



The 4 Interplaying Factors of Conscious Parenting to Having Harmonious Relationships with Children





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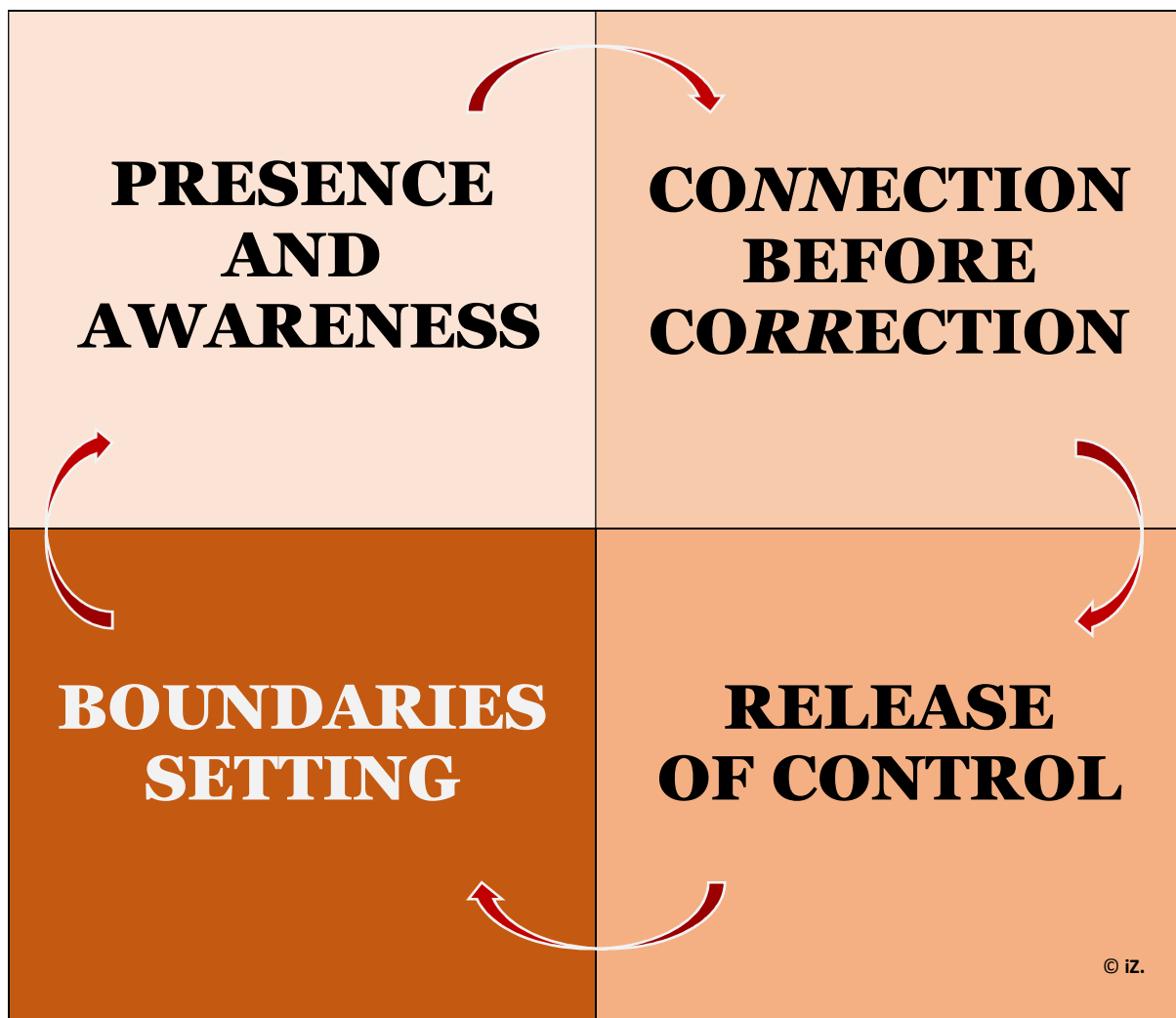
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Introduction

Becoming a parent, especially for the first time, marks a major turning point in most people's lives in various unexpected and predictable ways. Ask any parents, it is a much harder job than they once thought, scary to some degrees, yet it is the most important and still the best job in the world.



The 4 Interplaying Factors of CP to Having Harmonious Relationships with Children.

Parenting is a potpourri of joyful, meaningful, rewarding and fulfilling experiences interwoven with frustrating challenges and energy-depleting care. Parents today often find themselves clueless on how to deal with the daily defiance that their child presents them with and to respond appropriately in ways that would meet their child's emotional, psychological and spiritual needs. **In fact, equipped only with the knowledge of the conventional authoritarian way of parenting, many have been unsuccessful in providing the necessary guidance and support that their child needs and deeply desires.**

Without conscious parents, there will be no conscious parenting. To parent consciously is to treat parenting journey as a spiritual experience, as it mirrors back to parents the unconscious sides of them which need to transcend. Children do not act out in a defiant manner unless there is an underlying motivation, for instance, they want to be noticed but lack the skills to actually express them or that their authentic selves have been deeply suppressed. **Instead of being reactive to these difficult moments, conscious parents ask themselves, "What is it about me that has created this situation?" and then seek to change from within.** The four core interplaying factors will provide a roadmap to parenting consciously that brings about harmony in the family and improved relationships with children (and may so even with partners or spouses!).



Presence and Awareness

The main root cause of family dysfunction is not so much the missing structure or framework that it runs by, though important, but the lack of presence and awareness of the parents themselves. **With presence and awareness, parents can relate to their child in ways that extend beyond the conditioning of the mind.** This conditioning dates back to countless generational patterns, past experience and memories, false beliefs and assumptions, and unconscious reactive states which are heavily influenced by the culture and environment that parents were brought up in or part of growing up. These were the deep-rooted patterns that they simply inherited, learned and taught to abide to without much questioning.

When in presence and awareness, we are in contact with the five senses: the faculties of sight, smell, hearing, taste, and touch, which is our basic tool to help us realize that *that something is right there*¹. They precede any interrupting comments, thoughts or emotions, in our connection with another object or person. Imagine looking at a flower, what usually happens is how we start to describe it with words, be it, small, colourful, beautiful, odd etc...by that time, we

¹ See <https://ingvarvillido.com/consciousness-awareness-and-presence/>

have lost the presence from just being able to observe it as a 'flower'. Anything else tends to limit its existence. Similarly when we see a man with a crooked tie, observe how your monkey mind will be cooking up different stories in split seconds (for examples, 'what a messy chap', 'poor guy, he must have had a rough day', 'looks like he is really in a hurry', 'really, he could live with that?' etc.) to explain what you see, instead of just seeing it like it is, a man with a crooked tie. This is essentially how children perceive the world before we impose our existing worldview onto them. **Children live wholeheartedly without bearing any judgements or prejudices on anything until they are taught to have.**

Children are the best consciousness teachers and only wise parents will understand the preciousness of the lessons presented before them through the daily challenges they face with their offspring. Parents will learn to be aware of the ways in which their own childhood pain interferes with their ability to be better parents, and make conscious efforts to avoid passing on their own hurts and wounded pasts to their child. **They should always be mindful of their own agendas and do not mindlessly dictate expectations of desired outcomes onto their child.** Children are not here to meet their parents' needs. They deserve to flourish into the human beings that they authentically can be, even if it means that they walk a different path than what parents harbour in their own minds.

Parents are encouraged to make time every single day to truly be there for their child. This will require parents to be fully present with their child and *temporarily* be rid of other distractions such as work or chores and their devices. This can prove to be difficult at first, more so because of the societal culture and influence which we dwell in these days. Although many parents claim that their child is their priority, their presence with their child during their time together as we sometimes observe, suggest otherwise. For example, it is not too uncommon to spot a parent pushing the stroller with one hand and the other busy checking for social media updates or replying to text messages on the mobile phone. When a child would create any fuss during this time, conscious parents would discipline and work on their own inattentiveness instead of blaming their child for it. **For parents to be present with their child would mean to spend time each day giving full attention during when they observe, listen, respond, and participate in their child's playtime when invited.** In this context, it is the quality of the parent-child time spent together than the quantity that is being referred to.

Presence is not only essential in parenting but in life itself. *Presence* is a state of spontaneity, utter joy, abundance and freedom. Believe it or not, this is absolutely possible. **To be present means to be in the moment, in the *now*.** In this moment, we are free from anxiety, fear and doubt, as these emotions are

usually projected towards events either in the past or future, certainly not here and now. The purpose of living with *presence* means to live without regretting not having lived this life at your death bed, asking, “What is the point of it all?” or “Have I enjoyed life to its fullest potential?” or “Have I been a good role model to my children?”. We live in today’s culture that is heavily driven by mind or intellect, and obsessed with ambitions and achievement of them. We seem to be busy, or productive, always “doing” something, that we forget about or possibly are incapable of just “being”. **The Dalai Lama XIV, when asked about what surprised him the most about humanity, put it best:**



“Man. Because he sacrifices his health in order to make money. Then sacrifices money to recuperate his health. And then he is so anxious about the future that he does not enjoy the present. The result being that he does not live in the present or the future. He lives as though he is never going to die, and then dies having never really lived.”



Connection Before Correction

Conscious parents ask themselves whether they are in fact responding to their child's behaviour from their own need or their child's. They must demonstrate that they are patient enough to honour input from their child, as such their child feels safe and free to express his/her feelings and point of views. When parents resolve to punish, scream, scold or threaten, children become fearful and anxious over time even if the parents managed to "fix" their behaviours and get them to do what they are expected to. In such cases, children end up simply do not respect their parents nor themselves and will develop a sense of guilt and worthlessness in them. **The idea that a child who misbehaves must be fixed is unfortunately myopic and unsustainable, as it leads to various unfavourable behavioural changes further down the road.** It is a call to dig deeper into understanding what the child feels is missing from the parents that he/she wants so much to convey, yet has no or limited vocabulary for.

As the saying goes, "Children are not giving us (parents) a hard time, they are just having a hard time." It is the responsibility of parents to realize and learn that the level of agitation that they feel of their child is only as

intense as the agitation that is already within them. Therefore, their child is actually portraying to them what they would have felt when they do not receive or are refused of the attention that they need. Their child seeks to be understood, to have his/her feelings validated, and to be recognized as a sovereign being. **If the parents react unconsciously instead of responding consciously, they are likely to perpetuate or exacerbate the very problem that they hope to resolve.** Unless this vicious cycle is interrupted, such behavioural patterns will ensue in the family for generations to come. There is always a choice to respond with kindness and love, and still get children to listen and modify their behaviours, and this choice depends on the level of consciousness of the parents.



*“Children are not giving us (parents) a hard time,
they are just having a hard time.”*

For parents to discipline their child meaningfully and effectively, is to have the level of clarity and certainty in their authority, while at the same time, choose to prioritize the deepening of connection with their child. **The focus is placed on building a relationship with the child, before considering any behaviour modification.** In moments of defiance, conscious parents tend to

listen closely to their child and attempt to uncover the real emotional needs beneath his/her rebellion and outwardly behaviour. When parents often want their child to do well, they should show respect through their words, tones and actions, at least match their expectations with the emotional level of their child and patiently allow their child to develop the creativity, focus and grit to perform at his/her bests. They should refrain from telling or insisting their child to follow their guidance or instructions as if these are the only *right* directions.

(III.) **Release of Control**

To parent consciously, parents must always first detach themselves from the desire to win and stick to “my way or no other way” rigidity. At any given difficult situation or when parent-child conflict is involved, they need to observe their parental ego arises prompting immediate need to demonstrate their “let me show you who’s the boss here” attitude of superiority. Instead, **parents should treat their children as equal and allow them the space to resist and mess up sometimes. It is only through mistakes and failures will children learn, reflect and adjust.** This way, they disentangle from the dependence on their parents and carry this virtue into their adulthood and be empowered to try and experience new things, and not give up easily or held back by fear. This release of control might not instinctively happen since parents are so used to

dominate over their children. This notion may even sound absurd or seem unfathomable initially.



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Think about it, when we ourselves make mistakes, the last thing we wish is for anyone to admonish, criticize and incessantly advising (or, nag). Same goes with children, why should parents believe otherwise for their child, to openly welcome their unsolicited opinions? These are crucial times for parents to be reminded of that their child is not their puppet who should yield to their will just because they believe what they know is always right and works best for their child. **Conscious parents will learn to trade the temptation to control with genuine acceptance.** This means that they accept that it is okay for their child to disagree with their choices, viewpoints or decisions.

In the similar vein, conscious parents accept that their child has the right to be who his/her authentic self is, as long as any safety concerns and respect for others are not compromised. When these qualities are absent or questioned, they

should see these as opportunities for rich dialogues and practicing of healthy and ethical negotiation skills. The acceptance that children do not necessarily need ideas and control from their parents does not imply that there is never the right time when emotional support and additional guidance can be offered and are welcomed. When parents are fully present and attuned to the needs of their child, such opportune moments will present themselves and can be seized without coming across as patronizing their child. In this way, **conscious parents tend to inspire agreement and do not manipulate or fear their child into listening and complying.**



(IV.) Boundaries Setting

Whenever parents find their child keeps repeating certain behaviours which they have clearly expressed their deliberate disapprovals of or said “No” to, instead of pursuing disciplinary actions to “fix” each time, it is imperative and more effective for the parents to start examining the root cause that such boundaries are constantly violated. **Parents may want to consider if they have not really been acting firm with the boundaries all this while during which they allow occasional exceptions in favour of keeping some emotional outbursts under control.** In other words, when parents are

not consistent enough in their approach of setting boundaries, this creates an impression for their child that they do not mean them seriously (not walking their talks) and therefore neither have any expectations to uphold them.

In alignment with the release of control, parents are encouraged to explain and give clear reasons behind establishing limits so that their child understands the importance of respecting them and do not feel that they are yet different manners by which they are restricted. **Conscious parents understand that overpowering their child is futile and instead strive to create a win-win situation that embodies parent-child cooperation.** When parents take into account the temperament and atmosphere of the context, children will less likely interpret a “No” as a form of rejection and dismissiveness from their parents. On the contrary, **when parents show their equanimity in the process, children will see themselves participating in the boundaries setting with their parents and hence are able to be more receptive of the rules.** Children also get to learn that things will not always go according to their will and hence rendered more empowered to be resourceful in life. Parents must therefore allow the space for their child to deal with his/her emotions thereafter and follow through in certainty as their child learns to take “No” for an answer. This will engender democratic conditions at home where everyone’s way is to be recognized and respected.

As willing and comfortable as parents would hope that their child respects the boundaries, **they must clearly demonstrate their own will and comfort as well in articulating “No”**. Parents who do not or think they cannot, are urged to reflect on this and determine from where the discomfort originates. Perhaps they themselves have been suppressed and subjected to the tyranny of “No” simply because they were hushed and strictly have to abide when they were younger. As a result, they carry on with the pattern into adulthood and repeat the same onto their child, not knowing any other way. Parents who can take pause and reflect on their own triggers and indecisiveness before dictating on what their child should or should not be doing will raise themselves, grow and heal from within as they continue to lead their child by example.



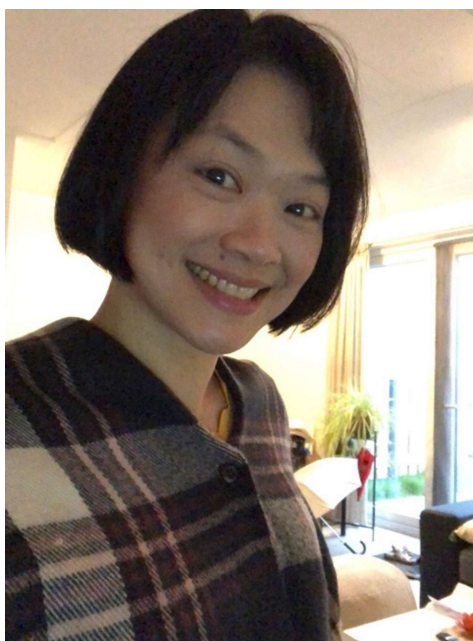
“Conscious parents understand that overpowering their child is futile and instead strive to create a win-win situation that embodies parent-child cooperation.”

Conclusion

The central tenet of conscious parenting essentially lies in the willingness of parents to be shaped and transformed through the parent-child relationship. It calls on parents to develop self-awareness of their own pasts and conditionings to avoid frivolously projecting their needs and expectations onto their child. Parents are asked to be present and cultivate quality parent-child time together every day possible. They show equal respect and value the connection and relationship with their child more than the need or desire to discipline and mould their child into the individual of their ideals. They have clarity in their roles to provide emotional support and positive influence for their child instead of dictating on what their child should or should not do. With grace and wisdom, they demonstrate absolute certainty, embrace their authority when setting boundaries and communicating “No” in ways that respectful are and cooperative. These form the four interplaying factors of conscious parenting to establishing harmonious relationships with children. The journey towards becoming a conscious parent through the challenges encountered in parenting is the greatest opportunity for spiritual awakening that in itself, the best gift that a parent can give to their child. Conscious parents always remember that children will only be children once in their lifetime and will allow their child(ren) the joy to be so and the freedom to blossom in their most authentic ways. Let’s begin today.

Next Steps

Information provided in this e-book is the result of careful synthesis of core ideas from the revolutionary book written by Dr. Shefali Tsabary² entitled “*The Conscious Parent: Transforming Ourselves, Empowering Our Children*” and the author’s formal education as a certified Conscious Parenting Coach at the Conscious Institute of Dr. Shefali.



The author helps clients (individuals and families) who are interested to explore using conscious parenting method to raising empowered children, building/enhancing connection with them and who are ready to look deep within themselves as the first step to overcoming and resolving the challenges they are greeted with.

Adelynn C. Y. Lim

Do you want to know how *Conscious Parenting Method* can make a difference to you and your family? Book a [FREE 45-minute discovery call](#)³ today with Coach Adelynn or visit her [website](#).

² Visit <https://www.drshefali.com>.

³ Book a Conscious Parenting Coaching Discovery Call at: <https://www.iridescentzeal.com/discovery-call>

