

Week 1. GETTING STARTED!



LOVE IS A CHOICE
LOVE IS AN ART
LOVING TAKES PRACTICE

Approaching parenting as a spiritual practice invites us to:

- practice the Art of Love,
- to choose love over fear,
- to choose consciousness over habit, and
- to discover and engage the freedom to choose our response and our attitude to any given circumstance, even as there are so many variables we cannot control.

Our practice of and commitment to centered, self-aware, and non-reactive interactions with our children and those entrusted to us is one of the most potent and transformative gestures we can make toward building a trusting and healthy relationship with our children. This can be likened to tending to healthy soil in which our children can grow in.

Discovering that Love is a Choice is one of the keys to unshakeable ease, courage, stamina, and joy amidst the many ups and downs of parenting. To be free is to come from a place of responsiveness, not reactivity.

Invitation to continuing this week's practice: If you find yourself in a situation with your child that triggers you and brings up a reaction, if possible, press the pause button, and take the time to find your inner "home" first, before responding. Finding your inner home, dropping into your essential, expanded self can happen in many ways. Explore what works for you. Some suggestions: Breath deeply. Ask yourself: What would Love do? Take a walk in nature. Shift your energy by dancing. Remember that your "inner sanctuary" never goes away, it is always already there for you to touch in with. We will explore further ways of doing this over the next few weeks, especially in week 6 when we focus on "I" the Parent.