

Conscious Parenting

by Curry Glassell

What is conscious parenting? Are we not all doing our best to be what we call conscious parents? What happens when your child throws that one tantrum that seems to last forever? The one that happens suddenly, in the supermarket parking lot. Or what happens when your child screams at you at the top of his lungs in the supermarket after you say NO to eating that gallon of ice cream they just grabbed out of the freezer and no to allowing them to open it up in the store? Probably I am the only parent who has ever wanted to hide from my children's rude behavior in public and probably I am also the only one who considered that the old saying "spare the rod and spoil the child" might come in handy right about NOW? I was a very desperate single Mom. How could I avoid these terrifying moments with my kids in public?

Before I began attending Access Energy Transformation Seminars, I used to hire a baby sitter to come and watch my two boys so I would not have to be tormented by them when I went shopping. Mostly I avoided taking them out together because I would rather hire a baby sitter than suffer the consequences of an afternoon explosion somewhere out in public.

Six years later I have learned to follow the energy and ask questions (more on this later) that guide them in such a way that I have the pleasure of their company. I know how to choose when and where we go together and who needs what from me and I now can parent these two amazing boys with ease, joy and empowerment. No longer is my parenting or my creating my life based on desperation and survival.

With these tools I have much greater ease than I ever thought possible. I know how to parent my two boys without pulling out my hair or raising



my voice. I refer to this type of parenting as, *Empowerment Parenting*. Both parent and child get empowered and acknowledged for what they both know and perceive.

My relationship with my two boys gets created everyday – fresh. I destroy my past points of view about them and myself, therefore, each day is a new slate, a new beginning for us all. We call it living in 10-second increments.

I find this approach easy and fun. Basically what I do with both boys is continually ask them questions. By asking them questions I challenge them to look at how they are creating their lives and give them many opportunities for changing and shifting any behavior or situation they choose. In my opinion, all things are subject to change. Nothing is fixed or set in stone unless we choose it ourselves.

I may be the strangest single parent in Houston and that is fine with me because I know I am one of the happiest. If I can be happy parenting that is all that matters to me. That was my desire. That was my target.

No longer do I dread the responsibility of parenting and raising two boys, alone.

Now, a little about the type of questioning I use. For example, one day my oldest son brought home a failing score on his test. He had that tail-between-the-legs look, so I asked him what was up. When he showed me the test I looked at the score and immediately asked him, are you happy with this test score? He was a bit shocked by that response and looked at me curiously wondering why I wasn't upset and going to ground him, which is what happens to his friends. I was present with him and waited until he looked at his creation and was willing to choose something different.

I am interested in empowering my boys to go out into this world and create joyful, expansive and abundant lives. This way of living will require them to find out how to motivate themselves from within.

Nathan eventually told me that he was not really happy with the low

score, so I asked him, "In what ways could you create something different next time?"

He had plenty of ideas and was even more willing to look at what he could do to create his own life and study program. Nathan ended the school year with a B average.

The middle school he was attending had an unusual grade point system. Their version of an A was 96 or higher, B was 86 or higher and C was from 76 to 86. I was very proud of Nathan for his B and he is looking forward to doing even better. How interesting it is that when I allow my boys to create and make mistakes they seem to desire to change on their own.

The author is offering Access Energy Transformation workshops for parents and children in August at the Creative Life Center on 2014 Commonwealth St., Houston 77006. For more information she can be reached at 281-898-0444 or visit www.thecreativelifecenter.org. 🌹