

Creative's Model of Conscious Parenting

At its very foundation, Conscious Parenting is simply bringing in mindfulness into parenting. It reminds us to become aware of where we are operating from as parents and enables us to consciously connect to our children, keeping in mind their journey with us.

The five components of our model of Conscious Parenting are as follows:

Acknowledging the Whole Human Being

Our children, just like us, are whole human beings, not just human bodies. We are much more than physical bodies. We are pure consciousness that has chosen to reside in this body. We are spiritual beings who have chosen a human existence to learn our lessons from this wisdom school called Mother Earth! We are a constantly evolving consciousness growing through awareness and knowledge. When we apply spiritual knowledge and principles in our everyday life – it becomes wisdom. Conscious Parenting becomes a truly rewarding and powerful journey of knowing ourselves and our children as complete human beings!

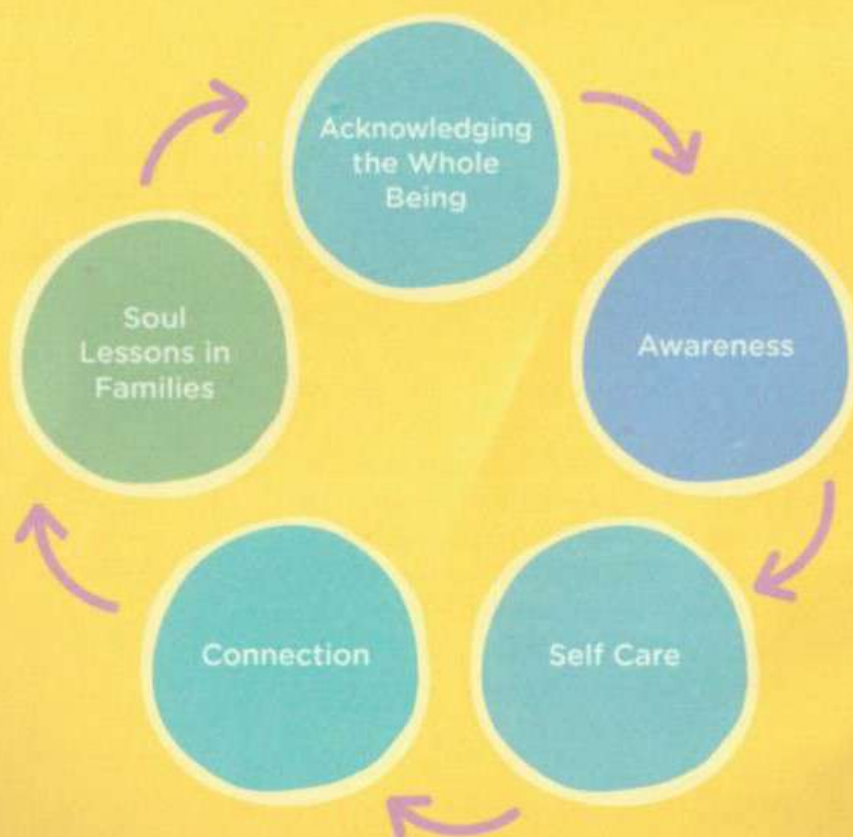
"The key to growth is the introduction of higher realms of consciousness to our awareness"

Lao Tzu

Awareness

Awareness is an important Key to Conscious Parenting. Self-awareness helps us learn about ourselves. Where are we operating from as parents? From Fear for our child or Trust in our child's journey, Anxiety for our child or Presence with our child fully supporting them? Parenting with self-awareness opens up many choices.

Without awareness, we are on automatic mode. We grapple with what life throws our way, without understanding the full picture. We find opportunities to be present and support when needed, rather than interfere in our child's journey. It also helps us bring in Awareness into where we are operating from as parents. Are we projecting our past challenges and needs on our children?





Art by Aman Giri, 10 years old

At Creative, we apply seven aspects of awareness to understand where we are operating from. This is based on the model of Non - violent Communication (NVC) by Marshall Rosenberg. In any situation of parenting challenge, we look into the following areas:

- The Story - a particular incident that happened with our child
- Our Intentions, Judgments and Values
- Observation, Feelings, Needs and Requests (based on NVC)

Application of the above gives us a lot of insights on what is happening within. We also learn to connect appropriately with our child.

Self-Care

A foundational and vital aspect of Conscious Parenting is Self-care. Without proper self-care, it is very difficult to parent from a higher consciousness of love. Self-care involves learning to maintain ourselves in both our physical and energy worlds. We are all connected to infinite cosmic energy and pure life force energies from Mother Earth. This is always available to us no matter what. As we learn to connect to these dimensions of

reality, we become truly empowered with health in all levels of our being.

All of us are used to Maintenance in Physical World which happens with Shower, Exercise, and Diet etc. Maintenance in Energy World involves recognizing and maintaining our whole being. We learn to energize and recharge with Cosmic and Life Force energy through different forms of meditation, breath and natural elements. A regular practice leads to overall good health - physical, mental, emotional and spiritual. Over a period of time, as we become healthy, we are fully available for our children.

Self-care also involves recognizing and dissolving barriers in the mind, letting go of negative emotions and opening ourselves to an abundance of new possibilities.

Through regular self-care, we connect deeply to the complete dimensions of physical and spirit reality—we can carry out our purpose on earth with love and compassion, abundance and joy from an inner infinite source!

When we learn proper self-care, our children learn from us naturally!

Connection

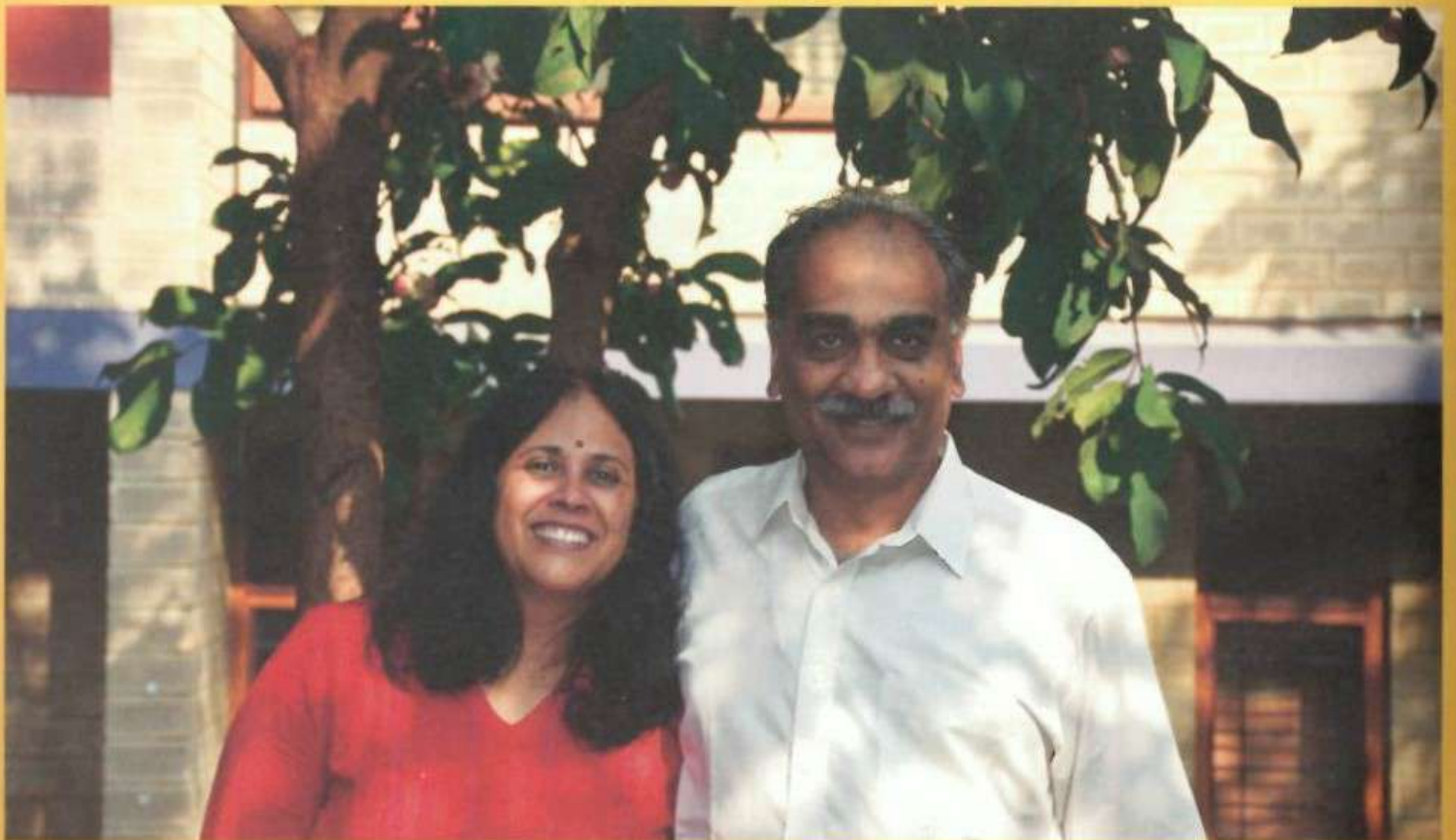
The fourth important aspect of Conscious Parenting is connecting with and understanding our children as complete human beings. More often than not, parenting becomes a task list of to-dos for us and our children. When our task list is accomplished, we feel happy. When our task list is not accomplished, we feel frustrated. Our children are not to-do lists, but "life's longing for itself", as Khalil Gibran puts it.

Connecting to our children - with what they are going through, will help us act with wisdom that is age-appropriate for them and in keeping with the whole picture. Empathy is the art of being with your child, fully present, understanding them and making conscious parenting choices. Conscious Parenting is a journey of developing empathy.

We need to fully embrace our role as parents and not let our challenges stop us! Connecting with our child will help us with this. And yet let us remember - Parent and Child are equal in respect, but varying in responsibility. So it is not exactly an equal responsibility relationship. Children can take responsibility in an age appropriate manner. In the growing years of the child, parents are in charge with a sense of kind and positive firmness!



Art by Anna Varghese, 12 years old



Soul Lessons in Families

We come together in families to learn important soul lessons for our own growth and development. Based on our soul plan and the lessons we have chosen in this life time, our family members can challenge us exactly in our area of growth. It is very vital to acknowledge this aspect of family life. Children are often catalysts in our growth and are often excellent healers. They sense unresolved emotions and energies and naturally act to trigger you just where you need to grow or heal. And truly persist till they sense love again!

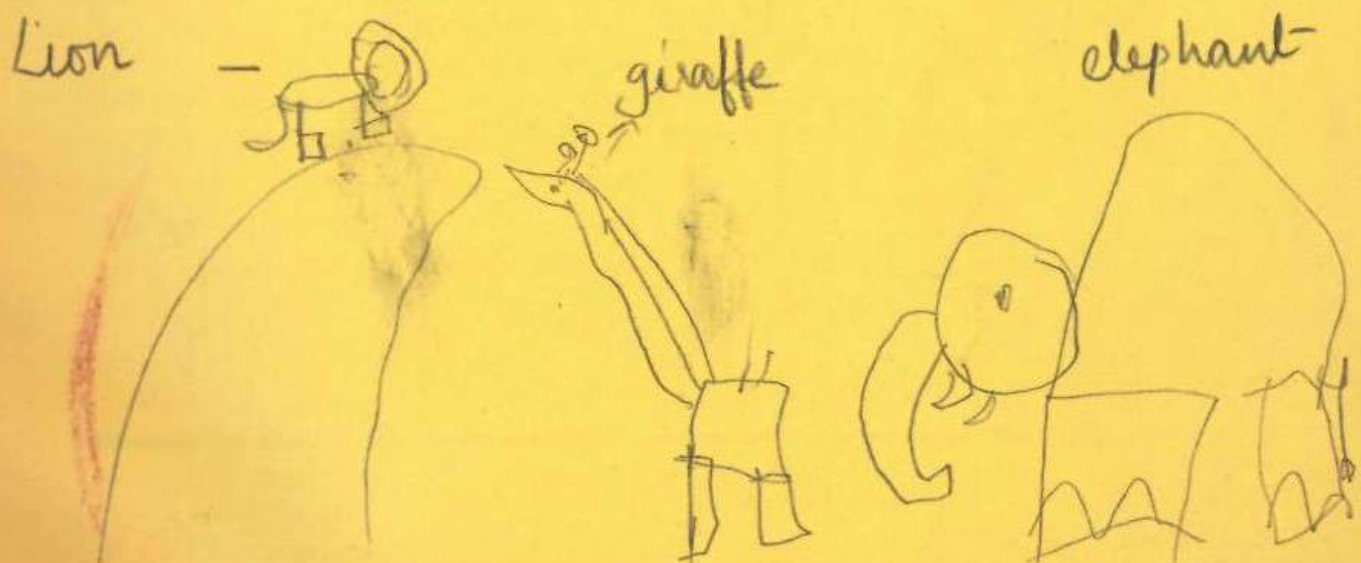
Children are often mirrors of our attachments - when we are overly passionate or rigid and attached to something - our children challenge us. They teach us to be in the middle path - looking at the positives and negatives natural in life. We learn healthy neutrality. When we work from joy or love, they are willing to listen to us. They are a great guide in our journey towards Unconditional Parenting and Giving. They teach us true "detachment" that all spiritual practices teach.

Truly Conscious Parenting is a doorway to yourself and a truly rich and rewarding journey as a parent. May this journey be a wonderful one for you!! May the Force be with all of us as we learn to parent from love, joy and light!! And be the stepping stones for our children's bright future!! ▶

Love and Gratitude,
Ashok and Jayashree

(Founders of Creative School and Pragya Living
Wisdom Centre)

Lion sitting on a rock, looks down
and sees a giraffe and elephant.
He jumps on them and eats them



Art by Arvind L, 5 years old