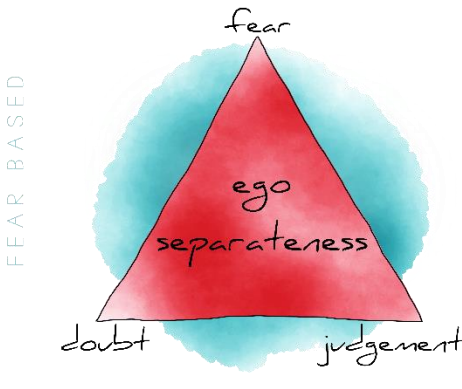


Peaceful Parent, Confident Children

Awareness: Access Your Inner Wisdom

The Conscious Intent Model Part I: The Fear Based Triangle

The fear based triangle arises when we feel anxious, fearful or generally out of our comfort zone. We may fall back into old and limiting habits when threatened, or otherwise triggered by our perceived insecurities. First it is important for us to create common language and clarity about the fear based triangle.



Doubt or worry results as a low-level anxiety, to a highly dysfunctional anxiety that impairs our ability to relate to self and others and which is a result of our perceptions. The doubt that we feel stems from confusion that arises between our beliefs and our experiences. Somehow the beliefs we hold and our experience of life do not always match, hence the confusion. Those with a high degree of self-awareness, can be doubtful of something without experiencing anxiety. This is

mainly due to their detachment from the outcome. These people are simply going to do their best in the moment and let everything unfold as they choose to learn from the experience. However, those with less self-awareness often doubt their abilities, their circumstances, and the worth of others. This type of doubt separates us from our innate wisdom and diminishes our talents.

Human tendency is that we believe that what we believe is actually true. The truth is that believing that the world is flat, does not make the world flat. Many of our beliefs or programs that we have formed over time as a result of our upbringing and conditioning by society do not match reality. Some of these erroneous beliefs are; that kind and caring people worry and that worrying actually changes things. Likewise the belief that people should be kind, polite and honest, for us to be happy is equally false. Another widely held belief that fails the reality test is that other people believe what you believe, or that they see the world the way you do. Here is a particularly relevant one, the child's behaviour reflects the type of parent you are. Lastly, that other people's beliefs and behaviours, especially towards us, should directly impact our state of mind. We may also believe that we need a peaceful environment, with well-behaved children to possess inner peace. None of these statements are truth; they are simply what we have created in our minds based on perception. Peaceful living and effective parenting requires us to shift these limiting perceptions.



The shift of perception that often leads to personal freedom usually requires a 180 degree turn about from our old thoughts. If you expect others to be thoughtful and respectful and have an attachment to this belief, then one can expect a lot of disappointment. Flipping this perception completely around so that you do not expect nor are you attached to other people behaving in respectful ways yields freedom. Now when people are respectful you feel grateful and yet they're behaviour does not drive your happiness or peace. When children or adults are rude, you notice it and choose not to react to it. Your growing awareness becomes a seed towards inner peace. You simply observe the behaviour and notice that your peace and happiness is untouched. That which you have no control over is not your stuff, it is their stuff. Your response now is not confused with fear and you can choose to respond from a loving perspective. Being observant, non-reactionary, peaceful and detached from the drama does not mean that you also cease to guide yourself or your children. Rather, by practicing the above concepts you will guide your children and yourself more from a position of love than from doubt, worry and fear.

Judgement or assessments are necessary for successfully navigating our world. Where judgements become limiting is when we believe that our assessments are correct, that somehow we actually know what is really going on with our children or other people, in all their complexities. The child refuses a common request and we make a judgement. Our judgement is based on our perceptions and from that perspective we react with our emotional content. We may think that we know what is going on inside that little person and sometimes we might be bang on, or we could be completely off the mark. More often than not, our judgements carry an emotional content that is coming from fear, thus we react angrily rather than responding with grace to the situation. Listening to our child with the intent to create understanding and connection are typically bypassed for expediency sake and parental control rather than for learning. Because learning and connection have been sacrificed the chances of this behaviour happening again are certainly very high.

We can make judgements about the safe braking distance required as we drive our kid's home on a snowy night. Judgements that are made when we are anxious or fearful, clouds our assessments and compromises our wise choices. If the judgement is made from a place of peace rather than from a place of fear, the choice is decisive, clear, and more in tune with reality.

When we make judgements of other people including ourselves that trigger us emotionally in a limiting way, then this mental action is considered 'judgmental behaviour'. This judgmental attitude closes off our openness and willingness to seek a solution as we have already made the assumption that we know something. It is difficult to make a wise choice when we have already made our decision out of fear.



Judgements are often our egos attempt to separate ourselves from the behaviours of others, as we fear that we may possess that limiting behaviour as well. Something happens, like we are cut off in traffic, judgement arises and then we layer that initial judgement with many interpretations. Interpretations like that person must be an idiot or intoxicated, or that they are just lazy or selfish to drive so dangerously. If our inner state is already compromised with anxiety or fear, then we will most likely react with anger than respond from wisdom. The judgements or assumptions we make often trigger us further into frustration or anger.

To replace judgemental behaviour with a simple observation that someone cut us off in traffic even if it was a little scary, allows us to respond from peace rather than react from fear. We attempt to 'not take it personally' or to judge the other person harshly as we truly do not know the infinite complexities of this situation. Letting go our ego's desire to be right, the emotion of fear runs its course quickly and we are able to focus in the moment on our driving. The event didn't draw us into a mental whirlwind of judgement of the other driver. We cease to create a drama around a common occurrence. We are not fixed on the past in a repeating loop of negative thoughts that are destroying our inner peace and ability to drive safely.

Our children will occasionally cut us off, they may rear end us and occasionally they will T – bone us in direct confrontation. Our willingness to drop judgements and seeking solutions is a wonderful practice that nourishes growth and peace for all. Allow for all emotions accepting them all in. These emotions are energies that inform us of our thoughts bringing our true intentions to our awareness. It is important to note as parents and to coach our children that emotions like anger can be felt while not expressing them in harmful ways. Dropping judgements and encouraging observations with an eye on solutions rather than the blame that judgement offers is crucial to a peaceful parenting practice.

Fear or False Events Appearing Real is a natural emotion for us all. After all fear is a prerequisite emotion that must be felt for us to practice courage and a host of other positive character traits. Most fears are our false notions appearing as a real threat. When in reality most fears fail to materialize, leaving us with the painful memory of anticipating a negative outcome. The majority of our pain is in the anticipation of the painful event, not in the event itself. Our ability as parents to distinguish between our fears and actual danger is very liberating. The more skills we develop in this area the more authentically we can coach our children about fear.

A danger requires our attention and respect. Danger can be experienced by replacing much of our fear with respect. There is an obvious danger in driving a vehicle, yet we do not need to be paralyzed in fear of this common activity. We can coach ourselves and our children to accept fear while understanding that fear is a



choice. Danger may be a reality and not a choice in a particular moment, while fear is an energy based on a perspective or pattern of thoughts. Emotions of fear can be felt without allowing ourselves to make choices based solely in fear. We can teach our kids to be aware of when they are in fear mode and to discern the reality of their situation.

Separation is the result of ego's ongoing attempts to be recognized and elevated above others in worth and status. Ego wants desperately to be special, more special than others. Ego has a desire to be right, to compete for the love, to have respect and admiration from others even at their expense.

When we seek unity or connectedness with all beings, we become aware of our ego. As we practice seeing everyone as an extension of ourselves and ourselves as an extension of everyone, we judge less and love more. Seeing your God or higher power in everyone you meet, allows us to let go of the need to be that special one.

We are all special. Regardless of how others behave we can train ourselves to hold the highest potential for those that we observe are acting poorly. As we move from separation to unity as a thought pattern, it becomes senseless for us to think harmful thoughts about another, for we see them as part of us. Our compassion and acceptance flows from a place that recognizes that we are all in this together as one person expressing ourselves in different roles for the ultimate benefit of personal growth.

"The relationship that you create with your child profoundly affects your child's confidence and inner peace."

