



The Inner Wisdom Circle

With Kelly Schwegel

Wisdom Class

#51

“Raising a Conscious
Child”

Conscious

- Being aware of and responding to one's surroundings; awake.



Aware of what? Awake to what?

- What is your truth?
 - Soul
 - What are we doing here?
 - Life lessons?



Aware of what? Awake to what?

- Is there right and wrong?
 - Soul ages
 - Mistakes are our teachers
 - Self-judgment
 - Negative self talk



Aware of what? Awake to what?

- How do you talk about expectations, projection, engagement in drama?
 - Teachable moments
 - Live the learning with them
 - Practice what you preach



Where do children learn about navigating this life?

School??? Parents????

- Human conditioning
 - Purposeful
 - Difficult/challenging
 - Perfect
 - Tears us down to build us up
 - EGO functions



Where do children learn about navigating this life?

School??? Parents????

- How to deal with emotion & mental anguish
 - Soul ages
 - Projection
 - Vibration
 - Mind chatter
 - Emotion is not permanent



Where do children learn about navigating this life?

School??? Parents????

- Do we teach about masculine vs. feminine energies?
 - Pituitary and pineal?
 - Left vs. right brain
 - Push/force vs. internal strength
 - Giving vs. receiving



Where do children learn about navigating this life?

School??? Parents????

- Do we teach about self-healing?
 - Reiki
 - Biophotons
 - Sending love to your body
 - Physical is a product of mental and emotional



Do as I say, not as I do

- Leave it to Beaver's June Cleaver mentality
- Hide your mistakes, flaws, experiences



Truth is Truth

- You are modeling how to move through a journey through your own mistakes, successes, reactions, actions and fallible life
 - If you believe that the journey is perfect, teach your children that too



Spiritual Partnership

Evolving our Relationships

Friends vs. Spiritual Partnerships

Teachings taken from Gary Zukav in his book, *Spiritual Partnership*

Friends

- Seek allies to :
 - promote judgment, dislike or criticism of others
 - validate their "rightness"
 - promote irritability, righteousness and inferiority
- When things are difficult, they seek each other out to mask their pain by looking to another to make someone else wrong
- Are content in having each other in their lives to offer company and security
- Seek support from one another when they are buffeted by the winds
- Want to contain the fire, not address their anger or upset
- Bond to ease the journey
- Fear painful interactions
- Don't rock the boat
- Construct comfort zones

Spiritual Partners

- Seek others who allow them to explore and heal the cause of inner pain in a mutually beneficial way
- Form relationships with others to promote each other's growth, knowing that when it is difficult the greatest growth can be achieved
- Form relationships that bring both parties toward wholeness and authentic power
- Trust one another enough to explore their fear and love together, even when it is hard
- Are brave enough to probe the depths of intimacy
- Seek to help each other see the higher perspective when things get difficult
- Want to grow spiritually, to heal the frightened parts of their personalities and cultivate the loving parts
- Are not content with controlling their anger in order to keep their relationships together, instead they intend to locate and remove the source of it within themselves
- Know that others do not "create pain and hurt" but trigger it within themselves
- Bond to grow spiritually
- Take responsibility for their experiences and use them to learn



Cultivating Growth

Kellyschwegel.com

Spiritual Partnership

- Help children to explore their inner pain in a mutually beneficial way
- Learn together through difficulty
- Acknowledge your own triggers
- Develop trust to explore fear and pain together
- Be real, honest, vulnerable
- Help each other to heal the frightened parts of your personality

The Prophet Kahlil Gibran

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,
For they have their own thoughts
You may house their bodies but not their souls,
For their souls swell in the house of tomorrow
Which you cannot visit, not even in your dreams,
You may strive to belike them, but seek not to
Make them like you,
For life goes not backward or tarries with yesterday.

Kahlil Gibran

from The Prophet

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How would life be different if...

- We taught children that others' successes were as important as their own



How would life be different if...

- We taught children not to be a victim
 - Bullies pull in their victims, just like victims pull in their bullies



How would life be different if...

- We taught children about the heart code and that they are creating their own reality?
- That they are here to learn lessons about life
- That their mistakes are as important as their successes
- That it is not about the outcome but the journey

