

# 10 Ways to Parent Consciously

Parenting In The New Paradigm

Carol Lawrence & Stacy Toten



## **10 Ways To Parent Consciously; Parenting In The New Paradigm**

**Since we met and became friends in 1987, we have been lucky enough to raise our children together from birth to present time. Along our journey we have studied, learned, experienced and have witnessed many aspects of parenting. Some that work and some that absolutely don't! Due to many requests we have put together an ebook to share with parents.**

**By: Stacy Toten and Carol Lawrence ~ Authors of [Intentional Conscious Parenting](#)**

*The perfect addition to your conscious parenting toolbox. This book bridges the gap for those seeking to shift from traditional parenting to a more mindful present approach.*

**Dr. Shefali Tsabary  
Author and Clinical Psychologist**

*10 Ways to Parent Consciously by authors Stacy Toten and Carol Lawrence share what they have learned about positive, reflective, intuitive parenting over the 30 years of friendships and raising children.*

*How appropriate that the first chapter addresses how parents can first take care of themselves, stayed grounded, and develop inner peace. They help parents engage in the fun activities that are shared with*

*family members: Making treats, moving, or concocting a soothing balm.*

*Conscious parenting includes being open minded and accepting the fact that children have their wisdom too. How do we parents cultivate that wisdom? Listening can be enlightening. We can express gratitude with our children who learn to be grateful. Moreover, the authors provide ample examples of how to help children master change by moving beyond their comfort zone. We can express our fears so children learn not to be afraid of change to new environments. We can share how to express their feelings without judgment.*

*Chapter 5 expresses actionable steps for balance that includes a child's needs to be well-versed in the methods of life: grounding, expressing, collecting, feeling and connecting. I loved the idea of helping children establish their sacred space, their quiet time, to connect with their angels, inner images, or feelings.*

*In subsequent chapters, 10 Ways to Parent Consciously presents a treasure trove of delicious recipes, activities, inspiring quotes, and new intuitive ideas that conscientious parents will enjoy and employ. Highly recommended!*

**~ Caron Goode Author of Kids Who See Ghosts**

*This book is a beautiful guide from two friends who have made it their "life's work" - through their respective parenting journey - to share the jewels of their experience with those seeking to shift the parenting paradigm from "traditional" to a conscious-approach. Each chapter outlines and illustrates for the reader the "how tos" from multiple conscious parenting practices they have "tried and tested" over almost three decades - offering the reader a ready-made treasure-filled toolbox to create a deeper more present and connected relationship with their children. For me, their book is akin to that of a memoir that they will pass down to their own children and for generations to follow. From guidance on "self-care" and "trusting your intuition" to "the power of frequency and vibration" and "keeping an open mind" - the spiritual essence of this book is "food for the soul" - which they offer some wonderful recipes too! Thank you Carol and Stacy for stepping into your parenting "role" with such passion as you have and helping to change lives.*

**~ Sandra Fazio, Conscious Parent Coach, Author and Founder of The Conscious Parent Blog. Author of The Diaries of a Conscious Parent**

*"10 Tips for Parenting Consciously is a total delight! While reading Stacy and Carol's insights, I was reminded of the kaleidoscope of opportunity and potential I experience as a parent every day. I specifically loved the nourishing heart, mind, body, and soul tools they shared. These tools included food and natural medicine recipes, affirmations, meditations, blessings, deep breathing exercises and so much more. So make sure you sit down, cozy up, and read this book! It's a wonderful resource and compassionate parenting companion."*

**-Alexandra Folz, MSN, Intuitive Readings & Counseling, Author of The Heirloom**

*10 Tips for Conscious parenting is 100% substance with zero filler added! Stacy & Carol cover many common areas of Conscious Parenting, but what makes this book unique is that it all begins (literally & figuratively) with the importance of Self Care. Unless parents have the structure to hold the space for their confidence, health and general well-being, they won't have the power and energy required to truly connect with their children, and Connection is the common denominator of Conscious Parenting in the 21st Century. A nice bonus are the quotes and affirmations sprinkled throughout which create a multi-use opportunity for the entire family to enjoy, prosper and collectively learn together.*

**Rick Morrison, author of The Hug Store**

*10 Tips for Conscious Parenting reveals the inner world of the consciously awake child, and how to be the most effective parent. As parents we so long for an "manual" for how to handle the sensitive, awake, and intuitive child. This book will give you the insight you need to make great choices, find the peace you desire about your parenting techniques. Also, grasping the importance of WHY we need to parent a "new way". Truly a profound read for knowledge seeking parents.*

**Shawn Neff - Success Coach - #1 Best Selling Co-Author**



### **What is Intentional Conscious Parenting?**

Well, let us back up just a minute. Before we begin to tell you what “our” version of intentional conscious parenting is we would like to share with you how we met and how our own parenting experience began. Many moons ago, our husbands were working at the same place of employment. They hit it off right away. The excitement began when each discovered they both had a pregnant wife at home. This of course led to Carol and Stacy meeting each other.

We became friends instantly. We both felt as if we had known each other forever. We know there are some of you out there who know exactly what we are talking about. A soul-to-soul connection. Stacy was pregnant with her second daughter and Carol was pregnant with her first son. As the pregnancy weeks went by, we found ourselves sharing stories and experiences with how each of our parents raised us. We talked about the pros and cons of our childhood. That is when all four of us made a conscious decision to be present in the moment and fully aware during our parenting journey. We purposely chose actions not to do to our children based on our past, and our parents' past, as well as societal beliefs of what were acceptable to do to children mentally and physically.

It was as though it was the changing of the tides. A whole new chapter and way of parenting that was being written throughout the cosmos. We didn't fully realize this at the time, this is just what was taking place in our lives all by our choices and our alignment with spirit. Little did we know that years later we would be blogging about our own personal experiences and writing a children's book.

Children have always held a special place in our hearts. Even as young teenagers we both enjoyed babysitting and being surrounded by children. Stacy worked at daycare centers and worked as a behavioral coach throughout the school systems and homes in Arizona teaching children and parents

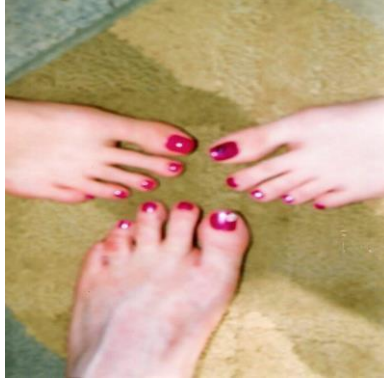
what was acceptable and unacceptable behavior. Carol loved working with children in daycare centers as well and running the Lowell School Family Resource Center in Montana bridging families and schools.

As time evolved children and parents through the many years just seemed to gravitate to us up to the present moment. We've kept adding to our conscious parenting toolbox through the last thirty-five plus years what has and hasn't worked for us. We are filled with gratitude that we have been able to openly share our tools and techniques with other parents that have come to us and have reached out for advice. For over a decade we have blogged at Intentional Conscious Parenting and together became best-selling co-authors of the book *Women On Purpose, 13 Women Share Their Journey To Living Their Highest Calling*.



**Our Two Families Have Known Each Other For Over 35 Years And Counting.**





## Chapter # 1 ~Conscious Parenting ~ The Importance Of Parental Self Care.

**Whether you are a new parent, seasoned parent or an empty nester, through-out the daily bump and grind of life it is easy to forget how to take care of yourself. Take time to allow yourself quiet time for soul searching and self-reflection. It's a great way to obtain peace and serenity. Being balanced and grounded will help you become the best intentional conscious parent you can be.**

*“I have learned from experience that the greater part of our happiness or misery depends on our dispositions and not on our circumstances.” ~ Martha Washington*

### ~ Nutrition ~

Since we were little children, we've all heard that the importance of eating a healthy diet and proper nutrition. We can speak from experience what you eat and put into your body matters. We recommend taking the time to learn about eating healthy, how certain foods affect you physically and emotionally.

Food can come with nutrition or toxins, depending on if it is organic, processed, live, etc, so choose wisely. We believe moderation is the key to everything.

Back when our children were infants, something changed in us individually and as friends. We could feel something was lacking. This is when we started our mind expanding nutritional journey. We began to devour nutritional information through reading, personal stories, through trainers and through owners of our local health food store with whom we became personal friends. We were known for sitting hours at a time at the health food stores and the local library doing research. We even went as far as to go back to college together. We took classes on horticulture to learn about organic gardening and water aerobics for fun and exercise. We learned how to make our own herb butters which was a huge success in both our families. Along with the delicious recipes we learned a plethora of information. As

a family it was also a great experience to grow our own food, dig in the dirt with our husbands and plant the seeds with our children. We made a real connection within ourselves; we were becoming one with mother earth. The balancing benefits we received from this were noticeable to all of us. We discovered the difference in how we felt when we pulled and ate a carrot right out of the garden vs. buying a carrot from the store that probably was picked a week or two earlier. We were very cognizant of the energy that lives within the food. Our intuitive receptors were very sharp, tuned in and aware of the difference. It didn't matter if it was the carrot, the lettuce or the snap peas; it was all the same enhanced energy.

***“The closer a food has been to the earth, the more of it will resonate with our true selves; including our bodies.” ~ Cyndi Dale, author of [The Subtle Body: An Encyclopedia Of Your Energetic Anatomy](#).***

### How To Make Herb Butter With Your Children



Many moons ago together we took a horticulture class in college. One of our assignments was to make organic herb butter. We fell in love with herbs and its many medicinal properties and uses.



Here's one of our favorite recipes we like to make all the time. It's perfect for snacks on breads and crackers, add it to your steamed veggies or baked potatoes. It's up to your palate how you use it. This is an easy and quick recipe to make with your children. They could do it themselves with your guidance.

Here is the ingredients and supplies you will need.

- \* A stick of softened butter
- \* 2 Tablespoons of your favorite dried herb. Add more or less depending on your preference.
- \* Bowl for mixing
- \* Spoon for stirring



Refrigerate leftovers.

### ~ Vibration ~

As time went on, we discovered everything has its own life force. When a vegetable is picked from the garden the life force starts to tick away the moment it is pulled from its root. The longer it takes during shipment the more the life force dissipates. Hence lessening the nutritional value. We are big supporters of buying food locally as much as possible. For those of you who are interested in learning more about the life force in our food and water check out [Dr. Masaru Emoto](#) and [Sandra Ingerman](#).

As our nutritional explorations continued, we started to dabble in natural health care, homeopathy, nutritional supplements, herbs, homemade salves, etc. We took baby steps in the beginning and now we have migrated fully and jumped in wholeheartedly and boy are we all happy we did! This does not mean that we do not partake in allopathic medicine, we are just very selective when we do participate. It all goes hand in hand. There are times when allopathic medicine is a necessity and we are very grateful for this, though we have found in raising our families the natural path has provided most of what we needed.

### ~ Sleep ~

From our experience this is a very individually based topic. Everybody's needs are different. It's important to give yourself the proper amount of sleep. Your body is working twenty-four seven. For instance, Stacy has only needed five hours of sleep up until she turned forty one. She felt a change in her body and now her body requires eight hours of sleep. What a difference it has made. Carol has always needed a minimum of eight hours of sleep. We have found each of us, our children and husbands all require different amounts of sleep. It's vitally important to tune into what your needs are to take care of your body so you can function at your highest level. Take care of your body and it will take care of you.

### ~ Joy ~

Bring as much joy into your life as possible. It is a scientific fact that when you smile it releases happy endorphins in your brain. Smiling is contagious and brings joy into the lives around you. For self-care this is a good place to retrain your core beliefs. Practice noticing and inviting into your life more joy, happiness and laughter by acknowledging it every which way you turn. There is a lot to be said about surrounding yourself with happy positive people. When this isn't possible you become the person who brings joy into the room. The simplest things can bring a smile to someone's face.

*“Acceptance of knowledge. Here is your power! Create Joy” ~ Author unknown*

**~ Creative Expression ~**

Don't lose yourself during the parenting process. It's important to still feed your soul along with feeding your child's soul. Continue to express yourself through crafts, sports, reading, music or exercise. Whatever your hobbies are don't put them on hold for eighteen years. Incorporate them into your parenting life. Take time to hang out with your friends. Host a family fun game night. This is something parents and children can do together. We hear all the time from parents who feel that they are not artistic or creative. Creativity comes through us in many forms. You may be a great gardener, or your dad may be a fantastic mechanic. Maybe grandma likes to put together flower arrangements or moms out there that may be interior decorators. That's a creative outlet. Creativity doesn't always mean paint brushes, scissors, glue or knitting needles, etc. Everyone is creative in one way or another.

**“There comes a point in life when fun no longer means clubbing, drinking or being out until four am, or thinking about yourself!**

**Fun means Disney movies, family dinners, bedtime stories, long cuddles, a messy house, sleeping by ten pm, and hearing little voices say, “I love you”.**

**Becoming a parent doesn't change you, it makes you realize that the little people that YOU created deserve the very best of your time.” ~ Author unknown**

**~ Movement ~**

Releasing energy through movement or exercise is very beneficial for your mind, body and soul. Ride a bike, take a walk in nature, do some yoga stretches, play handball, golf, walk your dogs or take a walk with your child. Do whatever it takes to not be stagnant. Remember your body has ligaments, muscles, atoms and cells. It was meant to move. When you move around you oxygenate your brain which stimulates your entire being. Exercise increases your happy endorphins just like sex and chocolate. It also shifts the energy in your energetic body.

**We have a special treat for you!**

**Our Homemade Comfrey Salve Recipe.**

Over the years we have made a variety of things ranging from homemade bath salt mixtures, herb butters, hand sewn gifts all the way to our own comfrey ointment. This comfrey ointment has become a staple in both our households. We make it yearly, give it away for gifts and keep a handy supply on hand for use all year round. We use it externally for cuts, bruises, chapped skin, rashes including diaper rashes, chapped lips, and sores on our animals. Here is our tried and true recipe. We don't usually measure anything when we make it. We've made it so long it's ingrained in our baking DNA. We hope you will find this plant as miraculous as we do. Enjoy!

Supplies you will need:

- Clean empty jars for storing your ointment. These can usually be found at your local health food stores or ordered online. 8-10 baby food jars or some canning jars, brand new small tins work great also. You can find salve containers online or at most herb stores.
- Dried comfrey plant. Order online or call your local herb/health food store. You can also grow this in many states. We each grow our own plant. It dies off every winter and comes back in the spring. It can get rather large so give it plenty of space. Check with your local plant nursery to see if they carry this plant. Oils are most potent during blooming. Once flowers start to bloom cut leaves off and dry thoroughly with a dehydrator or hang to dry. Store in large glass or plastic containers.
- Large bottle of Olive Oil.
- One Large canning jar with lid, washed and rinsed well. Dry completely.
- A chunk of beeswax. Grate about a cup or two. Sometimes beeswax comes in little chunks. You'll need around nine smaller chunks. It's really trial and error to get it to the consistency you prefer. After you make your first batch, you'll then know how much you need to keep on hand for the next time you make it.
- 10 Vitamin A and 10 Vitamin E capsules.
- A fine strainer.
- Wooden spoon.
- 1 quart glass heat resistant measuring cup. A pan will work also but we prefer to cook it in glass and not in metal.

Take your large canning jar and add comfrey leaves. We dry ours whole, so we add about 5-6. If you are adding crushed dried leaves add one and half cups. Pour olive oil over the leaves and fill. Do not fill the jar up all the way. Leave an inch at the top for movement when shaking. Place lid on tight. Keep your jar on top of stove, or on top of the refrigerator or somewhere somewhat warm for 30 days. Shake it daily. The oils from the plant will meld with the olive oil over this time period. We suggest marking it on your calendar so it's easy to keep track of the 30 days. We also suggest leaving it on top of the stove for a daily reminder to shake it.

After your thirty days is up it's time to make your ointment. Before you begin cooking your oil set up all your empty jars. See our photo below. Place them on a cookie sheet, waxed paper or plate to catch any spills. Grate your wax or cut into small chunks. Place the glass measuring cup on a burner set to warm. Place your fine mesh strainer on top of your measuring cup. Dump the comfrey oil mixture into the strainer. Let it sit and strain completely for about five minutes. Push on it to squeeze out any remaining oil. Discard leaves.

Slowly warm the dark green oil. While oil is warming add in shredded beeswax or beeswax pieces. Add a few at a time as the oil is getting warmer. You don't want to boil it, but you want it hot enough to melt all the wax. Stir as needed with your wooden spoon. Through-out the cooking process you'll be doing the freezer test consistently until you get your salve at the right consistency you prefer.

Freezer test: scoop out a teaspoon full of the oil/wax infused mixture and place it in the freezer for about thirty seconds to a minute. Check it. Is it too runny? Too hard? If it's a little softer than you would like, add a bit more wax, stir it in and melt it down. After it's melted try the spoon test again. Once you've reached the right texture take the oil off the heat. Poke holes in your vitamin A and E capsules. Stir in. Some people like to add essential oils for smell. We usually leave ours unscented.

Carefully pour into your prepared jars. Let cool completely before adding a lid. We keep ours in our kitchen, bathroom and in our first aid camping kits. They make excellent gifts, especially for new mothers.



Jar full of comfrey leaves before the oil is added.



The finished product. Salve poured into clean jars/containers.

"Sharing nature with children and nurturing their connection helps them to stay 'awake' and connected to their own truth." ~ Jacqueline Nicoll

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



## **Chapter #2**

### **~Conscious Parenting~**

### **Parenting With An Open Mind.**

**Conscious parenting is a way of parenting with an open mind, bringing your authentic self into your teachings, discussions and understandings. Conscious parenting is accepting your children as wise spirits who have chosen to have a human experience. Allowing your children to express themselves freely does take a parent with an open mind. Each child comes with their own passion, purpose and path to walk regardless of the labels that their peers, parents or society may put upon them. It's up to you to guide and hold their hands while they discover who they are. Let them spread their wings. They come with new energy and are sculpting new paths each and every day. We should not mold them to only believe our thoughts and belief systems. Sometimes as a parent this will be hard for you to sit back and allow, but the outcome will be so beneficial to them, so that they can become a free thinking human being. We should never as parents expect our children to live out our own personal dreams that we may have or have not achieved for this would not be fair to them. Even though we are intertwined with our children they ultimately are the creators of their own journey through-out their life.**

## **Time**

We are like the inner workings of a wristwatch. The intricacy, and how all the parts need each other to properly function. The inner workings of a human and a wristwatch are very similar because we are multifaceted and require regular maintenance to function efficiently. Our spirit, mind and body all need to be properly maintained so we can function as our highest supraliminal selves, full of positive energy keeping us motivated.

## **Creative Arts**

Exposing your children to the arts and music field is like food for the soul. Their energy skyrockets from within and starts to bubble with ideas and visions of how they see the world at hand. The challenging part is to introduce them to all you can in this arena so they can find what they connect with or gravitate towards. They will let you know their likes and dislikes. Allow their individuality, sit back and watch them blossom.

Children are constantly absorbing their environment around them. Whether you are on a family field trip at a local museum or taking a walk through the park, there is so much learning taking place. For instance, in 1992 during a school day our two families pulled our children out of grade school and took them to the local train station to witness the last trip of a very famous historical train as it made its final journey through Arizona, before retiring to a museum. It was the last complete run made by a steam engine of the original Sante Fe Railroad which came through Kingman, Arizona on its way to Chicago. We shared with Stacy's daughter's teacher the next day what we had participated in. She mentioned she wished the whole school could have participated in such an historical event. This is the sort of field trip they should be taking. There was a lot of education and history involved. A lot of parents wouldn't even consider taking their kids out of school for a learning event outside of school. The cause and effect of this adventure is still spoken about by our grown children to this day.

Going on family explorations and field trips encourages children to use their imagination and to see the world from different points of view. It also creates family bonding. Check your local newspaper for current events and family activities happening in your city.

Encourage your children to live outside the box. Demonstrate how to release stress and have fun by expressing themselves through a freedom dance. Have your children close their eyes and move their bodies to whatever feels natural to them. This is a harmonious way to connect to their inner selves.

Remember we only have a limited time with our kids as babies, as toddlers, as a little boy or a little girl and as teenagers. After that they will be on their own and will be looking back at us, as we have now taken the back seat.

They are the ones in the front row now carving out their paths and living their own journey. We as parents hope to teach and pass on to our children a toolbox full of physical and spiritual tools to assist them throughout their lifetime for whatever their needs may be. Everybody's family toolbox is different. There are no two families a-like, and that's a good thing! The world would be boring if we were all the same. Don't you agree?

Remember you are raising a future adult who will go on to parent their own children. Your choices, actions and thoughts do matter as does theirs!

*“An educational system isn’t worth a great deal if it teaches young people how to make a living but doesn’t teach them how to make a life.” ~ Author unknown*



Normally they wouldn't have been able to climb the walls. This was taken the night before the Lawrence's moved to Montana. The pictures had already been packed away. Who would have thought seven years later the Totens would end up buying a house two houses away from the Lawrence's?



**Top left: Christmas Top Right: Halloween  
Bottom left: Rachel's Birthday Bottom right: Tony's Birthday**

Our children have been our greatest teachers. In our two families throughout our lives as they were growing up, certain topics and ideas have come up in everyday life.

We've had instances where a situation came up, and as parents we have to make decisions on what we are going to do or say or create or eat. When we came up with answers or ideas, we as parents would share it with our children. After hearing us there were times our children would speak up and give us their input or ideas and we realized in some of those instances that their ideas were a lot better than ours.

Remember there is no parenting handbook on this planet that is written just for your family. However, there are great guidelines, but you must figure out your parenting process as you go along minute by minute, hour by hour. Your parenting journey is unique to you. There are some topics children should not be involved with. Limits and boundaries should be put in place. You as the parent should be relying on your intuition and common sense.

We are sure you have heard this old saying (that is so outdated), “**Children should be seen and not heard.**” This old belief has caused much emotional harm for many generations. This made so many people grow up feeling like they didn't matter and like they did not have a voice. This is one of the big foundations of Intentional Conscious Parenting, children should always need to be heard.

**“The privilege of a lifetime is being who you are.” ~ Joseph Campbell**

### **Labels Are Not Who You Are**

IDENTITY: Definition on Dictionary.com

*The Sense of Self, Providing Sameness and Continuity In Personality*

We've seen the studies and heard the horrible stories. The ones where someone's lifelong career suddenly ends and within a few days they've dropped dead or committed suicide.

We don't bring this up to have a somber conversation. We tell you this to have a discussion and shed some light on a topic we don't feel it receives enough attention.

The way we humans are wrapped up in our identities. The multiple roles we play as humans in a lifetime. The labels that are put upon us and the labels we put upon ourselves.

These roles and labels are important and help to shape our outer form, but when we tie everything, we are into these roles and they suddenly change, the walls can come crashing down. Sometimes the change is planned and sometimes it's unexpected.

Let us give you an example. Jerry lives next door; he's been a logger for twenty five years. Due to change in supply and demand for wood, Jerry no longer can rely on his profession to pay bills. He feels like it is the end of the world. He is a master at what he does. He has put his blood, sweat and tears into his profession. Over time it has become his identity. Everyone around his little town knows him and how he has won the local lumberjack contest several years in a row.

The thought of being anything or anyone else is devastating. To be able to survive, Jerry will have to embrace change and reinvent himself.

Children grow up with labels that begin to shape their identities. Over time as they get older the roles become labels that can put them in a box and limit their expansion.

You are such a great ballerina, soccer player, doctor, author, etc. We need to remind them that's not all they are.

There's nothing wrong with praising your children or encouraging different roles and traits in their life or even showing them how to connect to their identity. They are way more than that. It's up to us as parents and adults to remind them that.

They are spiritual beings having a human experience. An experience that lets them create and choose from multiple opportunities and choices that will come their way are endless.

All these roles are important but none of them are as important as who they are on the inside.

Let's go back to Jerry. As Jerry dug deeper and did some soul searching, he realized he wasn't just a great logger, he realized that he was a caring father, loving brother, a favorite uncle. He is cherished in his community and groups of friends.

As he dug even deeper and began to strip away all the labels that had been given to him throughout his life by the people in his life and himself, he realized the most important part was who he is on the inside.

Build on your child's inner foundations and inner truths and when the walls of identity come crushing down your child will be able to pick themselves up, dust themselves off and reinvent themselves much easier throughout their lives because of these priceless life tools that have been taught to them.

Being able to connect with the more genuine and deep essence of their identity will get them through and give them a solid foundation.

Remember: labels can be pulled off.



### Chapter #3 ~Conscious Parenting~ Teaching Children About Gratitude.

**Teaching children gratitude is all about their attitude. More importantly it's about the parent's attitude and the mirror image they portray to their children and the rest of the world. Gratitude is such a brilliant gift that has been bestowed upon us if we choose it. The sophistication of this gift is simple. It is a choice. Be thankful for what you have, who you are and who you can be. It's all about perception. It doesn't matter what social status you come from, what your wallet has in it or how you were culturally raised. Be thankful for what you have and feel right now in this exact moment in time. Hard times and good times, these are all opportunities to acknowledge gratitude. Give a shout out to gratitude. As we teach our children to witness this invisible mind thought, the concept emerges within them just as easy as they learn how to brush their teeth, their ABC's or how to tie their shoes. These are life skills they will use throughout their entire life. Gratitude can be a wholesome part of your healthy intentional conscious parenting routine.**

It is up to parents to teach your children gratitude and that their daily choices have an impact on themselves and the world they are creating. Anything you can think of you can be grateful for. Start a family tradition that at the dinner table every night when you sit down to eat everyone shares something they are grateful for. Pick a time. It could be better for your family to share their gratitude's

during dinner, breakfast, during bedtime routine or in the car on the way to school. It depends on the lifestyle of when your family is together. Your new family gratitude tradition can evolve from there. Family traditions can be very healthy. Start a gratitude tradition that fits the lifestyle of your family.

Simple gestures of gratitude examples that you and your children could be grateful for:

- Being grateful for how they feel today
- Gratitude for the tree, bush, plant or flower in your home or yard or just nature in general
- Say thank you in the morning to your waking body or at night say thank you to your body before going to sleep
- Show gratitude and or give thanks for all the people in your life. There are learning lessons in every relationship
- Gratitude for what we have and for what we don't have
- Teachers
- The simple things in life
- A fun activity
- A show they watched
- The dinner they ate that they got to choose. In some families' children don't get choices
- Getting to listen to a variety of music
- Getting to choose an instrument that they feel attracted to play.
- The pair of shoes they have on. (Some children have multiple shoes, and some may have only one, some have none)
- Their favorite toy

Gratitude is a mindset it's not about the material.

Before your child goes to sleep at night, it's a good idea to sit with them and look back at how their day went, how it made them feel, whether they were happy or sad. Could they have done something different? Were they satisfied with the day? What did they love about the day? Did they learn anything about themselves? Let them expand on their journey of the day with you. Just be an ear, not a mouth. If they had a sad day, tell them that's ok. Learn from it, release it and reassure them that tomorrow is a new day. This is a way to show them how to be grateful for their experiences.

Here's a couple of nightly gratitude affirmations. One's for a child, one's for an adult. Feel free to use these or write your own and personalize them to fit your lifestyle and or beliefs.

Affirmation Tip:

“Say the affirmation as if it is already true. What you think about comes about, so be diligent in retraining your thoughts.” ~ Yvonne Perry

For children:

*As I drift off to sleep, I follow my inner star. I believe in myself, and I have everything I need. Thank You.*

For adults:

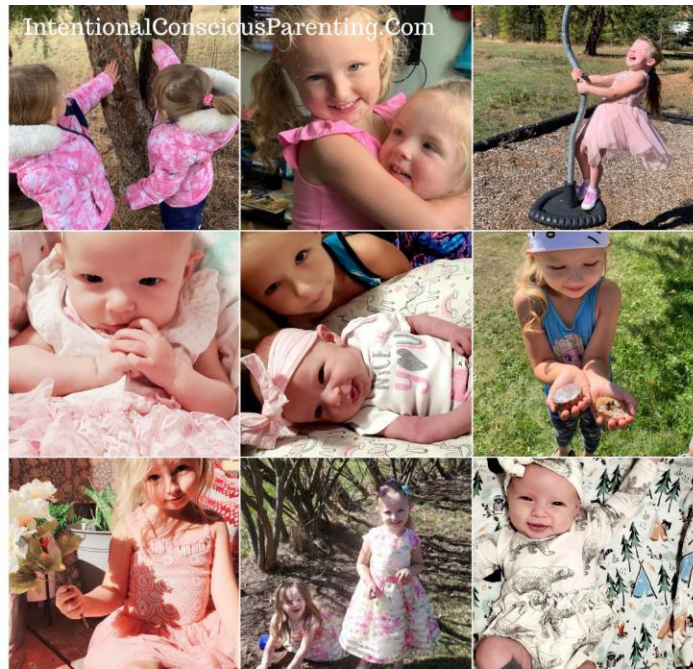
*As I drift off to sleep, I quietly rest my mind, I am in a place of pure positive thought. I let go, I am safe, and I am loved.*

*We have a whole set of affirmation cards available.*

*Purchase our physical card [deck here](#).*

*Or our printable [PDF deck here](#).*





**Chapter #4**  
**~Conscious Parenting~**  
**Teaching Children The Power Of Their Minds.**

**Teach your children the power of their thoughts and how to change them to create different outcomes. Children are very tuned in to their own needs. The foods they like or don't like, the people they feel comfortable and uncomfortable around. There are reasons for this. They are not being difficult or snobs. They are unaware of this type of behavior until parents, school, society or friends teach it to them. Teach them about FEAR: false evidence appearing real. How they have the ability to look beyond the veil of perceived reality. They can be empowered by instinctively going inside themselves by listening to their feelings. Honor this in them.**

**Do not force upon them hugs or foods that their taste buds despise. (That you may love by the way.)**

**Change is always constant. Teach valuable tools on how to roll with change. Change is very scary for most humans. Their comfort zone is their safe zone. What they don't realize is changing something or even**

**going after something you want or feel could be their pot of gold. Their pot of gold could be mental, physical, spiritual or financial. There are people who become stagnant and paralyzed with life until they realize the gift that comes out of change can be freedom. Usually, children are**

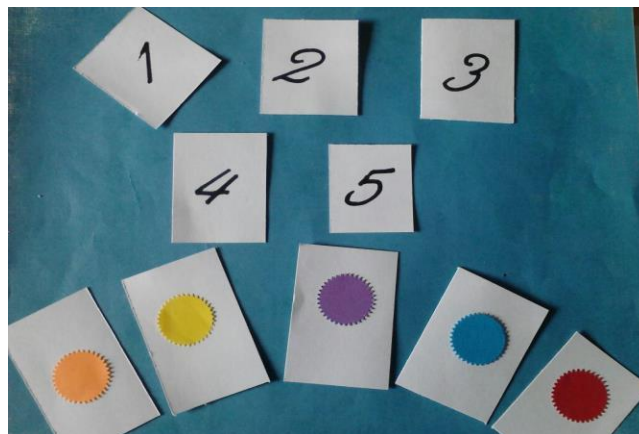
**very resilient and adapt to change much easier than adults due to their ability to live more in the present moment.**

We would like to point out that when you are teaching your children about their intuitive abilities, (that we all come into this world with, whether we choose to use it or not), there is great responsibility that goes along with that. When these abilities are enhanced, they can be used for great things in our life or they can be used in a destructive manner. It's important to instill in your children to make wise choices and go by their feelings.

**Practice with your children on how to open and use their third eye.** Your third eye is the gateway to inner consciousness. It is part of the brow chakra located on the forehead between the eyebrows. This is a very valuable tool every human is born with if they choose to utilize it. *We highly suggest doing research on the third eye.*

**A fun way to teach your children and encourage use of their third eye is to play games that will enhance this skill.**

Have your child sit quietly with their eyes closed while you, the parent hides a toy. The parent should take a moment to think in their mind where they hid the toy and what it looks like, so this gives the child a moment to read the parents thoughts and pick up on the vibration of the item. See the colors and the details. Ask your child to go within and see what pops in their mind. Are they seeing colors, a certain room in the house? Do they see within their mind (third eye) where this toy could possibly be hiding? Keep the mood light and fun. Just like anything in life, if you want to get good at something it takes practice.



(Examples of our homemade flash memory cards)

Another fun activity is to create your own flash memory cards. Create five or six cards so it's not overwhelming for the child. With markers, colored pencils or crayons either draw a symbol, circles or number on each card. Decide who the sender or receiver will be, which means who's going to be guessing what card you're holding, or who's going to be holding and thinking about what's on the card. The sender picks one card, doesn't show the other person, looks at it and then places the card against their third eye or up against their chest or places it face down on the table, so the guesser doesn't see it. Some children or parents who would be the guessers also like to put their hand upon it to try to receive an impression, a feeling, a thought, a visual picture in their mind.

They might even hear the answer in their head. When they feel they have received a good reading or zoned in on what they think it is, then they can share their answer with you. The sender is just as important as the guesser because they have to shut the whole world off and only think of the yellow circle on the card they are holding. If the sender wanders off into scattered thoughts it will make it more difficult for the receiver to pick up on the message. Remember you are teaching a tool that your child can use for the rest of their life. This is a good start up game. As you enhance this intuitive ability through the years you will find it will just become natural to use it in your everyday life. If children learn to use their third eye it can only get better and better.

### **Let's talk about change.**

We feel change is a huge asset to a child's life. It is an inevitable occurrence that takes place whether we like it or not. There are those that resist and struggle with change and there are those who can flow with change.

People who have mastered the ability to flow with life, who are flexible and spontaneous radiate an essence about them. They seem to be freer; their energy is light and fluffy. They are not hardened by life or stuck in the past, they don't get angry if you move something, change something, they are more equipped to handle the peaks and valleys life brings them. People who are unwilling to change become stagnant.

So how do you teach your children this valuable tool? You demonstrate this by your actions. By your fruits they shall know. You are their example.

Are you free and light on your toes? Can you dance between the raindrops with ease? Or even with tear drops, but at least you're still accepting & processing change as opposed to someone who is afraid of change or doesn't know how to change. You shouldn't hide your emotions and stuff them deep inside. It's OK to feel and work through your emotions by crying, yelling, screaming into a pillow, through writing or talking it out. A few of our favorite ways to process is through exercising or if we write something down, we like to burn it and then release it into the universe. Go on a walk in nature, meditate, or use the technique Ho'oponopono. Some people may need counseling. The point is to process your emotion at the time and be able to move forward. For some people it can take five minutes, for some a lifetime. You get to choose. It's your life. How long do you want to carry your emotional baggage?

Here is an example of being stuck.

We know of a family who had lost their dear son in a tragic accident at twenty-two years old. They left his bedroom untouched for twenty-four years the way it was the morning he got up out of bed to leave for the day. Our hearts go out to them for all the pain they have endured. They were stuck for twenty-four years, not being able to process, let go and accept change.

Here are some examples of circumstances that require immediate attention and the ability to roll with change.

1. You're about to read your child a book, work calls, interrupts, you have to leave. The child either has a melt down or will expect whomever is going to step in to read the book. Or you may have to put reading the book on hold for a night.
2. You picked a restaurant for a family dinner, there's a traffic jam, you decide to go to a different restaurant. One of your children has a meltdown. You talk them through it, hopefully to show them it's not worth a tantrum, you can always go there another time.
3. Maybe it's a split family. Dad is supposed to pick up the kids for the weekend and something comes up. Understandably, the kids are crushed. You have to explain this is real life, sometimes things happen we have no control over. Help them to feel and express their feelings they are having at that moment. So, they aren't suppressed. That's where a lifelong habit of stuffing emotions deep within could begin if not dealt with then and there.

All these techniques help to build trust between child and parent and helps children feel safe. This gives them an outlet of being able to express their own feelings and emotions.

*“How we treat the child, the child will treat the world.” ~ Pam Leo*

### **Demonstrating how to be in the present moment.**

A lot of children have the ability to stay in the moment but if you have a child that has a hard time focusing and being present here are some tips:

- Fully listen when you are in the middle of a conversation. Turn off or remove distractions. Keep eye contact while talking with someone, especially your children. Show the ability to be able to listen without interrupting with an immediate response.
- Pay more attention to your inner state than what is happening to the child during a tantrum, refusal to eat, etc. It's vital what conscious state the parent is in, in that moment. Can you be the space for your child no matter what your child is doing or going through? Are you able to accept the moment as it is? As the parent becomes more intuned with their inner state, more peaceful and more accepting of the present moment, providing the energetic space that is needed, then that will transmit itself to the child.
- If you and your child are going to become engaged in an activity, clear your plate so you can be fully present. Such as, reading a book, preparing meals together, playing games, working in the garden or doing homework.

**“Thoughts are powerful. The more you examine your thoughts, the more you'll realize this is the case. Thoughts are a form of energy. Don't believe me? Science tells us that thinking a new thought creates a structure in your brain, a connection between neurons. With your mind, you're able to change reality right there in your gray matter. And if you think the same thoughts you always have, you'll reinforce the structures in your brain (known as neural networks) just like**

**wearing a groove in your lawn by walking across it at the same place day after day.” New York Times Best Selling Author Peggy McColl – From her article Think It, Create It.**

We wanted to provide you some important tips on how to support your children by teaching them just how powerful their minds, words and actions truly are. Remember to support your children and yourself.

By your fruits ye shall know. Energy and vibration are very real. What we put out flows to others and back to us in a plethora of ways. We have an impact and a ripple effect beyond our wildest imaginations. We are all very much interconnected. We as in the people, the animals, the earth, the planets, the universe.

We can't tell you enough how important it is to listen to the words coming out of your mouth and your child's mouth. Help them to be awakened beings by being aware of what they are saying. What you say matters! You never know who is listening and what kind of effect your words are truly having on someone, positive or negative. Do you realize that even yourself is listening on a subconscious level whether you are listening or not?

As you all know children are exposed to so much these days. Bullying behavior has understandably been a hot topic. You may have seen on TV, in movies or read about a story in a magazine where people are trying to go back and find the person they bullied when they were younger as a way to heal. Sadly, there have been cases of children committing suicide because of the mental and sometimes physical torment and anguish they experienced from their peers. Children really need to understand just how important they are and how important their actions, words and behavior's are. They also need to be empowered to feel strong within themselves and not take everything a peer says to them so personal. This is where you come in parents, they can be taught this.

Teach your children that when adults or children pick on others or make fun of people it's usually because of their own insecurities. It can sometimes be traced back to their own personal lives and issues. If a child is continuously bullying your child, it could be a call for help. Contact your child's school, reach out to other parents and see if there's anything you can do to shine a light on a dark situation. A lot of time the bully is modeling behavior learned from his/her environment. Child bullies can grow up to become adult bullies, here's a chance for an intervention.

We want to applaud you for taking the time to learn and be open to parenting consciously. We know parenting is not an easy job, but we have found it to be very rewarding and uplifting in so many ways.

The parenting journey is worth i



## Chapter #5

### ~Conscious Parenting~

### The Importance Of The Care And Feeding Of Your Child's Body, Mind, And Soul.

**Teach children the importance of understanding the care and feeding the body, mind and soul through proper nutrition, exercise, learning how to relax and rejuvenate, by taking care of their chakras and energy bodies. Children evolve daily, allow them this gift. Guide them and protect them. Do not mold them to be what you want them to be. Teach them to live in society with purpose and passion. Children need to know they matter. Listen to them. They could become one of the best teachers you've ever had.**

**~ Encourage your children to connect with nature ~**

A new world is being created where “you” are more than your status. We are moving away from being tied to our identities and moving towards fulfilling our passions and purpose! To be able to do this your child needs to be well versed in the methods of life. We feel connecting with nature is one of the methods that can truly help them become balanced and grounded. Walking barefoot can connect your child with the currents of the earth. They can't help but feel the energy from the earth as it penetrates their physical body and nourishes their soul. Children get so excited when they get to play outside, go to the mountains or simply just be out in nature. There's nothing more freeing than sitting on a giant boulder just being in the present moment.

Kids love to collect things. When they are in nature, they sometimes love to gather up rocks, pinecones and leaves. There is a reason for this. This helps them feel connected to nature even once they are home in their room. With walls confining them they can look on their shelves or pick up these special items. This can cause a spontaneous reconnection with their nature experience.

Sitting with your child in nature on a big rock or log just listening can connect your child to sounds, smells and vibrations of their natural surroundings. Allow them time to connect to their feelings and feel the surges of mother earth's energy pumping through them. For our two families, connecting with the energetic circuits of the planet is just as important as the blood that pumps through our veins.

Being out in nature can expand a child's development. Children can find out who they are and what they like by being out in nature.

Here are some of the fun ways we have connected with nature with our children.

- Star gazing
- Camping
- Campfires (we have these in our backyards year round)
- Playing kick the can, red rover, badminton, folfing, hide & seek, and bocce
- Identifying plants, flowers, trees, animal tracks and scat
- Fishing
- Learning about different minerals and rock formations
- Teaching our children nature survival and safety tips
- Rock climbing
- Meditation
- Hiking

Even though our children are grown we still do some of these activities with them to this day. The connection our children made with mother earth since they were small has never gone away, they enjoy spending as much time in nature as they possibly can.

If you live in a city, you can still show your child how to feel connected to nature. You could have house plants that they take part in touching the leaves, wiping and cleaning them, watering and learning about the different plant species. Some plants are poisonous to animals, so special care is needed, and research is also needed in this regard. Growing an indoor garden or having a windowsill that is devoted to growing herbs can be very beneficial for your child's health and mind.

Take your child to all the local parks in your area, point out the different trees and flora. Take off your shoes and let your toes squish between the blades of grass. If there are hills in the park you could cut a piece of cardboard big enough for you to sit on and slide down the hill. Have them notice the flowers, scents and smells that surround them. Visit a local atrium or botanical garden if you have one available in your city. Take a trip to the zoo and learn about the different animals.

There's a parenting book called [The Truly Alive Child: For Those Who Seek A Grander Vision For Our Children](#), By Simon Paul Harrison. Over the past few years, we have paired up with Simon on a few occasions. We did an [author interview](#), a review of his book and he even wrote some articles for our

Intentional Conscious Parenting blog. We just can't say enough about this book. We have read it from cover to cover. This book shows a different path you can take while staying open and connected to your child. It provides tools to support your children to merge into the world we are shifting into.

Another way to bring the outdoors inside is by doing nature crafts.

- Flower prints
- Making garlands out of leaves
- Leaf rubbings
- Making rock bugs
- Creating pinecone lions
- Wind chimes from sea glass
- Fairy garden houses
- Nature lacing

All of these craft ideas can be found on [Pinterest!](#)

*“They are drowning in our information culture, surrounded by mind-numbing electronic gadgets, and under huge pressure to “succeed”. Nature plugs them back in to something real.” ~ Simon Paul Harrison*

### **~ Create peaceful environments ~**

Creating a peaceful environment begins in the child's home. Their bedroom is their turf, their stomping grounds, their “safe zone”, their sanctuary. Their home is the place where they should feel comfortable, relaxed, open and above all safe.

A parent can help create their child's free flowing space by being clear about their boundaries, their limits, what's acceptable and what's not. A parent needs to take control on how much time is spent on electronics, TV time, creativity time, lazy & free time, play time with friends, reading time, sports and extracurricular activities. Each one of these can be healthy situations with parental guidance.

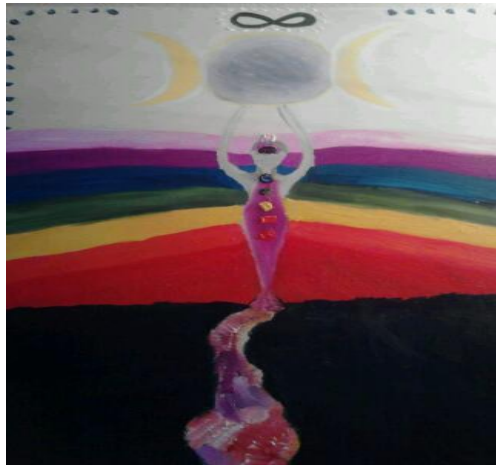
*“Structured time is just as important as unstructured time.”  
~ Stacy Toten & Carol Lawrence*

### **~ Teaching your children how to cleanse their [energy body](#) ~**

A good way to release and relax is to have your child breathe in deeply and exhale deeply several times to cleanse their energy field. Have them sit or stand, breathe in deeply, exhale deeply with eyes closed, visualize deep roots growing from their feet into mother earth. Have them picture a golden stream of light coming down from above into their crown chakra through the top of their head, permeating throughout their entire body down through their feet into the roots. This will help to balance their body, mind and spirit.

**“Whenever anything is out of balance in your energy bodies or in your physical bodies, it automatically seeks to regain balance. Most of this system run beneath the level of your conscious awareness. The wisdom hailed in this area of your being is probably much greater than you realize. We are just beginning to learn how to utilize it consciously.” ~ Author Barbara Brennan**

**Simple energetic tools for promoting physical and energetic health.**



(Painting by Stacy's daughter Sarah)

**~ What are chakras and how to take care of them ~**

## **Chakras**

Chakras look like funnels of energy. They exist on the seven levels on your energetic field. They extend out in the front and back of your body.

“Chakras take in and absorb energy (Chi) from the universal life energy field. If a chakra stops functioning properly or becomes clogged the intake of energy will be disturbed. The body organs served by that chakra will not get their needed supply. If dysfunction continues, normal functioning of the organs and body parts in that particular area can become weakened, as will immune defenses. Over time dis-ease can set in, in that part of the body.” ( Source – Light Emerging: The Journey of Personal Healing – Barbara Brennan )

We feel chakra health is so important we have a full page on our [blog](#) dedicated to it.

Our hope is that you'll keep an open mind and explore how to take care of yourself, not only physically but energetically as well. As you learn more about your energy body and chakras, please pass on these valuable tools to your children.

A chakras function is to receive and send energy and information directly into energy centers throughout the body.

**Name of chakras, colors, attributes, location on the body and relationship to the body.**

**Crown Chakra**

Violet - Inlet for wisdom, awareness, guidance, universal and divine knowledge. Some believe it is a gateway to our spiritual connection, universal energy and consciousness. Located on the top of the head. Associated with our entire nervous system and also our brain.

**Third Eye Chakra**

Dark Blue/Indigo-Spiritual sight, clairvoyance, manifestation, intuition, strength, dreams, awareness, finances, trust and joy. Located between the brow. Associated with nerves, hormones and pituitary gland.

**Throat Chakra**

Light Blue-Beliefs, thoughts, communication & relationship. Located on the throat. Associated with the throat.

**Heart Chakra**

Green-Love and connection to all life. Openness to life. Love for other human beings. Balance, peace, harmony, emotions, security, unconditional love. Located in the center of chest. Associated with thymus, heart and circulation.

**Solar Plexus**

Yellow-Issues of power and control, physical health, place in universe, intellect, mental awareness and spiritual wisdom. Located in abdomen area. Associated with nutrition, digestion, fatigue and memory.

**Sacral**

Orange-physical desires, creativity, belonging, acceptance, procrastination and confidence. Located below the belly button. Associated with the pancreas.

**Root**

Red-Physical vitality, physical needs. Regulates issues surrounding survival, fulfillment and physical needs for food and shelter. Associated with ovaries, gonads and blood circulation.

Here are some tips for taking care of yourself. If you don't take care of yourself, how can you ever fully feed your child's body, mind and soul?

1. Become more self-aware. Listen to the inner messages your body may be telling you. For example: a backache may be from sitting too long, strain from exercising or it may mean there is an underlining fear of failure and success. Perhaps it's fear of criticism. Perhaps it's related stress over lack of money, or loss of a job.
2. Be more joyful. Surround yourself with joyful people, joyful experiences and surroundings. Figure out what truly makes you happy. What lights up the inner you?
3. Release your inner artist. Let your creativity flow. You're not just planting a garden or painting a picture, you are releasing powerful energy; a frequency that vibrates at a higher level. Manifesting energy into form.
4. Diet and exercise are not just for the physical body, they help stimulate and regulate your energy body as well. Do you crave certain foods? Dream of vegetables you've never consumed before? Explore different foods and see which ones give you more energy, feel good and digest well. Consider the energy in the food you choose.
5. When getting dressed, ask yourself what colors do you want to wear each day. Consider your mood and current health. Do you need blue for calming, red for bringing out creativity, passion or do you simply need brown for grounding?
6. Practice self-acceptance. Pat yourself on the back. Spend some time regularly loving and caring for yourself. A healthy body requires you to love yourself.
7. Use your mind. Not just by reading, creating and bringing life to your new ideas. Explore spiritual expansion through meditation, deep contemplation and working with the divine and universal forces, stimulating your body and mind physically and energetically.
8. Play games, listen to music. Walk in nature. Be with friends or be alone. What charges your batteries? Take time for you and do it!
9. Nourish deep relationships with family and friends. Create healthy boundaries. It's ok to say no to drama and events you don't want to be a part of.
10. Feel your feelings. Allow yourself to feel your feelings and let them flow out of you. This helps prevent blockages from forming. Facing feelings and feeling through them frees us up to create what we want in life.

***Affirmation ~ I love myself. I accept the life I have created. I can change any part of it I don't like. I am a beautiful radiant being.***

### **~ Nutrition ~**

Demonstrate how to prepare and eat healthy nutritional foods.  
You are what you eat. Food choices matter.

Prepare a weekly healthy menu ahead of time. Once a week go grocery shopping for the ingredients, you'll need to be able to stick to your menu. Make sure to include healthy low sugar breakfast items to

start your kids off with brain fuel. Remember to include healthy after school snacks and items for extracurricular events during the week. On a budget? Check the local sale ads, they come out every

Wednesday across the country before heading out to shop. On the day of your after school activities stock a small ice chest full of healthy snacks or a prepared meal to have on hand to avoid the temptation of the fast food urge. Get the kids involved in learning about making healthy choices, planning out the weeks menu, and cooking the meals right alongside with you. It teaches them skills and makes them feel included.

One of Carol's fondest memories as a little girl was when her mom and grandma were in the kitchen cooking dinner. She was approximately three years old. To keep her occupied she had her own cook station, a tray with a bowl, stirring utensils, extra food scraps, eggshells, vegetable scraps and such to mix away and cook her imaginary meals. Create long lasting memories with your children in the kitchen. Reminder: Always remember to teach your children to wash their hands before and after handling food.

***Healthy Tip: Eating green leafy vegetables is a great way to add magnesium into your diet.***  
**~ Resting and Rejuvenation ~**

Resting rejuvenates our entire being and makes for a happy healthy child. We know some families do not have a set nap or bedtime. For our two families having a set time was key for us in establishing healthy boundaries for our children to provide them the rest they required. Until a certain age, depending on the child, they require rest and relaxation time. Even if they don't want to sleep during nap time, they still need down time which could consist of putting on music, a story, reading a book or letting their imagination take them away for a while. This is a good time for parents to take care of whatever your needs may be at the time. Maybe you need to rest, do the dishes, make a phone call, take a shower, etc. This is your time.

By having a set bedtime for the kids every night, their bodies and minds automatically know what's expected of them every evening. For example, you may eat dinner, have an hour of playtime, bath time, brushing teeth, reading a nightly bedtime book, saying your goodnights and gratitude's then crawling into bed. Being disciplined in this manor has a lot of health outcomes. Many studies have been done on healthy sleep schedules and the benefits that go along with this. It's fun to fudge on the bedtime occasionally or on the weekends.

We always knew that after the nightly routine of enjoying our evening with our children, reading them a book, the older ones reading us a book or reading as a group activity with all the children or making the rounds for individual time before bed and tucking them in we would have our time to spend with our husbands. Our time to read a book, have a glass of wine, just unwind, or have mad passionate sex, which helped us to be better parents. Adults need their own down time just as children do.



### ~ Play ~

Playtime, imagination time and creative expression is vitally important each and every day.

Whether it's silent or loud play, children need to be able to express their inner selves and their physical self as this stimulates their mind, body and soul. This helps them release built up energy, whether they are two years old or in high school. Playtime is a necessity in our society for healthy children. Is it swimming in your swimming pool? Going to a play as a family? Playing with cars and dinosaurs? Going down to the river, lakes and fishing? Is it playing hide and seek? Running around playing Duck, Duck Goose? Is it picking up musical instruments? Or maybe it's building a fort in the living room or reading a fun book that takes you on journey. Do you ever build puzzles as a family? Whatever playtime is in your family, do it and have fun.

### ~ Teach your child how to contact and communicate with their angels ~

A good starting point would be to create a sacred space that is theirs and theirs alone. A place that feels comfortable and safe so they can relax fully let their guard down and open up to their angels and their guidance.

To enhance your child's sacred space, fill this space with a favorite picture, gentle music, something representing nature such as a rock or flower, a soothing scent such as lavender or rose, an LED lighted candle for the ambiance to create a positive mood. The goal is to create a space where they can become calm, centered and relaxed.

The purpose of setting up this sacred space is to teach your child that they are always surrounded by their energies of their words, emotions and thoughts. By clearing their energy and their minds they can become much more accessible for their angels to connect with them. If their mindset is full of negative emotions and constant mind chatter this makes communication more difficult between their angels and them.

Once you have created a peaceful environment sit with your child and show them that they can call on their angels anywhere, anytime or anyplace. After you have shown them the first few times or until they understand and can do it for themselves. All you need to do is think of them and they are there. They can create their own little angel prayer or mantra. Encourage them to name their angels anything they want. One of our favorite angels to call on is Archangel Michael.

**Here is an example of showing them how to call upon their angels and ground their energy.**

I am calling on Archangel Michael to surround me with white light and bring down golden energy letting it permeate and flow down throughout my body. Let them know it is ok to ask questions and share their gratitudes with their angels.



**Chapter #6**  
**~Conscious Parenting~**  
**Teaching Your Child How To Trust Their Intuition.**

**Our focused listening from within can really tune in our sensitivities, bringing your child a wealth of insight about themselves and the world around us. Listening and we mean really listening to your child can provide valuable information about them as individuals. This is a choice we as humans must listen quietly from within and act on our intuition. We are all born with this so why not enhance this valuable tool? Practice getting clear about what your children need. Help them to bring out their inner selves so they can follow their intuition and instincts throughout their life. Help your children learn to be able to read between the lines, feel what they are feeling and then trust their feelings so they will be able to vocalize their concerns. If you raise your children in an**

**intentional conscious way, they will be able to express to the parent an issue or fear that may arise instead of ignoring or hiding it. Empower your children to express and listen to their intuition. Allow your child the gift of trusting what's coming through them and knowing that their angels and guides are always with them. They are always right by their side. They just have to choose to acknowledge them.**

Intuition has been a powerful force in both our lives and our families lives. We chose early on to seek out and educate ourselves on this thing called *intuition*. We soon realized we had been intuitive beings our whole lives. As young teenagers we didn't know there was a name for it. Now looking back, we can see intuitive traits ran deep in both our maternal roots. Upon exploring it, the more we came to the realization it was around us everywhere. In schools, friends' homes, libraries, out in nature, walking through airports, etc. Because we have trusted, listened, got quiet and chose to be open, we've been able to trust in our intuition throughout our everyday life. In our marriages, throughout childbirth, in our parenting, in our work environments, stressful situations, driving a car. It's always with us. It's with everyone. Wherever our feet take us, it's there. It's within us, it never leaves. It's as permanent as the beat of our heart. It can be tuned out if you choose not to listen. But we don't advise that.

**As author Abraham Hicks would say, we are tuned in, tapped in and turned on!**

In 1983, Stacy and her husband Eddie were in their little VW Rabbit with their three month old baby girl who was strapped into her car seat in the back, music blaring, singing away not a care in the world. Out of the blue Stacy heard loud and clear in her head STOP TURN RIGHT NOW. Listening to her intuition she told Eddie instantly to TURN NOW. Eddie did not hesitate. He made a right turn instantly, just as a big truck had just ran the red light. They would have been T-boned and probably have not survived the accident.

In 2010, Stacy was walking into the dining room to join her family for dinner. Something out of the corner of her eye caught her attention. At the end of the hallway clear as day was Archangel Michael standing big and bright. He was huge and literally took up the entire end of the hallway. She said out loud to everyone that was sitting around the table about whom she had just seen. Seconds later someone just opened the front door and walked in. It was a man in army fatigues carrying his army duffel bag over his shoulder. He took two steps in, looked to the right, to the left. He looked lost. We said, "Can we help you?" He just turned around and closed the door. Immediately, everyone stood up, opened the door and walked outside looking for the man. There was not a soul there. Stacy gave thanks because seeing Archangel Michael kept everyone calm while this occurrence took place. Stacy is highly intuitive and open to sensing spirits thus she was able to see Archangel Michael (this wasn't her first time) and she knew the man coming in the door meant no harm.

In 1981, Stacy's husband Eddie was at home in a cast from hip to toe. Stacy and her mother-in-law were employed at the same job so they carpooled in Stacy's car every day. This one particular day they got off work and got into the car and headed home. After being on the road for ten minutes, stopping at another red light. When the light turned green, they heard a thump, thump, thump. Her mother in law looked out the window and said, "We have a flat tire, not just one we have two flat tires." Instantly flat! They pulled over, called Stacy's brother to come fix the flats. He arrived an hour and half later. He took

off both tires, went to the gas station, aired them up. There was nothing wrong with the tires. They drove on them for the next year and half while she still owned the car. Later that day, they were getting ready to take a fifteen hour trip down Interstate 15 in California, there was a fifty car pileup on the Interstate that they would have been right smack in the middle of had they not had the flat tires. Things happen for a reason sometimes beyond our comprehension and we just need to be ok with that and dance between the raindrops.

Stacy and Eddie were going out to eat one day. They parked their car, got out and walked to the front door of a restaurant. Stacy reached out to grab the door handle and had an immediate clairvoyant message that sent chills up and down her body that let her know they weren't to go inside that restaurant. They decided to go somewhere else, which they did without hesitation.

Intuitive messages can come to you in various ways. When you get accustomed to receiving messages and they come in that strong you learn to trust them. Stacy and Eddie knew to turn around and just go eat somewhere else. They did and had an amazing dinner that night. Knowing why never even entered their minds at the time. They just trusted.

One time while Carol was working as a Family Outreach Specialist at an elementary school, she had a strong feeling something was terribly wrong at the middle school of her oldest son. She made some quick phone calls and found out there had been a death of one of the students there. Carol immediately went over to join the staff in consoling her son and his friends. When Carol has a feeling that vibrates throughout her entire being she just can't possibly ignore it and doesn't want to.

In the late 90's Carol was driving her car over to pick up one of her sons from a friend's house. She stopped at a stop sign. Simultaneously she felt the whole entire world around her come screeching to a stop. Carol looked over and saw Archangel Michael sitting in the passenger seat next to her. She knew then that something was about to happen and whatever it was she was not alone. Within seconds two

cars came barreling through the stop sign in opposite directions. They slammed into each other, bounced off of each other narrowly within inches of missing Carol's vehicle as they kept driving and never stop or pulled over. The crash was so loud neighbors from multiple houses came out to see if she was ok. Carol didn't have a scratch on her or her vehicle.

**“Our intuition is always giving us signs.” ~ Author Eileen Fisher**

**Here are ways you can include intuition in your parenting.**

- Ask your child how a particular situation made them feel
- After a bad day at school, ask them to describe it to you so you can help them process their feelings
- Show your children how to listen, feel, see, and experience their connections

- One way you can describe intuition to your child is by calling it an inner guidance system. It is one hundred percent completely intact. It just needs to be utilized by listening and staying in touch with their feelings
- Most parents feel a deep connection to their children. They are in touch through the invisible strands that connect each other. Another way you can help your children is to not doubt yourself ever when you receive a strong impression, a thought, a feeling or hear a message. Some people intuitively receive messages through smell. People get premonitions which could be in that second or a week down the road. There is also such a thing as receiving messages in the dream state
- We highly encourage you to explore deepening your own intuitive skills. Do research. There is a lot of information on this out there. See what tools you are attracted to, vibrate to and feel familiar with. See our resource list at the end of this book

***“Intuitive children know their personal truth, any deviation of that truth can cause them to feel confused, depressed, unbalanced and even sick.” ~ Author Yvonne Perry***

### **The conscious state of the parent matters.**

What's your inner state saying to you right now? Monitoring this is a way of being present in all situations. As we talked about earlier, when the parent becomes more peaceful and more accepting of the present moment, the child will absorb that energetic vibration of frequency.

The cause and effect of the state of mind the parent is in when dealing with a tough or strained situation is paramount to how the situation could turn out. You want to be able to come from an inner awareness so you can create the energetic space for the problem to be resolved, worked through, discussed, approached or redirect the situation.

Anxiety is enhanced by a parent's reaction to a child when they are in an unbalanced state themselves. The child will pick up and feel the energy you are carrying more than what you are saying. When you're in the midst of your child having a tantrum or them feeling anxious, or you're getting angry over something they did. Stop, it's time for you to do a self-check. Take a moment for yourself. Don't let the moment take over your emotions. Give yourself a moment to think through your response or how you would prefer to handle the situation. If you don't, you could easily add to situation and make it worse. How you perceive a situation is going is going to determine your emotion. These are parenting moments that are going to happen time and time again. These scenarios can be from your young children fighting all the way up to a dilemma with your teenager. These are all normal situations that pretty much happen across the globe.

Each situation is different, and each child usually needs to be handled differently. What does the situation call for? Do you need to talk about what happened?

Look at it as an outsider and take the emotions out of it and scope out the situation in real time. See how the situation can be resolved and or feel how it can come to a resolution. Remember if you keep calm, the situation can potentially be handled without an emotional or physical explosion.

***“The point of power is always in the present moment.” ~ Author Louise L Hay  
From her book You Can Heal Your Life***

### **Releasing.**

Does there need to be a release of emotional energy? Do you or your child need to scream to the universe or beat on a pillow? It's healthy to release in a safe manner or in a controlled environment. That's why we have tear ducts. That's why we have a voice. We are not recommending that you take your frustration out on each other, even though sometimes we know this is a reality that takes place. We want to provide you tools to be able to release in a healthy manner that benefits you and your family. We are all human beings who have emotions and must feel them.

If you need to have a family pow wow and write down your frustrations, burn them in the family fireplace or place your anger into a rock and toss it into a river, journal about the situation, then by all means please do.

### **How to tell if your intuition is talking to you.**

Many of you reading this probably already know this one. You know that gut feeling you get when something doesn't feel right, when chills go down your spine or your hair stands on end? You've changed your mind; your plans just don't feel quite right anymore? Something is about to happen, or something already did, and you are picking up on it. You hear the phone ringing in your head right before it rings. How many times have you thought of someone you haven't heard from in years and suddenly, they make contact? This is your intuition talking to you. There are many ways our body talks to us millions of people here on this earth. Sometimes its directly through our bodies. Do you

process your emotions through your bodily functions, like an upset stomach or a touch of diarrhea? This is how some people feel their feelings. Intuition is an inner trust, an inner knowing. The bottom line is you either trust it or you don't. How does your intuition talk to you?

***"Our children are energetic beings, here to unfold the purpose of their soul."***

<https://thesoulreporter.wordpress.com/>

### **Helping children decipher their feelings.**

When Carol's youngest son Joshua was in middle school, he had a difficult time adjusting to the heavy workload and fast paced environment. He also had teachers that didn't really understand his learning style. He was very frustrated. In that school year all of a sudden, he developed asthma. He was having to make regular trips to the doctor to have breathing treatments and was prescribed an inhaler. He expressed his frustration repeatedly at home and begged to be home schooled. As the school year was ending Carol's job at a local elementary school happened to be cut. She listened to Josh's pleas for help and investigated home schooling. She found a correspondence school that would be perfect for seventh grade. Within a week of letting Josh know the family decision to home school, all his asthma and

breathing problems subsided. He felt hopeful and free. He could fully breath again. His asthma symptoms have never returned to this day. This was a huge lesson for the whole family on how our emotions can be fully felt and expressed through our bodies. Sometimes in not so pretty ways.

The next time your child has a sore throat, earache, cold or dis-ease coming on we encourage you to consider that they might be processing something in their environment or releasing an emotion, a frustration through their body? We have learned through the years our bodies listen to our minds. Whatever we are dealing with will manifest if not dealt with, processed and released.

One of the best books we feel ever written on this topic is, You Can Heal Your Life by Louise L. Hay.

***“Intuition is an internal guidance system that we all are blessed with.” ~ Author Yvonne Perry***

## Babies

People often incorrectly assume that since the baby cannot speak, it could not be creating its own reality, but that is not the case. Even those who do have language are not creating through words, but through thoughts. Your babies are thinking when they are born, and before they are born they are vibrationally aware. Their vibrational frequencies are immediately affected by the vibrations that surround them in their birth environment, but there is no need to worry about them, for they, like you, were born with an Emotional Guidance System. ~ The Teachings Of Abraham.

[www.abraham-hicks.com](http://www.abraham-hicks.com)

#consciousparenting



## Chapter #7 ~Conscious Parenting~ The Power Of Frequency & Vibration.

**“Children or babies learn to mimic the vibration of the adults who surround them long before they learn to mimic their words.” ~ The Teachings Of Abraham**

**What is vibration? Vibration – The energy field- electromagnetic waves. The field within and around all things.**

**Google definition: a person's emotional state, the atmosphere of a place, or the associations of an object, as communicated to and felt by others.**

**Everything you see around you has its own vibration. Thoughts and feelings, your cars, trees, rocks, plants, your furniture. It is all reigned by the law of vibration.**

Some vibrations are comfortable, and some are not. Being choosy about the vibrations your children are surrounded by is one of the best gifts you can give them. Vibrations are reflected through environment, people, TV, music, video games and nature. Everything is energy. Everything has its own vibration.

What is frequency? – As stated in Penney Pierce's book "Frequency", "The number of waves that pass through a specific point in a certain period of time, the rate of occurrence of anything."

Everything vibrates at certain frequencies. Some are the same and some are different. As we go through our daily life, we merge with the different frequencies we are surrounded by.

Learning about vibration and how it affects you and your children will help you to choose a vibratory state of happiness or unhappiness. Children naturally live in a state of joy. When a parent is grounded and aligned with their spiritual and physical self, children can easily stay in a more stable, peaceful state of happiness. The more you acknowledge and develop this tool, the more it just becomes second nature to you. We know life isn't always rosy. There are times we may be in the middle of turmoil or drama within ourselves or with friends or family. Knowing how to shift your vibration and change your frequency can alter your life immediately. A good way to show an example to your child about how energy and vibration works would be by discussing a time when they were out and about having a great time and they came across someone who was angry or sad, such as at a grocery store, sporting event or a relative's house. Maybe even in their classroom at school. How did that angry or sad person make your child feel? How did that person make everyone else in the room feel? Could your child feel the difference or see the difference? Is the feeling in the room palpable? Did people go silent? Did people forget what they were talking about? Was there a sudden change in everybody's moods? This is a good opportunity to talk about how our feelings and emotions radiate beyond our bodies. We extend our feelings and emotions onto those around us. Our feelings and vibrations can carry over to people on the other side of the world, not just a foot away from us. Vibration has no boundaries. Teaching your children how to "check-in" with themselves and look inward on a regular basis is a good way to help them to determine whether they are feeling a certain way or if they may be tapping into someone else feelings and emotions. There have been times where we felt a heavy feeling, anxious, and something wasn't quite right. Everything was ok in our immediate lives at the moment. We just couldn't put our finger on whatever we were feeling. Come to find out there was a major upheaval taking place on the other side of the world at that time that we were tuning into. Empaths are people who are highly tuned in and feel everything around them, sometimes to an extreme to where it can have a negative impact on their bodies. Teaching children how to be able to tap into and decipher if the feelings they are feeling are their own or belong to someone else can help them process what they are feeling and have a more balanced life.

A really great book to read about being an empath is. [Who's Stuff Is This?: Finding Freedom from the Negative Thoughts, Feelings, and Energy of Those Around You](#) By Yvonne Perry. ***A must have book if you or your children have empathic qualities.***

Through practice we can control the way others make us feel and learn to raise our vibrational frequency to where we are comfortable in any situation.

**"The universe is more like music than matter." ~ Author Donald Hatch Andrews**

## **Frequency.**

To tap into and connect with anyone or anything, tune into their frequency. Just like when you are turning the dial on a radio and picking a specific station. The songs are playing whether you are listening to them or not. You must choose what genre you would like to listen to. It is the same in nature or in life. What do you choose? What kind of friends do you attract? What kind of food do you choose to eat? What kind of animals do you resonate with? You are creating your reality every second of the day. Your landscape can be blank and or wiped out each and every day or you can add new colors to your life pallet. Some people become stagnant, and resist change instead of flowing and changing like the ebb and flow of the river of life. As you embrace change you might find you grow tired of the same old song and dance. Previous vibrations and experiences may not feel good and feed your soul anymore. This is good. This is your inner guidance system speaking to you, telling you it's ok to do something different. Attract something new. Look at life from a multidimensional point of view and create a variety of diverse life experiences.

*“To tune into nature, you have to tune into the frequency nature is on.”  
~ Carol Lawrence and Stacy Toten*



**Stacy and Carol's Aura Photo.**

## **Tapping into the vibrational field around us.**

We have the ability to sense disturbances in the vibration field around us. We also could tune in to the different frequencies surrounding us. Sometimes it's done on a conscious level but mostly it's done on an unconscious level. Tuning into the field around us is called *high sense perception*.

Here are a couple of examples of how we have personally tapped into the frequencies and vibrations around us.

During the summer of 2010 Carol had spent a few hours alone working out in her garden. She was immersed in her own world, completely tapped into the natural world around her. She could hear all the

birds singing, was aware of the bugs crawling around in the garden but what she wasn't prepared for was what happened when she walked into her shed to put her gardening gloves away. As she opened the shed door and walked in, she heard a conversation taking place. This conversation sounded like a very large group of people talking. But the words weren't clear, they were muffled. After a few moments she realized, she obviously wasn't listening to a group of people in her shed. She was tuning into the beehive that was under her shed. Once she realized what was happening, her ability to hear their world at such a tuned in frequency was gone. She was in awe, realizing she had just experienced a very rarely documented occurrence. Not that bees don't have conversations all the time, it's just that humans don't usually tap in and when they do they don't usually share their experience.

This wasn't the only time something like this happened to Carol. One day after work in 1988 Carol came home early. She walked into the duplex her family lived in at the time. When she walked in the door, she could hear a party taking place downstairs in the lower level of their home. She called out and said, "Hey, who got home before I did?" There was no reply. She went down to see if it was her husband or possibly one of her sons. There was no one there. She had tapped into the frequency of the conversation of the spirits in her home. Once again as soon as she realized what was happening it all stopped. Better yet she lost the ability to tune into that particular frequency to be able to hear that conversation clearly. Have you had a similar experience? If so, we want to hear about it!

We have the ability to read vibrations as they come from many sources. As a parent learning how to choose a vibratory state of happiness, learning about vibration and how it affects you and your children is a priceless conscious parenting tool. Children are naturally in a state of joy. When the parent is grounded and aligned with their spiritual selves, striving for a state of joy, children can easily stay in a more peaceful, joyful state. Most people do this all day long unconsciously. When you open to it and work with these energies with intention and intuition you develop the capacity to participate in life at a deeper level. Your parenting is heightened, your relationships are deeper and life itself comes more alive, you become more tuned in to your child's needs, deeper feelings, energetic blocks, and overall, more connected to the human race. You connect more soul to soul. You also begin to truly realize we are all interconnected in this amazing world. We just vibrate at different levels. It's a good thing too. Imagine if you could hear every spirit or bug conversation taking place on our planet? It would be system overload!!!

Babies and animals are especially sensitive to energy and vibrations. One evening before falling asleep Carol had asked spirit to help bring forth the information her and Stacy were trying to share in this chapter on vibration and frequency which you are now reading. That night this was the message that came through in her dream state:

A baby swaddled in a blanket begins crying. In this particular incident the baby isn't upset by someone else's energy in the room. (As so many times a baby is upset by someone else's negative or unbalanced energy in the room.) This baby was upset by the vibration of his own blanket. A few days earlier he had a rather traumatic day and cried a lot. That energy was still stuck on his blanket. Today he feels different, calmer and happier. His new world isn't quite so scary. Then, mom unknowingly had wrapped him in the same blanket from a few days ago. It felt like sandpaper against his energy body. This is so upsetting to him that it caused him to cry.

**“We are spacious beings who live and move in a way that energetically impacts every corner of the cosmos. So, when we are dealing with the subject of energetic frequencies, it is not a mysterious “something” vibrating out in the stratosphere, but directly within our individual inner space.” ~ Penney Pierce Frequency  
The Power Of Personal Vibration.**

### **Shifting your frequency.**

When you are amid chaos and are feeling uncomfortable there are many ways to shift your frequency and process what's going on. Here are some simple ways to cleanse your energy field so you can tune into higher frequencies. All these techniques can be taught to your children.

- Stop and listen to your intuition and evaluate where your frequency is at on a scale of one to ten. One is comfortable and ten is very uncomfortable. Visualize a frequency meter, see where your frequency is and raise it to a more comfortable level
- If you can, take yourself out of the situation, do it by walking away, changing the channel, and hanging up from a telephone call that doesn't feel good, taking a walk, talking about it in a neutral setting or writing down your feelings
- You can clean negative or stagnant energy in a home or place by burning sage or sweet grass. The smells and smoke from these plants can also help clear your own personal energy field, remember the invisible frequency waves are real.
- Call on your guides, angels, your ancestors or loved ones who have passed on. They are literally just a thought away
- Soak in a warm bath with some sea salt added. This not only pulls toxins from your body, but it clears your energy field. Experiment with different essential oils, crystals or stones
- While sitting in a chair or in the shower see and feel a golden stream of light pouring down into the tips of your fingers and toes. See in your mind's eye this golden healing energy washing away any negative energy, stagnant energy, any fears or worries. Visualize roots growing out of your feet deep, deep down into mother earth.
- While doing one of the above clearing techniques visualize your chakras spinning in the correct way, see your chakra colors shining vibrantly. Ask your body to show you any blocks or clogs you may have. When you see them ask your angels or spirit guides to remove the blocks and cleanse your energy field.
- Take a walk in nature. The smells, sounds and vibrations are very healing if you are willing to relax and let it all go. Soak it all in
- Watch funny videos, comedy movies, crack a smile or laugh, laugh with your friends. These are great ways to “shift” your energy to a more joyous state
- Listen to high vibrational music and or music that makes you feel good
- Eat higher vibrational foods such as greens, fruits, especially watermelon due to its high water content. Drink water. We are not saying food is negative or positive. We are saying different foods vibrate at different frequencies. Meats and dairy are at a lower vibration than fruits and

vegetables. Try and eat your food as fresh as possible. Vegetables and fruits are alive and carry live energy. Try and eat it right away before the energy depletes. More importantly feel good about your food when you eat it and listen to your body. Is it drawn to certain foods? Does it dislike certain foods and lets you know it by processing it quickly through your digestive system? Does a particular food make you feel good and give you a lot of energy? Your body knows what it needs you just need to listen to it yourself

### **Clearing the energy field of the home, room or object.**

Denser energy harmonizes with lower frequencies and lighter energy harmonizes with higher frequencies.

1. Call on your higher self, divine spirit, god, your spirit guides, angels, great spirit (whomever it is you happen to work with) to clear the energies in the room. Release all blocked, clogged, stagnant or negative energy to the universe to be dispersed.
2. As we said above play higher frequency music, such as classical, jazz, new age or zen in the room, home, or space you are clearing.
3. As we mentioned earlier smudge with sage or burn some Nag Champa incense, certain senses make us feel really good because of the frequency they carry. One of our favorite smells is essential oil of rose.
4. Salt – sprinkle salt in the corners of your home or rooms, say a short prayer-mantra and ask spirit to clear out the room. Physically sweep the energy out of the windows or doors.
5. Pull back your curtains or blinds and let the sunshine in. Sunlight charges the light energy in the room. Be sure to open your windows for fresh air.
6. Add a bouquet of colorful flowers to your room. They are not only pleasing to the eye, we think they feel good. Remember colors carry their own vibrations.
7. Visualize the room being swept free of stagnant energy. In your mind's eye fill the room with golden or white light. This will lighten and clear the energy in the room.
8. It can be so healing to take a walk in nature and gather some pinecones or rocks. Place in a decorative bowl to bring the outdoors in, including their energy.



## **Shifting from fear and worry to trust and confidence.**

When we let ourselves become filled with fear it can become debilitating. When our children are full of fear and worry, they unconsciously hold themselves back from expressing themselves, trying new things, and cease, just being children. For some children fear and anxiety is very, very real. Sometimes it's helpful when a parent shares their own personal examples from when they were afraid and/or worried as a child.

We don't want to minimize this real emotion we just want to provide you, the parent a tool for helping your child release and let go of their worries.

Here is a short but powerful visualization activity to do with your children.

You want to calm your child down first, acknowledge and validate their feelings are real. You'll need to do some calming breathing exercises together before you start any tool work.

Have your child close their eyes. Ask them to visualize a giant bubble or balloon. Ask them to either say out loud or privately think in their mind about what's troubling them. This can be small or large troubles. Maybe they are worried about a test at school, grandma's failing health, or their friend next door. Whatever it may be, ask them to send their worry into the bubble or balloon. Ask them to visualize the balloon getting full. Once all worries have been added to the bubble or balloon have them say a quick prayer or affirmation to release and let go. Have them pop the balloon or bubble. You could even blow up a real balloon, again have them visualize all their troubles and blow them into the balloon. Then together pop the balloon.

Here are two examples of how we might declare what we want to release. Feel free to substitute any and all to fit your life pallet:

*Archangel Michael, please wrap your arms around me and fill me with your love. Remove any blocks, worries and fears. I now pop my balloon! Thank you for taking my worries and dispersing them into the universe to be dissipated.*

*Divine universe, thank you for supporting me with your loving energy, please take away all my worries. I now release them into the universe. All is well.*

Remember this is your declaration. You can just throw out one fear or worry or wrap it all into one like we did. The sky's the limit. There is no right or wrong way to do this.

This also provides you the parent an opportunity to talk with your child about their fears. If they are stressing over an upcoming test, together you can come up with a solution on how they can get some extra studying in. If grandma is ill, talk about it. Let your child freely share their feelings. These are all opportunities for growth, connection and learning for the child and the parent.

We strongly urge parents to enjoy each and every moment with your children. They become grown adults before you know it.

## **A fun color breathing activity to do with your children to charge, clear and balance their energy fields.**

Color breathing with your children.

You're going to need a container to hold your colored objects. A plastic bowl, bucket or basket. Next, gather seven to ten colored objects. Choose any color you'd like such as, blue, green, yellow, indigo, purple, rose, gold or white. The colored objects can simply be colored paper, pieces of cloth, toys or handy items found around the house. Together with your children choose the colors you will be using and send everyone on a scavenger hunt to find items of these colors.

Place all the objects in your container. The goal of the activity is to not think about the color but to feel it and become the color.

Together choose your first color. As an example, we'll choose Red. Hold the red item in your hand. Take some deep breaths, breathing in and out. Feel the color. Look at the color. Breath in the color. Breath out the color. Fill your whole body with the color red. Pass the red object to your child. Speak out loud and have your child repeat after you until they learn the words on their own.

*I am breathing in the color red. I feel the color red moving throughout my body. I am becoming the color red.* Breath in and out a few more times. Next, pick another color. Repeat the action steps.

After everyone participating in the activity has energetically absorbed each color be sure to have a discussion about their experience.

Did they notice certain colors make them feel a certain way? Was one color more relaxing or enjoyable than another color? Did blue feel more tingly than red or vice versa? Let them explore and share their feelings about breathing in with color.

This energetic activity not only clears, charges and balances their energy fields but it teaches them about self-awareness.

**Colors can be used for supporting a purpose, treating disease, balancing dysfunctional chakras and enhancing your home and life.**

### **The Power Of Color.**

We feel humanity is moving out of the mind and more into a feeling, sensing and knowing experience. Children are very aware of this. They feel, sense and know their way through life. They also know what some healers know. The use of color is a very powerful way to heal, balance and connect.

Each color has its own purpose. Colors can be used for balancing, grounding, healing, protecting and connecting to source energy. Colors effect moods and emotions. Ancient Egyptians used colored panes of glass in their roofs. When the sun would shine through the colored glass, they would sit in the colored healing rays. Nowadays we have special lights that produce similar effects. We pick certain colors to paint the rooms in our home to portray a certain feeling or look. Sometimes we pick through multiple pieces of clothing to find the right color for our day.

### **Simple ways you can use color in your home with your children:**

- Let your child pick their color of shirt that day
- Provide different colored scarves to play with or wrap themselves in

- Have different colored blankets available for them to pick from
- Mix sea salt and different color therapy oils to create a colorful bath
- Paint their rooms, playrooms and bathroom colors to stimulate different need
- Supply a basket of sunglasses with different colored lenses
- Let your child express themselves through coloring, drawing or painting with a wide range of colors
- Take a meditation time out and mentally walk your child through a soft visualization of climbing a ladder of colors, swimming in different colored water or breathing in different colors
- Learn about the human energy field and chakras

Colors have their own frequency and vibration that relate to certain areas in the body as does music and imagery. Combine all three and you have a very powerful trio.

### **Some colors and some of their meanings and uses.**

White ~ Protection, connects to angels, charges energy field, brings peace and comfort, takes away pain. Connects us to our truth.

Dark Blue ~ Calms nerves and elevates the consciousness, creates sleepy, philosophical discussions.

Pink ~ Protects against negativity, calming, balances friendship and used to stimulate romance. (Obviously you're not stimulating romance for your kids but it's good for mommy and daddy to know.)

Yellow ~ Stimulates a working environment, helps stay focused if easily distracted, works with the intellect, connected to the solar plexus chakra and helps clear a foggy head.

Green ~ Use as a physical shield. Nurturing, charges heart chakra, balancing, general healing and charges your energy field.

Purple ~ Psychic protection, helps us have a deeper connection to spirit. Purges energy field. Adds a calming feel to surrounding environment. Related to crown chakra.

Orange ~ Ambition, increases immunity, charges field. Sacral chakra, lower abdomen.

Red ~ Passion, strong feelings, love charges energy fields. Burns out diseases and warms cold areas. Root chakra.

Blue ~ Cooling, calming, shielding, helps with teaching and sensitivity.

Indigo ~ Helps deepen the connection to spirit, opens third eye and clears head. Related to the third eye chakra.

Gold ~ Connects us to our higher selves and to the creator (God/Goddess whatever you want to call source energy.) Higher mind, power. Strengthens any part of the body. Per author Barbara Brennan the color gold has been used for helping treat cancer.

Silver ~ Opens up communication, strong purging of field, charges sixth chakra field. Use with lavender to increase frequency. Helps you move faster and communicate better.

Maroon ~ Helps move person into one's task. It helps you get focused. Add maroon to your child's study area.

Brown ~ Grounding, connects you to planet earth. Feeling lightheaded, having a hard time focusing? Walk barefoot on the earth, hug a tree, pick up a rock, talk to your plants or dig in the dirt, even if it's the potted plant in the house.

Black ~ Neutral, brings peace, great color right before you are ready to manifest something new. Good for healing bones and dealing with death.

You can also incorporate colors into the balloon/bubble activity described earlier in this chapter. Make the bubbles or balloons certain colors.

### **Using color shields for protection:**

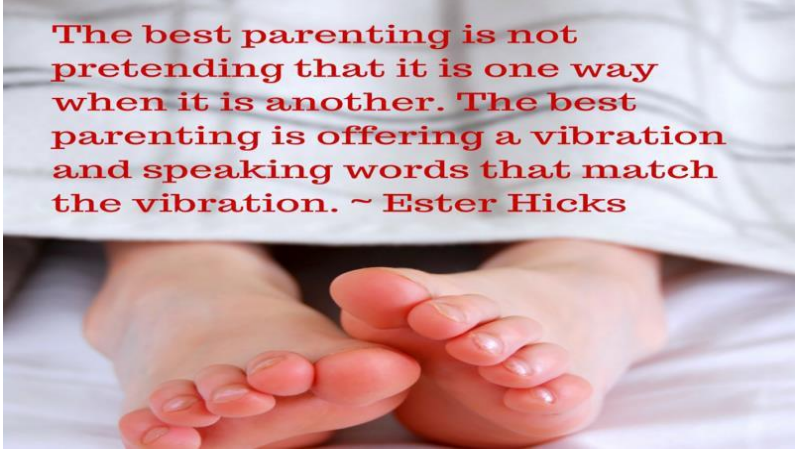
White light ~ Step into or surround yourself in a complete ball of white light for protection. This is a way to surround yourself with angelic or divine energy.

Mirrored ball ~ Step inside mirror ball for protection when you're afraid or in a large meeting or large group. (Protects your energy field.)

Lead shield ~ Ultimate shield against negativity. If your child is surrounded by bullies at school or a negative neighbor teach him/her how to step into a protective shield. Of course, also teach them to use their voice to tell you or a teacher about what is going on.

Triple shield ~ Pick a selection of many colors and layer them for complete protection.

**“Please take responsibility for the energy you bring into this space.” ~ Jill Bolte Taylor**



The best parenting is not pretending that it is one way when it is another. The best parenting is offering a vibration and speaking words that match the vibration. ~ Ester Hicks

## Chapter #8 ~Conscious Parenting~ Be Present With Your Parenting.

*“Love the spiritual parenting ideas! I especially like: Allow them space where time doesn't exist: allowing them to be in their moment and keep an open mind: Really listen to what they are asking for, needing, seeing, or hearing or smelling” ~ Betsy Henry (Zen-mama.com) This comment was shared from Betsy on our Intentional Conscious Parenting Blog.*

Being present with your parenting is definitely a personal life choice. This doesn't mean you are the perfect parent. It just means you have chosen to commit yourself to the journey of parenting. You know the importance and the value of your parenting. You have taken on one of life's most precious gifts and endearing challenges.

Being thoughtful, committed and present with your child teaches them you respect them and shows them that they matter.

Take time to think through your parenting choices, your answers, your examples as this will affect your children through-out their life. Children know when they are being brushed aside or when you are one hundred percent in the moment.

Our focused listening from within, can really tune in our sensitivities, bringing us a wealth of insight about ourselves and the world around us. Listening, We mean really listening to your child can provide valuable information about them as individuals. Some children have a hard time expressing themselves. If you raise them in an intentional conscious way, you will sense this and be able to talk about and walk them through their issues and fears that may arise or that they may be trying to hide. As parents this would be a good time to read between the lines, trust your feelings and help them to vocalize their concerns. This is a choice we as humans have to listen quietly from within and act on our intuition. We are born with it so why not enhance this valuable tool so that our children can utilize it their whole lives. One way it can be described is as our inner guidance system. It comes completely intact when you are born, you just need to acknowledge and utilize it by listening, staying in touch with your

feelings and intuition, trusting what's coming through you and knowing that your angels and guides are always with you.

The more you acknowledge and develop this tool it will become second nature to you. Children are very in-tune with their needs, the foods they like or don't like, the people they do or do not want to hug or be around. There are reasons for this. They are not being difficult or snobs, they are unaware of this type of behavior until you teach it to them. They can be cautious by instinctively going by their feelings, honor this in them. Do not force upon them hugs or foods that their taste buds despise. (That you may love by the way.) They are evolving daily, allow them this gift. Guide them. Protect them. Do not "man handle" or mold them to what you want them to be. Teach them to listen in society with purpose and passion. Always remember, you are raising an adult. Children also teach parents a thing or two. Our own children have taught us some very valuable tools, insightful messages, thinking processes and even opened doors that we were fully unaware of. Your kids need to know they matter. Listen to them. They could be one of the best teachers you have ever had. Shhhhhh, listen, don't always talk first. Shhhhhh. feel.

Conscious parenting is parenting with an open mind, bringing your authentic self into your teachings, discussions and understandings. Conscious parenting is knowing your children are wise spirits who have chosen to have a human experience. They have picked you to be their parents or parental figures in their lives. It is having an awareness that even though life is about the experience there's a divine plan for everyone. It's about growing consciously together. Knowing there are experiences and growth your children have come here to help you the parent learn. Conscious parenting takes place in present time, allowing an organic conclusion to form and take place without the parent having to be in constant control. It's about spiritual growth on this earthly playground. Conscious parenting is knowing and demonstrating, everyone has roles to play but this is not their true identities. Who they really are is a powerful being choosing to be a teacher, doctor, author, etc. Their roles can change depending on what they feel called to experience next. Practice getting clear on what your children need.

***“We are all in the labor room and delivery of our new lives.” ~ Maureen Moss***

When you are holding your baby remember they feel your energy, your mood and they hear the vibration when you speak. Don't be fooled just because they are a baby. Their core beliefs have begun. Every single thing you do and say and how you react to situations in front of them affects them.

You are teaching them from birth and up. They are learning from you every single moment they are awake, whether it be in silence, playing, fighting with another person, cooing with them, laughter, singing, talking or reading they are absorbing every bit of it.

### **Over stimulation.**

Let them consciously know if you need quiet time. It's not that you don't want them around, you just may need to take care of adult things. This is all about being a present parent.

If your child gets over stimulated, over tired or over scheduled this is a time when you may be seeing temper tantrums rising. Young children don't quite have the mental capabilities to express that they are on overload except through their emotions. This is where being present with your parenting comes into play. Instead of yelling at them, telling them to be quiet or go to their room, this is a time to step back, look at the situation, and realize you may be the cause. Patience is the number one golden ticket to conscious parenting.

## **School.**

Here's a helpful tip: The night before school, have a place set up for coats, backpacks, and school assignments. Make it a habit to have your children put everything in their places the night before so in the morning it's all together and ready to grab on the way out the door. In the morning before leaving have a gut check moment! Check in with your intuition and feel if everything feels on track. Are you forgetting anything? Is the curling iron, lights, coffee pot, TV's left on? Take a deep breath. Let intuition and fun guide you through your day!

By having some of your children take their baths or showers the night before you can alleviate some of the crunched bathroom time in the morning, especially if you have multiple children and one bathroom.

**After School.** When young children arrive home from school, go through their backpacks looking for notes from the teacher, homework, or flyers for other school events. Update your calendar right away with any new events and talk with your children about their day. As for your older children ask how their day went and go over their assignments that they are working on.

Be sure to give your children a short break before starting on schoolwork. They have just spent hours at school working on schoolwork. Sometimes their brains are on overload, and they just need a mental break. Let them refuel with a healthy snack, have a break and then set up a scheduled time for homework.

We know many children have musical classes, sports, ballet or other after school events. Parents, here is where you have to check in and make sure they are not overloaded and trying to do too many things at once. They can only do so much in a twenty-four hour period day after day. They can get burned out just as adults can.

## **Benefits of having a family routine.**

It is such a healthy and powerful tool to create routines. Children benefit by knowing what is expected from them. Out of the several families we've had close interactions with we've noticed the families with set routines flow more drama free. We have witnessed fights and drama over trying to get homework done, fighting over bedtime & even when it's time to bathe or shower. Having a set time helps the children know what is expected of them and they don't have to be told the same thing over and over every night. You also are not spending a ton of time fighting with your children which is not something healthy to do before bedtime.

**We would love to hear what intentional conscious parenting is to you.  
Go to our [Facebook page](#) and join in the conversation!**



**Chapter #9**  
**~Conscious Parenting~**  
**Building Self-Esteem And Confidence.**

**Key conscious parenting goals: qualities you want your children to have. High self-esteem, strong foundation, creative spirit, integrity, compassion, connection, respect for self, others and the environment. Instill a love for life.**

**It is important to support your children's endeavors no matter how creative they get. Remember they are children, and their ideas will change many times. By encouraging them you are building their self-esteem and confidence. In turn feeding their mind, body and soul. Be open to saying "yes" or at least hearing out their ideas. Encourage them to draw, speak their mind, ask questions, play musical instruments, try sports, sit quietly and read a book or play in the dirt. Every child is so unique, and their sensitivity levels are vastly different. That's why it is so vitally important to parent each child on their own individual level. It would not be wise to raise all your children the same way. They all have different needs and wants, it is up to you to be the conscious parent, allowing an organic conclusion to form and take place without you the parent having to be in constant control. It's about allowing spiritual growth on this earthly playground.**

Teaching children how to connect with what they are feeling is a valuable tool. We know that we have previously touched on this topic but we feel it cannot be talked about enough. So much of our society is based on shutting down our feelings and just dealing with life. That old saying, “just suck it up” can come back to haunt you. This can be a very harsh way of being. When we don't work through our feelings, we can easily bury them inside our bodies and not even realize that it can create many health problems later.

Take author [Dr. Bruce Liptons](#) research. He shows that genes and DNA do not control our biology; that instead DNA is controlled by signals from outside the cell, including the energetic messages emanating from our positive and negative thoughts.



### **Teaching Children How To Love Themselves.**

Help your children work through their feelings and teach them the importance of positive self-talk. Show them how to appreciate the little and the big things in life. Self-esteem is being developed throughout their life. By teaching them how to love and take care of themselves when they are little you are helping them to build a positive self-image, instill confidence and build your child's inner strength. One way to do this is by incorporating daily affirmations and mirror work.

Practice in front of your children telling yourself “I Love YOU” in the mirror. Or “I'm going to have a great day.” Other affirmations you could say in the mirror in front of your kids may be. “I am healthy, whole and complete.”

Have your child stand in front of a mirror and say loving things to him or herself. Give them powerful affirmations to say out loud. By doing this on a regular basis you empower your children and help them create a great inner self awareness and inner confidence that can continue throughout their lives and maybe even create a new tradition from generation to generation.

Ask your child what they like about themselves. It may be their smile, the fact that they are nice to their friends or that they pick up their toys, the way that they care for a grandparent, sibling, how they love nature and take care of mother earth.

Ask them what they feel about themselves. If they don't like what they are feeling about themselves help them to turn those thoughts around. Give them helpful positive words and guidance to think about themselves.

For example, you can ask them to say:

“I really love my eyes.”

“I really love the way I smile.”

“I love myself!”, “I'm going to have a great day today!”

“I'm going to smile at everyone I see today sharing my happiness with them.”

“I love my body.”

“I let my creativity flow.”

“Studying comes easy to me.”

Be creative and write affirmations that will benefit your child. Affirmations can be used to help create a sense of balance and joy.

You can stand next to them and say the same things about yourself as you look in the mirror with them demonstrating how to express gratitude for yourself the parent as well.

One of our favorite videos is of a little girl named Jessica. She is an empowered child who stands in front of the bathroom mirror saying her affirmations. Watch it [here](#). This is a fun video to watch with your children. This is a must see video if you are going to explore the world of affirmations. Once they see it, they'll understand what to do.

### **An Affirmation Activity**

You can write affirmations with your children on poster boards and place them on bedrooms walls or anywhere in the house for that matter. You can place affirmations in your child's lunch box. You and your child can make up your own affirmation book to read together every day. It could be five pages or ten pages long. Whatever you want. We've even seen homes with affirmations written or painted on the living room walls.

### **Parents, it's time to check in with your own self confidence.**

Improving self-confidence. By the way you carry yourself, talk to yourself and talk about yourself teaches your child about self-worth. If a parent constantly puts themselves down the children around them will do the same. This includes not letting people around you put you down, including your relationships and close inner circle. Your children see and hear everything that goes on in your life. Showing self-respect for yourself will teach them how to have self-respect for themselves. Let go of the unhealthy things in your own past that hold you down. Break the chains that have left you stuck in your old beliefs that do not serve you anymore. Change is the one constant thing in everybody's lives. It is healing, cleansing and nurturing. Change is your friend. To teach confidence you have to know it. Be great and learn who you truly are. We are here to tell you; you really are that great. Once you believe in yourself, you'll be able to fully embrace your own magnificence and pass it onto your children.



**Stacy's granddaughter Maggie with Papa Ed**

**Give them goals and or responsibilities. Obtainable goals. By accomplishing these goals and fulfilling their responsibilities they build confidence in themselves.**

Here are some examples of how parents can help empower their children:

- Give them chores to do regularly. Realistic age appropriate chores
- Seek out what your child's talents are. What makes them tick? What piques their interest? Is it art? Doing sports? Are they a writer? Could you submit a poem to get published? Do they like to dance? Is your child altruistic and would love to donate their time and volunteer somewhere with you? Someone's always looking for help. Are they animal lovers, do they need to be around animals?
- If you can tap into who they really are and what they need to channel their energy into, there will be no stopping your child. They would be getting what they need from you. They would be getting validation and encouragement. This will show them through your eyes that they are trustworthy. This kind of support is what is needed for children taking baby steps along their journey
- Showcase a wall of fame for you and your family. Share their creative artworks, handwritten stories, first colorings, projects, etc. This could go on a wall or the fridge or in a hutch. We know families where each child has their own wall where they get to display anything that they have created. This builds confidence. When anybody comes over, whether it's family or friends this gives them the opportunity to share and talk about what's going on in their world
- Playing games together as a family and or with friends is a major factor in a child's life. The skills they gain in this arena will be used throughout the rest of their lives

Teaching them to not be a bad sport, not pouting, being able to lose graciously, laugh, have fun, play, be in the moment, wait patiently for their turn and tell the truth as in no cheating. This kind of action will get them further in life. If they happen to be lucky and win teach them how to be humble. If they brag all the time no one will want to play with them. Remember it's only a game. Have fun. Make memories!

## **Appearance & Hygiene**

Appearance and hygiene can make or break a child's self-confidence. I'm sure we've all encountered those adults that are filthy and stink to high heaven that you don't want to get locked in a closed elevator with. Children need to be taught the importance of showering and cleaning themselves regularly. This includes washing and combing their hair, brushing their teeth, wearing clean clothes. The reason we are discussing this is because when a child is not well kept this opens the door for bullying and being made fun of. We've all seen the results of this. It's not pretty. The child suffers day in and day out and wants no part of being around other children or going to school. This way of life makes it very hard to make friends.

Parents we feel it is the adult's responsibility to provide and make sure your child has what is needed for their physical health.

We understand if a family is low income. That's still no excuse for a child to live in filth or have to wear dirty clothes or sleep in dirty sheets. If you know a family in need of clothing advise them to contact their local shelter, used clothing store, join a clothing swap or even contact their child's school. Schools are usually plugged into all the local resources.

***“Strike a balance between pushing and protecting.” ~ Dr. Sears***

Give your children the best possible foundation you can, give them empowering lifelong tools, open yourself up to learning from them and when the time comes set them free. The bottom line is to love your children, stay present with them, inspire them to try new things and explore their ideas and passions.

“Don't ask yourself what the world needs; ask yourself what makes you come alive, and then go and do that. Because what the world needs is people who have come alive.” ~ Harold Whitman



**Along with the tools above add these tools to help build a free flowing child's foundation:**

- Healthy boundaries
- Create unstructured and structured time
- Freedom to play and think
- Encourage creativity
- Allow them space where time doesn't exist allowing them to be in their moment
- Keep an open mind: Really listen to what they are asking for, needing, seeing, hearing or smelling
- Let them know every day that they matter! Their ideas and who they are matter and that they make a difference
- It is important to encourage your child to dream about whom and what they want to be even though their visions of who they want to be may change
- Demonstrate to your child how to connect with nature and respect the environment
- Hugs and kisses daily
- Tell your child every day you love them
- Playing and having fun with your kids as a family unit creates an unbreakable bond
- Guide your children daily how to utilize and nurture their intuition and follow their feelings

We are aware some of our content is repeated throughout our book. This is done purposely to reiterate the importance of the conscious parenting tips that are being covered.

“Conscious parenting is the greatest gift you can give to your child.”

- Eckhart Tolle

**The importance of sleep.**

Some children are very sensitive to their environments including but not limited to; Indigos, Crystals, autistic, empathic, clairvoyant and Quantum kids, star kids, millennial children and psychic children. These children are over stimulated very easily, sensitive to noises and lights. Cluttered, untidy environments can be very disruptive along with chaotic energy.

*“Brain cells shrink when we sleep, allowing fluid to enter and flush out the brain” Maiken Nedergaard*

For some children, quiet time and alone time is an essential necessity. This can help ground them and help to spark their intuition and creativeness. We are aware you know the importance of your child getting enough sleep. But do you know the hidden gems your child receives from getting the proper amount of sleep? The brain functions better, their moods are more stable, they have better judgment, less forgetfulness and the brain flushes toxic waste while they are sleeping. Sleep reduces stress, improves memory, provides emotional well-being and enhances physical health. It is up to parents to set and keep a regular schedule, which means as parents, you may have to give up some things, such as eating late dinners. It is helpful to plan around your child’s nighttime schedule and even turn down some evening events. We realize sometimes things happen that you can't avoid or change. For the most part, the best benefits you can give your child is a gift of a regular schedule.

## **Environment.**

When talking about raising a free flowing child, we are here to stress the importance of a clear, clean environment. We previously touched on the advantage of cleaning their environment energetically, but we also want to touch on the benefits of a physically clean bedroom. This too effects the energy of the room and the energy of your child. When a child has to crawl or walk on top of their belongings, their toys, items left on the floor, clothes that are left on the floor for days at a time, or books strewn all over the place, has an adverse physical and mental effect on them. It could happen unconsciously. Maybe they are not even aware of it. It teaches them no respect for their own personal space and items. This type of behavior will carry into their adult hood. They should be taught how to respect and take care of themselves, their items, their rooms, their home and the importance of a clean room. A persons outer environment is a reflection of their inner environment. Children have to be taught how to organize and clean their rooms. They cannot be expected to just know this. A clean environment applies to the entire home the child lives in. Bathrooms, kitchens, living rooms all included. By you, the parent, keeping the rest the house clean they will learn by your example.

It's noted by scientists that dirty rooms carry germs and it's also noted by psychologists that a child's environment affects their mental state. As we've said before vibration and energy is real. We've seen the effects dirty environments have on adults and children. There's a difference between your topical messy daily family life versus filth. Teaching your children how to pick up daily and how to organize their rooms, etc. could help promote cleanliness throughout their entire life. This is an important life skill. This behavior can produce self-confidence, pride, organizational skills, time management skills and much, much more.

These are all important skills that they can utilize into adult hood, especially once they enter the work environment. This is all part of building a strong foundation.

We've all had those friends or relatives that where so embarrassed by their messy homes they never wanted company over.

*“So many colors in a flower, And I see everyone.”  
- from “Flowers Are Red” by Harry Chapin*

## **We as parents really need to unlock the potential of our children.**

As parents it would be noteworthy to mention it's time for us to recognize the children of today have taken an evolutionary leap! That's why it is significant to allow all our free flowing children to be creative thinkers and express themselves freely. Allow them to be in the present moment. Allow them to feel different emotions & process emotions. Allow them the freedom to express their individuality. This may show up in different forms such as the music they listen to, the clothes they want to wear, the colors they want their hair to be, the types of television shows or movies they want to watch. Do they want to ride a bike, start jogging or are they drawn to specific kind of car when they get their driver's license? Every one of our children are unique, exceptional & extraordinary. Not everyone may see it, but it's within them. This is where we've got to give them the positive reinforcement that is needed to give them the confidence to be themselves and us as parents, as hard as it may be, to be ok with it.

Speaking of evolutionary leaps, look at what kids are creating with technology these days. They appear to gravitate to it from a very young age. We've watched toddlers pick up an iPad and instinctively know how to use it. Children are teaching their parents how to use their smart phones. Even though they are drawn to technology, this is part of our societal cultures we still have the responsibility to screen our child's friends, monitor their school's influence and keep them safe. We cannot forget they still are children even though they may be little geniuses.

Listening to your children gives them confidence because you are taking the time to be present and really listen to what they are saying. Stop what you are doing, make eye contact, give your full and present attention to your child.

***“Self-Discipline is what you can do. Not what you can't do.”***  
***~ Ed Toten***

If you are disciplined, you can do almost anything. The discipline of taking control of our thoughts and shaping them with positive reinforcements can become a stupendous lifelong learning spiritual tool.

# OLD PARENTING PARADIGMS

## VERSUS

# NEW PARADIGMS

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COMPARING OLD VS NEW.  
NOTES FROM  
DR. SHEFALI & ECKHART TOLLE  
CONSCIOUS PARENTING CLASS

 <p>Living Unconsciously, therefore parenting unconsciously.</p>	 <p>Hands on- constant-full on, tuned in approach.</p>
<p>Active pain bodies. Obsessed on how children make you look.</p>	<p>Asks whats being triggered in me. What about my unmothered self is my child activating?</p>
<p>Hierachy - parent at the top.</p> <p>Egoic ideals</p>	<p>Child never needs fixing. Focus on the internal part of your child.</p>
<p>Focused on the external. Makes purchases instead of using our presence.</p>	<p>Redefines success. Be of empty mind and meet them where they are..</p>

If you've been with us since the beginning of our blog Intentional Conscious Parenting you know we are huge fans of Dr. Shefali Tsbarry. We were some of the first bloggers to review her book The Conscious Parent, host a live chat with her with our audience and share her books. While participating

and watching Oprah's Life Class with Dr. Shefali we were drawn to certain concepts she was going over with the live parenting audience.

Here are a few of her key points we want to share with you:

- We no longer look at our children as an extension of who we are
- Our children are not ours to own
- This is a journey, a constant state of evolution
- If our children could speak to us, they would tell us...Grow Yourself Up!
- Parenting is the most sacred contract you will ever write
- Connection is foundational. First connect, seek to ask what my child is missing right now. Keep in mind every misbehavior is an unmet need
- Natural consequences emerge from the situation right in front of you
- It's time to take parenting out of the dark ages

Three things your children need to hear:

- Tune in, you're going to be fine
- You're full of abundance
- I Trust You

The graphic is a red-bordered box with a white background. At the top, it features a rainbow, a star, and a car. The title "Alphabet of Child-Raising Ideas" is in a bold, black font, followed by "By Jo Frisbie Von Tiehl" in a smaller font. Below the title, there are four columns of text, each starting with a letter and a brief description of a parenting tip. The text is arranged in a grid-like fashion, with each letter and its corresponding tip occupying a specific space. The overall design is clean and organized, with a focus on readability and visual appeal.

**Alphabet of Child-Raising Ideas**  
By Jo Frisbie Von Tiehl

<b>A</b> is for Accountability. Hold your children accountable for their behavior	<b>G</b> is for Giving. Teach the joy of giving, not only to family & friends, but to strangers in need.	<b>L</b> is for Listening. Listen to your children. It will teach them how to listen to others, & their thoughts will give you insights.	<b>S</b> is for Source Of Strength. Share your own faith & beliefs.
<b>B</b> is for Boundaries. Set specific limits, and make clear the repercussions if those limits are exceeded.	<b>H</b> is for sense of Humor. Keep your sense of humor. Promote laughter with your children.	<b>M</b> is for Morals. Be sure your own standard of conduct is sound.	<b>T</b> is for Togetherness. Have special, designated times to be together as a family.
<b>C</b> is for Consistency. Hold to the same principles & practices.	<b>I</b> is for Imagination. Be creative & play with your children. Make up stories or songs when you read and sing with them.	<b>N</b> is for NO. Use it, & mean it.	<b>U</b> is for Uniqueness. Understand the uniqueness of each child.
<b>D</b> is for Discipline. Make the punishment fit the crime. Never discipline in anger.	<b>J</b> is for Justice. Be fair & insist that they be fair, also.	<b>O</b> is for Outdoors. Provide as much outdoor activity as possible. Teach respect for nature.	<b>V</b> is for Voice. Tone of voice can convey more to a child than the words.
<b>E</b> is for Example. Children are in greater need of models than critics. Set a good example.	<b>K</b> is for Knowing your children's friends & their parents as well as their teachers.	<b>P</b> is for Pressure. Reduce the pressure on your children, but insist they maintain high standards.	<b>W</b> is for Words. Keep your word. Promises broken destroy trust.
<b>F</b> is for Forgiveness. Practice it, & teach the importance of forgiving.		<b>Q</b> is for Questions. Pay close attention to their questions, & give simple answers unless they demand more.	<b>X</b> is for eXamine. Examine constantly, and be aware.
		<b>R</b> is for Respect. Show Respect, teach respect and earn respect.	<b>Y</b> is for You. Take care of yourself mentally, physically & spiritually.
			<b>Z</b> is for Zowie. Who would have thought they'd grow up so quickly.

While digging through some old files from when Carol's mom worked in daycare many years ago, we came across this alphabet chart. It was originally published in Ann Landers. We fell in love this this soup of alphabet parenting tips. We hope you enjoy them as much as we do.

### **Bonus: Stacy and Carol's Healing Tips:**

1. For acne put a dab of tea tree oil on your blemishes, for lice add it to your shampoo bottle and they run away screaming.
2. Having trouble concentrating? Take a 20 minute walk. This will boost your mental speed and brains oxygen.
3. Bump up your citrus intake when you have a cold for the extra **vitamin C**.
4. To boost your immune system, add **oil of oregano** to your daily supplements. Take right away if you feel a cold coming on or take periodically as needed to keep your immune system healthy. Lomatia Osha and Pleurisy root we have found to be very beneficial for breaking up phlegm and congestion.
5. Must have! Make sure your pantry includes apple cider vinegar 365 days out of the year. It can be taken daily internally to help keep your body alkalized. It can be used externally as a healthy rinse for dandruff or internally for heartburn. It has hundreds if not thousands of uses. We highly recommend looking it up and including it in your daily routine.
6. If someone in your family has a problem with their blood sugar control, here is a little known tip. Get some magnesium into your blood stream, through eating foods or capsules, or soak in an Epson Salt warm bath. You will absorb it right through your skin.
7. If you burn your tongue, put some sugar on it.
8. Add Beta-carotene, sweet potatoes and yams to your diet for anti-inflammatory ideas. They do wonders to calm down the nerves.
9. Turmeric is a staple in both our homes. We take capsules internally and cook with the spice. It does wonders for reducing inflammation. It's been proven to help with cancer and numerous health conditions. We really, really would like you to look this one up.
10. For trauma pain keep on hand the homeopathic remedy "Arnica Montana". This is a great addition to your emergency kit or medicine cabinet.
11. If your children are crabby use a calming blend of Lavender oil. It smells so good. You can treat a wide variety of complaints from skin conditions, to relaxing to helping with sleep problems all the way to having your house smell good from using it. This is a natural relaxant. We like to have a diffuser going in the house every day. We really enjoy swapping out the oils depending on our moods or what our needs are that day. For instance, if you have a cold you could put Eucalyptus, tea tree or lemon in your diffuser.
12. There has been research showing beneficial results of treating cancer with Frankincense essential oils.
13. We keep Zinc, Vitamin C, Vitamin D, and bone broth all on hand for routine maintenance and to boost up when anyone in our families is feeling under the weather.

(We are not doctors and are not making any kind of medical recommendation. We are simply sharing what has and does work for our two families. Please use your intuition to make the best choices for you. If you feel the need, contact your family naturopath or physician)

## **CHILD-FRIENDLY GLUTEN-FREE OVERNIGHT COOKIES By Vivian Kirkfield**

Quick and easy...nutritious and delicious...it's a win – win cookie recipe that kids love to help prepare and definitely love to eat.

You will need: 1 cup ground organic almonds, 2 organic egg whites, ¼ cup organic sugar, 1 cup organic raisins, 2 bowls, 1 electric mixer, 1 lightly greased cookie sheet (I use organic canola oil spray).

1. Beat egg whites till stiff peaks form.
2. Add ¼ cup sugar and fold in gently.
3. Add ground almonds and raisins and fold in gently.
4. Drop by spoonful's (teaspoon for small cookies, tablespoon for large ones) onto the lightly greased cookie sheet.
5. Bake at 350 degrees for 5 minutes.
6. Turn oven off. You can leave the cookies in the oven overnight (hence the name – Overnight Cookies) and they will be quite crisp in the morning. Or, you can take them out sooner...20 minutes should give you a softer cookie.
7. Makes about 1 to 1½ dozen cookies, depending on the size.
8. Cool cookies on a rack and then store in an air-tight container for up to a week...but I guarantee they won't last that long!

This is a recipe from Vivian Kirkfield's book for parents and teachers, . [Show Me How! Build Your Child's Self-Esteem Through Reading, Crafting and Cooking](#)

***As we always say... follow your intuition and live in the moment.***

Please stay connected. We value your parenting journey. At Intentional Conscious Parenting you will find conscious parenting authors, book reviews, author interviews and alternative parenting topics.

Thank you so much for reading our book. If you loved it will you leave us a review on Amazon or [Etsy??](#) Thanks in advance!! We appreciate you.

See our list of parenting resources located at the end of the book.



Goofing Around At The Missoula Maze

**Stacy Toten** is a doctor of Metaphysics. She has been a practitioner for over twenty-five years, blogger, children's book author, book reviewer, author interviewer, co-author of [M.A.S.S. 101 Man Approaching Simple Soulutions](#), children's behavioral management coach, artist and co-host of The Intentional Conscious Parenting Show. She is happily married for over thirty six years, she has two Indigo daughters, two cats and two dogs. Her passions are writing, reading, mother earth, swimming in the ocean, movies and sharing her spiritual gifts with the world and working with parents and children.

**Carol Lawrence** is an energetic practitioner, blogger, artist, children's book author, small biz owner, author interviewer, book reviewer, and co-host of The Intentional Conscious Parenting Show. She has been happily married for over thirty years, a mother of two Indigo sons, three granddaughters, has several animals and loves nature, exploring the human mind, spirituality, reading, writing, mother earth, walking around in the forests of Montana and doing her part to make the world a better place.

Together intuitively Stacy and Carol are fulfilling a calling and a passion to write children's picture books. They provide nurturing tips and encouragement for parents walking an intentional spiritual conscious parenting path by supplying an inviting platform for their established parenting community. Visit [Intentional Conscious Parenting](#) for author interviews, book reviews, live author chats and conscious parenting articles.

### **Parenting and Conscious Living Resources**

Dr. Emoto

Bruce Lipton

Doreen Virtue

Jeff Brown

[Soul to Soul Parenting: A Guide To Raising A Spiritually Conscious Family](#) By Annie Burnside

[The Self-Aware Parent: 19 Lessons For Growing With Your Children](#) By Cathy Cassani Adams

The Teachings of Abraham

[The Law of Attraction](#) By Abraham Hicks

[IntentionalConsciousParenting.com](#)

Light Emerging The Journey of Personal Healing by Barbara Brennan

Frequency of Power of Vibration by Penney Peirce

[The Secret Spiritual World Of Children](#) By Tobin Hart

[The Conscious Parent](#) by Dr. Shefali Tsabary

The Subtle Body: An Encyclopedia of Your Energetic Anatomy By Cyndi Dale

Whose Stuff Is This?: Finding Freedom from the Negative Thoughts, Feelings, and Energy of Those Around You By [Yvonne Perry](#)

[Kids Who See Ghosts: How To Guide Them Through Fear](#) By Caron B. Goode

Awesomism: A New Way To Understand The Diagnosis Of Autism By [Suzy Miller](#)

A Beginners Guide To Online Security by [Wendi Finn](#)

The Truly Alive Child – Simon Paul Harrison

Multi-Dimensional YOU – Elaine Seiler

Getting Into The Vortex – Abraham Hicks

Hay House Publishing has numerous children's spiritual books

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## Intentional Conscious Parenting – 2021

Bonus

### Your Energy Can Impact Your Child's Behavior



Energy Check! Where are you at this moment? How do you feel inside? What kind of energy are you projecting?

Reminder parents,

Children, especially little ones are learning all about emotions and how to express themselves. They are also highly Intuned to the energy surrounding them.

They can pick up and channel an adults energy in seconds.

I watched this firsthand last week. Our precious granddaughter was having fun playing and singing. Daddy came in the door. After having a particular stressful day, he was clearly still processing some events that had transpired. She immediately picked up on daddy's energy, started trying to tear one of her letter toys and began throwing her toys on the ground. Her whole attitude, demeanor and energy changed in a moment.

I scooped her up and looked her in the eyes, laughingly (she's not even two yet), I giggled and said we are OK, that's daddy's energy, let's shake it off and shook her in my arms in a playful way. She laughed, kissed me and in a moment shifted back to herself. (I could completely see she understood what I was saying. She knew through-out her inner being what was taking place. Remember children are highly evolved spiritual beings in little bodies.)

Learning about, tapping into and balancing your own energy is an important tool to utilize, especially in your parenting. It's also a great tool to use when you are exposed to others energy and may unknowingly be taking on their mood or emotion simply by being in the same room with them.

I encourage you to check in often, feel where you are at. Keep an eye on it and notice when you are all out of whack and how fast your kids get out whack too.

I'm not saying they won't have their own meltdowns and moments, of course they will but if you can center yourself, not personalize, you'll be more equipped to help them work through their emotional moments.

~ Carol Lawrence



**We hope you enjoyed our book and want to stay connected. We send out a monthly newsletter sharing our Intentional Conscious Parenting articles, new resources, printables, products, referrals and anything else we think you might want to hear about. [Sign up](#) for our newsletter and receive our free gifts.**

**Carol Lawrence  
Stacy Toten**

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