

Mindful Parenting E-Book

By Gina Maron

We all want our children to live productive, happy and prosperous lives filled with joy, love, passion and fulfillment. How do we as parents serve to hold a loving, supportive, flexible structure for our children to attain a thriving life?

Mindful parenting is a philosophy that provides ease of parenting, so that in our interactions with our children, we can consciously tailor our responses to the moment at hand. It involves simple, heartfelt beliefs that are the base which allow you comfort in playing with the uncertainty of each situation you encounter. It contrasts the traditional prescriptive 'equations' of parenting by-the-book and raising your children to a pre-determined standard.

When you settle into the peace of mind that you are learning and growing in a journey alongside your children, you allow them greater capacity to bloom into their most magnificent potentials.

To support parents on this path, I have created a wonderful eBook on the 4 foundational Elements that are imperative for mindful parenting, and I'd love to share it with you! If you are currently a parent, guardian, or considering becoming a parent, please DM me with your email address, and I will send you a free copy of the book!

As parents in this new age, we are navigating heightened materialism and the dark cloud of comparison that stems in part from social media influence. This requires us as parents to teach our children to think outside of the box, to think for themselves, love themselves, and ultimately to live for themselves. And we must remember that to tackle these obstacles of comparative models, we ought to incorporate our mindful parenting into our own lives - simply put, to think for YOU, love YOURSELF, and live for YOU.

The inspiration drawn from this quote by a well-known poet, philosopher and prophet, Kahlil Gibran gives birth to my elements of mindful parenting.

"Your children are not your children. They are the sons and daughters of Life's longing for itself. They came through you but not from you, and though they are with you, yet they belong not to you."

These are the elements of my mindful parenting philosophy:

ELEMENT No. 1

We are on a parallel path to grow and evolve alongside our children, as they are our greatest teachers. We do this by helping them live out their own journey as we nourish ourselves for our own journey, and together we will grow up.

In the past, parenting involved prescriptive models of strict structure that confined parents to following a mindset lent to comparison. In a traditional parenting regime, we may subscribe ourselves to a to-do list of how a parent-child interaction should look, maintaining a 'looking good from the outside' reflection. This type of parenting may lead us to the path of how we 'look' as parents and have us feel like we are doing 'good parenting'.

But this outside-in approach creates suffering for parents, as it leaves us disconnected from our children. The 'if everyone else is doing it' and 'what all the other children and parents are doing' mindset is a 'fit-for-all' model.

In speaking especially to all the Mothers, we know every day how hard we may try to be the 'best mom'. We show up to do our best in our power to 'make our children happy' and for us to 'play our role well as mothers'. We may struggle to get our child to eat their breakfast or clean their room.

Perhaps this struggle occurs because we think we've got to approach situations with a strict, no-nonsense attitude, that shows we are right. There is anxiety and frustration that occurs with the need to control every moment and always be right as a parent.

As parents we may have this call of the ego based in the outdated cliches of wanting our children to Be what we want them to be and how we want them to be. This desire stems from our own fear, control and lack mentality. Our inner child is the one that acts out in fear and uncertainty trying to navigate this whole parenting paradigm. We may not have had a chance at 'doing this' or 'Being that', and so now that our child has that chance, they ought to 'do good at this' or 'Be that'. With all good intent we want to give our children the opportunities that growing up we may not have had, while possibly subconsciously projecting our own unfinished business onto them. If we take the time to heal our own lack wounds from our own childhood, we will not project this on to our children. Without this healing, we are basically still children raising our children. But how do we become leaders in parenting our children in the best way for each child's uniqueness?

Interestingly enough, it starts with parents learning from their children. When we can truly think from the perspective of seeing our children as our biggest teachers, that gives us all we need to interact in a more fluid, open-hearted, mindful manner. When we focus on our growth through inner healing work and apply compassionate self-forgiveness to re-parent ourselves while raising our children - then we are truly on this parallel path to personal wholeness. This new mode of interaction, of being with your child on a parallel path, brings to you both the supportive mindset of mutual respect and appreciation. This is when you can more clearly see that your child is helping you evolve and grow alongside them. As our children are our biggest teachers in our

interwoven lifelong journeys together, it is them that teach us patience, forgiveness, and what unconditional love truly means.

Here are some questions for helping you step into Element 1:

- Are we triggered by the actions or inactions of our children?
- Is there an outer turmoil and could that be a reflection of our own unhealed inner wounds, our childhood wounds?
- What inner chaos may be causing outer conflict with our children?

Spiritual Keys of Element 1:

- What is reflected outside of us is an example of what is unhealed inside. Keep in mind that our outer reality is a reflection of our inner reality.

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ELEMENT No. 2

We as parents can be an example of a strong personal core value system, hopefully based in love, joy, gratitude, kindness, respect to ourselves and others. By our example, we can gift our children our values to allow them confidence in making their own choices.

We can show, by our example of adhering to our core values, a way that a child may choose to go forward. When we stand strong in our positive values, our children can inherently feel the benefit of living with life- enriching values. Through the experience of these, rather than preaching, these values may be naturally adopted by our children. Based on your example, they will be able to make sense of their own choices in life from a place of knowing. Choosing from a place of clarity, they have the key component to a fulfilling and purposeful life. They have an internal reference to pull from to making more harmonic life choices that keep them better aligned with their soul's missions. While raising my children, my example has been to choose what makes me feel alive, happy and purposeful in my life.

Here are some of my core values that lead me to choices that feel alive, happy and purposeful:

- I hold myself accountable for my actions to build self-trust and honor in my choices.
- I always respect myself and value who I am.
- I believe we can control the outcome of our lives to consciously manifest our destiny.
- I believe that my voice matters and speaking up for what you believe will set you free from internal bondage.
- Discipline and showing up for myself is sacred self-care.
- Self-forgiveness is essential.
- Adventure is a necessary part of experiencing life fully and connecting to what brings joy and meaning to your life.
- Using my heart as a compass and imagination as a practice helps me find peace, joy, and love for a brighter tomorrow.

While raising my four girls, my life values have been cultivated and strengthened over time. By my using my heart as a compass, my girls were raised to listen to their hearts and follow their

dreams first and foremost.

By my respecting and valuing myself and who I am, they learned to love themselves, not compare themselves with others. By showing them self-trust, they learned that doing things solely to 'fit in' or belong is losing sight of themselves. By living with a sense of adventure, I imprinted on them that this opens space to connect to their inner landscape, from wherein they can make choices aligned with their path. I raised my girls to make choices they themselves can be proud of and this is what opened them up to being the leaders they are today.

Here is a question for helping you step into Element 2:

- What are your core values that may lead you to more fulfilling personal choices and that you may gift your children by example?

Spiritual Key of Element 2:

- Use your heart as a compass to choose more confidently.

ELEMENT No. 3

Our job as parents is to support, encourage and love our children in a joyful way to lead them to create their own sovereign life. We as parents hold a container for our children while allowing them to explore and discover their hearts desires. We do this with acceptance, active listening, and being in full presence without expectations.

When we allow without expectation the different ways a child may explore their own set of values, we in essence teach them to live their life in a sovereign way. When a child has the space to truly live their own life and not their parents' life, or social or cultural projections, they are more able to create true happiness and fulfillment. We as parents can serve by mindfully holding a container for our children to really thrive. And as conscious parents we must also explore our own inner landscape to hold the container for both ourselves and our children in a healthier more productive way.

When we explore our own newfound belief systems, we subconsciously take the pressure off ourselves to parent from a place of expectation and can avoid any future guilt and shame. In contrast, when we are living from expectation, we may think we are 'doing it all for our children'. But we really are just trying to manage our own inner chaos and unprocessed childhood wounds that we subconsciously believe might manifest for our children if they don't 'live up to our expectations'. Beliefs like, 'if they don't become successful lawyers, doctors, actors on Broadway or chefs with a best-selling cookbook, may lead to us feeling that we somehow failed as parents. Beliefs like, 'if they can't figure out at their adulthood what they 'should be doing' for the rest of their life, may lead to us feeling like all those soccer, dance, and piano lessons seem like a waste. The expectation is a salve for our own ego. When we live by expectation, we are missing the choice to choose healthier belief systems that better support the brilliant minds and highly evolved beings that come through us.

Lending our children the true opportunity of a healthy container gives them space for them to explore their experiences and glean their own perspectives as they navigate through their informative years. A container that involves active listening, acceptance and our full presence allows them to explore their own inner landscape and teaches them to self-regulate and find true happiness and sovereignty within, on their terms.

With determination to beat my own drum in my parenting and pave the way for my girls with a new set of beliefs, I see a common thread in my girls that brings me great joy. They always explore their options by feeling their way through their own decisions to create their personal opportunities. They know how to create healthy boundaries by saying 'no' and speaking up for what they believe in. They know what makes their hearts sing. They know we are on a parallel journey to grow and evolve together. These lessons that come from me holding the container for them to be self-sufficient and happy is the greatest reward that came from me letting go of my own limiting beliefs and naturally led me to simultaneously heal my own childhood wounds.

Here are some questions for helping you step into Element 3:

- Is it my ego being triggered because I want things to be my way?
- Am I upset that my children aren't living up to my expectations? What are these expectations?
- How can I practice more acceptance?
- How can I cultivate allowance for my children to discover and explore their desires?

Spiritual Keys of Element 3:

- Approach all situations from a lens of love.
- Explore what makes your heart sing so your children can find what makes their hearts sing.

ELEMENT No. 4

Our children owe us nothing, they came through us and are here to live their soul's purpose.

How do we raise our children to find their soul's purpose in these ever-evolving times of uncertainty? We all have our own unique self-expression and finding one's purpose is the only gateway to a life of inner peace and ultimate happiness. So how do we start this internal dialogue that opens the portals to explore this blueprint? It starts and ends with YOU. Who are you as a soul and what is your mission? What would it look and feel like to have a bigger experience of yourself and parenthood? What is your legacy of love? And how can your mindful practices and inner alchemy become a new lifestyle for both you and your children? Let us ask ourselves these questions whenever we feel challenged.

Over the years, I began to see the immense value of my own 'soul sweat' as I let go of anything that was in the way of my soul's evolution. As I shed the 'how to's' and having to 'get it all right' and started trusting and believing that we all have a higher calling that is discovered and

sourced from within, I found my own purpose. I can now see that solitude and introspection, strengthened me in my center and knowingness. My stronger center led me to better guidance and love without judgment and led me to the art of practicing mindful moments with my children. These mindful practices help not only our children, but ourselves, as we parents navigate our way in consciously communicating with heart and soul through the journey. That is my legacy as well as my gift to my children, for them to see from my practices, from my example to naturally learn to live their own soul's purpose.

As I look back at some of the takeaways and gifts of motherhood that keep gifting, I remember best the ones that taught my children to tune into their own soul's knowing. Starting with my first daughter, Marley, as a practice, I encouraged her to use her senses outside the box, to go beyond what she could see with her naked eye, to see the unseen, hear the unheard, and feel for what resonates with her soul. These practices helped activate her intuition as new experiences became her soul's playground. I can see how these mindful moments, experiences and memories left an imprint in her soul. These core memories helped her cultivate her inner landscape and shape her inner perception for her unique outer expression, for her to truly love the face she sees in the mirror because her soul is fully shining through her eyes.

Here are some questions for helping you step into Element 4:

- How do we continue to keep our children hopeful knowing their dreams matter?
- How do we navigate this form and formlessness...the ego and the soul? The child's soul journey vs. trying to mold and fix them.
- How do we teach our children to find their own divinity with in and discover their North Star? Their own inner truth?
- Are we having purposeful moments and quality time? or Are we just on a journey of parenting?

Spiritual Key of Element 4

- Being is actually doing.

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SUMMARY

As a young girl, like many others, I dreamed of becoming a mother with a fantasy of how my fairy-tale life as a wife and mother would look. Fueling this dream was the drive to give my children the opportunities and experiences that I never had growing up. I wanted to give them a life filled with abundance and prosperity. Growing up I had a heavy burden to take care of my mother and felt responsible for her happiness and well-being. I couldn't fully embrace childhood or explore who I was with pressures to grow-up prematurely. Guilt and shame from my childhood left me seeking and searching externally for validation. Interestingly as I had been so focused on material wealth, I found that as I began to heal my relationship with money, I healed myself from my childhood wounds of lack and low self-worth. My view and values shifted from external abundance and prosperity to a deeper focus on cultivating my inner feminine wealth.

Raising my four daughters became a parallel journey, and so I began to parent from this new-found perspective.

The catalyst to this journey was when my first daughter Marley, turned 3, whom I brought forth to this earth twenty-six years ago. I remember the moment like it was yesterday, I watched her pack her 'Barney Dinosaur' brand backpack as I slung my arsenal of accoutrements and everyday comforts. We headed off the beaten path, setting ourselves to step out of our community, a community that had one solid promise - a life that was based on material perfection. The material life was one we knew all too well, but with trust and following an intuitive nudge I surrendered into the unknown. I hit the unpaved terrain and opened myself up to receiving the soul's wisdom and gifts through the eyes of new belief systems and lifestyles so I could find meaning in my own. I grew and evolved myself as I simultaneously showed my children the way. It was my mission to become a reflection for my girls, as a woman who took responsibility for her own happiness and well-being, as a mom seeking and finding her own inner truth and becoming a role model for myself first.

It has been my mission and soul's work to introduce my children to ways of living and loving beyond the traditional model and outdated cultural beliefs. I believed there was immense value and impact to creating a new manifesto for a new generational lineage, that began with me releasing older generational 'programs'.

To me, being a mindfully conscious mother consists of helping my children live out their own journeys as fully as they can, as I take care of myself in my journey. My parenting consisted of finding ways to manifest a life that served with love, intuition, and new core values that resonated with my own heart and soul. As I started loving and respecting myself, I uncovered my own purpose and how it is in part sharing this knowledge with parents in my community.

As parents in this new age, we are navigating heightened materialism and the dark cloud of comparison that stems in part from social media influence. This requires us as parents to teach our children to think outside of the box, to think for themselves, love themselves, and ultimately to live for themselves. And we must remember that to tackle these obstacles of comparative models, we ought to incorporate our mindful parenting into our own lives - simply put, to think for YOU, love YOURSELF, and live for YOU.

Big Love,
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