

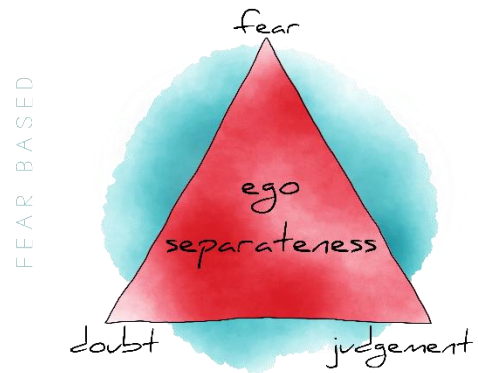
# Peaceful Parent, Confident Children

## Level One: 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



#### Doubt

- Doubt or worry results in a dysfunctional level of anxiety that impairs our ability to relate to self and others.
- Doubt stems from the confusion that arises between our beliefs and our experiences.
- Doubts cause a separation from our innate wisdom.
- A human tendency is we believe that what we believe is actually true. 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.
- Peaceful living and effective parenting requires us to shift limiting perceptions.
- When you do not expect nor are you attached to other people behaving in respectful ways yields freedom. When children or adults are rude, you notice it but do not react to it. Your growing awareness becomes a seed towards inner peace.
- You can choose to respond from a loving perspective.
- Being observant, non-reactionary, peaceful and detached from the drama does not mean that you cease to guide yourself or your children.
- With practice you can guide from a position of love rather than from doubt, worry and fear.

#### Judgement

- Judgement is necessary for safely and successfully navigating our world.
- Judgements that are made when we are anxious or fearful, clouds our assessments and compromises our wise choices.
- Judgements made from a place of peace rather than fear, are decisive, clear, and more in tune with reality.
- Judgements that trigger us emotionally in a limiting way, are considered 'judgmental behaviour'.
- Judgmental attitudes close off our openness and willingness to seek a solution
- 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.
- If our inner state is already compromised with anxiety or fear, then we will most likely react with anger than respond from wisdom.



- Replace judgemental behaviour with a simple observation.
- Our willingness to drop judgements and seeking solutions is a wonderful practice that nourishes growth and peace for all.
- Allow for all emotions. 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 blame, encouraging observations with an eye on solutions is crucial to a peaceful parenting practice.

## Fear

- Fear or False Events Appearing Real is a natural emotion for us all.
- Most fears are our false notions appearing as a real threat.
- 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.
- We can coach ourselves and our children to accept fear while understanding that fear is a choice.
- 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 then to discern the reality of their situation.

## Separation

- 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.
- 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.

