



Jayashree Ashok

# FAMILY LIFE IS A SPIRITUAL JOURNEY

## Practical Peace

The doorway to raising successful, compassionate and happy children

How can we create stable, loving, flexible, strong and humane spaces for our children to thrive in? Let us explore some aspects.

Welcome to the first edition of Sacred Children. This magazine is dedicated to everything about our precious children. Children are the wisdom of today and the wise wings of our future! Recognizing this, our goal is to bring to our consciousness everything that affects our children - our families, schools and communities. This magazine is for sharing our collective wisdom and experiences in making our selves, our families, our children and ultimately our earth family healthy, whole and happy. It is spiritual wisdom based on spiritual truth that can truly bring in peace and well being for our children and all of us.

We are in a new age of healing families. This is an exciting period when the world is on the threshold of a major shift in human consciousness and is receiving a new influx of cosmic energy. Humankind has come a long way since the dawn of civilization. From battling for survival and territorial gains - through the cultural, industrial and technology revolutions - we have finally reached the threshold of a Spiritual Revolution. We have an unprecedented opportunity to co-create peace and bring this in a practical manner into our families. As we do this, we help create wonderful opportunities for our children to grow up with a new consciousness and find their own unique life purpose. Our family life is the ultimate training and testing ground for spirituality on earth. Practical spirituality! We have every opportunity to practice unconditional love, peace and abundance in our families. **As we do this, our children can and will thrive!**

### Our Relationships Are A Mirror

We come together with people we have past life karmic ties with. Often we have come together in relationships to learn from each other, heal unresolved issues and become whole. Our relationships are a mirror into our soul. They can give us a lot of information on where we need to grow spiritually. If we make this choice, we can learn many spiritual lessons from our relationships in our families. Our family life can be a great space to learn, grow and enjoy!

Many of us face repetitive patterns in relationships, irrational fears of intimacy or abandonment, and emotional reactions to people or situations that seem irrational or without cause. It can also be the instant attraction or discomfort we sometimes feel when we first meet someone. Often these patterns have roots extending beyond our current lifetime and into past-lives. These patterns are manifestations of our karmic dynamic. Changing or resolving this dynamic requires a much deeper look into our psyche and relationships. And our healing journeys begin to pave way for harmony in our families.

### Our Children

What describes our children better than Kahlil Gibran's words from the book "The Prophet"?

### Our Children

**"Your children are not your children.**

**They are the sons and daughters of Life's longing for itself.**

**They come through you but not from you.**

**And though they are with you yet they belong not to you.**

**You may give them your love but not your thoughts.**

**You may house their bodies but not their souls.**

**For their souls dwell in the house of to-morrow,  
which you cannot visit, not even in your dreams.**

**You may strive to be like them, but seek not to make them like you.**

**For life goes not backward nor tarries with yesterday.**

**You are the bows from which your children as living arrows are sent forth.**

**The archer sees the mark upon the path of the infinite,  
and He bends you with His might that His arrows may go swift and far.**

**Let your bending in the Archer's hand be for gladness;**

**For even as He leaves the arrow that flies,  
so he also loves the bow that is stable."**

*Mandala colouring by Anjali, 5 years old*



There is an urgent need to practically bring in and explore principles of spiritual education and teaching which address the soul, mind and body. Every child has the right to life education – to empower and build upon their inherent creativity and strengths. Every child has a right to a school based upon unconditional love and awareness. We need to co-create this!!



## Spiritual Parenting and Spiritual Education

The age has come for us to truly practice principles of spiritual parenting and spiritual education. Our children like us have their own unique purpose in life. Today, there is growing awareness that we are spiritual beings having a human experience. This automatically brings in deeper awareness of the true nature of our relationship with our children. The integration of this awareness into the process of parenting and schooling is spiritual parenting and spiritual education (schooling). We learn how to apply spiritual principles in parenting through conscious conception, pre-birth communication, spiritual pregnancy, water-birthing, and inner-child work. Children can be brought up with love based consciousness instead of fear based. Confident children who learn to look within for answers are the future of the world! Our schooling system truly needs to be transformed! Today, education has become narrowly defined as academic and material success. Our systems have killed the creativity in children. We need to transform schools from information giving dead spaces to living spaces where children thrive and grow. There is an urgent need to practically bring in and explore principles of spiritual education and teaching which address the soul, mind and body. Every child has the right to life education – to empower and build upon their inherent creativity and strengths. Every child has a right to a school based upon unconditional love and awareness. We need to co-create this!!

## Reclaiming Our Own Wholeness

Practicing spiritual parenting and teaching becomes much easier as we heal ourselves and reclaim our own wholeness. We need to recognize the importance of our own journey. To live our lives fully as empowered souls in a human body

we need to heal from childhood wounds.

We need to heal our inner child. We are all inherently magnificent beings with limitless potential for experiencing and expressing unconditional love, joy and creativity. However, to fully experience our true nature, the child within must be embraced and expressed! Unless we reconnect with our inner-child in a safe and unconditional environment, the child within will remain isolated and alone. Unless we reclaim our childlike feelings like sensitivity, wonderment and aliveness, our inner-child will remain wounded. By regaining our childlike qualities of spontaneity, creativity and playfulness, we will be able to live with unconditional love and joy. By fully reintegrating with our inner-child, we can become complete human beings and once again feel whole. As we become whole, we automatically and naturally practice spiritual parenting and teaching with our children.

## Success and Prosperity: Abundance is the Foundation for Living

It is time for us to practice principles of abundant living in our families. Abundance is a wonderful inner state of plenty. A feeling of prosperity consciousness! We can live our lives experiencing success as defined and created by us. It is mostly our own attitudes, and beliefs that come in the way. Tapping into our inner wisdom can easily change long-held, self-sabotaging beliefs. We can help ourselves and our children to live our lives the way we want to. We can become conscious and successful creators of our own lives.

We hope you enjoy this first edition and find it invaluable!

**Love and hugs!**

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