

Week 8. BRINGING IT ALL TOGETHER

HANDOUT 1: Simplicity beyond Complexity~ Seven Anchors to embody & ground the practice in daily life



Everything should be made as simple as possible, but not simpler – Albert Einstein

The following anchors (or landmark practices) offer a way forward that includes the vast breadth and depth of an integral evolutionary approach, while moving to a: “Simplicity *beyond* the Complexity” (not before it!). They help us hold the greater span and depth in daily application, in actual moment-by-moment parenting.

1) Who am I? And, Where am I coming from within myself?

If I find myself coming from a contracted place, I do whatever it takes to shift to my deeper essential self. I choose a grounded, attentive stance, and move forward – into response, into action – from there. If I can’t shift, I contain as much as possible.

2) What does the world look like from behind my child’s eyes?

This is a direct and handy way to integrate a developmental perspective in everyday moments with children.

3) I connect before I direct.

With my child, with my self, with my partner and every living being.

4) When 'stuck' in any way, I inquire.

As a parent there will always be situations when I won't know what to do, how to respond.... When I meet an impasse, an obstacle, a challenge, a situation in which I don't know what to do, **I inquire further**, rather than react. I remain willing to stand at the edge of the unknown, trusting that clarity will emerge, as long as I commit to residing in a grounded, attentive place within myself.

5) I am on a journey, I am practicing.

I will keep stretching and growing, seeking out my growing edge, while offering myself kindness, compassion and forgiveness as I go. I offer the same to my child, my partner, and all living beings – seeing each as beings and becomings.

6) I face what is; I open to what could be: and I make new conscious choices.

When seeking to bring consciousness to any aspect of my parenting, I first face what is, honestly and with love, then I listen for/look into what could be a more evolved expression – be this in my modeling, my language, my priorities, our family culture, and from there I make a new conscious choice and take my next step toward this more evolved expression.

7) Meeting and accompanying our children within the whole arc of life (outward and inward)

encourages two main tasks: 1) To recognize and connect with **our children's true self**, their core essential self. In this way helping children be in touch experientially with who they *really* are. Soul to soul recognition and connection. 2) To help our children, during the egoic part of their journey, **build a pleasant, well-functioning ego** that will serve them well in their growth and health, helping them navigate the heavier trappings of the ego-self (such as fear, envy, greed, and moodiness) and supporting them in wearing the ego like a useful light coat instead of clunky armor.

That's it. If you want to **simplify even further**, just keep in mind and heart **the first three:** 1) self-awareness & commitment to responding from your deeper essential self, 2) getting behind eyes of your child to appreciate and consider the view from their side, and 3) connecting first and foremost, before any directing.

And, finally, if you want to get to *the* most simple anchor of all, just ask yourself in each moment:

What would LOVE do? And choose Love.

Viktor Frankl offers a beautifully clear invitation to engage in Love as a choice, to press the pause button whenever we're triggered, to take a breath and ask our selves, "What would love do?":

*"Between stimulus and response there is a space. In that space is our power to choose our response.
In our response lies our growth and our freedom."*

May we complement this freedom with responsibility – using this freedom to engage our ability to respond, rather than to react.

I invite you to add any further simple anchors that have especially spoken to you and made a real difference during the past seven weeks, or before that in your life: