

Guiding Your Children through Life

Laura Silva Quesada

Growing up in a family of 10 children gave me a good understanding of how joyful and challenging raising children can be. As would be expected, there were no two children alike in our family. We were all so different, looked so different, and had different talents, temperaments and interests. Although we are all grown up now, to this day I still wonder how my parents did it.

My Mother, Paula, was the mother of all mothers. She welcomed all into her home with arms wide opened and many, outside her children, called her mom. She was wise and beautiful. She could do and did do everything and anything. She was amazing, and on top of it all, she was also the woman behind a great man.

Some are kissing mothers and some are scolding mothers, but it is love just the same.

Pearl Buck (1892 1973), quoted in O Magazine, May 2003

My father, Jose, had an interesting philosophy about children. He once told me the following:

“We parents are the only ones responsible for the continuation of the existence of the human race on this planet. We serve as doorways through which humans enter this planet. We need to be, for the newcomers, fundamental teachers, models and guides. We call newcomers our sons and daughters.”

“Sons and daughters are not ours as possessions. They don’t belong to us. They are only placed in our charge. We have been selected to play the role of consultants and guides for our children. It is our

obligation as parents to guide our children in a positive direction.”

Guiding our children in a positive direction is done consciously, purposefully, and lovingly. It is done with the clear outcome of your child growing up to be a resourceful, productive, happy and healthy human being.

It is a wise father that knows his own child.

William Shakespeare

As a parent, it is important to be the parent you would be proud to have yourself. Your children will imitate you in every way. They will imitate your style of thinking; will likely take on your beliefs and many of your behaviors as well. You must think, believe and behave in a way that will lead to positive outcomes for yourself since this will also help insure the same outcomes for your little imitator.

In addition to all the obvious responsibilities a parent accepts to do daily when it comes to caring for and raising their child are the following not so obvious ones:

*Teach your children early on to take responsibility for their outcomes. When obviously “good or bad” things happen to your child or you, take a few moments to backtrack so that your child can realize what thoughts, beliefs and/or behaviors had to be in place so that the happening could happen.

*Speak positively, realistically and progressively and restate your and your child’s statements into a positive whenever they are stated in the negative. Do this every time until positive thinking becomes a habit.

*Teach your child to meditate by spending loving, quiet time together as a family. Go to a comfortable

place, such as your bed, guide your child to close their eyes, take a deep breath and relax their body. During this quiet time you can enjoy hugging, talking, going on mental trips around the world, and/or remembering past joyful experiences in detail and color. You can even imagine a special goal manifesting. Using imagery in this manner will help your child develop their visualization, imagination, and creativity. These are all faculties of those who are known to be genius in nature, and are ingredients for successful problem solving.

*Teach your child how to locate and use their Mental Movie Screen, which is used for projecting all their mental movies and mental pictures. It is located out and away from the body and past the eyelids.

*Instruct your child in how to move from problem to solution by first discussing with them why the problem exists, and then by discussing the many solutions that can potentially take the place of the problem. Then have your child close their eyes and visualize the problem on their Mental Movie Screen, with an understanding of why it exists, and then after a few moments, have your child imagine the desired outcome instead. Have your child step into the outcome image and experience it fully and completely.

* Explain to your child how he/she can create a life of his/her own design by setting goals. Get into a family practice of writing down and revising goals at least 3 to 4 times a year. Keep a log of successes and acknowledge all successes. Start with simple goals and then move forward from there as needed. Help each other in manifesting goals. Hold onto the belief that the goals you set will manifest or **BETTER** than that will manifest.

* Make your child aware of their inner voice and feelings. Help your child to learn how to listen to, and trust their inner voice and gut feelings. In order to help explain this very natural human ability, rely on past experiences where intuition, gut feelings, and hunches helped in solving a problem or improving an outcome.

These suggestions, although a bit unconventional, can make a wonderful difference in your life, your

life as a parent, and especially, your child's life. The best you can do is to do your best. Allow your love and intuition to guide you and always hold an image in your mind of your child going through life having it all; being positive, resourceful, happy, and healthy.

