete but rather sees themselves as emotionally and psychologically incomplete. They are likely to spend their life looking for someone to complete them and to make them feel whole. In many instances, people enter relationships looking for their emotionally missing father or mother within the other person in the relationship with them. This is fraught with problems as the other party is likely to behave similarly to their absentee parent/s and potentially replicate their behaviour, further worsening this feeling of worthlessness based on emotional neglect.

The truth is that only you can complete yourself, not attempt to enable someone else to do it for you. The reason is quite simple, if the other person you are reliant upon to complete you, withdraws their emotional attention in one or many forms,

you are back where you started feeling an incomplete person. You can't rely on someone else to complete you, you have to complete yourself, and this is the journey of your lifetime. Seeking approval from others is a recipe for disaster. You need self-approval, which comes from doing and being the person you need to be to feel whole.

From self-approval comes self-like and from self-like comes self-respect and from self-respect comes self-admiration and from self-admiration comes self-love and, if you are fortunate to follow a spiritual path, you may develop unconditional self-love.

The search by the child/now adult who feels incomplete is usually not a pretty one at all. They go down some dark and dangerous roads. Trading sex for attention; substance abuse and addiction are two easily spotted avenues of these incomplete children, now adults when looking for the solution in all the wrong places. The 'usual suspects' of various addictions are tried. One that is not usually on the list is workaholics seeking recognition for their work and abilities, which recognition was not given by one or both parents when they were growing up. In our crazy, materialistic world, we admire and honour the person burning the midnight oil, but we neglect to see the time they are absent as a parent to usually very needy children. Throwing money and materialism at their emotionally needy children creates one of the scenarios for the two easily spotted avenues of trading sex and addictions referred to above.

There are many reasons for this parental neglect, such as parents so preoccupied with their own lives, and, especially those so preoccupied with their hurt and neglect that they feign illness for attention.

Where one or both parents are suffering from one or more addictions, the child becomes the parent in supporting an adult when they desperately need support themselves.

There are also the not so obvious reasons for neglect, such as, one child requires special attention for reasons of illness, physical, mental or emotional problems and the other children are neglected and made to feel that they must help their suffering sibling as well. Not only are their needs and wants neglected but they must find the time and space to offer support to another when their emotional well is dry.

There are a lot of walking wounded children out there pretending to be well-adjusted adults. Getting involved in an adult relationship is usually the petri dish where these unattended child-related problem areas are grown like bacteria. Put two emotionally neglected children together, and the petri dish overflows with the bacteria of past hurts and ego damaged wounds.

Now you have two children, masquerading as adults in a relationship, both crying out to be given attention denied them at such a young age. Should they have one or more children then this emotional void they may all feel could be severely damaging to their offspring as well.

Well, unless you are a Saint, this continual and incessant demand to give attention to another is going to wear you down after a while. Your resentment will start building as you somehow feel like you have moved back home to your first family's home and mom or dad, or both, cry out for your attention, or your new relationship partner simply ignores you like your mom or dad or both. Either way, this is not what you wanted from this new relationship.

So its 'moving truck time' again and again until the penny drops that the only person going to give you attention, admiration, like, respect, unconditional acceptance and love- is you.

This book is a spiritual approach to raising children, and this means that the parents, or the parents-to-be, who are reading this book, are already a cut above the rest of the parents out there. These parents, or parents in embryo, must first and foremost be consciously aware, and not unconsciously oblivious, to the role, responsibility and effort required to nurture and grow a child into a responsible, nurturing parent themselves one day.

In a sense, I am preaching to the converted, but hopefully, you can become living examples to yourselves, your children, your family and friends of how a responsible, consciously aware parent grows and nurtures their child via a spiritual approach to child raising. By consciously unfolding your child and not moulding them in the fashion prescribed by an authoritarian parent, or even a neglectful parent, your child should become someone they, and you, are proud of as human beings.

Some of the many ways to damage your child

There are many ways of damaging a child in their formative years and inattention is only one of the ways.

Always busy

The 'always busy parent' who usually places their business, clients, customers, patients, golf partners, bridge partners, etc. above their child's needs. I believe that a child would rather have the attention of their parent in preference to a 'guilt package' of money spent on them by their parent.

Most parents are involved in their child's life until around the age of 12 years old when the child usually turns to their peers for companionship and camaraderie. Consciously aware parents gently step aside and watch over their teenage children as they spread their wings aided and abetted by puberty. A consciously aware parent will be ever watchful that their teenager is not forgetting their foundation stones, referred to above, and is not doing anything that will be harmful to themselves and others.

There are only some 4 500 days from the time your child is born to the time they become teenagers. Precious little time to install the correct values and principles as

foundation stones that they can use to guide themselves as they find their wings and fly away from the nest.

Perhaps buying a large jar and placing 4 500 marbles in the jar and taking one out each night before going to bed will make this short passage of time seem finite and real for you as a parent. These precious 4 500 days and nights is all you will have in nurturing your child in a spiritual way to be kind; considerate; courageous; having inner integrity; to be responsible; to be authentic; self-disciplined; focused; developing their self-acceptance, self-esteem and self-love and so on. This spiritual parenting approach will also be the foundation stones that they will willingly want to return to from time to time to refresh your authentic relationship with them.

Superior and inferior

People are usually not born superior or inferior to the baby in the hospital cot next to them. This feeling of being either superior or inferior is a homegrown recipe, usually not a pleasant one at that!

The many ways that a parent judges a child; set them unrealistic targets to achieve; betrays them in some manner; belittles them, privately or, even worse, publicly makes them feel that they are disappointing their parent in some way, all add to the feeling of inferiority of an indelible impressionable child. A child made to feel insufficient acceptance by their parent/s is damaged very deeply. This child is usually seeking unconditional acceptance of who they are, and they are being rejected by the very people who should be showering them with unconditional love. Unsurprisingly these children create mental images of themselves, and this manifests as either superiority or inferiority complexes and poisons their relationships in their life with all in their orbit.

Bad behaviour sets an example

I used to take my sons to their weekly soccer games, and I would stand on the sidelines, or sit in the stands, simply encouraging them and their teammates. Praising them if they won or drew the match and sympathising with them if they lost. One thing I always insisted on after the game was that they shook hands with each player of the opposing team and that they thanked the referee for the game. Invariably we would have a practice session after the match, practising anything they felt they could improve upon. This was always their choice and, having been a keen soccer player in my day, I was always available to help them and their teammates improve after their matches.

The attitude of some fathers and mothers at these matches was atrocious as they would come from their ego and any mistake that their child made would be screamed at them from the sidelines. Any positive moves their child made would be turned into their parent's doing.

There were occasions when a parent would interfere with the referee, or with another parent from the opposition team, and mayhem would result.

I once asked my sons if they could hear anything that was said from the stands or the sidelines and they said not much, but the cheering them on was motivational for them.

The children of those parents who were thrown out of the grounds for bad behaviour was one of huge embarrassment to these impressionable 6- 12-year-olds. For a child to be embarrassed by their parent's words and actions is doubling the disappointment for them as they feel the embarrassment of their parent's fault and the embarrassment that they are equally at fault as is their parent.

Worship of materialism and money

The worship of material success and the need for money creates a false god in a home and creates the roots of possible impending financial deprivation in the first family or the second family.

In the asset wealth business the term "shirtsleeves to shirtsleeves in three generations" is in common usage. What this means, is that usually from immigrant parents who scrimp and save every cent they can to educate their children so they can have a good, if not great, standard of living. The second generation usually expands the wealth and start enjoying the fruits of their labour and their parent's labour. The third generation coming from wealth, take money for granted and spend lavishly without considering further developing the family's wealth because all their needs are met by over-indulgent parents who prefer to spend their time living the 'high life' than attending to their children real needs. And so when the money is carelessly wasted by the third generation, the fourth generation begin the process all over again in building the wealth by scrimping and saving and no one learns from the past, and so they are doomed to repeat the cycle again and again.

My parents were financially supported by me in their later years, and I have brought my sons up being conscious of the value of things as well as the cost of things. I have told them that I would provide an education for them of their choosing, facilitate them in a business of their making and assist them in making it financially successful, as, when and if, they want that help from me.

I have always had the belief that whatever money I have made is not mine but is God's, I am simply looking after it for God.

Soon all my assets will be in a Foundation and should the Trust Company running the Foundation in my absence deem that my sons require financial assistance, for any reason whatsoever, it will be provided at a realistic level. The remainder of the Foundation's wealth will be dedicated to a bursary fund providing tertiary education bursaries for people from underprivileged backgrounds. So far, my sons are keen to perpetuate that legacy in their lifetime too, but it will always be their choice to do

what they like with the money they earn. Hopefully, we can break the cycle of “shirtsleeves to shirtsleeves in three generations”.

Unauthentic and phoney to fit in

Another well-used way to damage a child is for a parent to be unauthentic and phoney. This can be done in numerous ways, but the desire to fit into a group could see a parent twisting themselves and becoming a person unrecognisable by their child. The child sees that it's acceptable to become someone else to fit in and they feel dislocated as the parent they know is now purporting to be someone else. These parents become people-pleasers seeking approval of others instead of being authentic people even if that means being alone.

The child sees that the parent does not value who they are as much as they value others with whom they are trying to fit in with. The child learns one of two lessons from this.

Firstly, I am not worthy to be who I am; I must change myself to fit in.

Secondly, if they see that their parent is prepared to change who they are to fit in with other people, then a strong-willed child will bend their parent to their needs and wants and with this become very self-centred and selfish abusing their parent in the process.

A parent showing a low level of self-esteem will become a victim of an abuser, and their child may become such an abuser.

Boundaries and consequences

As a wise and aware parent, it is important that boundaries are set for any relationship, let alone the one involving their child. These boundaries are necessary as the saying goes, “good fences make good neighbours”. Although one wants to avoid saying no and rejecting any child, fragile or not, there will be times where you will have to draw a line in the sand and say ‘thus far and no further.’

Boundaries are healthy, and rewards and punishments must follow if these boundaries are respected or are ignored.

Guilt tripping

Many parents use guilt as a way of controlling and manipulating their child. These parents belabour the point of how much they had to sacrifice so that their child can have things that they never had when they were growing up, including a decent education. These children carry this burden of guilt with them forever and feel that they can never do enough to repay their parents for all their sacrifices.

Of course, this is nonsense. The parents chose to have a child, and it is their responsibility to ensure that their child has everything they need to be as happy and successful as they can be.

The parent's guilt of not being well-balanced parents and not giving their child attention, authentic behaviour and beliefs, and not giving all the other benefits that loving parents give their child and blaming it on having to work hard to provide for their child is not the fault of the child but of the parents.

Using guilt to make the child feel bad is merely a transference of the parent's guilt to a young and impressionable child and can become very damaging to them as they go out into the world carrying this guilt with them. Their every thought, word and action will be coloured unfairly with this guilt, and they will not enjoy anything in life burdened by such guilt. This guilt will make the child feel insecure and inadequate. These children will negatively affect their relationships and their own children's lives by making them feel guilty for what they receive, and this 'cancer' will spread from generation to generation.

Unconscious abandonment

Abandonment does not only mean leaving your child and going off somewhere else, but you can also abandon your child while living under the same roof. Many a parent is indifferent to their child and treats them as they do not exist. Hate is not the opposite of love because with hate there is still emotions attached to the feeling. Indifference is the opposite of love because there is no emotional feeling whatsoever.

It is not uncommon for a parent to favour one child and ignore, or be indifferent to another of their children. In marriages or relationships where there are one or more children from a previous marriage or relationship, a new spouse, or relationship partner, could easily be indifferent to such a child as they have no genetic relationship with this child and this child has been foisted upon them.

In either case of abandonment the child feels unwanted and rejected, and this massive hole in their ego causes them to look at every person through jaundiced eyes expecting them to abandon or reject them at some stage. In some cases, the child, now adult, anticipating this abandonment or rejection, purposefully create a scenario in their mind that states that if they abandon or reject the other party first, then they have somehow 'won'.

Abandonment can take many forms such as the parent being imprisoned; the parent going to fight a war; the parent committing suicide; the parent leaving home for another person they have an adulterous relationship with; the parent leaving the child unattended while they pursue something outside the home; giving up a child for adoption; placing a child in an orphanage and so on.

Unfortunately, the abandonment of leaving their home has many causes but the abandonment of treating a child with indifference while living under the same roof is a continual and painful daily occurrence, and these emotional wounds run deep into the child's psyche.

I once encountered an abandonment case where an eight-year-old boy from a previous marriage who fought with his new siblings was dumped in a Group Home at a Place of Refuge and told by his stepfather and mother they would fetch him in a few days. The family emigrated to Australia a few days later leaving this eight-year-old to fend for himself in this temporary Group Home facility. Can you imagine how this little fellow is likely to turn out as an adult? Even worse to contemplate is how he will perform as a parent one day?

Chameleon personality

The inability to be authentically yourself as a child due to your parent's treatment of you, or lack of attention to you as they were so wrapped up in their own lives as parents, forces a child to change their personality to adjust to the reality of their home life. These children now live out lives of quiet desperation with their new personality and feel untruthful to themselves and soon to those around them.

Like a chameleon they change colour, or personality, to blend into their environment in an attempt to fit in and not feel abandonment. They displace their anger and shift the blame of their life onto one or more people as they feel powerless to change their life. They don't take responsibility for their actions and their life and become victims in life. This victimhood is taken into their relationships and, invariably, they marry someone who is an abuser in some form or other, and they carry on playing the victim role. Their children are infected with this 'cancer' and accept victimhood as a natural state of being.

Regrettably, I could go on and on identifying the ways that parents damage their children. The purpose of this book is to find a way to use spirituality to raise your child and, in so doing, allow them to unfold knowing that, as a Soul, they are a part of Oneness/Source/God.

Treat your child as the miracle that they are

As an aware parent who has inculcated beliefs in their child, identified in part by this book, and this child now has an inherent self-worth brought upon by their unfoldment as a part of Source/Oneness/God, then they will not require or seek approval from anyone. They have sufficient self-approval and self-love to steer their ship correctly through their life.

By treating your child as the miracle that they are and revering them as a soul and not only as a body, your respect, admiration, applause, appreciation of who they

are, a part of Source/Oneness/God, will mirror in their psyche and they will feel loved unconditionally.

If you could simply recognise the Godliness of them and treat them as you would God, then all the rest of child rearing would be easy.

Mother Theresa, who has recently been canonised as a Saint, saw the face of Jesus on every leper that she cared for. In her mind, she was dressing Jesus's wounds not some leper thrown out to look after themselves. It was Mother Theresa who said that "you can love someone or judge them, but not at the same time."

It's time we respected and revered our children for who they truly are, a part of God and their response will be one of unconditional love for their parents. With unconditional love as the bond tying parent and child together, there is no need for boundaries or discipline because neither parent nor child will want to do anything that negatively affects the unconditional love they feel for each other. (Please reread that last sentence and emblazon it in your mind and heart.)

Love is all that matters- nothing else is important. This love is unconditional because the moment you have a condition it is not love but a negotiation of wills or a barter trade. I will love you if you do this or that for me. For love to be unconditional, there must be friendship, respect, admiration, like and love and no thought of any benefit to be received. Love is giving and giving and giving and in the giving the emotional response of receiving is experienced by the Giver.

Encourage your child to be a human being, not a human doing

The ego is solely focused on doing while the soul is solely focused on being. You will find it difficult to connect to your Higher Self, your Guides and your Angels and Source/Oneness /God if you are busy doing things. This connection is best achieved by not doing anything but simply being.

Children, if left to their own devices, are experts at being and they feel the connection to their Higher Self. There is a story told earlier on in this book of a three-year-old leaning over the cot of their new sibling and whispering to him, "Tell me what God is like, I am beginning to forget?"

Children use their imagination and creativity in unrestricted ways if allowed to do so- 'to colour outside the lines'. If you go to a modern art gallery and see which pictures the people are fawning over and bidding prices into the stratosphere on, they are the ones that look like a child was overstimulated and given a blank canvas and some paint and brushes!

The busy doingness of adults is a reflection of someone who needs to keep busy so they can feel that they have a purpose and meaning to their lives. Busy, busy, busy no time to talk and to catch up, gotta go here and gotta go there and then got-

ta come back here and then go back there. Call me and leave a voicemail. This is pure ego talking. Look at me I am so busy; I am very important, I don't have a minute to be polite and ask you how you are and wait for an answer.

Your child witnessing this freneticism you are creating around yourself learns two things:

- (1) You are too busy to give them any attention, so they avoid asking you for this needed attention.
- (2) That an adult is busy, so this must be the role model they must follow to be an adult one day.

Adults tend to over-schedule their children running them from one extramural activity to another, from one play date to another, keeping them stimulated and ever busy. But children simply want to "chill" and live in the present moment of now. They want the time to do nothing and simply be who they are, a part of Oneness/Source/God, as a soul experiencing being and not doing. They want to know the bliss that comes from connecting to their Higher Power and taking each moment as it comes in the never-ending cascades of this moment as it is. This connectivity is still within their memory banks as a Soul from Spirit, and while you may have long forgotten that feeling of bliss, they haven't, and they want the opportunity to recapture it at every available moment.

You, on the other hand, need to be kept busy to validate being a good parent and tending to your child. So lying on the grass with your child on an afternoon and creating animals out of clouds overhead seems like a senseless waste of time. This time is one of being and not doing as is simply sitting with them and keeping silent listening to the noise of the insects and the birds. They are children not accomplished little adults learning how to play a musical instrument, go to art classes and been told to 'colour within the lines' or off to ballet or soccer practice.

Let them be and connect to the Unseen Power that creates universes and smile at God and play with their puppy- no timetables and deadlines and 'practice makes perfect' attitudes. They will have plenty of time for becoming a human doing driven by their ego in the competitive world you are leaving for them to inhabit.

Beware that your need to be busy and doing things to validate your existence is not foisted onto your child and allow them to be who they are, simply- God's Angel in a child's body.

Putting your child under pressure to perform to make you feel proud of them and validate your role as their parent and to swell your ego is a costly mistake for your child's future. Living through your child's accomplishments and driving them hard can come at the cost of psychological problems early on in their lives and this can impact them negatively for their entire lives.

The cost of being a winner, most times, can be at the expense of a normal upbringing with their childhood friends. The saying 'its lonely at the top' applies more so to excelling children than to adults. Encourage your child to do the best they can. If they want to excel at what they are doing, then let it be their motivation that drives them to the top and not yours.

Let your child find their meaning and purpose of being. Being kind, considerate, courageous, compassionate, understanding, supportive, respectful, on being a good friend, trustworthy, loyal, fun loving, being present and happy. - these are attributes worth encouraging. They will then develop the character and personality to be accepted, admired, respected, liked and even loved by their friends and by themselves.

Quite honestly, if you could be all these things wouldn't you be happy with your life too?

Being present is the solution to every issue or problem you face

Fear, anxiety, worry and even concern have their roots in an ego-based life. The ego yanks you towards fear, then hope, then back to fear and then forward to a glimmer of hope and then back to fear. Back and forward your ego-based mind is like the pendulum of a clock, except sometimes it gets stuck in the back where fear and it's by-products anxiety, anger, worry and the like live in darkened circumstances.

The ego cannot live in the present moment of Now because that is where your Soul exists attached to your Higher Self, which is, in turn, attached to Source/Oneness/God.

This Now I describe as God's Space and the Light is too bright for your ego to survive. So the ego can only exist in the past or the future, in fear and hope, promising or threatening that which is not real. The only reality is here in the present moment of Now. In this space of Now between the past and the future, is unconditional Love and Light.

Most people are ego based, and they live with the fear or hope of threats or promises made in their mind. This ego-based fear is responsible for perpetuating generations and generations of families tied to the superstition of religion, the fear of tomorrow and feeling guilty about their past.

Some optimists may be hopeful about tomorrow and live in the sand castles in the sky built by their optimistic minds. Some pessimists may be fearful of tomorrow and live in the dungeons of darkness built by their fearful minds.

The power of the present moment of Now is where real power resides. In this space, you can connect to your soul, your Higher Self and Source/Oneness/God and you will feel the only true POWER- Present Only When Ego (is) Removed.

For those who meditate, the Now is the space they enter, and the peace and love they feel is a foretaste of how powerful this space is when tapping into this Consciousness.

Learning to TRUST- To Release Unto Source Totally- enables you to have no fear, anxiety, worry or concern because Source/Oneness/God's timing is always perfect for you as you live on the leading edge of the wave that never ends.

Synchronicity occurs as things fall into place without any effort on your part. Your ability to trust Source/Oneness/God to give you what you need, not want, for the highest growth of your soul, right now, and in every successful moment of now, is all you need to do.

You learn to live moment by moment in this trust and you and Source/Oneness/God co-create your life together in this Consciousness.

The saying "Let go and Let God" can be improved by saying "Let go and Let God in" and then there is no need to fear or to hope from an ego-based viewpoint, but simply to TRUST- To Release Unto Source Totally.

I was recently in a negotiation with a very wealthy Muslim family, who do amazing work supporting over 2000 rural schools in South Africa. They were acquiring some real estate from my portfolio, and when a stumbling block of a regulatory body's permission arose, they were quite calm and simply said "Inshallah"- meaning "if it is Allah's will", then the deal will be concluded, which it was.

As a parent, if you can live your life with this TRUST can you imagine how positive this will be for your child to witness and hopefully emulate.

No more fear, anxiety, anger, worry, concern, simply acceptance of what is now and staying present in this moment of now and confidently knowing that Oneness/SourceGod will give you what you need, not want, now, for the highest growth of your soul.

Please understand that you may have disaster visiting you, or you might have bliss, but whatever comes in this present moment of now will be for the highest growth of your soul so that you can embrace it confidently.

Funnily enough, your child can teach you how to live in the now as they are much more authentic in doing so without the distractions that multitasking adults have in their lives. Children can be absorbed single-mindedly in a task they enjoy and oblivious to the outside world. (This occurs especially at times when you require them to do something like homework, a bath or household chores!)

In communicating with your child try, wherever possible, to do it 'being to being', soul to soul, from love with love and the love will be returned to you.

Communicating from a place of doing is usually task-based, and deadlines are often the norm. For example:

“Brush your teeth now and get into bed, it's late and tomorrow is school” is coming from a place of doing with fear as its base.

How about rather saying:

“You are so lucky because when your teeth are brushed, and your breath smells nice, I want to give you a kiss goodnight, and you will have such sweet dreams and wake up feeling big and strong for school tomorrow”- is coming from a place of being with love as its base.

Encourage your child to be silent and in their way to speak/pray to their Higher Power, whose name is dependant on your religious or another persuasion. After that, show your child how to remain silent and to breathe deeply in and out as slowly and rhythmically as possible and after five deep breaths to keep silent and still. Encourage them to see if they can hear their Higher Power talking to them through their feelings because feelings are the language of their soul. If they don't then maybe, they might tomorrow night and so on.

You are now inculcating a belief system into them that their soul and not their ego will be the driver of their thoughts, words and actions. Their soul is love based, and they will use this love as the lubricant in their lives to live a more frictionless life. This love will give them attributes of kindness, compassion, understanding, respect, courage, staying present, accepting what is happening now in their lives and confidence to believe in a Higher Power co-creating their life with them.

In the unfolding process of child-rearing, you are enabling your child to come from its authentic base of unconditional love as a part of Source/Oneness/God, who is unconditional Love and Light.

You are seed planting, not crop cutting. This is a lengthy process and planting a seed and nourishing it with love will, in due course, produce a child, and adult, who comes from a loved base existence. They will then experience that the world will lay out a red carpet for them and they will be welcome with open arms wherever they go.

Then you will know your job as a parent has been accomplished and you can be proud because nothing benefits the world more than a person coming from a love/soul based existence and nothing damages the world more than someone coming from a fear/ego based existence.

The future of the world is in your hands right now, child by child.

Touch is the unspoken word

As humans, we are a tactile species, and we resonate through touch. Our skin has sensitive nerve endings, and some research suggests that oxytocin, a 'feel good' hormone, is released from the pituitary gland upon the right form of touch on one's skin.

We have all experienced the power of a touch as it spans the entire human chain of emotions from happiness to sadness, from birth to death, from success to failure, and so on. The right type of touch, at the right time, becomes far more powerful than the right word at the right time. Being a child raising book I will obviously ignore the sexual role of touching but as parents, or parents to be, that will be obvious to you.

Different cultures have different habits of expressing emotion through touch. Usually the more expressive and emotive the culture the more touching is commonplace and, conversely, the more sedate and "colder" the culture the less touching takes place.

When you consider that some 23 % of Americans live alone and I am sure other Western Countries have similar statistics, there are close to 1 out of 4 Americans who don't experience touching as a daily occurrence.

The paternalistic upbringing of most children in the 20th Century, especially in the first six decades, was based on a more authoritarian approach. Many fathers had been subject to the discipline of wars, and as soldiers, their emotional responses were drilled out of them, and they were taught to respond to commands, even if it meant running into the enemy fire.

Expecting those men as fathers to be sensitive, caring, empathetic and understanding of the emotional needs of their children, and to be physically demonstrative to them via touching, is usually a bridge too far. My subjective observation of this as a child born in 1952 and being conscious of observing this among my contemporaries showed the same lack of sensitivity by these ex-soldier fathers.

The latter part of the 20th Century and the first two decades of the 21st Century have seen the rise of working women in the workforce and the sharing by fathers of the household and children needs. These fathers are more sensitively attuned to their spouses and partners and their children.

Today's parents and the parents-to-be must fully understand the role of the human touch in child rearing as well as with adult relationships where it relates to the home. It is said that the best thing a father can do for their child is to love their mother. This love is also demonstratively done via touch at the appropriate time and place on the body when children are present. Seeing a parent lovingly touch the other, appropriately to the circumstances, given their child, makes the child see

touch as an important part of human communication and of expressing love and tenderness.

Touching a child appropriately via hugs and kisses; reassuringly touching them when they feel anxious or uncertain; demonstratively applauding them via touch when they have accomplished a feat; simply touching their arm when passing each other and other opportunistic times when appropriate to give them the warmth of your touch on their skin builds a wonderful rapport between adult and child, immaterial of the age of either.

My sons and I start our day with a hug and a kiss on our cheeks, and, if they are home alone at night, we end the day the same way. We always end the day with an “I love you” to each other. In the morning we ask each other how we have slept the night before and we discuss if something is troubling us causing lack of sleep.

Most of my male and female friends are greeted by me with hugs, where appropriate, and most of the young people I interact with in business and socially are also part of this hugging routine. It always thrills me if a newcomer in my circle asks if they can hug me. A hug builds a sense of vulnerability and trust as if we have let our guard down to protect ourselves and we welcome someone as close as practically possible via a body hug.

Hug your child at every opportunity and let them feel the love you have for them.

My acronym for HUG is Hi Unto God!

Are you paying attention to your phone or your child?

By April 2013 there were more smartphones in existence than “dumb” phones. Today, hundreds of millions of smartphones are sold annually, and the world is connected to you, and you to it, via your smartphone.

The iPhone 6, launched in September 2014, had 120 million times the computing power of NASA’s computer system that put a man on the moon in July 1969, and its, or its successors /competitors, are possibly in your hand right now.

You hold the world in your hand right now. You can skype/facetime call anyone, anywhere in the world, see their face as well as what they are eating for dinner. You can find out what 500 of your closest “friends” on Facebook are doing all over the world in an instant, and you can watch the breaking news from across the world on your phone as its happening.

It’s not surprising that the smartphone is so ubiquitous and it’s causing a shift in the way adults and children communicate with each other. It is also a major stumbling

block in the one-on-one time parents give to their child and the child to their parents.

At the communication level, parents can track their children's movements via certain apps and the same goes for children tracking their parent's movements. Transparency and privacy need to be balanced to ensure that both parent's and child's well-being is observed and that no one's privacy is being abused.

Modes of communication via smartphones enables short, sharp instructions from parents and curt responses back from children and the pleasantries of politeness and respect take a backseat to expediency. This is very worrying as without politeness and respect in communications other long fought for rules of parenting and child raising can take a back seat too. The smartphone empowers children to equate communication-wise to their parents, and in this process, civility and good manners may be considered unnecessary. This might prove to be the 'thin edge of the wedge' and, in time, politeness, courtesy, respect and good manners may be sacrificed on the altar of acceptable smartphone communication techniques.

Of greater concern to me is the way that the smartphone is distracting both parents and their children from looking at each other when they communicate and blocking the need to physically communicate with the other. When I see a young mother on her smartphone and her child looking for attention and the mother is glued to the phone ignoring the child, I sometimes feel like grabbing the phone out of the mother's hand and stating "you will get it back once you have paid attention to your child for 15 minutes."

Men are equally guilty of being distracted by their smartphones and not paying attention to their children. This applies especially when they take calls at night relating to their business or personal life during the few precious moments of family time.

Children have become adroit at multitasking, and they talk to someone face to face while communicating on or viewing their smartphones and they see nothing wrong, or disrespectful, with this behaviour. The retort is often "I am listening, and I can do more than one thing at a time." For those of us brought up in the 20th Century, this is considered to be discourteous, disrespectful and rude behaviour. For the current young generation, this is acceptable behaviour and parents will have to work around this somehow.

In business meetings I go to we have to switch off our smartphones or, at least, put them on silent for the duration of the meeting. Perhaps, family time should also include doing this although young people would probably have a tantrum when it's suggested!

Smartphones can be a blessing and a curse, and it's up to each parent to decide the family rules and to enforce them to ensure that face to face family communication is maximised without either parent or child picking up their smartphone.

Those of us with “big” children know how fast time flies and wasting precious moments checking FaceBook, or similar when your child needs your attention will be a huge regret one day when the children leave home and you are left with your memories, many of which will be blank as you were checking your phone!

Checking one’s smartphone is becoming an addictive behaviour and, down the line, I see Smartphone Anonymous (SA) becoming a reality! In Alcoholics Anonymous, founded by Bill Willson and Dr Bob Smith, the adherents introduce themselves as “a friend of Bill”. Maybe in SA, they will say “I am a friend of Steve (Jobs)”!

Your child’s worth is not measured by their achievements

Many parents push their children and expose them to educational, cultural and other activities with the intent to appreciate life and hopefully, develop a gift and ability to perform well.

There is a fine balance of exposing them to these wonderful things and also enabling them to do things that they want in their own time. We are about unfolding them, utilising the inherent gifts within them that need to be nurtured and encouraged to be developed but self-motivated and not pushed by a parent.

Albert Einstein has an apt quote relevant here:

“Everybody is a genius. But if you judge a fish by its ability to climb a tree, it will live its whole life believing that it is stupid.”

Many parents want to be validated through their child’s achievements. It’s our old enemy EGO at play here, and this puts a huge strain on the child’s natural development and unfolding process.

I have done some research into child prodigies and how they mature and many times they are great learners at an early age. The medical and scientific worlds have some theories about this, including analysis of Albert Einstein’s brain, but nothing has been scientifically proven and validated to date.

Of course, we can throw in a spiritual understanding that they are reincarnations of previous highly talented people, but to prove that will always be difficult.

My concern is that by parent’s pushing their child, who shows promise to be exceptional in one area, they negate the other parts of the child’s life and the imbalance of under-performing in areas such as childhood friendships, arts and crafts, team sports and the like. This could be counterproductive for when they have to live in the real world outside of their exceptional skill.

In my view, to show a child how to be appreciative of what they have and to enjoy the simple things of life builds a better foundation for them to be more self-assured.

In this way they don't have to have the WOW parts of the life of major achievements, exceptional experiences, bigger and better than the child across the road, and so forth.

If your child can appreciate simple things, like having a best friend to trust and share secrets with; time to hold hands with you and to watch a sunrise or a sunset; to lie on their back on the grass and watch the stars at night; to learn to swim, not to win the 100 metre freestyle at the school gala, but to frolic in the water and play 'Marco Polo' with their friends; to kick a soccer ball with Dad in the park; to have a dog or cat who sleeps on their bed at night; to bake cakes with Mom and to lick the bowl clean. These children will grow up as well-adjusted, balanced, lovely people who other people want to befriend. They become people who accept life as it unfolds, authentic people living from their soul and not their ego.

Unfold your child to develop their self-worth, don't make them in the image you want them to be for your ego's sake.

Service with a smile

If you can teach your child the benefit of service, you will open their eyes and their hearts to those less privileged than themselves.

If you can lead by example and take your child with you, they can view the benefits of serving those less fortunate than themselves.

We tend to live in our own socio-economic bubble and not venture to parts of our towns or cities where people living hand- to mouth exist. Religious groups, Service Organisations like Rotary and Lions International and similar organisations, volunteer to bring some comfort and benefit to our fellow citizens who are struggling financially. Soup kitchens, collecting clothes for the poor, collecting toys for the kids in these communities, food parcels and blankets in winter are the usual contributions made to these deprived communities.

If your child can experience the joy of giving to those less fortunate than themselves, they will have learnt a valuable life lesson. There are other ways to help and serve such as helping the kids from the deprived communities with their homework or as mentors to help improve their circumstances.

If you are concerned about your and your child's safety in going to these seedier neighbourhoods then perhaps doing something closer to home and raising funds for underprivileged children by going door to door in your neighbourhood and then you mail them a check for the amount that your child has collected on their behalf.

Most children have more than enough toys, games, iPads and the like. Perhaps instead of throwing them a big party and getting more and more presents why don't you suggest to your child that you have a party, but the presents should be requested to be a donation to a home for kids who are deprived in some way or another. Maybe it's an orphanage or a shelter for abused children or Boys and Girls

Town or similar. If their friends don't want to donate and their parents want to give presents then maybe your child donates those presents to these worthy causes.

When you serve with such dedication and determination to uplift the poor and needy your soul opens up, and unconditional love comes pouring out. This is an invaluable experience for a child to witness and participate in. It will leave an indelible impression of love sponsored soul messages in their memory bank.

An abundance mentality

"Attitude is everything" is not only a truism but it becomes a life-changing moment when it is practised positively with an abundance mentality. Most people approach life with a scarcity mentality believing that there is only so much in the pot and if someone wins then someone else loses. It's called a 'zero-sum' game.

An abundance mentality sees that there is no limit other than the limitations we place on life. An abundance mentality says the more you have, the more you give, the more you receive and that there is no limit to both giving and receiving from the Universe.

In truth, it is Life-giving to Life and we who give deem ourselves to be the Giver, we are simply the conduit through which Life gives and receives from Life. The Universe blesses us with the cause and effect principle of our thoughts, words and actions.

Teaching your child to have an abundance mentality requires you first to have such an abundance mentality yourself and let them see the giving and receiving in action.

Teaching them to share what they have with their siblings, their friends and even with suitable strangers brings this abundant mentality into play.

Inherently they arrive on the earth plane with this abundance mentality, and it's up to us parents to foster it by our examples.

Prejudice, hate, bigotry and racism is learnt initially in the home

As I write this on August 17, 2017, The White Supremacists in Charlottesville, Virginia, USA have erupted with bloodshed and vitriolic violence. US President Trump has sidestepped the issue to condemn this behaviour in the strongest terms possible. Trump has boasted on TV that he has a large winery in the area and, perhaps, he is confusing his presidential power with that of his business interests.

Children, young adults and mature adults are parading around in Nazi-type uniforms spouting prejudicial comments and undertaking violent acts. Unfortunately,

this behaviour is learnt in the home, and if the children are young enough, this could be indelibly imprinted onto their psyche and affect them for life.

All this negativity is fear based and ego sponsored and people who feel this fear usually have, or expect to, suffer a loss of some form or other. Hiding behind the crowd and yelling expletives at all and sundry is a cowardly way to air one's grievances and turning that to violent acts is even more cowardly.

Today would be a good day to explain to your child that prejudice, hate, bigotry and racism are never acceptable in your home and mouthed by your child, let alone acted upon by your child.

If they happen to have friends from different religious groups, different skin colour, different financial or other backgrounds to themselves, you can bring this lesson down to a one- on -one basis by asking them if they feel negative about their friend, who is different to them.

If they agree that they do not feel differently, then you can reinforce the lesson by asking them for the positive things these friends do in their relationship with your child or with other people.

Use the correct news headlines to reinforce the correct lessons as the older child will relate to current affairs and valuable growth can occur, authentically, educationally, emotionally, compassionately and empathetically at these times of news flash points.

There is nothing your child can't-do and be

There is nothing you can't-do and be. A child has an amazingly creative imagination and perceives themselves to be invincible- that is until an adult tells them that they can't do or be that.

If a 20-year-old wants to start a business on the Internet and be the next FaceBook or WhatsApp we encourage them to do so because Mark Zuckerberg and Jan Koum made billions by following their dreams. However, if your five-year-old says I want to be an astronaut and go to Mars, don't pour cold water on their dreams and tell them they can't possibly do that.

Let's give every child an unlimited opportunity to dream, create and reach for the stars and only encourage them in every way possible. They will inhabit their make-believe worlds and see themselves fulfilling their dreams. Some may even go to the next level and start the groundwork to make this happen. Encourage them, facilitate them according to your means, ask them to tell you what they see in their minds and only encourage them without putting any practical stumbling blocks in their way.

The saying “The sky is the limit” has been proven too limiting, as there have been footprints on the moon since July 1969!

If your child wants to play a musical instrument and they sound terrible then let them be. They will either work it out themselves, or they will realise that it doesn't sound like it did on TV or on the radio or YouTube and they will either persevere or give it up, but either way it must be their decision. You must not suggest lessons for them to improve, let it come from their desire to improve, or to drop it and find another dream to pursue.

The word ‘failure’ should be banned from your home. These are ‘learning experiences’ of finding out what works and what doesn't. Growth is inherent in everything they do whether they achieve their goals or don't. Growth is assured as they learn to deal with success as well as things that don't work out as planned. Encourage them to dream, create and try and see if they like it or they don't. Take your ego out of it, and they will also take their ego out of the outcome. ‘It is what it is’ and accept it without any remarks or scoring. Simply be thrilled that they dare to try and achieve what their hearts are set on doing. Sometimes it works out, and sometimes it doesn't. Focus on the experience and, in a subtle way, what they learnt from the experience about themselves and other people or things.

Always encourage your child to sample this and to sample that and to find out what works and what doesn't, what tastes nice and what doesn't. They are sensual beings, allow and enable their five senses to be titivated with new sensations. Ask them what they see, hear, smell, taste and feel about everyday items and other things that come across their path.

Whatever you do, encourage them and make them believe in themselves and feel self-worth in what they do, whatever the results turn out to be. It's the experience that is important not the result. Each experience expands them and allows them to grow emotionally, psychologically, spiritually, mentally and experientially.

Let's play think outside the box

Progress in this world is made by creating solutions, not answers. We discussed earlier that giving a man a fish to eat today is an answer but equipping him with the right tools and abilities enabling him to fish, he can then feed himself every day, he can also feed more people and he can also catch fish and sell them to earn a livelihood- that's a solution.

Answers come from facts; solutions come from creativity- some call it ‘thinking outside the box’. Edward de Bono is the father of Lateral Thinking and has written numerous books on the subject. It would be a good investment, no, a great investment, to acquire one or more of his books and teach your child lessons from these books. You will also benefit too!

When my sons were around 13 and 17 years old, the local newspaper had a game in the comic section called *Whazzit*. It was a lateral thinking puzzle, and we played the game daily to see who could find the solution first. Sometimes one of us found an answer and this prompted the other one to find a solution from that answer, so it became a joint effort rather than a competition.

You can start the 'thinking outside the box' game easily by finding an everyday activity that is done one way and find other ways to do it. Some examples, if the vacuum cleaner wasn't in the home how else could we clean the carpets and the floors. If the TV and computers couldn't work because of an electricity blackout what else could we do to entertain ourselves? If we planned to go for a picnic tomorrow and it started raining all night and all of tomorrow where else could we have the picnic?

If you have more than one child in the room, the excitement of finding solutions becomes competitive as they vie for the best idea, the best solutions.

A child has a huge capacity for imagination and creative thinking if they are not blinkered by adults telling them that something can't be done. Can you imagine the Wright Brothers' mother or father saying that man cannot fly or Walt Disney's parent saying stop drawing that stupid mouse?

When a child gives you an answer or does something, challenge them with, "Can you find another way to do that?"

Progress is made by solving problems and then, with the solution out there, it becomes so obvious that you wonder why it took so long. Let me give you an example. Neil Armstrong walked on the moon in 1969, but it took until 1970 to put wheels on suitcases!

Teach your child that there is a solution for every problem simply 'out there' waiting for the right person to pluck it out the air and make it happen.

Don't rush to solve your child's problem

A child is a walking magnet for accidents to happen to them. As a child grows it experiences issues for the first time. When they need your help either in an emergency or with another less urgent, but important to them issue, do not panic and over-react making a drama out of it. Making mountains out of molehills is a sure way to teach your child how not to cope with life.

Whatever the issue, you must first take three deep breaths and then go to their aid as calmly and serenely as possible. Approach them with a smile or half smile, even if blood is gushing out of their body, and say something calming like, "what seems to be the problem here?" This will have the effect of calming them down, as well as

you, and teaching them that being a drama queen or drama king is not the way to behave.

There is no material possession you own that cannot be replaced but shouting and swearing at your child for breaking or losing some possession is an indelible emotional wound that may always be lodged in their psyche, making them believe that they are stupid or some similar damaging word or words.

When your child has a problem that needs resolving don't rush in to help them solve it. The best thing you can do is to suggest that they go to their room and sit with the problem and simply be still and see if the answer doesn't pop into their minds while they are doing nothing but simply sitting with their eyes closed in silence and stillness.

If yours is a spiritual home, you can suggest the sitting quietly routine but also tell them that their Guides, their Higher Self and their Higher Power have solutions for them and by sitting and meditating, the answer should come through to them. Tell them they have an inner voice and they must go and find it and then listen to the solution.

If, after they have tried to find a solution but have not been able to do so, this is a unique opportunity to play 'the thinking outside the box' game. Facilitate them to find the solution and if they are not able to and you do know the solution then lead them into it slowly by showing them a step by step way to find the solution.

Most parents react with drama, and the child learns that drama is the response to a problem. Most parents rush the solution to their child who then hasn't gained any experience of solving their problems and the next time they have a problem they scream for their parent to find the answer or create a solution.

Facilitate their experience of solving their own problems, and you won't have them crying to you to do so for them for the rest of your life!

What do you value about yourself, my child?

Parents most often create values for their child based on the parent's assessment of values. These values may be genuine, or they may be values the parent aspires to and has not reached, and they want the child to do it so they can bask in the reflected glory of that achievement or value.

The virtues of character are far more important than the values of coming first in a test or examination or sport or a cultural pursuit or fitting into a specific dress size, and so on.

Having virtues of character like:

1. Appreciation of beauty
2. Bravery
3. Compassion
4. Consideration of others
5. Courage
6. Creativity
7. Curiosity
8. Determination
9. Empathy
10. Enthusiasm
11. Fairness
12. Focus
13. Forgiveness
14. Generosity
15. Genuineness or authenticity
16. Gratitude
17. Hope
18. Honesty
19. Humour
20. Integrity (being honest coupled with strong moral principles)
21. Kindness
22. Leadership
23. Love of self and others
24. Love of learning
25. Modesty
26. Persistence
27. Perspective
28. Respectful
29. Self-control
30. Social Intelligence

“To thine own self be true” is Shakespeare’s advice to your child.

If possible, sit with your child from time to time and go through these 30 character traits, explaining each one regarding their understanding of it, at appropriate age levels. Do this repetitively as they age and enlighten your child to these character virtues and this will establish the value parameters of their lives.

Ask them to identify people they know with each of these character virtues. Uncle Harry is enthusiastic, but Auntie Sandy is modest, etc.

If they allow these character virtues to be imbued within their value system, then their future worth as human beings is assured. Whatever they choose to do with their lives, once armed with these character traits, is assured of success as human beings.

Setting your inner yardsticks of performance

Because the school system is so large, the need for standardised tests and results create an averaging of children and assesses them as a group rather than individually.

For example, is the breaking of 10 seconds for the 100 yards athletic race greater than the achievement of a paraplegic child managing to walk one step unaided? The school system is focused on results or outcomes and not on inputs. The child is not taught a love of a subject and to learn as much as they can about it outside of the classroom. They are force-fed the information like a battery chicken is force-fed food and their creativity and willingness to learn more about the subject is squashed as only the results matter on the report card.

If you can teach your child to set their level of perfection, at an age-appropriate level, and to explore the subject they are studying and to maximise their input and not their output. Allow them to be curious and creative and to study material about the subject outside of their school books. If the subject interests them and the studying of it gives them meaning and purpose then encourage them to go the extra mile, only if they want to and set their benchmark or yardstick of how much they want to learn about it, not what their report card says they know about the subject.

The same goes for anything they do in the home or extramurally. They set their level of perfection for making their bed, cleaning their room, doing the household chores assigned to them within the family, playing sport, doing hobbies, or anything else they put their mind on doing. It's their level of perfection, not yours. They should be applauded for the input as well as the output of the results. By applauding them for their input, you will encourage them along the way, and they may find a way to motivate themselves to meet their yardstick or even lift it a notch or two higher. Whatever the output or result applaud them for attending to the process of doing because if the process is done correctly, the result is inevitable. By focusing on only the result, you are negating the effort that comes before the reward arrives. Its causal: effort = result. If you put mincemeat into the mixer you are going to get sausages out the other end, never fillet mignon!

A motivated, enthusiastic child will want to learn and explore more and more, but a results orientated child will have a wall full of ribbons, medals, cups and statues but not the hunger for information, knowledge and wisdom. There is a lot more to child development than coming first in class and possibly last in character and personality ratings.

Childhood is supposed to be full of fun, laughter and friendship and as little stress as possible. Getting into an Ivy League school with top marks should not be done at the expense of a loving, fun-filled childhood. Character and personality will count more in the workplace than being top of your class. Employers want people they can trust who are team players and loyal to the team, not necessarily

only top A students who may be narcissistic and only in it for their career development at the expense of the team or the employer.

Encourage your child to unfold with all that is within them and never forget that as a soul, which is part of Source/Oneness/God, their potential is unlimited.

Encourage with words of praise and never criticise your child unfairly. Before you criticise them explore every avenue first to ensure that they have tried and not succeeded and then praise the effort and asked them why they think they did not reach the milestone they set for themselves or someone else set for them? There will be times that they do not have the requisite skills or abilities to achieve the milestone set by themselves or by someone else. By addressing how they can further develop the required skills or abilities, you are offering constructive advice and support for them to realise the extra effort involved, but only they can decide whether to put in the extra effort or not.

Be careful through this process that you do not “stroke your child so positively” that they can’t handle failure when it does arise.

I once worked with a Project Manager on a shopping centre development. He was a strapping six foot eight inches Adonis-looking guy who was first in his class at university, the first team rugby captain with a magnetic personality and he had an air of modesty about him which was unusual for such a person. Everything he had done in his life to date was marked an A plus.

Unfortunately, he messed up on the project, and there was a sizeable cost overrun, and I refused to pay insisting that their project management agreement assured me of no cost overruns and of meeting a strict time deadline before a Christmas opening for the shops.

This guy was an employee of the project management company, and the owner was a close personal friend of mine, and we had done numerous projects together in the past. The owner, who was liable for the cost overrun, ‘tore a strip’ off this six-eight inches employee and he simply crumpled and was brought to tears. He was fired from that job, and I met him years later, and he was only doing small projects like gas stations. He never recovered from this perceived failure and because he was ‘stroked positive’ his whole life he could not cope with a setback or a failure.

Praise your child but ensure that if they do not do the input correctly and the result is below par that you appraise them of the fact that the input was insufficient so naturally the output or result was deficient. Notice I didn’t say criticise them, I said appraise them, which is of course, different from praising them.

When you do praise them, it must be genuine and uplifting but not “schmoozie”. For example:

“You surprised me; I didn’t realise you were so talented, well done, I am proud of you for putting in the hard work to get such a good result”.

"That was such a kind and generous act you did helping your friend catch up after she missed a few days of school. "

"Sometimes you inspire me to be a better person when I see how you help your brother,"

"Watching how much effort you put into everything you do, the sky is the limit for you in whatever you want to do with your life".

In this way, your child will decide to set, and possibly even reset, the bar of attainment in their life.

Simply be yourself, everyone else is taken

Living authentically is simply being who you are, warts and all! Don't put on airs and graces to become someone you are not. Don't demean yourself to fit in with a crowd and reduce your Light to a glimmer.

You are a magnificent human being. You are a part of Source/Oneness/God, who is All That Is.

I am going to share a lengthy quote with you from Spiritual Author, Marianne Williamson;

"Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. We ask ourselves, 'Who am I to be brilliant, gorgeous, talented, fabulous?' Actually, who are you not to be? You are a child of God. Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people won't feel insecure around you. We are all meant to shine, as children do. We were born to make manifest the glory of God that is within us. It's not just in some of us; it's for everyone. And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others. "

We have an unlimited supply of inner abundance if we know where the tap is to turn it on. The tap is your inner knowing of connecting to your Higher Self, which is connected to Source/Oneness/God. Through silence and stillness, you will find that connection, if you are patient and willing to do so.

You can empower yourself to be and do anything your imagination creates as a desire. You simply have to believe and, ultimately, believing is seeing.

The meaning of your life is to find what you can do as a blessing for you. The purpose of your life is to give that blessing to others.

Now once your life has such meaning and purpose, you get above the friction level of life. People and issues which used to annoy and irritate you are left in the dust, and you ride on into the sunset without a care in the world.

Like most things worth accomplishing there is self-discipline, self-belief and self-respect involved, and the real bonus is that your child will see you honouring yourself in this way and they will now have an example to follow for their own self-honouring.

Where does your happiness come from

My 24-year-old son, Jonathan, taught me a valuable lesson. He produces a free weekly email newsletter called *Random Round-Up* where he culls interesting digital information from his Internet research and provides links for his followers to read the whole article after reading his short summation. Here is a section of his *Random Round-Up* for today:

“The Distillery:

This idea comes from the book *Happy for No Reason* by Marci Shimoff with Carol Kline.

“Incline our Minds Towards Joy. ”

Research tells us that no matter what happens to you in life, you tend to return to a fixed range of happiness. Researchers posit that 50% of happiness is determined by our genetics while 10% is determined by our circumstances (like our job, marital status, wealth etc.)

"The other 40 percent is determined by our habitual thoughts, feelings, words and actions. "

So, the easiest way to increase our happiness is to play with that 40%, and a real good way to do so is to “Register the Positive. ”

From Marci - “*Have the intention to notice everything good that happens to you: any positive thought you have, anything you see, feel, taste, hear, or smell that brings you pleasure, a win you experience, a breakthrough in your understanding about something, an expression of your creativity—the list goes on and on.*

This intention activates the reticular activating system (RAS), a group of cells at the base of your brain stem responsible for sorting through the massive amounts of incoming information and bringing anything important to your attention.

Have you ever bought a car and then suddenly started noticing the same make of car everywhere? It's the RAS at work.

Now you can use it to be happier. When you decide to look for the positive, your RAS makes sure that's what you see.

A nice little game to help us incline our minds towards joy is to:

“start giving away awards throughout the day. ”

Silently give awards for things like the most beautiful flower, the kindest driver or the most amazing clouds. By playing the game, you're conditioning your mind to see the beauty and wonder of your world and encouraging your RAS to do it too. "

Who knew neuro-plasticity was this easy?!- Jonathan."

No doubt you can sense my pride in my son!

What I want to discuss with you is where does your happiness come from?
From you; from your career; from your home; from your spouse or partner; from your child; from your sport or hobbies; from your religious or spiritual life; from being a parent or a child of your own parent/s; from reading; watching TV; being on the Internet; social media interactions; entertaining; drinking with your friends; eating, or a few things I haven't covered?

Why don't you get a piece of paper and create two columns;

<u>Happiness comes from</u>	<u>% estimate</u>
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After that list down the areas of your happiness and the estimated percentage of your total happiness which would be 100%.

It may surprise you to find out where your happiness comes from and where it doesn't come from!

If it comes predominantly from your child, then this needs correcting because it means you are not honouring your self but sublimating all responsibility to your child to make you happy. Not only is this stressful and unhealthy for your child but they see you devaluing yourself in a martyr role of putting them first, and they see this as the role of a parent.

You are spiritual equals as discussed before and you are entitled to your own happiness as they are entitled to theirs. Being a martyr for your child is unhealthy all around and needs to be stopped immediately.

You can share in their happiness, and they can share in your happiness, and they don't feel responsible for your happiness because you have received it from other sources as well.

This equality of spiritual beings covers all areas of your life and the life of your child. They have their own needs, their own game plan, their own friends, their own choices of what they like and don't like; they have their own voices which need to be heard and not shut down. They may be little but they are people nevertheless, and they have a right to express themselves in their own way. If they are given the freedom of expression then as they get older and are capable, they will set their own boundaries and respect the freedom they have been given by not abusing those boundaries they have set for themselves.

The bottom line is that they will see you valuing yourself and who you are authentically, and they will follow suit and value themselves as authentic human beings first and foremost. Happiness will be the result for both you and your child.

It's time to talk to your Higher Power

I am not going to be prescriptive here and tell you what you should do. I am going to suggest that you tell your child when they are young that they have Someone who watches over them all the time, when they are awake and when they are asleep. This Someone, you can name depending on your religious or spiritual beliefs.

Giving them the reassurance of this imaginary Friend as their protector and provider creates a foundation later on in their upbringing to feel an inner connection to this Higher Power. This must not be the Entity that punishes or even rewards them because once they are older, you can teach them the causal nature of life of cause and effect. They punish themselves, and they reward themselves through their thoughts, words and actions. This Friend is their Co-Pilot, and they are the Pilot flying the plane of their life.

If they don't study for a test and they get poor marks it's not their Friend punishing them; it's their own inability to study that resulted in the poor marks. Conversely, if they do study and come top of the class, it is not because their Friend looked after them. They looked after themselves and came top of the class.

Their Friend is someone they can talk to privately, and they can discuss anything they want. If they have a bedroom of their own, they can go into the bedroom and have a chat to their Friend at any time of the day or night. After they have finished talking their hearts out to their Friend, they must then be silent and still and wait and see if they get a feeling about what they have talked about to their Friend. Feelings are the language of their Soul, and their Soul connects to their Friend, their Higher Power, and their feelings provide them with feedback whether they are happy or sad after having this conversation and silently waiting for an answer. If they are very fortunate, they may even imagine that their Friend is saying something to them and they should try and remember what this advice is and put it into practice.

When they are around 8-10 years old, they can try and meditate by teaching them to sit in silence and stillness and to breathe in slowly to the count of five, pause, and then breathe out slowly to the count of five. This counting is done in their head and not out loud. After a while, they can stop counting but continue to take deep in breaths and deep out breaths. In this space, they must not think about anything but simply allow this space of consciousness to envelop them like being in a large cloud surrounding them. The connectivity between their Soul and their Higher Self now takes place, and the Higher Self connects to their Higher Power, or Friend, as It is known to them.

The best time to do this is before going to bed at night and early in the morning before they get ready for the day ahead. Knowing most families, getting ready for the day ahead is usually done at panic speed, so unless they have a strong will power and can meditate on their own in the early mornings, my suggestion is that the morning meditations take place over weekends and during school vacations.

If you can get your child to do this meditation regularly you will not believe how much calmer and nicer your child will be. They will get a sensation of floating through life without the friction of their ego bumping into all and sundry along the way. They will become naturally more loving, kind, considerate and compassionate. Being able to use all their energy coming from a place of soul and not ego, they will have boundless energy and enthusiasm for life. Others who don't follow this meditative path are likely to experience the sapping of their energy and enthusiasm by their ego as it competes head on with the world.

You have my assurance that if your child doesn't benefit as described above, then you have my permission to put them back from where they came!!

Saying Grace

I recently took my sons to Cape Town, and we stayed with a very special friend of mine. He is a committed Christian and about 20 years ago was Chairman of a Christian Party represented in the South African Parliament. He devoted five years as a Member of the Provincial Parliament where he represented his Party taking a leave of absence from his family's business empire.

My children have gone to a Jewish School and have followed a Jewish way of life, although our home focuses on universal spiritual practices while honouring our Jewish roots.

In Cape Town, my friend and his lovely wife of 30 years entertained us royally, and each meal was preceded by us all holding hands while he prayed to Jesus and said, Grace. He blessed each person around the table and asked his Heavenly Father to provide and protect each person in turn. My sons, who were then 23 and 27 years old, were enthralled at the sincerity of the prayers and felt honoured to be included in this way.

The one thing that I will request you do with yourself and your child is to focus on being grateful for every little thing in your lives, as well as the big things too. Expressing gratitude enables you, and your child, to adopt an abundance mentality where whatever little you have you are grateful for. Having an 'attitude of gratitude' is a life-changing approach. Knowing how blessed you are with whatever you have opens the door to responsible sharing, giving, receiving, compassion and empathy.

In my book *How to Live in the Now*, available as a free download on PersonalEmpowerment.co as well as on Amazon Kindle for free, I deal with gratitude and judgement as a seesaw. On one seat is written Judgement and on the other seat Gratitude. When judgement is down, then gratitude is far away, and when gratitude is down, then judgement is far away.

Judgement reflects a scarcity mentality whereas gratitude represents an abundance mentality.

Teaching your child to be grateful is arguably the best lesson you can show them by you being grateful for everything in your life, and that includes being grateful for your child. Tell them as often as you can how grateful you are to have them in your life. Hug them, kiss them and let them know that they are loved.

Can you invest 30 minutes a day in your child?

Well, can you?

That's all it takes, 30 minutes every day to have one on one time with your child. No agenda, no chores, no commitments, no intruding cell phone calls, or social media or urgent emails- simply kick back, take your shoes off, climb into their bed with them or sit on the floor with them and just chill.

This is their time, and you feed off their energy and their needs and wants, and you discuss whatever they want to talk about. You listen, listen, listen, remembering that listen, and silent have the same letters!

The fact that you are dedicating this time exclusively to them makes them feel worthy and valued. If there is no longer any talk left in them, don't discuss your issues of the day, suggest that both of you use the remaining time to sit together in silence and stillness.

If possible try and schedule the same time every day as your and your child's time so it becomes regular and something you are both committed to doing. This time is, Being Time, when your souls connect, and the unconditional love within each of your souls comes out to connect and play.

During this time encourage your child to express their dreams and empower them to follow those dreams through your encouragement and motivation that they can achieve whatever they set their heart on doing.

I have fond memories of my mother sitting at the edge of my bed simply listening to me express my hopes and dreams, and her silent presence gave me such encouragement and self-belief, although I am sure she didn't understand how I intended to do all those things. Simply her sitting there and listening to me speak the words out aloud that were running around in my head made it all seem possible.

The freedom to express your emotions as a child is very liberating, and if they can do it in a safe space with their parent, then the imagined fears don't seem so frightening once spoken out aloud. Refrain yourself from trying to calm them down and solve the problems for them. You are there merely in a facilitation role, like a Therapist. Your function is to make them feel safe and for them to express and expose those fearful emotions as well as those emotions of hope. You can say things like "and how does that make you feel?", and "can you see yourself in a place where that fear has been addressed and dealt with?" and "those dreams and hopes are amazing, how do you see yourself starting making them a reality?"

By being your authentic self will encourage your child to express similar authenticity about themselves. Explain to them that as a part of Source/Oneness/God they are perfect as they are. As your child grows up to perhaps be a gawky teenager show them photos if you have them, of how gawky you were as a teenager and explain that this growing up phase will not be complete until they are around 20 years old. They mustn't worry if their legs are too skinny or their nose a bit big or their breasts too small or too large, it will all sort itself out soon, and they will be beautiful or good looking depending on their gender.

Your child doesn't have to sell themselves out to fit into the crowd. If they are kind and they give from their hearts they will never be short of worthy friends. Most children become narcissistic, and their egos are rampant in growing up. So if your child can come from their soul, from love, be kind and be generous, they are likely to be in the majority of one! If they become good listeners, they will never want for friends. So they don't have to get a tattoo or a belly piercing or smoke, drink or take drugs to fit in. They create their group of soul people who can watch the antics of the other children trying to fit in and simply smile kindly and generously!

The track record of the popular girls and boys after school is usually not as wonderful as their school years. Many of these children peak at school, and they don't always attain great heights after school. The Jock damages his knee and loses his football scholarship, and the Prom Queen may succumb to an unwanted pregnancy. Of course, they may go on to be world beaters too. What is important is that your child must not use these popular people as their yardstick of success. This will be a pretty shallow way of looking at life and their aspirations as Soul people. This may be needed to be explained to them with the researched examples you may need to dig up.

The biggest issue in these 30 minutes a day bonding sessions is not to criticise your child in any way or form. You are allowing them this freedom of expression and what you discuss must be treated in the strictest confidentiality. Not even your spouse or another sibling is party to what is discussed between you two unless your child gives you explicit instructions to do so.

You and your child will develop a bond in these 30-minute sessions which should be a lifelong bond of trust and friendship and enable your child to have a solid foundation of trust and authenticity of who they are.

Being empathetic and understanding of your child enables them to not look to you for answers and solutions but to enable them to be self-reflective through self-examination and to find answers and solutions that they feel are their own. If they can do this through sitting in silence and stillness, with or without you, that is even better, but it must be their choice to do so. In this role you become, what is called in spiritual terms, the Watcher, as they experience and express the issue in their own words without any interference or advice from you? They need to be able to express all their feelings, and your function is to provide a safe space for them to do so. All feelings are valid and must not be suppressed. By expressing all those feelings in a safe space enables them to be aired and shared. Once they are out in the open the energy behind them is expended, and somehow the person feels they have been heard.

If you can get your child to a place that they can understand that nothing matters - except Love, then all the ego related emotional responses have no real meaning and are just hot air. Growing up and finding your inner core, which is Love, is not usually done in tandem and usually, we start looking for that inner core around mid-life when we look to make sense of what this life is all about. However, if you can make your child aware of their inner being, as their soul, they may start the search for this earlier than normal.

Embrace the uncertainty of life

Too often you try and protect your child from the potential risks and dangers of life. No one knows what the next second will bring. The roof could fall in, or we can be told we won the lottery. The future is uncertain, but it should not be feared, it should be embraced.

Having a positive outlook on life and having the self-confidence that whatever happens next in your life, you are capable and willing to embrace it for the growth it will bring to you as a person, as well as a soul.

A positive outlook is a learnt response, and its basis is one of love based on your soul's journey and the growth path of enlightenment. This enlightenment is increasing the Light and the Love that is inside of you, and your child, and everyone on the earth plane of existence.

This Light and Love is the part of Source/Oneness/God that we call your soul. If you can, attempt to inform your child that they are a soul in a body on earth and the soul is eternal, but the body is finite for this journey to the earth plane. You will have to find the best way to explain this to your child depending on their upbringing to date and the age appropriateness of your child.

Their soul is indestructible and cannot be damaged or harmed by people. Yes, their body can be harmed and damaged by people, and by themselves, but their soul is here to grow to become more Godlike.

If your positive outlook on life is soul based and not ego-based, then it will survive the ups and downs of life. We are all here for the growth of our souls to become more Godlike, and most times this growth comes after we have endured some hardships.

Think of yourself, and explain to your child, that we are like seeds planted in the ground. Our roots go down into the darkness of the soil, and we start to grow upwards through the darkness of the soil until we eventually make it to ground level and we are greeted by the sunlight- enlightenment.

There is a great quote by Anais Nin, *“And the day came when the risk it took to remain tight in the bud was more painful than the risk it took to blossom.”*

Our growth is inevitable because, as you may remember at the beginning of this book, I spoke about Soul Contracts and our Soul Group. In Spirit, we have all agreed to come to the earth plane to perfect some issue we need to resolve to make us more “whole as a Soul”. This soul growth makes us more Godlike.

So having a soul based, love approach coupled with having a positive outlook on life, will make the ups and downs you are contracted to go through much easier to bear than the alternative, which is an ego-based, fear approach, to life.

If you choose to adopt the ego-based, fear approach, to life, then you have signed up for an obstacle race of note. So much energy will be expended overcoming hurdle after hurdle that your fears will create your reality. You will be so depleted making every molehill a mountaintop climb. Led by your ego, you will have a drama filled life, and there will be little time, or even no time, for enjoyment, peace, tranquility and love. Every issue in your ego-based life will throw up obstacle after obstacle to overcome.

To give you a pictorial view of this, imagine that there are two races you can run. The 100 metres on the flat ground which the world’s top sprinters do in 9.86 seconds or a series of high jumps with the bar set at 2 metres high. Once you eventually get over one high jump bar, there is another one spaced at 3-metre lengths and so on. So, 33 high jumps as an ego based fearful person for every 100 metres or 100 metres on the flat ground as a soul based loving person. Getting the idea now?

Embracing the uncertainties of your life with a positive outlook and looking forward to the inevitable new challenges that will be presented to you as you grow from new challenge to new challenge is easiest done with a loving disposition. Smile and welcome everyone and everything along your growth path and believe that Source/Oneness/God knows that you can handle whatever comes up along this

growth path. Sure some people and some things will stretch you to near breaking limit but if you come from love and not fear, from soul and not from ego, then “this too shall pass” and “ye shall overcome”!

I am writing this from my own experiences. When I came from ego, I reached a place where I wished the earth would swallow me up and I thought I could never make it to the next day. My ego had to be bashed so badly that it shattered and me with it. And this was after living a spirit-filled life, but obviously, my Soul Contract must have read ” remove ego once and for all. ”

After falling to my knees in total surrender and vulnerability and giving what I thought was ‘forgiveness’ to the Party who had ‘wronged’ me, I was given the ability to channel “Guide Energies”, and then the road to a soul filled life really began. The answers were far different to what I was expecting and my understanding of all of us being One and our Angels sometimes being our so-called enemies become evident. Soul Contracts are very real indeed!

If you are interested, please visit the sister website to PersonalEmpowerment.co which is www.GuideSpeak.com for the six books I wrote in some 90 days while running my global business and attempting to hold a family together in love, while going through the precursor to a divorce. This channelling came through each night and into the early hours of the morning and the website comprising some 600 pages was done at an average of 7 pages a night. Also, a few years later I wrote *Being Loved Unconditionally*, discovering the love inside of me, and this free e-book is found on PersonalEmpowerment.co.

So back to the topic at hand, embracing the uncertainties of one’s life. If you can adopt a soul based love approach to the uncertainties that occur in your life by embracing the challenges as your necessary soul’s growth path of your life, then your child will have a wonderful example to follow.

I don’t know, why don’t we look it up?

A child of a certain age becomes a question factory as they want to know the reason for everything that intrigues them about life in their little world. Today we are so fortunate to have the Internet at the disposal of even a two-year-old with an iPad.

Our ego always wants to jump in and answer a child’s question, so they think Mommy or Daddy is so wonderful and knows everything. However, this is passive learning as they have done for a few hundred years in school and it was based on the Industrial Revolution. The Teacher or “Manager” sits in the front, and all the children sit in rows of desks facing the Teacher or “Manager” like it was in the case of production lines introduced in the Industrial Revolution over 200 years ago.

Surely the way to get a class to interact and pay attention is to sit in a circle, including an interactive teacher, and discuss the topic of the current lesson.

So back to your child asking you a question. Your answer, at the appropriate time, can be, "I don't know, let's look it up. " Now you have an involved child motivated to help themselves, and you, to find out the answer, usually thanks to the Internet.

I told my children years ago that I absolve myself of having to know any answer and I delegate this responsibility to Google!

A child encouraged to be an active learner will have a hunger for information and knowledge, and later on in their lives, hopefully, wisdom too.

Praising a child to your spouse or partner, or to any other adult, and saying "look what Jane taught me today..... ." is very empowering to a young child's self-esteem and desire to learn.

At a spiritual level, you are also taking ego out of the conversation with your child and replacing it with soul, or Being, if you prefer that term. Your child will also learn that it's okay to not to know something and have the empowerment to do something positive about finding out the answer or, even better, a solution. The difference between an answer and a solution was explained earlier in this book, using the fish example of giving me a man a fish for today or teaching him and equipping him, to fish forever.

Whatever you do, do it with all your heart and soul

There are four words that you should inscribe on the walls of your child's room, so they imbibe it like mother's milk:

PASSION

ENTHUSIASM

DETERMINATION

COMMITMENT

If whatever they do they do it with passion, enthusiasm, determination and commitment they will know success in every endeavour.

Whether it's learning to tie their own shoelaces; learning the alphabet; learning the 12 times tables in math; making friends at big school; focusing in class; doing their homework; studying for exams; playing sport or doing cultural activities; tidying their room; helping with housework; doing any hobbies; and when they are ready to

begin learning about their spiritual life, may they do it with the four attributes of passion, enthusiasm, determination and commitment.

Do not underestimate the importance of putting something on the walls of their room that will be instilled within their very being.

As I wrote in *How to be a Great Negotiator*, available for free on PersonalEmpowerment.co, my father placed a copy of Rudyard Kipling's poem, IF, on a metal wall hanging behind my bedroom door when I was born. I still have that metal plate in my possession but, more importantly, the words are ingrained in my heart and my soul.

For those of you who do not know it, I will reproduce the poem below for you. In times of ups and downs in my life, those words come flooding back to me and give me emotional and mental sustenance feeding my heart and my soul.

You are likely to have your own words and sayings that you feel appropriate to have on the walls of your child's bedroom, but please, never underestimate the significance of what you are giving them. It is likely to shape their character and personality.

May your child know that if they do whatever is important to them with all their heart and soul then there is no mountain high enough, and no task difficult enough, that they will not succeed in overcoming in their life.

IF by Rudyard Kipling

*If you can keep your head when all about you
Are losing theirs and blaming it on you,
If you can trust yourself when all men doubt you,
But make allowance for their doubting too;
If you can wait and not be tired by waiting,
Or being lied about, don't deal in lies,
Or being hated, don't give way to hating,
And yet don't look too good, nor talk too wise:*

*If you can dream—and not make dreams your master;
If you can think—and not make thoughts your aim;
If you can meet with Triumph and Disaster
And treat those two impostors just the same;
If you can bear to hear the truth you've spoken
Twisted by knaves to make a trap for fools,
Or watch the things you gave your life to, broken,
And stoop and build 'em up with worn-out tools:*

If you can make one heap of all your winnings

*And risk it on one turn of pitch-and-toss,
And lose, and start again at your beginnings
And never breathe a word about your loss;
If you can force your heart and nerve and sinew
To serve your turn long after they are gone,
And so hold on when there is nothing in you
Except for the Will which says to them: 'Hold on!'*

*If you can talk with crowds and keep your virtue,
Or walk with Kings—nor lose the common touch,
If neither foes nor loving friends can hurt you,
If all men count with you, but none too much;
If you can fill the unforgiving minute
With sixty seconds' worth of distance run,
Yours is the Earth and everything that's in it,
And—which is more—you'll be a Man, my son!*

Is it a mistake or a retake?

It's time for confession!

How many mistakes did you make today? This week, this month, this year?

If you are not making mistakes, then your life must be pretty monotonous and boring. It usually means that you are not getting outside your comfort zone and attempting new things. Alternatively, through carelessness, usually due to not focusing on the present moment of now, your ego is taking your thoughts into the past or the future. This often occurs when you are doing routine things that you don't have to concentrate on doing. When was the last time you consciously tied your shoelaces or consciously attended to your daily personal hygiene?

Making mistakes is commonplace but how you react or respond to it is usually dependent on whether your ego or your soul comes into play. If it's your fear-based ego, you may flatly deny you made a mistake and look to shift the blame to a third party or something else. Alternatively, you may become a victim and blame yourself or another person or thing and feel so sorry for yourself.

Coming from a soul perspective, using a more loving approach, you will realise that mistakes are temporary setbacks that enable you to fix whatever needs fixing and do a 'retake'!

Now, when you live your life from a place of a 'retake' not a 'mistake' there is no judgement inferred; no ego's to be bruised; no self-esteem attacked and damaged; no damaged psyche; no guilt; no self-admonishing; zero negativity.

If someone who has authority over you belabours the mistake you have made and made a mountain out of the molehill, it's the case of a bully, suffering from their pain of rejection when they made mistakes, unleashing their feeling of inadequacy and

attempting to transfer those feelings onto you. What they don't know is that you can't fix yourself by breaking someone else!

So, guess what's next?

How are you going to deal with your mistakes or your child's mistakes in the future? As a 'mistake' or as a 'retake'?

Vulnerability revisited

As I was writing the above, I remembered that in my book, *How to Live in the Now* (2013), found as a free e-book on PersonalEmpowerment.co as well as the free Amazon Kindle version, I wrote about handling an issue with your child breaking a valuable vase in your home.

I reproduce this section under the heading of *Vulnerability* in the "Now" book below:

"For example, say your young son is playing with a ball in the house, and you tell him to watch out for the special crystal vase with long-stemmed red roses that Daddy gave Mommy for her birthday. The next moment you hear bang, crash, and the crystal vase is now lying broken on the floor, water spilt and roses scattered. Your son's eyes are wide with fright as he sees what he's done and wonders what is coming next for him.

Do you:

A. Yell at him for not listening and obeying your warning, and send him to his room?

B. Spank him, make him clean up the mess, and then send him to his room?

C. Keep deathly silent, seething inside and ignoring your frightened son, as you pick up the glass and roses and mop up the water? And then send him to his room?

D. Walk over to your frightened son, embrace and comfort him in your arms, and then clean up the glass, telling him you don't want him to cut himself?

Traditionally, most parents tend toward the A, B, or C approaches, believing that fear and punishment will create a more obedient and a better-behaved child. If this were true, prisons would turn out model citizens. But they don't.

The A, B, and C approaches are based on the ego's fear and anger, and thus tend to create fearful, angry egos.

Children tend to emulate what they have learned by treating others (and themselves) as they have been treated. Children who are “instructed” with anger and punishment will tend to use anger and punishment as weapons when dealing with others. They will tend to repress rather than express their feelings, which then turn to anger, resentment, and even depression.

The D approach is Soul- and Love-based.

This approach tends to nurture and awaken the loving Soul within the parent and child while teaching invaluable life lessons of Love. This approach teaches a child that acceptance, forgiveness, non-judgment, and Love are the most powerful “method” for dealing with others and resolving issues in life.

Using the methods and principles of acceptance, non-judgment, forgiveness, and Love to raise your children and engage other people makes you a stronger parent and a role model in life. It has been said that while children may not listen to their parents, they seldom fail to emulate them. Your actions speak louder than your words. ”

As you see, back in 2013 when I wrote that book, I addressed the issue of your child making a mistake and advised the suitable response to develop a loving, soul-filled child, and parent. The mistake was made, and nothing anyone can do will reverse that mistake after it was made. The child knows only too well that he did something he was not supposed to do. He feels remorseful for the mistake and no doubt much relieved that his parent did not adopt responses A, B or C. After the vase has been replaced and the roses reinserted back into the vase, and the mess cleaned up, we are left with a child learning an invaluable life lesson that acceptance, non-judgement, forgiveness and Love is how one responds to a mistake made by another- well worth the price of a new crystal vase!

Discover why and don't focus on what happened

Parents and children usually operate from good intentions. Often, a child finds themselves wanting and needing something, and they don't have the patience to wait. Sound familiar?

They then do what they want to and need to, and usually, this comes prematurely, and problems arise. At that point how a parent reacts or responds to the child becomes etched into their child's psyche. The criticism or praise, and regrettably, it's usually criticism, demeans the child's self-belief in their ability to function and they believe themselves to be all the things a parent screams at them. They are called stupid, imbecile, useless, a disaster, and those are the nice words! These words are internalised, and below I am going to show you what happens when negative sentiments are expressed to water crystals, considering our body and brain is made up of some 70% water.

Before jumping headlong into what happened, pause for a moment, and look to discover why it happened, remember most of us operate from good intentions.

Take the case of the boy and the ball and the broken vase above. Perhaps it was winter and snowing outside, and the boy was frustrated by spending day after day inside the home with no one to play with. His parent should perhaps have considered this growing frustration and planned better to create an outlet for it. Identifying the “why” before it becomes a “what” is the adage,- prevention is better than cure.

The ramifications of dealing with the “what” and exploding negatively were also dealt with in my book *How to Live in the Now* referred to in the previous section.

Once again I am going to reproduce a section from this “Now” book which is relevant here:

“Be “brainwashed” with Love-filled water

Research into the power of water by Dr. Masaru Emoto, initially published in The Hidden Messages of Water, a New York Times bestseller, is literally life-affirming knowledge.

All things in the universe, from the largest planets and stars to the subatomic particles of which all matter is formed, have their own intrinsic energy vibrations or frequencies.

You are made of matter and spirit, and you also have your own energy vibration or frequency. So does everyone else. Some people are “on the same wavelength” as you (or vibrate at the same frequency), and others are not.

Your body, including your brain, is composed of more than seventy percent water. Dr. Emoto’s research shows that water is sensitive to a subtle form of energy he calls “Hado,” translated initially as “wave fluctuations,” but that he now calls “subtle energy in the universe.”

Dr. Emoto’s research pictorially shows how water crystals “blossom” when words such as “thank you,” “peace,” and “Love” are typed on a label and affixed to the vial of water to be tested.

Conversely, the words “you fool” put onto another vial showed a deformed water crystal, far less symmetrical and beautiful than the water crystal that received a “thank you. ”

Both water crystals were collected simultaneously from a mountain stream in a container holding a liter of water.

It’s really no surprise when you think about it. You know how you feel when

you are praised and, conversely, when you are criticised. You know how you feel when you are loved and when you are hated.

With seventy percent of your body and brain composed of water, no wonder you are affected positively or negatively by the verbal and nonverbal messages you send to yourself and to others, or that others send to you. Our brains are literally being washed in the messages we send and receive daily. In the end, our choice of words and “messages” is a choice of vibrations we send, vibrations of peace and Love or hate and fear.

So, be conscious of the messages and vibrations you send to yourself and to others, for they are registered in the water of our beings. Fill yourself and others with Love-filled water by being Love Now. ”

So as you can see understanding the “why” and acting appropriately in a positive, loving, soul-filled way is first prize and reacting negatively to the “what” from your fear-based ego is the booby prize!

The Third Way of creating solutions

Attempting to negotiate with a petulant strong-willed child is a lose:lose form of negotiation. The lose:lose occurs now, and the longer term implications of this conflict negatively affect your child’s psyche and your blood pressure!

Too often, as a parent, we bring our childhood upbringing into the frame, and we react from our wounded ego of decades before as our subconscious operates in the present moment of now. In your befuddled mind, your parent’s words and actions against you are occurring now, and you are transferring those emotions onto your child now.

Dealing with conflict situations between your child and yourself or your child and a sibling opens the spiritual door for your healing from your past emotional wounds, as well as for boundaries and solutions for your child. The added advantage of treating this conflict as a negotiation between your child and yourself or your child and their sibling is that you are preparing them for life and the other relationships they will encounter where and when conflict arises.

Let’s begin with the usual ‘tug-of-war’ strategy of ‘you can’t /I can’ or ‘I’m right/you’re wrong’ or other adversarial statements.

Simple solution as a parent- let go the rope! Without your tugging, your child’s attack will deflate with no resistance. Now, there is a strange silence as the predictable response is no longer there from you. This doesn’t mean you agree with your child; it means that resistance is futile because you will otherwise have to come down to the level of your child to continue the conflict.

At this point, you can suggest looking at the conflict from a different angle. Invite your surprised child to find a solution together with you, as the parent instead of being against you as before.

Usually, there is 'your way or the highway' as a typical authoritarian parent. Then there is the 'child's way' achieved through being uncompromising, a brat and eventually wearing you down before you go off your head. Now we attempt to find "A Better Way"- a compromise solution that respects both parties as equals, as you are as souls.

Jointly and calmly you both craft a solution you can both live with. Initially, this may be a compromise solution, but it has empowered your child to know that there is a better solution to be attained than conflict.

Ideally, 'A Better Way,' is a synergistic solution that actually increases the size of the pie, so you both achieve bigger halves than before. This requires deft negotiation skills coupled with 'out of the box' creative thinking and is likely to develop once you both have practised the 'A Better Way' form of negotiation for some years.

By respecting your child and offering them an opportunity to find a creative solution, you are empowering them to feel validated as a human being. The need for discipline and control diminishes substantially when conflict is removed, and compromise is negotiated. Additionally, perhaps, a more synergistic creative solution is available for you both.

Also, you are not operating from your wounded ego of decades earlier, and the healing process of fully recovering from those emotional wounds can begin by your conscious awareness and your resolution to find the roots of this disharmony and deal with them in the light of awareness and truth.

The real bonus will come when your child grows up and learns to find synergistic solutions in their home, work and personal relationships and to use 'A Better Way' as their approach to all relationship issues.

Children learn what they live

In one of my previous books, I reproduced the poem below and found myself needing to reproduce once again for this book. It was written in 1972, and I gave it to my late twin brother and his wife as a present for their firstborn son, Saul, who today in 2017, is 39 years old. I had it mounted on a poster board to place in his bedroom and, of course, it was for the parents rather than the son. I am pleased to say, my nephew, Saul is a wonderful person and a great father to his son Aaron.

Children Learn What They Live
by Dorothy Law Nolte, PhD.

If children live with criticism, they learn to condemn.
If children live with hostility, they learn to fight.
If children live with fear, they learn to be apprehensive.
If children live with pity, they learn to feel sorry for themselves.
If children live with ridicule, they learn to feel shy.
If children live with jealousy, they learn to feel envy.
If children live with shame, they learn to feel guilty.
If children live with encouragement, they learn confidence.
If children live with tolerance, they learn patience.
If children live with praise, they learn appreciation.
If children live with acceptance, they learn to love.
If children live with approval, they learn to like themselves.
If children live with recognition, they learn it is good to have a goal.
If children live with sharing, they learn generosity.
If children live with honesty, they learn truthfulness.
If children live with fairness, they learn justice.
If children live with kindness and consideration, they learn respect.
If children live with security, they learn to have faith in themselves and in those about them.
If children live with friendliness, they learn the world is a nice place in which to live.

Copyright © 1972 by Dorothy Law Nolte

That's spiritual awareness in a nutshell from the viewpoint of the causal relationship between what you do to your child and the way they will turn out.

What's in a name?

When I say the word 'discipline' to you what memories and feelings does it conjure up in your mind and your heart, about your own childhood?

When your child hears the word 'discipline' what do they conjure up in their mind and in their hearts as emotions and feelings?

Why don't we use some poetic license and change the word 'discipline' to 'performance enhancement'. For example, "if you don't tidy up your room I am going to have to give you some performance enhancement." Now doesn't that sound better than I am going to give you some discipline?!

'Performance enhancement' is what most fathers would like in their cars, and most mothers would like..... (I will leave that to your imagination!).

Already 'performance enhancement' feels better to say than that tough word, 'discipline'.

Now the way that 'performance enhancement' works is in the form of a partnership. You and your child work together with each other in performance-enhancing ways, as opposed to discipline, which is authoritarian and where you are the boss, and your word is the only one that counts.

Your child can be offered the choice, in every instance, do you want to do 'performance enhancement' with me or do you want me to 'discipline' you via 'my way or the highway'?

I guess that your child will catch on pretty quickly to the better option!

'Performance enhancement' focuses on praising your child for what they do right; this is often called positive reinforcement. As stated earlier, your child has good intentions and the more you can reinforce those good intentions with well-meaning praise, the more they are likely to want to be praised and not criticised because, after all, no one enjoys criticism.

'Discipline' focuses on punishing the wrongdoings, whereas 'performance enhancement' focuses on praising your child for what they do right, thereby encouraging right behaviour through self-motivation and eventually creating good habits.

Now that I have you believing that 'discipline' and 'performance enhancement' are two different methods achieving different objectives, do you think you can get that across to your child in a manner that they willingly want 'performance enhancement' rather than 'discipline'?

If you need help, phone 1-800- Performance Enhancement (only kidding!)

Rules are like railway lines

Every family has to agree on rules which are hard and fast rules and rules which are flexible.

The hard and fast rules are like railway lines, without them the train will crash at every turn. The flexible rules are there for guidance purposes and depending on the child, the parents and the circumstances, and can be redrawn from time to time with the parent in charge but with input from the child.

By the time a child is seven years old, as stated earlier by my wise Uncle, the doctor of 60 years in practice, as well as the story about the Jesuits recounted earlier in this book, the seven-year-old child starts to take guidance from their peers and the parents' role begins to lose its omnipotence. So you have until you reach this milestone to ensure that the hard and fast rules are firmly entrenched and the 'play-book' for the more flexible rules should be thrashed out by the parents awaiting the later input from the child, once they are mature enough to participate.

The bad news is that if you missed this milestone without the hard and fast rules being entrenched and being followed then, as they say on those treacherous roads,- dangerous curves ahead! The ability to attempt to introduce hard and fast rules after seven years old may be both frustrating and futile because the die is cast.

Often when a new parental figure appears on the scene after a child is seven years old, say due to a new marriage or new relationship begins between two adults, a power struggle can ensue between the new parent/ relationship partner and the child. The child's original parent is now caught in a "Catch 22" situation between the new love of their life and the protection and love of their child. Throw in new step-brothers and sisters or new home occupiers, usually sharing the child's bedroom with them, and a potential powder keg of negative emotions is brewing.

The importance of hard and fast rules in a home can never be underestimated because tomorrow is known by no one and the above remarriage/ relationship scenario can happen, as can other scenarios. Without strong rail lines of hard and fast rules, the family's train can run off the rails very easily.

The most important of the hard and fast rules is one of respect. The child's respect for the parent/s and the parent/s respect of the child. The respect of the family unit and the respect of the home and its contents by all. The home must be a safe space, in fact, a sacred space, where all members of the family can know that they have each other's backs in whatever form that takes from day to day. For a child to know that their home is a safe and sacred space, enables them to have solid roots from which to grow.

Obedience is another hard and fast rule. The child must know that the parent/s must be obeyed and that the parent/s word is final. There will come a time when this obedience can be tempered, and the child takes on more responsibility for their own actions. However, this obedience must abide by the rule of fairness and cannot be relied upon by the parent/s as a catchall for anything and everything they want and demand from their child. Obedience and fairness must go hand-in-hand.

Consequences of breaking hard and fast rules need to be spelt out from the beginning and stuck to, especially if a parent/s expects their child to be respectful and obey the parent/s. Too often the parent/s relent and create a crack which a child will exploit and widen time after time and until the force and effect of the hard and fast rules makes them flexible rules and mayhem may result. A child needs to know the borders in which they must operate regarding hard and fast rules and the consequences of obeying, and of disobeying, these foundation place rules in their life and the life of the family.

Respect for a foundational hard and fast rule is non-negotiable for both parent/s and child. Obedience needs to be defined as to what is a hard and fast rule and what is a negotiable rule or a more flexible rule. For example, bedtime, waking up time; TV time on school nights; cellphone usage and social media usage; meal

times and table manners; homework (where applicable); home chores; safety in the home and personal safety; bathing; personal hygiene such as brushing teeth, etc. are to be spelled out and obeyed, no questions asked. As a child gets older, they should be encouraged to begin to take personal responsibility for these issues, and the positive consequences are less policing by the parent/s. Depending on the age of the child and the appropriate circumstances, these rules can be relaxed on an agreed to basis between parent and child. The child should be encouraged to take responsibility for themselves at age-appropriate stages and child appropriate times.

A child should be given latitude for self-expression and creativity in all areas of their life, and the hard and fast rules must be such that they take consideration of each child's uniqueness.

Communication between parent/s and child is a two-way street and using respect as the foundation stone; the parent must ensure that the child understands what is expected of them by the parent. The child must be allowed to communicate their own feelings in each regard as the expression of their emotions and feelings create authenticity within the child and the parent/s. If a parent, frustrated or not, ends with "because I said so" then their communication skills need improving. If you respect your child, then you will find the time and ability to communicate with them correctly so that they can understand what is required of them and why and how you expect them to behave. The What and the Why come before the How. Obviously, the child must be of an age that they can comprehend what is being spoken about.

Outside of a child's well-being, personal health and safety where respect and obedience are required without question by the child until they are at age appropriate ages, the other rules are more flexible and negotiable, within reason. The basis for this advice is that the parent/s and a child are equal souls in human bodies and are, most time, if not always, operating under soul contracts. A child should have the ability to disagree with a parent while being respectful and obedient as outlined above. It's up to the parent/s to be able to convince a child of the merits of a case in point, providing, and this is a big proviso, the child respects the parent/s and is not arguing for the sake of arguing. If the parent/s feel that the child has been suitably explained to and refuses to budge, belligerently sticking their heels in, then the parent/s can be more forceful and say this is a hard and fast rule of obedience and no longer open for discussion and negotiation.

Allowing the child to voice their opinion is character developing and building their self-esteem and self-value system. It enables them to stand up for themselves when they are older and ensure that they get a fair "shake" in life. Keeping them suppressed will either make them rebels or submissive doormats as people and parent/s should remember this when they are exasperated beyond belief by a child that is being soooo difficult.

Teaching a child to respect themselves and develop their self-esteem and self-value system when they are young will come in good stead when they reach the puberty period and beyond as teenagers. Learning to respect their own bodies and

the sanctity of their own bodies will ensure that they dress accordingly and not willingly over exposure their bodies to invite unwanted attention, or even for them to not have the need to seek such attention to make them feel better about themselves. If their self-esteem is good, then their balance and harmony within will be good as well. If they are taught respect at home, they will show respect to others. If they are taught the virtues of good character as outlined in the topic headed *"What do you value about yourself, my child?"*, then they should be trusted by their parent/s to behave accordingly.

The need to "fit in" will not be so acute if they have well-founded self-esteem and a good self-value system. By this time in their lives they should have their own internal benchmarks of acceptable behaviour and be responsible for balancing having fun and a good time with their friends backed up by this code of responsible behaviour.

If you have adopted an equality of soul-based approach to parenting then your child, now a teenager, should have a good, open and trusting relationship with you and the need to talk to you as they go outside of their comfort zone and experience new things and new experiences.

Always, and in all ways, respect is the key to soul-based parenting where love, and not fear-based ego, manages the mutually rewarding relationship between parent/s and child.

The behaviour is usually not the underlying issue

When you feel upset about something, how do you react emotionally, verbally and physically? Do you clench your teeth together causing headaches, do you blurt out harsh words which you may or may not regret later, does your blood boil and your blood pressure shoot up?

Well your little person, your child, has similar reactions to events that make them upset too. They don't have the words and abilities to deal with these feelings and their behaviour changes as they internalise their fears, frustrations, feelings of unhappiness and the whole gamut of emotions that they experience usually becomes behavioural.

Theirs is a cry for help in a behavioural way because they do not feel that they can talk to you about what is worrying them. A bridge of trust and the treatment of equality as souls has not been established between the two of you, and in their negative thought patterns they act out, usually inappropriately, the attention seeking that they can't ask for with their inadequate words.

Start by repairing the situation by building that bridge of trust as you treat them as equal souls as outlined in this book.

As the parent, you are going to have to be vulnerable and surrender to the relationship with your child by asking them what you can do to help them. Ask them where you have made mistakes in their upbringing and what you can jointly work on to build a bridge of trust where either party can cross over to the other side and deal with the other in unconditional love and mutual respect. The longer you wait to have this conversation, the harder it will be to penetrate the barriers they have erected to protect themselves from you, and other people, who have hurt them. Be very conscious of the issues they bring up and leave your ego outside the room. Don't try and defend yourself when they state what is wrong about your parenting skills and treatment of them. This is a time to be silent and learn to listen. This is how bridges of trust are built from a soul-based perspective. You may need to have this conversation a number of times as layer upon layer of frustration and resentment is peeled back and as they learn to trust you more and more.

Your alternative approach is to carry on believing that you are "Mom or Dad of the Year" and put plenty of money and time aside to deal with the behavioural issues of your child. It won't stop there as these unresolved issues will negatively affect them as a parent too. These issues will also negatively affect your grandchildren and their children and so on. This negatively affected parenting process will continue to surface long after you have passed on from this earth plane.

Your child is asking you for your help, but it may be disguised in so many ways. Virtually every negative emotion and negative behaviour are, in its simple essence, a cry for help.

Last night, August 30, 2017, I was watching a Talk Show from the USA, and the topic was the reign of Donald Trump and his behaviour during the electoral process leading up to his election as President and how he has behaved since his election. The Guest on the show suggested that Donald Trump is behaving like a baby looking for his mother's nipple! His erratic behaviour, outlandish midnight Tweets and knee-jerk inappropriate reactions to important matters of State gave this Guest the impression that he needs maternal comforting as if he was an errant baby.

How many adults today, coming from their ego, have led their lives down some strange avenues all because of ego related unresolved issues from their childhood. My guess would be a substantial number of adults worldwide.

The choice remains yours today, right now, to build a bridge of trust between your child and yourself as a parent, and, to initially let them speak out until there is nothing left unsaid.

After that, and not a second before, you then ask them what you can do to improve your relationship with them. Ask them to be blunt and ensure that you have everything to consider. State that you will revert to them in a day or two with your solutions so you can jointly plan a way forward as equals souls.

This will become an ongoing process, and both parties need to understand that you can't change overnight. The process is what is important, not focusing on finding instant solutions. This is a lifelong commitment to this soul based, unconditionally loving relationship between parent and child as soul-based equals.

Throughout this process be aware of what emotional support your child needs in the present moment of now. Both your lives will be carrying on as before, and day-to-day issues will arise that need your input for your child's wellbeing and emotional safety. The process can be compared to building a bridge of trust between you both, and 'running repairs' will still need to be done on a daily basis.

The need for discipline, boundaries and punishment will become things of the past as your child begins to self-regulate in all areas of their life and take responsibility for their thoughts, words and actions. Obviously, this will only occur at an age-appropriate time, but the structures can be laid down as early as practically possible. It's all about the hard and fast rules- respect, obedience, fairness, personal health, well-being and safety.

As a parent, you will need to ensure that you never overreact but you choose to respond with awareness. This awareness is a soul based, love-based, awareness of ensuring your child sticks on the railway lines of hard and fast rules while allowing the more flexible rules to be adjusted, where appropriate, enabling your child to show creativity and self-expression. Remember always that you are both equal souls and a bridge of trust needs to be built and maintained in fairness.

A child needs to be dealt with in the present moment, and any behaviour that needs addressing must be done there and then. Be firm but fair and stick to the rules as outlined above. A child needs and wants to be shown the boundaries of their behaviour, but it must be done on a consistent basis, with respect, fairness and stated consequences for words and actions both positive consequences and negative consequences. However, a child must also be given the opportunity to express their emotions fully so that they learn that they are heard and understood by their parent/s. In this way, the child's emotions are not repressed, which if they are, they could become damaging to the child's emotional, mental and physical states.

I am not trying to solve day to day parental issues as stated numerous times in this book. I merely intend to lay down the structure and strategy of parenting from a place of soul based, unconditional love, within the railway tracks as spelt out above.

There are two relationships we have with our children

The initial parent /child relationship is based on the birth and upbringing of the child until they leave home. Depending on how well you managed as a parent, there is a bonus second relationship with a child, and that is when they become young adults and into their middle age.

I have found this second relationship to be as rewarding as the first. My sons are my best friends, and I am theirs.

I am writing this during a reconnaissance trip to Mauritius where I intend moving in a few months' time for my retirement years. I plan to set up a free Spirit Wellness Centre in Mauritius for the 1 million tourists a year visiting this Indian Ocean Island paradise, for the 1. 2 million Mauritians living here and for the current 840 000 plus Followers of the PersonalEmpowerment.co Facebook page, Path to PersonalEmpowerment: www.facebook.com/PathtoPersonalEmpowerment which is currently growing at some 60 000 new Followers a month.

My sons and I currently live in our home in Johannesburg, and they will remain there for the time being. Although we will miss each other, it is through our unconditional love for each other that they know this is the right move for me, and ultimately for them too. I will visit South Africa every few months for both business and personal reasons, and they will visit me in Mauritius in the intervening months. We are in a business venture together and will be speaking and skyping daily for business and personal reasons.

I also want my sons to learn to stand on their own feet, independently of me from a daily living perspective, as they are 24 and 28 years old. They both have wonderful girlfriends, and it's time for their own lives to blossom forth outside of my daily presence. I always joke with them that if they are not leaving home, then I am!

We have the basis for life-long unconditional love and friendship based on the structure and strategy I have written about in this book. We all survived a marital divorce which occurred in 2006, nearly 12 years ago, and have come out stronger for this marital breakdown. I initially semi-retired early from my business in 2009, so I could work from my home and be with my sons when they returned from school and college. We formed such a strong bond driving them to and from as scholars, going to sports matches, extra lessons and the like.

My wish is for you to also know the bliss of such a second relationship with your child or children when they are young adults and as they go into their middle age with you nearing the end of your life on earth.

From my words to God's ears, may you be so blessed!

From NO to Know

Do you like hearing someone say NO to you?

How does it make you feel as an adult? It's limiting, its negative; it makes you feel smaller, it takes the wind out of your sails, the bottom line is that you feel disempowered.

How do you think it makes your little person feel when you say NO to them?

Any different to the way you feel?

Once again we revisit hard and fast rules and flexible rules to determine where NO is applicable and where it is not. Where the child's wellbeing, personal health and safety is concerned saying NO is relevant coupled with an explanation of why you are trying to protect them from themselves and their inability to understand the implications of what they want to do. Allow them to express their feelings and tell you how they feel by you saying NO. You counter with your reasons as outlined above and then the child feels like they are participating in the guidance of their lives instead of being instructed against their will. The NO will be better understood coming from this place of feelings, emotions and your explanations but its NO nevertheless!

In dealing with flexible rules, you may need to show some latitude and weigh up the pros, and the con's in conversation with your child. They can have their input, after all, it is their feelings and emotions that need expressing too. Perhaps they can open your eyes to some factor that you had not considered in making your pro's and con's list. The important thing is to ensure your ego and your past relationship with your parents or your upbringing are not colouring the picture in this current instance with your child.

Before jumping to a NO begin with a knowledge of your past issues regarding your upbringing. Identify if your ego is talking from a position of fear and loss or whether you are coming from soul based love. If you are standing on the rock-solid ground, then you have reached a knowing of your past and your ego, and you are now responding from soul based love and not reacting from fear-based ego. This approach coupled with a pro's and con's list undertaken with your child should naturally create an answer and a solution. The answer will be yes/no/ or decision delayed for now. The solution may be a creative alternative, a better way, for your child to attain what they want and for you to have peace of mind about the decision you make.

It's only within you

Everything you need is within you. You and your child are a part of the Higher Power some call God and a hundred different names all implying Oneness/Source/God. For simplicity sake, let's call It Oneness. Oneness is eternal, immortal, All That Is, and especially Love. We are all a part of that Oneness. We are Love and All That Is.

Here is a reminder from Miyamoto Musashi, author of *The Book of Five Rings*, circa 1650.

"There is nothing outside of yourself that can ever enable you to get better, stronger, richer, quicker or smarter. Everything is within you. Seek nothing outside of yourself."

It is vital that you believe this and that you teach it to your child often, if not daily. If you, and through your actions, your child, witnesses how you live by these thoughts, words and actions, reliant only on the power within you, which power comes from Oneness, then everything else you say and do is not material in the unfolding of your child.

Remember always and in all ways that true POWER is Present Only When Ego (is) Removed.

A letter to a mother

I would like to end this book with a tribute to my mother.

I wrote this letter to her in 2001 and placed it on GuideSpeak.com, *The Book of Life Skills*, after she passed away in December 2006. Found among her papers, she had written on it “keep forever”.

My Darling Mother,

I spend my days and nights reading books, listening to tapes, going to lectures, having discussions about one topic - to understand the journey of the Soul. To have clarity of the relationship of the Soul and its relationship to perfection- the image of God. I now know that we are all Souls in human bodies. All of us Souls on earth and all of the Souls in Spirit are all part of one Soul, One Spirit, the perfection we call God.

I see a glimpse of this perfection and aim my life at improving my imperfections. I attempt to improve, make some progress, stumble, pick myself up, attempt again and continue the process until I see some progress. Feeling encouraged, I continue attempting, stumbling, progressing. The reward is in the journey because the destination of perfection will take thousands of lifetimes.

In this lifetime, I have been blind for over 49 years.

I have had to read, listen and discuss this concept but my eyes have been shut, my ears blocked, my tongue stuck to the roof of my mouth.

I have prayed, by asking God, for a glimpse of perfection but I was blind and deaf to it.

You, my darling mother, are this glimpse of perfection.

You are humility with no need for ego. You are strength without a need for power. You are totally selfless in serving others. You listen without a need to speak. Your guidance is so subtle that hardly a ripple is noticeable. You are at peace with no need for anything. You are wealthy beyond measure because you never needed anything before you got it. You bore 50 years of marriage, as a saint, more than

half of which was spent nursing Dad, 24 hours a day, seven days a week, with total love and devotion.

You had little, if any, pleasures of a physical nature. You were deprived of the time to make and nurture friends, to have a hobby or participate in a sport or go to a concert or play for your needs. However, you never complained, you never expressed frustration. You just kept on, in love, showering your blessings on Dad and us all.

When you lost your other son, tragically, you bore the loss, burying your hurt so you could help Dad handle the loss he felt. I believe that your Soul knew that your son would not be seen again in the physical world but was with you in the spiritual world, so instinctively you could handle the loss easier than Dad could.

There can be very few people in the world who have lived to nearly 80 and who do not have an enemy or even someone who has carried a small grievance of annoyance about them. I cannot think of any person who could say anything negative about you. You have not harmed anyone either with your words or actions. You have lived the credo you always instilled in us, "If you can't say anything nice, don't say anything at all."

You and Dad always struggled financially, but you were never poor. You always knew, instinctively, that the Universe will provide for your needs.

You never demanded anything; you always placed Dad and your children's needs way above your own. You have chosen a path in this life on earth to be one of selfless love and devotion. You have done a wonderful job of it.

You are a wonderful, wonderful human being and a marvellous, glorious spiritual being.

Thank you for allowing me to choose you as my mother, to show me a glimpse of perfection, which perfection is God.

I love you Mom; you are my heroine forever.

Eternally yours,

*All my love
Your Son*

Conclusion

Needless to say, I could go on writing forever on such a vital and important topic of unfolding your child and not moulding them to your ego's needs.

I trust you have some important 'take-aways' from this book and that you will be the best parent you can be as you assist your child in their unfolding.

I have enjoyed writing this book for you. Thanks for reading it.

With best wishes

In Light and Love

Neville