

## Peaceful Parent, Confident Children

### Awareness: Access Your Inner Wisdom

#### Truth vs Illusion

These models are metaphors that help us to become more mindful and practical in our parenting approach.



#### The Master's Wheel

The Master's Wheel teaches that what is in our hearts and minds will eventually flow outward becoming our words and behaviours. When we are calm and centred, our wisdom can flow outwards easily. A peaceful demeanor also enables us to receive and discern critical information and test it against our wisdom, or love and logic.

Alternatively, when we are frustrated or angry this energy tends to erupt on the surface as less effective behaviours, despite our attempts to conceal them. Thus, the Masters

Wheel encourages awareness of emotions, thoughts, beliefs and very importantly, our intentions. Through awareness of what is going on inside, we can choose to shift our current perspective so that it aligns more closely with reality, love and logic. This helps parents to create expressions that are more respectful and wise with their children and partners.



#### The Story

It is often our attachment to our story that perpetuates the story. Like a hurricane gathering its force of destruction, it spins the story creating drama rather than awareness or solutions. The need to express a story that justifies our situation may also provide us energy from others in the form of understanding and sympathy. This approach often keeps us stuck in our story, rather than focusing on

understanding we often spin our tale to evade dealing directly with the changes we need to make. When the storm is a metaphor for our story, the centre of the storm represents our core issue or fear. The more we swirl around the core issue avoiding it; the greater our addiction becomes to the story. To resolve our issues and evolve ourselves we must be willing to go through the storm and meet our fears head on.

