



## *Parenting for Peace and Spirit: Awaken the Heart of the Peace Family*

### Key foundations of Parenting for Peace and Spirit

**Presence.** Parents being present to their children and to themselves. What is “being present”? It is showing up in the moment for yourself and your child.

- **Presence within the parent.** It is finding that place of calm and peace inside themselves in the midst of whatever may be going on in the outside world and witness what may be arising. Think for a moment. Pause and drop outside your brain, your thinking and take an inventory of your body, heart and soul. *What’s it like inside?* Doing this simultaneously responding to a crying child or irritated teen takes great concentration. Concentration is the ability to focus and remain focused in the midst of distraction both outside and inside. As parents we have abundant opportunities to practice presence of the heart.
- **Presence with the child** is to witness what that being as a Divine Being. May we see the divinity in our child at all times.

### Modalities of Experience (guided meditation)

#### **Understanding how we grow and experience human relationships:**

*Physical*—With our physical senses and physical proximity

*Intellectual*—Cognitive, with our minds. Thinking, analyzing, constructing

*Emotional*- Feelings resonating in the heart and our body

*Social*—Relational, how we respond to another.

Our receptive and expressive otherness.

*Spiritual* –Realm of the high self. The big world /universe picture.

### Cultivating Attachments and Connections

Hold our children in close proximity of family members which build the strong attachments that insulate from the external forces that distance family members. When children become attached to their peer group, they adapt the values of that peer group, which most often is limited in scope, experience and maturation. Create structures that cultivate connection and providing guidelines (limits) “safeguard the sacred” and strengthen the attachment bonds.

### Communicating Peace

Communicating Peace is an essential skill to encourage our children to become peace builders and to foster their own development. Listening and observing behaviors without judgment is essential to cultivating peace. Practice understanding and compassion for all living things.

**Focus on Positive**

Focus on the positive and acting with kindness grows the compassionate part of our brain. This includes our perception of problems and conflicts. If we greet problems as opportunities for growth we are modeling to our children and building.

**Accept Differences.**

We all belong here and have a home here on earth. All are included and welcomed. But how do we do this? With an open heart, an open mind and willingness to work together to solve problems.

**Service**

We are it. We are the ones the world is waiting for. By serving we are caring for the world and each other. When we offer service it meets our need to be contributing and make a difference in the world. All people and beings are important. All people and beings make a difference in the world. It meets our need for contribute to care and maintenance of the evolution of the plane.

**Gratitude**

Cultivating and expressing gratitude is essential and interfaces with all previous mentioned qualities. Gratitude created the doorway for grace and abundance. It is the foundation for the quality of peace that includes acceptance compassion and presence.