

The First Steps to Conscious Parenting Success

Free Conscious Parenting Guide & Workbook



WWW.IVYBOGBU.COM

*Based on training by Dr.
Shefali Tsabary, PhD*



Welcome

Thank you for showing up, showing the interest in conscious parenting. Conscious parenting is not just a journey, it's a context of life, it's a paradigm. In this day and age, you'll agree that our collective consciousness is rising, and we're called to be change makers, to break cycles, and shift our humanity - starting without ourselves, the conscious parents. With this guide and workbook, you'll get a glimpse of what conscious parenting is all about. It's quite likely that you've been already following and implementing some of the conscious parenting ideas.

They are not new, nothing is ever innovative per se, it's just that some, a few wise and courageous souls like Dr. Shefali Tsabary, gathered their inner power to put it all together (building on centuries long wisdom and teachings across the world) and had a chance to reach the masses.

I am excited to share a bit of that wisdom with you, and explore together your journey into raising a change maker, a cycle breaker within, and lead your children and children in your environment into birthing a New Earth.

Ivana

01 - 04

WHAT IS CONSCIOUS PARENTING

Find out what conscious parenting is, based on Dr. Shefali's teaching and how it differs from traditional parenting

05 - 08

WHY CONSIDER CONSCIOUS PRENTING

Is this for me? Is it worth it? What's in it for me?

09 - 10

HOW TO BEGIN CONSCIOUS PARENTING

Some of the key questions and techniques to inquire and begin to understand the paradigm of Conscious Parenting

10 - 15

CONSCIOUS PARENTING CIRCLE



HOW TO USE THIS GUIDE/WORKBOOK

Before you begin reading this guide/workbook, or referring to its content over time, take a few moments to pause, connect to your breath. You are an observer, a spectator of your thoughts, your emotions and feelings. Allow them to settle, and notice a “gap” in between. A “space”. Once you reach it you’re good to “go”. Reach for any chapter this workbook calls you to read.

QUESTIONS?

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WHAT IS CONSCIOUS PARENTING?

Conscious Parenting is a paradigm shift, a new way of parenting, which primarily focuses on re-parenting ourselves with a deep knowing that:

My child is whole, perfect and complete.

There is nothing to fix “out there” or in my child, but within me.

What I resist, it will persist.

Embracing fully what IS, is the path to liberation.



CONSCIOUS PARENTING

Conscious parenting is about being in the constant space of inquiry and willingness to experience the possibility of living and seeing life, our children, our circumstances “as is”. And from this place of “is-ness”, open up to the possibilities of realizing the full potential as a parent, and allowing our children to unfold into their full, divine potentiality.



For a moment, pause, sit with your circumstances as they are, your children as they are, not as what you would like them to be, what the culture, families told us they should be. Become an observer, a witness of your repetitive thoughts and rising emotions. The thoughts shaped by cultural conditioning, family belief systems and dynamics. We endlessly analyze, control and try to mold, fix, improve the circumstances to fit within those frames.

Conscious parenting starts with you and me. By taking a moment to reflect on our own emotions, triggers, patterns of behavior and beliefs. And by committing to heal. We are only able to authentically connect to our children, to the extent we've developed the capacity to connect to ourselves. ***Awareness becomes the key.***

AUTHENTICITY AS THE PLACE TO REACH

“Conscious parenting uses ordinary, moment-by-moment engagement with our children to foster authentic connection”

Conscious vs regular parenting

As a result, a conscious parent does not look outside the parenting relationship for answers, but is confident **the answers can be found for both parent and child within the parent-child dynamic** (The Conscious Parent, 2010).

A conscious parent gets to uncover their child's inner essence, and their own inner essence, which may have been long "lost".

It is therefore:

Process based	not	Outcome based
Needs based	not	Behavior based
Connection based	not	Control based
No fear	not	Fear based
Ease and flow	not	Rules and order
Democratic	not	Authoritarian
Both are teachers	not	Parent teacher
Listening	not	Commanding
No punishment	not	Punitive
Accepting	not	Shame/guiling
Non-competitive	not	Competitive
Parental evolution	not	Child-focused
Acceptance	not	Approval



*The greatest
indicator of good
parenting is how
good a parent
you are to your own
inner child*
Dr. Shefali



WHY CONSCIOUS PARENTING?

Before you became a parent, have you ever asked yourself what made you so eager to become a parent?

You may have had thoughts like “I just want to be a mother/father”, “I love children”, “Life is meaningless without children”.

Regardless of what your reason was, it was, undoubtedly infused with *ego*, for most of us. Some do undergo huge amount of work before their parenting journey, but majority of us go full in, unprepared. Unprepared for the unconscious forces, “falling into the trap of using our children to fill some need in ourselves, all the while under the illusion that we are loving, giving of ourselves and nurturing.” (The Conscious Parent, 2010)



Why conscious parenting?

We often use them to feel the sense of worth, heal our broken ourselves, having them take on roles in the family that are not theirs. Sometimes they are used to fulfill our own longing.

This, in turn, does not allow us to see our children for who they really are in their essence, in their true being.

Conscious parenting is about uncovering any of those hidden forces within us, so that we can create space for our children to unfold into their true essence. It is also about uncovering what it is that we had not received as children, and reparenting our inner child, so that we can become the parents our children deserve. It's more about learning the art of "being", rather than being under the influence of our society's conditionings of constant "doing".

Is this journey easy? Absolutely not. This path requires our deep commitment to experiencing kinship with our children, so that our brief moment on planet Earth together allows for our fullest, truest and highest expression of our *being*. *We become parents to evolve, and to be part of the everlasting expansion. Conscious parenting is taking us on a spiritual path, awakening us to something greater than life itself.*



*You will only
accept your child to
the degree you
accept yourself.*

Dr. Shefali



WHERE TO BEGIN? JOURNALING!

Do I dare to go against the stream and parent from a place where
the inner life is valued far more than the external?

Do I recognize every aspect of my parenting as a call to my higher
evolution?

How can I parent my children with an awareness of what they truly
need from me and become the parent they deserve to have?

WHY JOURNALING?

- It has its potent power to access our subconscious mind
- It allows us to offload freely, without inhibition and express coherently the state of our inner world
- It can shift the energy and perspective instantly and create space to have new insights, a different perspective

JOURNALING ROUTINE

- Commit doing it for a week consistently
- Find a quiet space or create one if it doesn't exist already.
- If practicing any rituals, prior or after journaling could enhance the experience
- Write freely for as long as necessary. Either take a journaling prompt, or use an uncomfortable daily situation to "offload"

TAKE CARE OF YOUR NEEDS



Our ability to love, accept, and free our children from our baggage is in direct proportion to our ability to love, accept and free ourselves from our past. This process begins by understanding our needs, taking care of our needs and reparenting our inner child whenever needed.

Take time to journal your needs, and see where and how you can create space in your day, environment to meet them as regularly as possible.

MEDITATE

Meditation is the most critical tool to becoming a conscious parent. Unless we have access to moments of thoughtless awareness on a daily basis, we're at the service of our mind, its limited view of the world, and an auto-pilot decision-maker that masks the intelligence of our body, our emotions and our intuition. Meditation can take different forms, including mindfulness exercises.

Try some of these or create your own:

Meditate on your
breath

Observe your
thoughts like clouds &
keep getting to your
breath

Observe your
environment without
labeling & judging

Paint

Dance

Do yoga

Pray

Doodle anything
on a paper

Gaze at the afternoon
sky

JOIN A BOOK CLUB

CONSCIOUS PARENTING CIRCLE

Whether you've practiced conscious parenting, or you're new to this paradigm of becoming and raising change maker, you may feel like this is a lonely journey. Not everyone is willing to courageously step into it. It's not for the faint-hearted.

You are brave, heard and I applaud you for taking the step.

If you're called to go deeper and explore the journey of conscious parenting within a community, in an inexpensive, yet safe container with guidance, join our online book club end of May 2024.

In the meantime, get nourished by my nuggets of advice and wisdom through my newsletter.

Thank you

Ivana



JOIN THE WAITING LIST

About me, Ivana B. Ogbu

Conscious Parenting and Life Coach
(trained with Dr. Shefaly Tsabary)

Co-founder of the Raise Change Makers
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Children's books author on sustainability
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Certified Yoga and Meditation teacher

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