

Harmony at Home

A Roadmap for Parenting



by Nina Cuellar-Barry



Mira stands at the kitchen sink rinsing the dishes from dinner and looking out the window at her son in the front yard. She's a sturdy woman, with long, wavy brown hair. Her features are soft and her eyes have a slight downward tendency. She appears to be drooping a little, as if she's tired or has a lot of worries on her mind.

Her son, Sam, is 8 years old and is currently running around the yard, kicking a soccer ball and yelling at the top of his lungs. He appears to have enough energy for all 3 of them. Well, I'll be hearing from the neighbor soon, she thinks to herself.

Her husband Matt is typing on his laptop at the table, "catching up on emails from work." She knows he isn't giving her his full attention, and that doesn't feel good. Still, she continues the conversation she began about Sam.

"Why can't he just cooperate?!"

"He's an energetic boy, that's all. You're making a big thing out of it," Matt says as he stares at the laptop screen and types. He's a tall man, with thinning black hair and wire-rimmed glasses. He looks a little boyish, with no noticeable wrinkles and not a speck of gray in his hair.

Mira feels completely exhausted and her husband's offhand comment isn't making her feel any better. She continues to rinse the dishes and place them in the dishwasher.

"You're not the one who picks him up from school every day and hears his teacher complain about his behavior. Every day. And the looks I get from the other moms - !"

"Why don't you talk to your mom? She raised 3 kids." Matt is still looking at his laptop as he responds to her complaints.

"My mom's the last person I want to get advice from! I still shudder when I think about the kinds of things she thought were okay to do to us when we were growing up. She'll just tell me to swat him."

"How about my mom, then? I turned out okay."

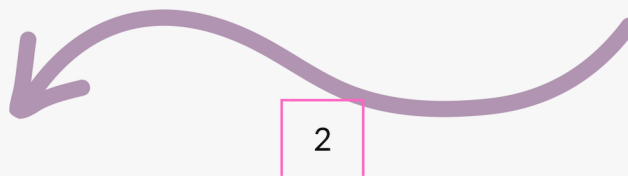
Mira bites her tongue and wonders how she can tell him that the horror stories he's shared with her about his mom's "discipline" are **not** what she wants her son to endure. Nope, there's no tactful way to say that.

"I'll figure it out," she sighs.



That night in bed Mira tosses and turns, worried and anxious about...everything. When will her son stop yelling and hitting his friends when he doesn't get his way? Why does he have to be so loud and disruptive in school? He's nearly 9 already – shouldn't he have outgrown all this by now?

And why does he fight her on **everything** - meals, bedtime, getting up in the morning, going to school, how much video game time he's allowed... She can't get him to do *anything* easily. She must be the worst mom in the world.





As tired as she is, she can't fall asleep for all her worrying.

Is Sam going to be okay? Is there something wrong with him that she should be fixing? Why does she have so much trouble when every other mom seems to be able to handle their kids?

She should be able to do this!

At last, in spite of herself she falls asleep...until...

Someone is shaking her foot!

"Wake up, Mira.' She hears a voice that's soft, but firm.

Mira sits up, quickly, but before she can say anything, she sees the shadowy figure of a woman at the foot of her bed. The figure is holding a finger to her lips.

"Shhhh. You don't want to wake up the whole house. Let's go to the kitchen."

For some reason she can't understand, she isn't frightened, but she is very curious. She slides out of bed, slips on her robe and follows the woman out of the room and down the hall to the kitchen.

Who is this woman?

"Let's have some tea. I've already got some chamomile brewing."

Now that she's fully awake, Mira notices who she's talking to. It's a middle-aged woman with short, graying hair. The mystery woman is a bit on the plump side, dressed in a plain, dark blue, midi-length dress. Her movements in taking 2 cups out of the cupboard and pouring tea into them are quick and sure, and she conveys equal parts energy and calm.

What in the world is going on?

Mira moves to the kitchen table, sliding into a chair, and the woman joins her, handing her a mug of hot tea.

"You're worried about Sam in school, you don't know what to do to help him, you and he are at odds all the time, and you think you should be able to fix everything all by yourself. Is that about it?"



“Who are you and how do you know all that?”

“Drink some tea, dear. And call me Candora. The first thing you need to know is,

You’re not supposed to do everything on your own. Being a mom is hard, and you’re not supposed to do it all on your own.”

“But every other mom seems to be able to!” Mira protests.

“The other moms are getting by the best they can. They could **all** use some support and help,” Candora says.

Mira sits back, her mouth open, her eyes wide. She’s speechless.

‘It’s true,” Candora says, shaking her head. “No one has it all figured out, and they all wish they could ask for help, but they don’t want anyone to think they’re not a good mom. ‘Every other mom’ is pretending.”

“Now,” Candora continues. “How would you like a roadmap for your journey of being Sam’s mom? A roadmap of how to help him be who he’s meant to be. With directions for how to help you be who you’re meant to be, a roadmap that will guide you and Sam all your lives, that will ensure you and he actually like each other today, and tomorrow and 20 years from now. Does that sound like something you’d like?”

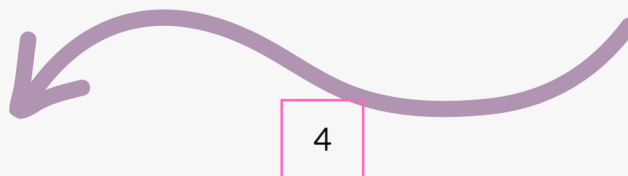
For a moment Mira feels almost dizzy. It would be so wonderful to know what she was supposed to do to help Sam and feel better about being his mom. She wants so much for her and Sam to be close and for him not to be mad at her all the time.

“Yes, I can see that you find that appealing,” says Candora.

She peers knowingly over her cup as she sips her tea.

“What do I have to do to get this roadmap of yours? And how hard is it to follow? Will it really fix Sam’s behavior?”

Candora touches her forehead as she says, “The roadmap starts here,” then places her hand over her heart as she says, “and here. Everything else follows....”





"I don't understand." Mira says as she knits her brows.

"Go back to bed. I'll leave the roadmap for you to look at in the morning."

Candora rises gracefully, walks to the sink and rinses her cup before placing it inside. She glances at the clock on the wall.

"My goodness, look at the time."

Mira looks over at the clock, which reads 3:30. When she looks back at Candora, she's disappeared.

This has got to be some kind of weird dream, Mira thinks. She pads down the hall, takes off her robe, and climbs back into bed beside Matt. Almost immediately, she's asleep



The next morning she rises, thinking about the strange dream she had. It's so clear, it feels more like a memory than a dream.

She hurries to the kitchen to make the day's coffee but notices a document on the table.

What's this?

She shuffles through the papers. There are notes and diagrams on the pages. On the first page is a sticky note. In angular cursive are the words,

Start by Focusing on YOU

The document says,

To begin the journey, you need Fast Relief. And the focus needs to be on YOU. Understanding who Sam is will help, but you need to understand and support yourself, first and foremost.



There are more pages, and Mira leafs through them quickly without trying to read them.

“I don’t have time for this!” she exclaims. “I’ll have to read this later.”

She paperclips the document together, drops it on the kitchen table, and goes on with her morning routine.

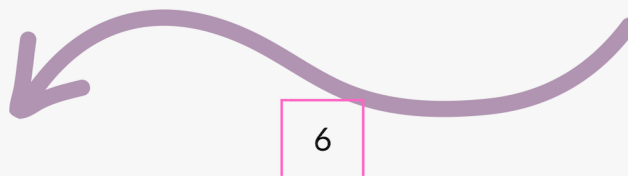
All day at work she wonders, how is she supposed to follow the Roadmap if she doesn’t understand everything in it?

She shakes her head and tries to concentrate on her computer screen. Then she gets busy and forgets everything except the project she’s working on that’s coming up on deadline.

That night she lies in bed and goes over the day. It had been a typical day.

Sam’s teacher complained about his many outbursts during class, she and Sam had argued about him doing his homework until she threatened to take away video games for the rest of the month. Then he’d finished the homework, all the while shooting her angry looks and stomping his feet under the table from time to time.

Well, that was a horrible day, she thinks as she falls into a troubled sleep.





“Mira,” a voice quietly whispers in her ear.

She’s instantly awake and looking at the shadowy figure of Candora standing next to her bed.

“Shhh. Time for some work.”

Again, she slips out of bed, puts on her robe, and follows Candora down the hall to the kitchen. Mira stifles a yawn and sinks into a chair at the table.

“Does everything have to happen at 3:00 am with you?”

Candora smiles and dips her head in embarrassment.

“Only to start. I have to make an impression, otherwise people don’t take me seriously.”

“Okay, I get that,” Mira chuckles. “But tell me, how does this Roadmap work? There seem to be a lot of steps. Could you give me the short version so I can get an idea how I’m going to get Sam to do better at school and home?” Mira requests.

“And I’d really like to focus on Sam first. We can get to me later,” Mira insists.

“Tell me, Mira,” says Candora. “Who have you been focusing on up til now? You or Sam?”

“Well, Sam, of course. He’s the one who needs to learn to cooperate!” exclaims Mira.

“And that’s working well, is it?” asks Candora.

Mira starts to answer, but stops. Honestly, it’s been disastrous so far. The more she tries to teach him the right way to do things, the more he insists on doing the opposite.

“Hmmm. Let me tell you about the first Phase of your journey with the Roadmap. We focus on you because right now you’re exhausted from all the work you’ve been doing that isn’t effective. You can’t be the mom or the person you want to be when you feel defeated and tired. When you take care of yourself, learn to use some new tools and get insight into who you are, and how Sam is different from you, everything around you changes.”

“That insight into yourself will come through Human Design. You’ll learn how your unique Human Design influences your personality, your energy level, how you make decisions and how you can best take care of yourself. We’ll go over that next time we meet.”

Mira considers everything Candora is saying, nodding as she closes her eyes. She realizes that the calm feeling she’s experiencing is...hope. Hope that being a mom might be easier.

When she opens her eyes, Candora is gone again.



Two days later Mira sits at the kitchen table, sipping her coffee and making a grocery list. The house is quiet. Matt never gets up until 6:30, and Mira cherishes the silence and calm. She hears a very soft tinkle of bells, and looks up to see Candora standing before her.

“Ready for our next session?” Candora asks briskly.

“Absolutely, but we only have 30 minutes til Matt gets up,” Mira warns.

“Oh, he’ll sleep til 7:00 on the days I come,” Candora reassures her.

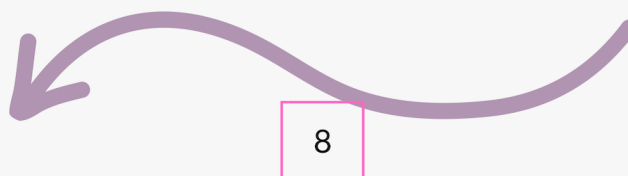
“Why, what did you do?” Mira’s eyes narrow and her tone is suspicious.

“Not a thing, dear. It’s just that when I’m around, everything is extra peaceful and relaxed. People who are asleep tend to sleep sounder and longer. It’s a gift,” Candora says as she lifts her hands and tilts her head.

“Let’s start with exploring your Human Design,” says Candora as she sits and places a very detailed but pretty graphic on the table in front of her.

What’s all this? Mira wonders.

“This is called a Bodygraph, and it’s yours. It’s based on your date and time of birth, and where you were born. You are a Projector. That means...”





Over the next little while Mira learns what it means to be a Projector and why she gets tired out way before Matt does. It's so interesting, and it explains so much about why her friends growing up were so different from her (and also why people sometimes tell her how bossy she is, even though she doesn't think she is at all).

After a while, Candora produces another Bodygraph and places it beside hers.

'Now this is Sam's Bodygraph.'

"Wow! It looks really different from mine! Tell me all about him now," she demands.

'We'll go over it just a little bit. Enough so you get a sense of where you and he are different and where you have common themes. Just enough so you can understand why it's unreasonable to ask of him what you find natural in yourself,' Candora explains.

"For example, Sam is a Generator. He has a lot of energy and he can sustain that energy for a long time – longer than you."

"Is that why I feel so worn out by him sometimes?"

"Probably. What's important is that he needs to expend that energy during the day. He needs lots of physical exercise. That's one reason he gets in trouble for outbursts during class. There's too much sitting at a desk for him. And when he gets frustrated he doesn't know how to manage it or even recognize it," Candora explains.

"Why can't he just learn to be quieter and sit still longer?" Mira asks plaintively.

"Because he's a Generator, and not a Projector like you,' Candora says patiently. "You two are not the same, and you have different needs. That's some of the work we'll do, figuring out what your different needs are. When you understand a little about his energy needs, you'll be able to recognize when those needs aren't being met. That will help him, and you'll get a measure of relief just from *knowing* your different needs," Candora continues.

"But for now we'll focus on YOU. Think about what you've learned today, how your energy level manifests, when you feel heard and listened to and when you don't. You'll focus on what you need to be your best self and the best mom you can be.

"And here are some resources for any questions you might have before the next time we meet," Candora says as she pushes a pile of papers to Mira.

Where was she getting everything? The Bodygraphs and papers seemed to appear out of thin air!

Mira hears footsteps coming down the hall and momentarily panics, but when she turns to Candora, she has again vanished. How does she do that, she wonders?

“Hey, I had the best night’s sleep, hon,” Matt says, as he kisses the top of her head.



Over the next several weeks Candora would magically appear from time to time, to continue their lessons. As far as anyone else knew, Candora didn’t exist!

True to her word, Candora focuses her lessons on Mira. One very frustrating day, Mira demands that Candora give her some guidelines for her ‘self-care.’

‘How do I know how much time I should be spending on ‘taking care of myself?’ Isn’t it selfish for me to do the things I want to do when no one else wants to do them?’

Candora tilts her head and looks at Mira for a long moment.

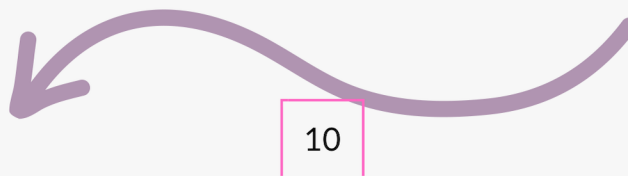
“I don’t know. What do you think?”

“Well, when I go for a walk in the forest I feel so peaceful. But no one wants to go with me, so if I didn’t go by myself, I’d never get to go!” Mira says vehemently.

“Yes?” Candora asks.

“And actually...I love going by myself. It makes me calmer the rest of the day, or the whole week, even,” Mira admits.

“Mmmmmm,” says Candora.





One of the things Mira learns is how to calm herself when she's anxious or angry, so that she can respond to upsetting situations with intention, instead of reacting from habit. When she's anxious and can feel her stomach and chest tightening up (she'd never noticed before that this happened), she uses one of the calming tools that Candora shares with her.

Her favorite tool is using her breath, starting with what Candora called 'the Sacred Pause.' When she's feeling upset or anxious she can,

Pause...
Tell herself, "Everything is okay, I'm safe"
...while taking 3 deep belly breaths

Usually, by the time she's taken 3 breaths, she feels calmer and can think. She can decide what she wants to do in that moment, whether that is to speak firmly but kindly to her son or walk away (because it just isn't that important - so what if Sam is yelling and bouncing around the living room because he's just gotten his highest score ever in Super Mario?)

There were times taking 3 breaths just didn't cut it – like when Sam broke the Nintendo controller because he was losing the game and started screaming and crying – well, she has other tools and strategies for moments like that, too.

Harmony at Home: a Parenting Roadmap – Phase 1

FOCUS ON YOU

Fast Relief
Energy Blueprint
Design Empowerment





After several sessions Mira begins to understand herself better (where she struggles and also where she is naturally awesome). She feels overall calmer and more in control of her own actions.

“Let’s dig a little deeper into Sam’s Design, shall we?” asks Candora. “I’d like to point out some areas in his Bodygraph that contribute to his struggles at school and following your routines at home.”

“Oh, good, I have lots of questions. I really do want to help him do better. I hate talking to his teacher sometimes. She complains about him so much, and I feel like she expects me to do something, but I don’t know what!” she frets.

Candora shares insights into Sam’s Design and asks how Mira might structure the day to help him meet the needs of his Generator self.

“To begin, you need to teach Sam how to manage his emotions, especially his Generator frustration. It’s part of the Generator learning style, so he needs to recognize and make friends with it,” Candora counsels.

“But the best thing you can do for Sam is to model for him how you manage your emotions and how you get your own needs met,” says Candora.

“But his needs are so different from mine. I can’t show him how to be as physically active as he needs to be,” Mira protests.

“You don’t have to be like him to model what it looks like for someone to get their own needs met appropriately. He’ll see the effect of your choices and how much happier and in alignment you are. And you’ll be more available for him when he’s struggling with his emotions if you’re centered and taking care of yourself,” Candora reassures her.

Mira nods her head and furiously writes down ideas. This all feels very doable to her.

She feels hope for the future more and more.



Later that week Mira sits in the family room off the kitchen with her feet up, doing some journaling for a few minutes. Sam is at the kitchen table doing homework.

“Darn it! This is so stupid!” Sam hits the table with the flat of his hand.

Mira takes a deep breath, then speaks from the couch.

“What’s going on, Sam? You sound frustrated.”

“I hate these story problems! They don’t make any sense,” he says darkly.

“I wonder what you could do to manage your frustration?” Mira asks as she rises from the couch. She continues to talk to him as she leans on the door frame.

“Let’s ask your sacral center,” she suggests. “Do you need to keep working on your homework right now?”

“Uh-Unh!” he responded forcefully.

“Do you need to take a break for 5 minutes?”

“Uh-Unh.”

“Do you need to run a few laps in the backyard?”

“Uh-huh!” and he gets up from the table and heads for the door to the backyard.

“Okay, see you in a few minutes,” Mira says encouragingly.

Sam yanks the door open, whooping and running, then slams it loudly behind him. Mira winces at the sound, but reminds herself, ‘one thing at a time.’

In her head she hears a voice say, (‘nicely done, dear’).

“Candora, are you always there?” she asks laughingly.

(“Only for a while...”)



When Mira and Candora next meet, Mira is eager to talk about the changes in Sam and herself that she's noticing.

"I can't believe how much easier we're getting along lately! The routines, the ways Sam is managing his frustration. I thought he was always mad, but he was just frustrated and didn't know what to do with it," Mira marveled. "Neither did his teacher. She hasn't complained to me about him in...weeks!" she exclaimed.

'Yes, the strategies, like asking yes/no questions, work very well for Generators. They wouldn't work the same way with Human Design Types without a defined Sacral Center, like Manifestors, Projectors and Reflectors," Candora says.

"Alright,' Candora says briskly. "Time's passing quickly. Let's talk about family rules and you tell me what will work in your family..."

Candora was sort of bossy, but in a good way, Mira contemplates. I wonder what her Human Design is.....

Harmony at Home: a Parenting Roadmap – Phase 2

FOCUS ON YOUR CHILD

Guiding Self-Awareness
Design-Driven Insight
Unlocking Their Blueprint





Mira and Candora have been working together for a few months now, and the changes in her whole family have been significant. Understanding herself better and knowing about the highest expression of her Human Design helps her make more intentional choices when she's feeling emotional or upset.

She doesn't care as much that the other moms look at her disapprovingly when she ignores Sam's yelling and jumping on the soccer field. It's okay with her when he's excited and needs to blow off excess energy. If it isn't okay with them...oh, well!

She feels like she and Sam are in a dynamic relationship that changes as Sam grows and as Mira becomes more...her real self. That was a funny way to describe it, but it's how she feels, she realizes with wonder.

Oh, we're dancing, she decides, as she thinks about herself and Sam. As he matures and tests his wings, she steps forward to support him or steps back as he needs space. She feels like she knows more and more what he needs and what he doesn't need.

"It won't always be that easy,' Candora's voice warns in her head. "You'll make lots of mistakes."

"Ouch, way to bring me back to reality, Candora," Mira grouches mentally.

"If you know you'll make mistakes, you can give yourself grace when you do." Candora emphasizes. "Will you be perfect? No. Are you wonderful? More and more...yes."

"That's pretty good," Mira thinks with pride. Candora didn't hand out compliments lightly.



Later that week Mira and Matt spend their Saturday painting the family room. She loves the way it looks and the way she and Matt have split up the work. But, whew, she's tired!

The next morning she lies on the couch reading a novel. Her plan is to stay there most of the day.

"Hey, lazy bones. Are you going to lie on the couch all day? I could use some help weeding the flower beds in the front yard," Matt teases.

"I worked my tail off all yesterday making the family room look gorgeous. I'm resting today," she answers with a smile.

"Yeah, Dad, Mom needs to rest. But I don't!" Sam shouts, as he hops like a bunny around the room.

"Okay, buddy, let me show you the difference between a weed and a flower," Matt laughs. And he kisses Mira's head before heading out the front door with Sam.

"Wow," Mira muses. "This 'taking care of yourself' stuff is awesome."



Harmony at Home: a Parenting Roadmap – Phase 3

INTEGRATION & PEACE

Design Insights
Dynamics Awareness
Empowered Intuitive Parenting





A few months later Mira sits at the kitchen table, basking in the peace of early morning. Her eyes are closed and she breathes easy, relaxed belly breaths that she counts silently. It's her preferred way off grounding herself before the day starts.

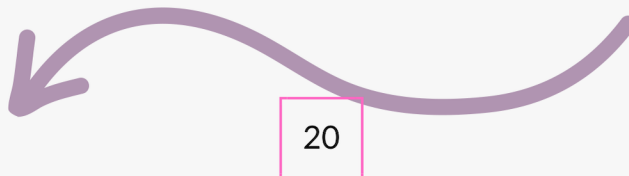
She reflects on how different her life is, compared to last year when it felt like being Sam's mom was the hardest thing in the world. Not that she's perfect at it, she admits with a smile to herself.

But mostly she feels very good about being Sam's mom.

I wonder where Candora's gone, she thinks. Probably giving someone else their own Roadmap. Good for them, she decides, as she nods her head firmly.

Then she stands up to start her day.

THE END



Welcome, Dear Reader!

This is the story of one mom's journey with her son.

Mira's transformation – from feeling helpless to change her son for the better, to creating a life that works for both of them – is a snapshot of the journey every mom can take.

Mira comes to understand that while there's no quick fix to her struggles, having effective tools and the right strategies and systems solves her problems and makes her life more easeful and joyful.

Mira is a Projector with a Generator son and the strategies she uses to communicate with and guide her son are probably very different from what you would experience in your own family. Had she been a Generator with a Manifestor son, for example, or a Manifesting Generator mom with a Reflector daughter, or.....

You get the point. Since every family is different, the specific strategies they use to get to where they desire to be – a peaceful, loving, home – will be tailored to their needs. Every mom's journey will be different, unique, challenging and wonderful in its own way, because everyone and every family is unique.

I created my coaching framework because it meets the needs of the moms and families I work with. It gets them to where they want to be.

Hi! I'm a Human Design Parenting Coach and former special ed teacher. I've seen how hard moms work to give and do for their children. I've raised 2 children to adulthood and experienced firsthand how challenging it can be to do that!

I developed the "Harmony at Home" coaching framework after supporting hundreds of moms and families, because I realized how much Human Design could guide moms

- in understanding their children and their motivations
- In disciplining their children in compassionate, effective ways





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The “Harmony at Home” framework has 3 Phases, and follows what I believe to be the most supportive path for both mom and child.

Phase 1 – FOCUS ON YOU

We start with your needs and Human Design with a basic understanding of your child’s Design – so that the journey can begin with you being supported first. You learn skills and strategies you’ll later teach to your child.

Phase 2 – FOCUS ON YOUR CHILD

Once you begin ‘filling your own cup’ you can give the overflow to the people you love around you. Only then can you turn your focus on guiding and teaching your child the skills they need and the skills you’re mastering.

Phase 3 – INTEGRATION & PEACE

By the 3rd Phase, you and your child have developed insights about your own and each other’s needs. You have confidence in your awareness of your child’s needs and your own. You’re able to trust your intuition, honed through experience, and are now in a relationship with your child that’s secure, even while evolving.

You’ll find a visual representation of the **Harmony at Home: A Parenting Roadmap** framework on the following page...

01

FOCUS ON YOU

FAST RELIEF

- » Discover your Human Design - who you are, what you need in order to feel good & be successful
- » Uncover the unconscious assumptions in your brain that 'run the show' unless you gain awareness of them
- » Calm your nervous system with simple, powerful techniques & practice how to respond with intention, rather than react to stressors



ENERGY BLUEPRINT

- » Discover your child's Human Design
- » Determine developmental characteristics & needs
- » Explore the energy needs of your Human Design Types
- » Create a plan to meet your needs & fill your cup



DESIGN EMPOWERMENT

- » Create a vision for the future
- » Establish habits to support the shift to that vision
- » Make changes to your environment to support new habits



GUIDING

SELF AWARENESS

- » Model & practice appropriate ways to get your own needs met
- » Teach your child how to get what they need - in appropriate ways



DESIGN-DRIVEN INSIGHT

- » Weave energy-satisfying activities into everyday routines
- » Create routines for problem times & activities (bedtime, meals, etc.)
- » Explore developmentally appropriate & kind ways to teach & discipline



UNLOCKING

THEIR BLUEPRINT

- » Gain a deeper understanding of your child's Human Design - strengths & potential challenges
- » Discover how your feelings about their behavior can guide you in your parenting



FOCUS ON YOUR CHILD

02

EMPOWERED INTUITIVE PARENTING

- » Naturally guide, respond to & flow with your child's energy
- » Follow your own energy needs & flow
- » Create a compassionate relationship with your child that builds a strong foundation for your lifetime



DYNAMICS AWARENESS

- » Recognize what is at play during conflict
- » Course correct when problems crop up
- » Respond to your child's needs & your own



INTEGRATION & PEACE

DESIGN INSIGHTS

- » Learn how your Human Design interacts with your child's Human Design
- » Understand what may be causing conflict - Human Design or something else
- » Draw on the highest expression of your Human Design to prevent & resolve conflict



I'd love to connect with you!



Would you like to create a home that's peaceful and loving for everyone in it?

Do you have questions about how Human Design can support you in your parenting?

I'd love to talk with you about your own parenting journey.

I invite you to book a Free Empowered Parent Call at:

[https://app.acuityscheduling.com/schedule.php?
owner=16835132&appointmentType=9984004](https://app.acuityscheduling.com/schedule.php?owner=16835132&appointmentType=9984004)

With Love,




Visit my website at www.ninacb.com and contact me at nina@ninacb.com

