

The 100% Parent

The Ultimate Guide to Having an
Amazing Relationship With Your Child



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an Amazing Relationship with
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Dedication

To Gabriel:

You've taught me how to love beyond what I knew was possible. You've opened my heart and mind to what being a mom truly entails. You've showed me beyond a fraction of doubt that all really is love.

Thank you for choosing me to be your mom.

I love you forever and ever.

Introduction

You will never ever get this chance again.

You are holding the past, present, and the forever ever more in your very hands right now.

In fact, there are thousands, if not millions, of people around the world who would die to be where you're at right now, and yet you have probably not given this a second thought.

This chance.

This chance that spans across all of time, that beckons your highest self forth, that allows you to change the future of your family through your every breath, your every word, your every action....

This is your time to claim the past, present and future in the name of love.

Yes, this is your chance to parent a child.

Crazy as it may sound, the enormity of what you're up against as a parent is very palpable.

You may have already felt it.

For there is no greater calling in all the Universe.

Parenting is the highest calling of your soul.

As a parent, your child's birth marks the beginning of a whole new experience. A new language. A beautiful, bountiful way of looking at the world.

We give our children life.

But they return the favor, opening vistas we never had access to before.

Whole new brilliant worlds that come alive, rich in human experience.

We get to laugh more, be more, and love more.

But sometimes there is a paradox...

Given this magnificence, why do so many parents feel frustrated, overwhelmed, and angry with their children when their children aren't doing what they want them to do?

Why is it that some parents (maybe you) continue to resort to punishments, consequences, and sometimes even yelling?

Why does your child trigger you so much and why does your parenting behavior often result in further disconnection between you and your child?

When you've read all of the parenting books, tried the umpteenth parenting tool, you are left sitting in the dark of your bedroom late at night after a mini-blowout with your child, scratching your head wondering, 'How can I really connect with my child?'

I wrote this book to answer that very question. (Couldn't have you just sitting there scratching your head in the dark night after sleepless night...!)

Because sometimes as parents, we have this belief that we're just going to love our kids all the time and they're just going to love us in return.

We imagine just how fulfilling it will be to actually be a parent.

Some of us even think that parenting is going to improve our relationship with our spouse or partner...

Happiness Abounds, right?

And then, we all have these images of these happy kids, happy parents and how we're going to have so much fun with them while we're raising them...

And yes, we do have fun.

Yet, there is this whole other piece to parenting that not many people talk about too much.

It's the part that's not too pretty.

It's the part that happens behind closed doors, when children are really upset and parents just don't know what to do...

It's the part that may have had you pulling your hair out, struggling with sleepless nights, and sometimes, even arguments with your spouse...

We all go through it! This is happening globally! I don't know of one parent who doesn't struggle with parenting, with being a parent.

We all think that we're alone in parenting, and we are not.

So, I'm here to expose the real story about your child's brain and your child's emotions so you can finally be a 100% parent.

I'm here today to talk about the real story behind what's really happening when you make the choice to use punishments or consequences to control your child's behavior...

And...

I'm here to let you know that if you are a parent and you're struggling in any way, then you are not alone!!

This book is for you if.....

- You find yourself yelling at your kids and you really don't want to.
- Or you can't get your kid to do what you want them to do.
- You lose your cool one too many times.
- You're embarrassed by your child's behavior and you really don't know how to transform it.
- You're beating yourself up about the number of times that you lose your temper with your child.
- Or maybe you're using consequences and punishments and they're working in the moment, but your kids keep misbehaving and you sense a disconnection from this...your kids and you aren't really on the same page.

And it's so natural and normal that this is all happening. Yet, now, you're really ready to change all of this so that you can be the conscious parent that you came here to be.

I truly believe that you have a gift of connection, deep connection with your child. And most of us are not using it.

You know in your heart that there's a better way to do this but you don't know what that is.

I had a parent call me once in a very authentic, vulnerable moment. She shared that after losing her cool every day with her three young daughters, her head hits the pillow every night and she feels

awful. She shared with me that this is not the reason she had children—to parent them in this way with yelling and consequences.

And maybe, deep down, when you get really real with yourself, you may feel similar. There are so many unconscious parenting patterns at play throughout the day that may be weighing you down now. Stuff that you know you want to change but you just don't know how to do it.

You may feel this deep-down gut-wrenching calling to be the best parent you can possibly be. And you're ready...you're ready to really learn, practice, and be there fully for your child.

Then today's your day.

In this book, you'll discover ...

Three simple steps to have a great relationship with your child without the use of punishments or consequences or yelling.

Sound good?

I call them 'three simple steps' yet they are much more than that. They are parenting paradigm shifters.

Ready to shift some paradigms and finally be a 100% parent?

The first paradigm that you'll shift is letting go of the way you were parented so that you can truly experience real connection with your child.

The second paradigm that you'll shift here is learning how to parent without punishments and consequences so that you can experience natural cooperation between you and your child.

And the third paradigm that you'll shift here is learning how to offer your child 100% engagement so that you have peace in your home.

Plus, I'll show you something that most parent educators, books, and trainings completely miss—how to make these last!

If you don't just read this book, but you truly practice these three paradigm shifters right now in your family, then you will see results.

In fact, I cannot wait to hear about the results that happen for you. At the end of the book, I've included a way to contact me directly and I invite you to do so (more on that soon).

Also, one more thing. This book is experiential, which means that you will be answering questions and doing exercises throughout. Just wanted to keep you on your toes so that you really integrate all that is here.

So, together, we're going to delve into these three simple steps to have a great relationship with your child without the use of punishments or consequences or yelling so that you see your relationship with your child grow and deepen with

every parenting situation, and so that yelling, consequences, and punishments become a thing of the past, replaced with connected cooperation, compassionate listening, and mutual respect.

Don't think it's possible?

Meet Esther, a mom of an 11-year old boy, who came to me because her boy was really angry. In fact, her son was so angry that he had been threatening to cut her younger two daughters with kitchen knives and trying to jump out of his mom's moving car. In the throes of her son's pent-up anger, Esther didn't know what to do. She was stressed, worried, and nervous most of the time.

When our children are hurting, we hurt. Yet, Esther just didn't know how to deal with her son's anger, which had been boiling inside of him for the longest time. Finally, Esther and I began working together.

And when we dove into Esther's parenting past, we discovered that Esther and her husband had been disciplining their son by punishing him and locking him in his room whenever their son would do anything they didn't like.

Punishments built up over time only serve to create more internal disconnection between parent and child.

Instead, Esther began putting these paradigm-shifters into place with her own 11-year old son. She worked fervently to turn this whole parenting thing around for herself, her son, and their relationship.

Bit by bit, Esther shifted into a different way of parenting not using those punishments, and instead using these three paradigm-shifters ('simple steps')

that you are learning here to really connect with her 11-year old son, allow him to let his anger go, and deepen the peace within the family.

Three months later, Esther transformed the relationship that she had with her son. He no longer tried to jump out of moving cars nor tried to pull knives on his siblings. Instead, her son understood and communicated with his mom whenever he was angry. Mother and son developed a deep, loving bond that allowed them to freely and safely express their emotions to each other. (Yes! Parents have feelings too!) The family grew closer and all of their children used empathy in place of sibling rivalry.

The simple steps that you are about to learn have already made a powerful impact in hundreds of families through the world. And now, they are here for YOU.

So today, you're going to learn three simple steps to have this great relationship with your child, without the yelling or the consequences or the punishments, so that you can really bring out your best as a parent and the best in your child.

You won't need to hide anymore behind disciplinary tactics that only drive you further away from your child and your child further away from you *on the inside*. You won't need to escape difficult emotions that arise when your child triggers you emotionally, and you won't need to feel like you have to sacrifice parts of your own life because you're a parent.

My Story

What you need to know about me is that I'm very passionate about helping you to find your truth in parenting. And I'm very passionate that you, as a parent, are able to release any old unconscious patterns from the past that are no longer serving you or your connection with your child so that you can really enjoy a deep connection and cooperation with your child right now.

Why do I care so much in helping you do this?

Because I was there myself.

When my son was two years old, I divorced, became a new single mom, and all of a sudden was standing in my new small apartment living room with a two-year old who just loved to cry. And his cries were loud, piercing screams. You know the kind. I fed him, rocked him, sang to him, danced with him, fed him, napped him, and still had absolutely NO idea what to do when those loud, piercing screams would come.

He was crying and he had a lot of tantrums, and I was pulling my hair out and I didn't really know what to do. And so I searched around, read some parenting books, and then, one day during this time, the heavens parted, and a girlfriend took me to a parenting class in nonviolent parenting and my prayers were answered.

At first I thought "What is this? I'm not a violent parent. What is this?" But right away, I was so touched. I was really so touched because a lot of the tools that we learned that day were all about

speaking in a whole new language of feelings and needs, a language that I had never grown up with.

I was blown away by that class. Shivers traveling up and down my spine. You know that moment when a truth hits you right in the center of your gut? Something where your intuition just screams, 'YES!' That was my experience that day. And I ran to the back of the room and signed up right there to become a Parent Educator. I wanted to tell every single parent I knew about this.

Then it got even better. I practiced these tools with my young son every day and they worked miracles. The crying melted into warm empathy and deep trust. Then, my son and I developed a strong connection based in mutual respect, cooperation and a whole new language. I began coaching other parents and they noticed immediate results within their families.

But I wanted more. I was going for long-term results in families. I wanted sustainability. I knew in my heart of hearts that there was something deeper, something underneath all of these strong feelings that my clients were experiencing. I longed to get to the CORE of their strong emotions and truly shift their reactive emotional parenting patterns long-term so that they could truly be a conscious, present guide for themselves and their children.

Empathy rocks. It really does. Yet, sometimes parents are still frustrated and overwhelmed by their children's reactions and behavior.

I realized that the learning that my clients' had been experiencing was happening at the conscious level of the mind. My clients could intellectualize what I was teaching them, experience some results, but

they couldn't fully integrate the maximum amount of results possible to them because when they were in triggered situations with their children, their unconscious mind took the lead and old patterns from their childhood emerged in a flash.

We needed something much more potent and much more profound than just simple parenting tools of empathy. So I dove head first into the study of brain science and re-patterning the unconscious mind, which accounts for over 90% of our human behavior.

I asked day and night to be shown a deeper process, a process that would truly help these parents create long-term change within themselves and their families.

And then, it happened.

Something deep within me emerged and a new process was born. I heard this process come through me as if spirit had been speaking to me that day. I was in the middle of a yoga class and I took a break from my mat and wrote down everything that I was hearing. I had never heard anything like this before.

The following day, I tested the process with two of my best clients. I had no idea what the results would be and when I felt a bit intimidated to use this new process, I heard this voice within tell me, 'Trust the process, Jolette, just trust the process.'

So I did. And my clients were in tears, breaking through old, unconscious patterns that they had no idea previously were there. They experienced an incredible sense of relief, tears of joy, and a deep

awareness and connection with each other that they had never had before.

I left that session feeling exhilarated and curious. During that entire week and the weeks to follow, I walked every one of my clients through this process and they all had these incredible breakthroughs. Time after time. I began tracking the results within their families as well and saw that deep connections were now happening, family conflicts were being resolved, children were shifting in their behavior by becoming committed to their family's values, parents were navigating their child's emotional challenges with ease, reactivity decreased and overall, my clients were thriving in their conscious parenting.

I was ecstatic. Now, it was time to bring this process to even more parents, and transform even more lives. I felt the inspired scientist within me emerge.

I had meditated ever since I was 20 years old and was very familiar with recorded meditations that affected certain brainwaves in order to re-program certain unconscious mind patterning that didn't fully support a human's greatest potential. So, I took the process that I used with my clients and developed a specific kind of meditation in the sound recording studio with specific rhythm and speech patterns that give people access to re-program their unconscious unsupportive mind patterning.

I then tested the recorded process on clients and they experienced even more results. Parents were navigating their most difficult parenting experiences with focused calm, difficult emotions lost their charge, and every person experienced a whole new

level of spiritual presence in just being with their child.

We always say there's no magic pill, but actually...there is.

I grew so excited that I just had to share this whole process with even more parents. Yet, since I'm only one person with only so many hours in my day to coach individual clients, I decided to multiply myself and train other Parenting Coaches. Thus, The Jai Institute for Parenting was born.

And to date, we have trained conscious Parenting Coaches around the world, from all over the U.S. to Canada, Brazil to South Africa, and the UK to Dubai, to help parents raise caring, capable, and confident kids with our unique 10-step Jai Process.

And just for the record, I'm not always 'peaceful' in my messages. I am bold, fiery, passionate, controversial, and edgy at times.

I'm into parents getting results, shifting into a WHOLE new paradigm of parenting, truly pushing past ALL of their baggage left over from the past to have that close, deep connection with their children.

And that transformation doesn't happen from me being quiet and 'peaceful.'

So, I get bold. I challenge our parents and Parenting Coaches to step up.

I use my voice to incite transformation.

Because that transformation is what we need right now in our homes, in our schools, in our culture, and in our children.

Look around. Our children need us to change and become 100% parents. They need us to deeply listen to them. They need us to be able to hear all of the deep hurt and pain inside so that they can heal and not carry any of that into their adult lives.

We are living in a unique, revolutionary time for parenting.

Today, it's your turn.

Chapter 1

Speak The Unspeakable

Before we dive into your first parenting step to become a 100% parent, we need to talk about something.

Something that most parents don't talk about.

This is something that all of our Parenting Coaches are relieved to discover once they enter into our conscious parenting community.

Let's face it. Parenting is most often done behind closed doors. Most of us don't share with each other what it really going on in our parenting for fear of embarrassment, shame, lack of perfection, or this feeling that we are just 'not getting it right' as parents.

I remember all of the quaint little parenting circles I joined when my son was just a baby. We used to meet up in the local park to connect and share with each other. Parenting a newborn can, after all, be quite lonely at times. Yet, during all of those meet-ups, there was something unspoken. Something taboo to mention.

What was it?

It was the real story of what's really going on with you as a new parent.

The story that exists behind closed doors.

The story that is a bit unsavory, a bit messy, and just a tad unexpected.

This story may tell about the strong, unexpected feelings you are feeling just after giving birth, or the

way things have changed now between you and your spouse. You may be compelled to tell the story of how it's all just so incredibly overwhelming taking care of an infant. Or how you find yourself forgetting everything and being super careless because of your sleepless nights.

Or maybe you'd share how you just find the thought of returning to work insurmountable because of your incredibly strong and intuitive desire to just be with your baby now...

Whatever it may be, certain topics like these may never get brought up.

And as your child grows, our silence as parent grows as well. I can't tell you just how many times I've heard now from the parents who come to us to be trained as conscious Parenting Coaches, 'Wow! I've just never got to talk about my parenting like this before. I'm so relieved. I feel so safe.'

This is what we hear day in and out. And it truly begs the question, 'Why aren't parents really talking about their real parenting challenges?' Why aren't you sharing all of the stuff that goes on behind closed doors? The unspeakable.

I'm going to go way out on a limb here and venture to guess that there is some amount of guilt and shame around our parenting when it comes to when we don't think that we are measuring up as parents, when we think that we are failing our children by not getting this whole parenting thing right.

This guilt and shame is insidious and it will keep you quiet as a parent, unwilling to truly open up to others about your parenting.

I'll never forget the story of Lisa, one of our Parenting Coaches who came to us first having a very difficult time managing her own anger with her son. It's not something that most of us would like to admit, huh?

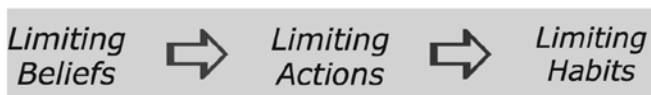
Yet, when you feel safe enough to speak the unspeakable, then you can truly begin to do the work that's necessary to shift all of the unconscious limiting belief patterns that are causing disconnection and chaos within your family.

Before Lisa did this first step that I'm about to share with you here, she often found herself parenting in a way that she didn't want to coming from anger. She shared with us that she didn't know how to stop and that caused more anger, hurt, and frustration, which she then took these emotions out on her family. Until one day when her son was about six years old, Lisa realized that she was teaching her son to be reactive and angry.

And that was Lisa's turning point in becoming a 100% parent. That was her 'aha!' moment. The cost to her family and for her son was too great. Lisa didn't want to cause any further chaos and disconnection within her family. That day, Lisa realized that everything needed to change, beginning with herself.

It's brave. It's bold. It's fearless to admit to others that you need to change.

It takes a certain level of courage.



Whatever has happened up to this point that has you even thinking that you have failed your child in any way or that you're not measuring up as a parent is founded in your unconscious belief patterns that are really running the show.

Lisa didn't know what was causing her angry reactive parenting, yet she became willing and open to transformation.

And that is why I, nor anyone at The Jai Institute for Parenting, holds any judgment around how you have been parenting your child up until now. For we know that over 90% of your behavior is being run by your unconscious belief patterns and that you are not even conscious of how to transform your parenting behavior in this moment.

And when this happens, when your unconscious belief patterns are causing you to behave in ways that only cause more disconnection and chaos within your family, then we need to get to the root of what those belief patterns are and shift them.

Before we do this with you in this first step, I invite you to be vulnerable with yourself, for whenever you're going to change anything BIG in your life—your health, finances, relationship, parenting—the first step is getting vulnerable with where you're at right now.

When you are vulnerable with your story, your life, and your experiences in front of others without asking them to pity you or fix you or change you, then you open your heart to the experience of being alive. You are on your way to becoming a 100% parent.

You put your ego aside and choose to play with your soul.

You open your heart to truly connect.

Chapter 2

Clear Out Your Own Unconscious Limiting Beliefs

First, I'm going to show you exactly how you can access an amazing connection with your child simply by engaging in this first step to being a 100% Parent. For many of our Parenting Coaches, this first step is the gold.

Because your parenting is oftentimes not of your conscious mind's choosing, yet rather of your unconscious mind's choosing. And most of your unconscious mind parenting patterns are left over from your childhood and the way you were parented. These parenting patterns have travelled generations and now, you're ready to shift your first paradigm in your first step here: Letting go of the way you were parented.

You may be asking, 'Well, why do I need to do this?! It's my child that's the problem!'

At first, I thought the same thing.

In fact, when my son was two years old, I experienced something that I had never imagined happening in my wildest dreams.

I had just gotten divorced and I was trying to keep it all together with my breastfeeding two-year old son.

I had never experienced divorce in my family growing up (my folks are still married today for over 50 years) and I was entering into a completely new realm that was laden with many big feelings I had yet to experience or understand.

One day, my son was playing at his daycare and pulled another young child to the ground, causing the other child to cry. I remember feeling appalled.

My blood pressure rose, my heart pumped faster, and I blurted out, 'Just STOP IT!'

And it was in that moment that I began to notice something that would forever change the way I approach parenting.

What I noticed in that moment was that I needed myself to calm down first in order to effectively guide my child. I needed myself to learn to balance my emotions. I needed to understand why I was feeling so triggered by my son's behavior. And here's where I got real with myself.

What am I really feeling here?

I was feeling ashamed that I wasn't doing it right. That was it. Plain and simple.

My blood pressure rising, heart pumping faster... all of it was because of one belief that I was circulating around in my mind, 'This should not be happening with my child.'

And it was in that moment that everything shifted. I realized that it was my responsibility to become self-aware, let go of any emotional stress from my past, take responsibility for my own reactive feelings and above all, shift any unsupportive unconscious limiting beliefs that have been circulating around in my own mind.

And, after working with hundreds of parents and training Parenting Coaches all over the world, I also realize that I'm not alone with that one unconscious

limiting belief, 'This should not be happening with my child.'

Have you ever thought this?

We cannot achieve any level of deep connection with our children until we let go of our own limiting beliefs that have taken root in our unconscious mind.

It has become increasingly important in today's fast-paced world that we, as parents, take responsibility for our internal worlds.

This may sound crazy but...

Before we focus all of our energy on how our kids are (or aren't) behaving, we must first look to ourselves and explore what is lurking just beneath the surface in our own "Unconscious Mind."

What is the "Unconscious Mind" anyway and why is this even important?

Great question.

Think of your Unconscious Mind as ruling over 90% of your behavior.

Understand your Unconscious Mind by imagining this...

Think of an artist who just put up a blank palate and a bunch of paints now lie at his feet. He is bursting with excitement to open the paints and start splattering the paints all over. His greatest joy, his greatest pleasure in being in the flow of this moment. All is perfect for him when he is in this flow of unexpected creation. Unexpected life emerging from the strokes of his paintbrush.

Now, imagine that his father arrives and hands him a pair of white gloves as a gift. These white gloves are so special as they've been passed down through generations of artists. In order to please his father, the artist accepts the gloves and places them on his hands.

The gloves are stiff. He feels uncomfortable with them on. He tries to open each paint jar yet stumbles and spills paint everywhere. He gets frustrated, yet he cannot take them off.

The artist's heart is racing. He wants the gloves off, he wants to do things his way.

He yearns to follow his passion. And play.

But he must keep the gloves on out of respect for his father. He feels trapped and uncomfortable, yet he longs to paint so badly that painting with the gloves now seems like the only way.

How would it feel to be this artist and live life under that kind of stress?

Your heart yearns to connect and play while your Unconscious Mind keeps you trapped in the same disconnecting behaviors, causing you to disconnect with the people you love and care for the most in your life – your children.

This is exactly the stress that we, as parents, live under every single day without even knowing it.

Pretty intense, right?

Yet, when you take responsibility for your internal world first, then you begin to master your Unconscious Mind and attract the love, connection, and abundance that you so desire into your life and parenting.

This is a huge transformation for all of our conscious Parenting Coaches.

In fact, I remember receiving this note from one of our Parenting Coaches who wrote:

'I have to say that this course has truly opened my eyes and heart to a whole new level of personal awareness that I thought I had already been through.'

Time to look inward.

Are you ready?

So I invite you to take a deep breath and let's begin.

Time for you to let go of the way you were parented.

Sometimes, when I talk about this topic, people get defensive, and they say, "Well I'm fine." or "My parents are great and I love my parents." I can only imagine you love your parents and it's wonderful to love your parents. Letting go of the way you were parented has nothing to do with loving or not loving your parents.

Your parents did the best that they could with the information that they had at the time. Period.

Our philosophy at The Jai Institute for Parenting is such that we hold no judgment on anything that happened in your past or present. We strive to come from a place of no judgment.

Letting go of the way you were parented simply means that there are these unconscious parenting patterns within you that are repeating now. A thought creates a belief. That belief creates an

action. And those actions repeated over time create a pattern.

We all have parenting patterns that we inherited from generations past. We all have our own white gloves that we're wearing now.

Some patterns may be serving your own parenting while others may not be serving you in the least. Those patterns that are not serving you may actually be creating more disconnection between you and your child.

We were all children and we inherently learned to parent from the way we were parented, whether we liked it or not. Some of us feel that childhood was full of pain and we want to try to forget what happened to us and others have pleasant memories of childhood.

Yet, here's the catch.

It is not so much about what happened to you as a child. It is more about how you felt about what happened during your childhood.

Why?

Because your body and mind have memory. And they remember these strong feelings.

As you read this section here, I want you to pay attention to *your* feelings. You may notice your own blood pressure rising a bit, or maybe your heart beating faster, or a little lump of sadness emerge in your throat. Or maybe nothing. Maybe you'll feel just numb while reading.

If that happens, then imagine the last time you were really triggered emotionally by your child.

C'mon, I know you can think of the last time you felt a strong reaction about your child.

Ok, so pull that feeling up.

Most of us don't really feel our feelings throughout the day, unless they become big and distract us from what we're doing.

Why is this?

Because you have a distinct relationship with the feelings in your body based on how you experienced emotional support growing up as a child. This is how you developed your emotional intelligence and the ability to move through challenging situations.

It is important for children to experience their parents as an emotionally supportive presence in their lives. This is the cornerstone of developing emotional intelligence.

The presence of emotional support needs to be steady and consistent throughout a child's life. Emotional support means that one's feelings are listened to, acknowledged, validated, and accepted.

You are growing a sensitivity now to your feelings and learning how to put a name to your feeling.

Can you stop in this moment and name one feeling that you're experiencing?

Go ahead, say your feeling out loud.

Whatever your feelings may be, let's play a little game here.

I'll keep writing, you keep reading, and you just pay attention to your body while you're reading. Sound good?

And this is fun...if you have an iPhone, go ahead and download a free app called 'iGrok' on your phone. iGrok has a list of feeling and need words readily accessible for you, just in case you are at a loss here, to describe to yourself what you are really feeling.

Before we get started, we go way more in depth into letting go of the way you were parented when we train our conscious Parenting Coaches. Yet for now, you will be taking the first step to let go of one unconscious limiting belief that isn't serving you or your parenting anymore.

Your First Exercise: Letting Go Of The Way You Were Parented

What is important is that you are able to tell your story of your childhood and that you recognize the feelings that were around your childhood. Sometimes, this can be hard if you feel that memories are too painful and they are better forgotten. However, telling your story is a crucial step to being able to see and hear your children for who they are.

This is our work here today.

It's important that you uncover an unconscious limiting belief(s) so that you can finally break free from any unconscious parenting patterns that are causing disconnection within yourself and your family.

Below are five questions. I recommend getting a journal out and recording your answers in your journal. Allow this exercise to be fluid. You may think of additional answers to these questions well after you've answered them once. Go back to your journal and continue writing. There is no right or wrong here. Only an exploration filled with curiosity.

As you write your answers, notice your feelings in this moment.

Here are some questions to get you started:

1. Were your feelings listened to as a child?
2. How were you disciplined?
3. Did you feel loved?
4. How did your parents/caregivers express their love?
5. Did your parents express their anger? If so, how?

Write down any feeling(s) here that you experienced from answering those questions above:

I know...it all seems very elemental so far. Hang in there with me.

When you are parenting, some feelings from your own childhood are very strong for you because what is really happening is that your neural pathways are being triggered. All emotional reactivity stems from your unfinished business from your past. So it is our job now as parents to finish our business with our past for the sake of ourselves and our children.

When these strong feelings surface again now throughout your parenting—when you're feeling very frustrated, sad, irritated, angry—these are great clues as to where your body and mind may be holding on to some limiting belief that was formed in your past that is no longer serving you in the present.

Over 90% of our behaviors and habits in life are formed by our unconscious beliefs. You may or may not be aware of what some of your unconscious beliefs may be during your conscious, waking state.

Our Parenting Coaches work with parents to bring any unconscious limiting belief patterns to the surface so that you may have the opportunity to release and shift them now.

So, what is a limiting belief?

A Limiting Belief is some belief that your mind keeps telling you over and over about yourself or your life that just isn't true. This limiting belief may sound like,

'I'm not worthy,' 'Nobody listens to me,' 'I'm not good enough,' 'I need to prove myself', etc.

This limiting belief was most commonly formed during your childhood years, when you experienced an uncomfortable feeling. Then, your unconscious mind kept on telling yourself this limiting belief over and over again, which would then cause you to act in certain ways that weren't serving you or what you really wanted for your life.

Once you determine a certain behavior pattern based on this unconscious limiting belief, then just be doing this behavior over and over again, neural pathways are formed in your brain that actually drive you to continue the behavior. Thus, a habit or pattern is formed.

Maybe you really want to lose weight, but you find yourself eating chocolate every night when you get stressed. The chocolate-eating behavior isn't really serving your greater desire to lose weight, yet you keep doing it because there is some unconscious belief pattern that is causing your chocolate-eating behavior over and over again. Your body is conditioned now to eat chocolate!

Our intention is to find out what that unconscious belief pattern is that is underneath your chocolate-eating behavior, so that you may become conscious of your limiting belief and release it once and for all.

And, in order to do that, we must return to your original feeling.

So, what is the strongest feeling that you came up with from answering the questions above?

Now, in order to figure out what your unconscious limiting belief is that is driving this strong emotion, remain open and curious with the mind of a child. If

you try to analyze, deduce, or think intensely about what your limiting belief could be, it doesn't tend to come. We want to engage your body and not your mind here.

Think about remaining open and curious while you go on an adventure to find what's lurking in your body/mind. Your body knows how to do this.

Release all need to get it perfect or figure it out.

Allow your limiting belief to just rise to the surface and surprise you. This belief could be anything. It could very well be something that you've never thought of before! This is the kind of surprise that we encourage as you allow your body/mind to show you what your limiting belief is.

And then, as you continue to feel your strong emotion, deeply listen for your belief.

Allow yourself to deeply listen to the rhythms of your body and mind. This is an organic process that we guide our Parenting Coaches through in their Parent Coach Training process.

What limiting belief came up for you?

Now, to tie it all together...

Your child has just done something and you can feel yourself reacting with a strong emotion. Maybe it's fear, maybe anger, and maybe disgust. When

those triggers come up in that very moment, I want you just to ask yourself, "Am I triggered?"

Because most of us don't even know. We're mad, we're upset, and we go on. And there may be a punishment on the end of that, there may be yelling on the end of that, but right now in this moment, you have the biggest opportunity to be able to stop your emotional reactivity train just for a moment and ask yourself "Am I triggered? What's going on?"

Then, put a name to your feeling. "What am I feeling?" I know this sounds really elemental, but what are you feeling?

And now you're having that really deep feeling as a reaction to your child or your child's behavior and you're starting to name your feeling. You may say to yourself: "Oh wow, I'm really angry."

And then, ask yourself these questions,

1. What am I believing about my child in this situation?
2. What am I believing about myself in this situation?
3. Does this belief fully support me and my child right now?

From my experience training our Parenting Coaches and working with hundreds of parents, if a parent is having a strong emotional reaction to their child's behavior, then in that moment, their belief

about themselves or their child is usually some kind of judgment.

I've often heard parents come up with these limiting beliefs: "My child can't do this," "I'm not a great parent." "Why can't I do this?" "Why is this happening?" I know the most painful belief for parents I come across is "This shouldn't happen".

This should not be happening, something else should be happening.

So just notice what your belief is in that moment, and ask yourself if your belief fully supports you and your child right now?

If you can do that and you can just tap in to what that belief is and ask yourself those questions, something begins to happen within your brain. This process of questioning will actually pause your reaction...even your strongest reaction.

You are becoming aware of your internal world.

Funny how the mind works. Have you noticed before that whatever you send your mind in search of, it finds?

Send your mind in search of supportive beliefs and they will arise.

That is exactly what happened to Julie when she first learned how to shift her unconscious limiting belief patterns in our Parent Coach Training Program.

Julie had a two-year-old boy when she was on the playground one day and her boy was hitting her. Julie was sitting with the mom of another two-year-old boy. Julie could feel her face beginning to flush and her anger rising. Julie's previous reaction to

her son's hitting would have been to get really mad and punish him. However, today, Julie chose something different.

What did Julie choose?

She chose to stop and feel her feeling in the moment and listen for that limiting belief.

In a fraction of a moment, Julie heard a belief arise in her mind, "I can't believe my child is acting this way." Immediately, Julie recognized that this was a very familiar belief that she often played with in her mind.

Now how many of us as parents have thought that before?

"I can't belief my child is acting this way."

It was that belief that had caused Julie to be so angry in the past, grab her two-year old and punish him. So Julie chose to switch her belief to "My child is needing something right now. I wonder what that is."

Immediately, curiosity emerged and took the place of judgment. And curiosity will be the antidote for judgment every time. So she got curious about her child:

"Hmm, what could my child be really needing in this moment?"

Now, Julie's brain was on a completely different path. And her body relaxed.

Julie guided her young son back to the sandbox to play and found out what he was needing. Her two-year-old was needing play, and he wanted some extra sand toys. She connected with her son and

she got curious about his feelings and curious about his needs. Then she showed him how to ask her for what he was needing next time instead of hitting. Her son agreed calmly and went back to playing.

What was so funny about this story when Julie shared it with me was that the mom sitting next to her on the playground was so shocked at the way that Julie dealt with her son's hitting. This other mom had never seen a parent do as Julie had so calmly done before.

And she asked Julie, "Can you teach me to do what you just did?"

So, that's the first step to being a 100% parent.

Chapter 3

Gettin' Messy with The Messy

You're well on your way now to being a 100% Parent. In your second step here, I'm going to show you exactly how to develop a long-lasting communication with your child that will allow your child to always feel safe to come to you with anything that he or she is going through.

For this is your child. Our children. This is their time to shine here on this wonderful planet.

Parenting is changing in this fast-paced world. No longer can we just leave our children to be raised by their teacher, or schools, the TV, Internet, cell phones, or video games.

Life is moving faster and faster. The information age is upon us. Our children are being deeply affected.

And it is our obligation as parents now to step in and be there for our kids.

It's our obligation to raise caring and confident kids among ALL of this.

These are the children who we would love to meet up with in the future, when they are adults.

These are the children who have greatness inside of them and it's our responsibility to draw that greatness out, to nurture it, and to cultivate that greatness through our parenting.

I look at our children and I envision adults who care about others, who show compassion and strength, who have the power to overcome life's obstacles,

speak their truth, be confident, honest, loving, happy, and empowered.

Is this your dream too?

If so, it's time to get 'messy with the messy.'

Your child screams. Slams the door in your face. Defies you when it's time to get to school. Throws a fit. Ruins your car. Just...won't...listen.

Aha! Now, it's time for your second step.

Because what you'd like to do with your child in that moment when your emotional reactivity may be at an all-time high may actually create more disconnection and defiance in the long-term.

What do I mean?

What I've noticed is that there is a communication loop that happens.

This communication loop begins with a child, so a child has a feeling that he or she's desperately trying to communicate verbally or nonverbally. Yet, instead of offering empathy, a parent or caregiver may judge, ignore, or discount her child's feelings.

When this happens (instead of empathy), the parent is sending a signal back to the child that the parent is not connecting with the feelings that the child is expressing.

And, to top it off, the parent may instead get angry, express frustration, yell, or punish the child for doing whatever the child is doing in that moment.

So, in a scenario like this one, the child will most likely feel some sort of stress. Disconnected communication deeply impacts the child's

relationship with his parent and it has the potential to shape the child's developing brain.

In the moment when a child feels stress, there is a hormone called cortisol that is released from the pituitary gland and it floods the brain. Cortisol is the brain's best attempt to calm itself in times of stress. But here is the catch.

If there are ever frequent instances of disconnected communication and stress for the child, then any subsequent fear and rage may lead to toxic levels of cortisol in the brain. If fear, rage, and distress patterns become ingrained in a child's brain neural pathways, then this has the potential to leave a child with lifelong effects such as depression or anxiety.

A few years ago, I was visiting a preschool while the kids had just formed a big circle in their main playroom. They had all just come off the playground and they were so excited! They were going to share what they just played with on the playground. They had all had different experiences on the playground and they were going to share.

So, they shuffled around a bit in their big circle and one girl was literally on the edge of her seat. She was so excited! She was going to share and she was just bursting to share this! But the minute her mouth opened, she happened to talk a little bit over this other boy who started talking too.

Well, the teacher decided to punish her in that moment and she said, 'You are talking out of turn. Now you don't have the privilege, you can't share right now because you're talking out of turn.' Now, the teacher was trying to teach this four-year-old girl a lesson that 'We don't talk out of turn here.'

The teacher reminded the young girl of her misstep in front of the whole class, 'and you talked over somebody.' The teacher continued, 'not only can you not share right now, but during this whole circle, I'm sorry, you just can't share.'

Girl's face drops. Lips quivering. Tears form puddles in her eyes.

Sadness consumed the young four-year-old girl. She was so sad. Those five minutes were painful to be in the room. I watched that four-year-old go through what seemed to be every sad and distressed emotion under the sun while the teacher and her classmates ignored her. I'll never forget that day.

All of a sudden, the punishment that the teacher gave the young girl seemed to pale in comparison to the neglect for the young girl's big feelings.

Now, what do you think that child was feeling in that moment?

Possibly some level of stress for not being heard?

What do you think that child learned in that moment? Do you think that she learned that you're not supposed to talk over somebody?

Nope. That's the lesson the teacher was hoping she learned. But what she really learned was probably something like 'my feelings don't matter,' or quite possibly, 'I don't matter.'

In a child's world, the full attention and listening of an adult is golden.

In my experience, after training Parenting Coaches throughout the world, the greatest pain that we all carry in our hearts as parents, as adults, is a pain

of not being heard fully throughout our lifetimes. This is the pain of not receiving empathy from another.

And watch out! When an adult receives real empathy for what could very possibly be the first time ever, it is a great celebration of the heart. You can see that adult melt into the arms of empathy, feeling relieved and safe to be with any feeling that arises. Knowing that all is OK, a great calm fills the room.

Now it's your turn to try this second step of empathy.

Big feelings for a child are like gold. They are a golden opportunity for you to offer empathy.

Sounds simple, huh?

First, I'd like to invite you first to get 'messy with the messy.'

And that means feelings.

Feelings are oftentimes not all wrapped up pretty with a bow and presented neatly as a gift before you. Feelings are not always anticipated. And they tend to be on their own time schedule.

In other words, feelings can be messy. Offering your child empathy in the midst of all the messy can get messy.

You know, that get-down-and-play-in-the-mud messy.

Your first urge is to react with your own feeling back to your child. And what gets interesting about this is that prior to this particular moment, you may not

have any idea as to what feeling will emerge in you. That's what I mean by messy.

Feelings tend to come out of left field. Most of the time, they are unexpected. We don't often have a start and end time for our feelings. Neither does your child. Big feelings are the unknown. Mysterious beyond measure. The great enigma of relationships. And the even greater enigma of childhood.

Imagine for a moment what it must be like for a small child around five years-old, really brand new on this planet, feeling a wave of anger for what seems like the first time ever. Now, how about deep sadness? Or confusion? And what a teenager or pre-teen experiencing anxiety?

Think about how some of these emotions may even be quite new for you to fully experience as well. I so remember the time directly following my divorce years ago when all of a sudden, I would be flooded out of nowhere with this rush of feelings that I had no prior experience with. They were some kind of mixture of sadness, grief, resentment, and anger all rolled into one. Then, one by one, at any unexpected time during the day, one incredibly pronounced expression of one of these feelings would emerge unannounced and completely catch me off guard.

Remember, this whole feeling thing can be messy even as adults.

Let's delve into the human brain for just a moment to find out what's really happening in your brain and your child's brain during these big feelings.

Basically, there are three areas of the brain. There's your lower area of your brain, your middle area of your brain, and your higher area. The lower area of your brain is all about survival. It's about fight, flight, or freeze. And, it's the real, animalistic part of your brain. It's very instinctual.

The middle area of your brain is your 'emotional center.' It's all about feelings, feelings, and more feelings.

And the higher part of your brain is really your decision-making center, it's your reason, rational thought, problem solving. It's where creativity and kindness come from. This part of the brain- the higher center of the brain really begins to develop after a child is about six or seven-years-old.

So, before the age of six, children tend to operate from the emotional center of the brain- from that feeling center because that is the area of the brain that is really developing during this time. It's no wonder that a child before the age of six to seven years old may have 'big' emotional reactions. The child is exactly where they're supposed to be. They're operating from that emotional center of the brain because that's where their brain is developing.

So, what part of the brain is the best part to parent from?

Yup, you guessed it. Your higher brain, right? Here's the place from which you're calm, logical and you feel like you can make a reasonable, rational choice about something.

But, guess what? We get stressed as parents sometimes when our children have big feelings.

This is completely normal and to be expected. Big feelings can be shocking, especially when they seem to come out of left field.

And, during times of stress, the higher area of your brain shuts down and the lower 'survival' and middle 'emotional' areas of your brain take over.

Imagine how you would be in this moment as a parent when you're coming strictly from your big emotions and fight, flight, or freeze.

Now, back to your child and all of these big feelings that they're experiencing in any given moment.

How could we ever expect our children to just cope with all of these very new experiences of emotion within their bodies with ease and grace?

Our children are seeking to understand and make sense of their feelings. Then, they are grappling with trying to take on the daunting task of trying to communicate these feelings to us, their parents.

And, it's our job in that moment to use this second step of empathy.

Offer your child empathy.

Big feelings for a child are like gold. They are a golden opportunity for you to offer empathy and in doing so, deepen the connection between you and your child.

Years ago, I had the opportunity to volunteer for a course called Landmark Education for Teens. There kids were age eight through twelve years-old in there. They were learning about communication.

What caught my attention immediately was a child who had petitioned to be in the class and she was seven years-old. Her name was Chloe.

Chloe was somewhat shy with an intense curiosity and focused attention. At one point of the day, the children were all asked to take the stage one by one to answer this one simple question: "When you are a parent, what do you want to give your child?"

As each child took the stage, their answers flooded the auditorium.

'A big house.'

'A car.'

'A swimming pool.'

'PlayStation.'

Then it was Chloe's turn to take the stage.

Quite simply in the most unassuming voice ever, Chloe pulled the microphone towards her and said softly, "I want for my child to know other people's perspectives."

Well, you could have heard a pin drop in that room. It was so quiet.

All of us adults looked to each other across the room in dismay. Something deep inside our hearts was stirring now.

Chloe had just spoken what world leaders grapple with.

Young Chloe just brilliantly wished for empathy. In ten words, she opened our eyes that day to how we can all live.

Seeking to understand each other's perspectives.

Allowing ourselves for just a moment to step into the shoes of our children and imagine what life must be like in that moment through your child's eyes.

Empathy is truly a powerful force of the Universe that most of us as children never had the opportunity to experience fully.

Why?

As I see it, most of us were raised within a specific parenting paradigm that involved control over understanding and empathy.

There is nothing bad or wrong with this. Parenting paradigms are systems of thought passed down through generations.

Unless we make a conscious choice about how to parent, we will most likely default to our original parenting paradigm that we have inherited from the family within which we grew up.

For most of us, we grew up within a parenting paradigm - let's call it the domineering paradigm, which is all about control. The domineering paradigm revolves around getting someone to do what you want them to do. It's a system of control that many of us have lived within for many generations.

You'll probably notice the domineering paradigm in many different societal environments. It's how our school, judiciary, and government systems work. The domineering paradigm is prevalent throughout many work, religious, and social organizations. It usually involves some system of hierarchy. In parenting, the domineering paradigm may show up

in phrases such as ‘A child should be seen and not heard.’

On the opposite end of the spectrum is the peaceful, connected paradigm—let’s call it the peace of mind paradigm.

The peace of mind paradigm is about having a relationship with, instead of a control over, another person. In this case, it’s having a connection with your child.

For most of us having been parented in the dominant paradigm, we have these certain reactions that are already programmed into our bodies, and our minds, and they cause more stress within us. Perhaps these reactions that cause us to yell, or to use consequences or punishments, to use that domineering paradigm are because we’re triggered and that’s really all we know.

What do scientists know about yelling and punishments now?

Well what we know is that shouting at kids, according to a recent study from Harvard medical school, can significantly permanently alter the structure of a child’s brain.

From a biological perspective, when somebody yells at a child, it causes a lot of stress in the child’s brain. Studies show that punishment and yelling creates more stress in the brain. So much so that educator John Holt writes that when we make a child afraid, ‘we stop learning dead in its tracks.’

That stress that’s caused in the brain from yelling or punishments is actually closing down the center of learning for a child. It’s affecting the frontal lobe, the front part of the brain.

So, yes, it's great to be peaceful. I agree. It's wonderful to be peaceful. But if you choose to shift now from the domineering paradigm to the peace of mind paradigm, you are helping to shape your child's brain as a parent.

And your child craves empathy like water in the desert.

There is a language of empathy so sacred between parent and child...a language to be developed, nurtured, and cultivated.

So, let's delve into your second exercise

Your Second Exercise: Giving Empathy

Take out your journal and answer the following questions:

What are the top three things that your child does that triggers you?

What feeling(s) emerge within you when this happens?

What do you imagine your child may be feeling?

What do you imagine your child may be needing in that moment?

You can answer these four questions at anytime, anywhere.

Offering your child empathy means stepping into their 'shoes' for a moment, to experience life from their perspective and to understand what your child is feeling and what your child may be needing.

Feelings

All emotions are okay. When we start talking about empathy and sharing our feelings, we are oftentimes entering into uncharted territory simply because many of us do not yet have an expanded vocabulary to express our feelings.

Take a moment. Think about how many words you can come up with right now to describe your feelings.

Well?

For many of our new Parenting Coaches at the beginning of their training, they can count the number of feeling words they have access to on one hand.

Happy. Mad. Sad. Frustrated. Delighted.

This vocabulary eventually expands like crazy.

The language of feelings and needs is a beautiful thing. As you learn this new language, you may experience a feeling of freedom when you remove all judgment about getting it right. Like learning any language, there is a learning curve. Allow yourself acceptance as you practice this new language.

Go easy on yourself and knowing that all feelings are okay. The same goes for your child. All feelings are okay.

Earlier, I had mentioned that one of the most painful thoughts that I've witnessed in coaching parents is the thought: "This should not be this way."

It should not be this way, this emotion should not be happening, and I need to push it away, I need to do something with it other than just deal with it, other than just feel it.

Have you ever thought this before?

Yet, dealing with any feeling means that you allow yourself the space to just feel it and have it be okay to just feel it in that moment. You can then offer your child that same space of empathy to just be able to feel whatever feeling arises and just be ok with feeling it in that moment.

It's okay to feel anger.

It's okay to feel sadness.

It's okay to feel elated.

Whatever feeling arises, it is all ok.

Now if you're giving yourself self-empathy, which is something else we train our Parenting Coaches to do, then you are allowing yourself the experience in that moment to fully embrace yourself and your feelings.

Now, this doesn't mean that you have to act upon your feelings in that moment. You can simply allow yourself the experience of experiencing your feeling within your body and just like a wave in the ocean, watch your feeling come in and
<http://90minutebooks.com/3-pay-weeklywewewe> go out.

You can then take a few deep breaths within the pause of feeling your feeling.

Why is this important to do?

It is within this pause, this breath that exists between feeling your feeling and reacting upon your feeling that a whole new world of conscious choice opens up to you.

You have given empathy to yourself first and now, you can offer empathy to your child.

Conversely, when we try to stuff our feelings down or run away from them, then they have the potential to explode in an unhealthy way into reactive behavior at a later date.

So, allow yourself to feel in the moment that you feel. Take a pause. Take a breath before saying the next thing to your child.

Within your pause, if you're saying to yourself "Wow! It's okay. It's okay that I'm feeling angry. And I have these thoughts about my child right now." If you're actually taking a pause, taking a breath, and

not acting upon the anger that you're feeling, then you now have opened up a possibility to prevent that anger manifesting into reactive behavior in another way.

Susan Sarandon says that when we use empathy, then the 'whole world opens to you.'

Now, it's time to offer empathy to your child, that incredible being before you who may be experiencing a multitude of seemingly unexplainable feelings in this given moment.

Empathy really means stepping into another person's shoes and imagining what he or she may be thinking and feeling.

Offering empathy means that the other person, your child, feels fully heard in that moment. When you offer empathy to your child, you focus completely on your child's needs, and you remember that this is not about you, this is about your child.

And when you're offering empathy, you show up for your child without any judgment or evaluation of him or his feelings and needs. Empathy doesn't judge, cajole, convince, advise, interrogate, correct, educate, console, commiserate, explain, or evaluate. Above all, empathy does not attempt to fix anything.

Empathy just is. And it's an art that you can begin practicing right now.

Empathy sounds like, 'Hmmm, I wonder what you're feeling and what you're needing. '

Empathy is born of curiosity and not control. You can now let down any desire to control the situation

or its outcome and simply relax into your curiosity in that moment.

And with all of your curiosity, you can turn to your child at any time, 'Help me understand what you're feeling.'

Empathy is a powerful tool that will develop your connection with your child.

In order to make sure that your child has fully received your empathy, remain with the empathy until you sense that your child's body has relaxed or released in some way. Usually, a child becomes quiet.

When you're practicing empathy over and over again, there is no more need to yell, punish, or deal harsh consequences. For empathy is the bridge of communication that you and your child can now walk together. And when a child is connected with you or anybody, he or she also now has an expanded capacity to learn. This child's mind is now open to learning any lessons. But there must be that connection first.

This is the new generation. This is the new language of empathy that we can offer our children right now. This is the language of feelings and needs that really creates the connection and deep understanding between parents and children. No matter what your child is going through, empathy can become your new language. No matter if your child's being super defiant, annoyed, or upset, bouncing off the walls, super elated, or really fidgety, you can connect with your child by offering them a wide space of empathy.

I'll never forget one of our Parenting Coaches who was going through her training. She is a mom of two spirited boys, and her oldest child was being so defiant with her at school. Instead of punishments, she decided to parent from her new peace of mind paradigm. She chose empathy instead.

Well, like most of us growing up, this mom had never spoke about anger in her family. It was just something that they didn't discuss. So, when she began offering empathy to her oldest son instead of punishments for his defiant behavior, this mom really understood what was truly behind her son's defiance. She got to see the whole picture. Her son was really angry and by his mom allowing him the space of empathy founded in curiosity, he had the unique opportunity to express his anger in a safe way. Not only that but her oldest son also deepened his connection and trust with his mom, now he knew that she was a safe place to work through his feelings and learn how to cope with his anger.

Now mother and son have this incredible dialogue about feelings.

And guess what happened with the defiance? It disappeared. But it didn't begin with any kind of behavior modification. Instead, his mom connected with her son using empathy and showed him that she cares about what he is feeling and what he's needing. She allowed the space for her son to fully be heard.

What a gift to have someone else fully 'get you.'

There is a language so sacred between parent and child...a language to be developed, nurtured, and cultivated.

And then, there is the day when your child returns the empathy to you and others because you are consistently modeling this for him. And all I can say is that receiving true empathy from a child is like tapping into the natural flow of the Universe.

Super wise souls, they are.

I also remember the day when my eight-year-old son reflected back to me, 'Yeah, mom, I get you,' as if it's coming from the oldest, wisest Buddha I've ever known.

As the Dalai Lama says that the 'greatest degree of inner tranquility comes from the development of empathy.'

We live in the listening of others. A child knows when a parent's listening has expanded to celebrate the greatness within him or her, no matter what the 'behavior' looks like in the moment.

We actually have the capacity to shift each other's orientation to life simply by our ability to listen deeply for that awe-inspiring divine whisper that is making itself known in the spaces of empathy.

I am wholeheartedly convinced that our listening as parents can change the world, one soul at a time.

Chapter 4

Being a 100% Parent

'Begin anew right now. No matter where you came from and what you've been through. Your soul is renewed in this very moment and is calling out for you to listen. You are loved. And the whole Universe is supporting you to blossom.'

Now, I'm going to show you in your third step here how to bring steps one and two together. When you incorporate what I am about to show you now around how to be the 100% parent, then you will truly have the deep, connected relationship with your child that you're desiring.

Before we delve into your third step to having a great relationship with your child, we need to address one of the greatest unspoken problems for the modern parent.

Can you guess what it is?

For many of us as parents, we grapple with this problem the moment our child is born and sometimes sooner. As moms and dads, we have this undeniable instinctual desire to be with our newborn child. In fact, I remember when our son was born, his dad and I just wanted to spend the whole day with him. It was palpable now. This bond, this urge to all is together as a family.

Enter the problem of time.

Most of us need to either go to work or go back to work after having a child. And, so for many families, the question is, 'Who will go back to work and for how many hours a day?' Then the next question,

‘What will we do about childcare?’ Then, ‘Who will be with our baby?’

I know it may sound simple yet every mom I’ve spoken with, this unspoken problem of time has weighed on her heart in one way or another.

For me, I just wanted to really be there for my son in every moment. I didn’t want to miss the moments with him growing up. So, I put all of my time and energy into designing a business as a Parenting Coach that allows me the flexibility, time and passion (because I love what I do!) to really be there for my son.

You cannot be a 100% parent until you find a way to offer your child your 100% attention during the time that you are together. This doesn’t mean that you will always your child will always receive 100% attention during that time. However, you will be able to offer 100% as an option.

Think about it. By being able to offer your child 100% of your time and attention whenever it’s necessary, you are creating an inspired space for the relationship between you and your child. Your child will feel that this space exists. He or she will know that he or she is your top priority. And that, for any child, for any person, just feels wonderful.

Finding a balance as parent and professional is probably one of the biggest challenges we ALL face.

One of our parenting coaches, Dr. Tiffanie Noonan, a former pediatrician, can totally relate as well.

When I met her, she was wearing a *lot* of hats.

Physician. Wife. Mom to two toddlers.

On the outside, it looked like she had it all.

But on the inside, she had a constant nagging feeling that there had to be more. Yet, she had no idea what the “more” might be.

Plus she felt so guilty or not being content with what seemed like a perfect life.

When she shared her story here with me, I heard echoes of so many other parents’ stories woven within:

After being a mom and going back to work as a full-time pediatrician, Tiffanie was going through the motions of her life. It was a life that outwardly may have looked like she had it all—successful career as a practicing pediatrician, mom to two toddlers, wife.

The problem? Tiffanie had a near constant nagging feeling that there had to be something more.

She had no idea what it was and she felt guilty for not being content with the life that she had. In addition, she was just flat out exhausted.

As she describes it, she had two people whose lives depended on her for basic survival, plus her patients whose lives depended on me for accurate diagnosis/treatment. So, her babies got the majority of her mind-share and her patients got the majority of her time. When she joined our Parent Coach Training Program, she felt guilty all the time. She was guilty that her kids were in daycare, guilty that she wasn’t finding her career as a pediatrician as fulfilling as she thought it “should” be, and guilty for yelling at her kids at the end of every day.

Have you ever felt like this as a mom?

We try to find the time as parents to do it all. Work, have a successful relationship, and be there for our kids. Yet, time after time again, I talk with moms who feel like they're falling short. And, do you know the area of life that suffers the most in this whole new work-life-parenting cycles for moms?

Parenting.

Yup, it's the parenting that suffers.

Parenting is just that huge in that it truly takes 100% of your focused attention.

From my experience, the mom or dad is stressed trying to do it all and that stress bleeds out into their parenting. Oftentimes, as parents we have not yet created a way to be there 100% for our kids and offer them 100% of our attention when we are with them.

I call being a 100% parent and it will allow you the ability to have the time and the mind space to practice steps one and two of your New Code here.

Being a 100% parent doesn't mean that you drop everything in your life and only parent your child. On the contrary, you design your life so that you have the time, energy and resources you need to really parent your child according to your highest parenting vision and needs.

When Tiffanie decided that enough was enough, she made a choice to turn her life, career and ultimately, parenting around. Her answer was to become a Parenting Coach, which afforded her the time, flexibility and above all, the transformation in her parenting that she was so searching for.

Tiffanie longed for a deep connection with her boys. And she also longed to model that kind of deep connection for them. She knew that she needed to re-design her life to really be this kind of model.

When Tiffanie became a 100% parent, guess what happened?

She achieved a deeper connection with her entire family.

She stopped yelling.

Her son started telling her how he was feeling instead of just hitting the ground screaming.

She learned to model empathy, not just for her family, but for herself.

She started to honor her own needs so she could avoid the overwhelmed, exhausted state that left her frazzled and impatient.

Overall, her guilt completely disappeared.

Tiffanie made the time she needed to really be there for her kids 100%. And Tiffanie's parenting work that she was doing was so fulfilling and life changing for her that she chose to leave her clinical practice as a pediatrician to focus on *making a difference in the lives of children by helping families learn how to establish true peace and connection.*

Ok, ready for step three?

Your third step is learning how to be a 100% Parent.

Being a 100% parent means that you are completely focused with your child.

It happens in three stages.

Your first stage of being a 100% parent is letting go of perfection.

Parenting a child is no easy feat. In my opinion, parenting is the most important job on the planet. And, it is also the most challenging. I have not met a perfect parent to date and I, by no means, attest to being a perfect parent either.

The desire to be perfect will often block you consciously and unconsciously from living in your passion and just having fun in your life.

We all have these images of what is perfect for ourselves and our children. These images may be correct or, as I've discovered many a time, these images are laden with underlying unsupportive feelings, like guilt, and unconscious beliefs that are keeping you creating more stress or overwhelm in your own life.

When you are trying to get it all perfect, then there is an element of control built in here. Remember the opposite of control is curiosity? Well, the opposite of perfection is passion.

If Tiffanie wasn't able to go through her first stage here and let go of perfection, then she would not have been able to discover her true passion for being a 100% parent and becoming a Parenting Coach.

So, let's delve into this next exercise.

We need a lot of our precious time and resources as parents to really be able to offer our full 100% presence to your child.

Here is your Stage 1 exercise to being a 100% parent:

Take out your journal and answer these three questions:

1. Are you truly happy in your life 'outside' of parenting? If not, what's missing?
2. Do you feel like you're not living up to your true potential in any area of your life now? If so, which ones.
3. What do you believe is keeping you right now from living up to your true potential in life? If you don't know the answer, then just imagine what you would think the answer here would be.

Good. Now look at your answers. Are you happy with what you wrote?

In your assessment, are you completely fulfilled right now or is there something missing? Be honest. You really don't have any time to waste here. This is your one precious life and your one precious chance to really be there for your child in all of your glory.

Ok, time to move on.

Your second stage of being a 100% parent is to make a commitment to transform.

Commitment is a funny thing. It doesn't just fall out of the sky and land in your lap. Your transformation will never happen until the moment when you go all in and commit to making it happen.

It's like this with anything in life. Whether you want to transform your health, body, career, love life, parenting...

Have you noticed?

Your commitment brings your results. And the level of your commitment increases or decreases your results proportionately.

No commitment = no transformation.

I speak with so many new potential Parenting Coaches every week. You know what I experience?

Those that have already committed 100% in their hearts to transforming their lives have great success in our program and afterwards, have a thriving business as a Parenting Coach. And, those that are kind of dabbling with the notion of transformation, taking it on and off as one would do with a piece of clothing, either don't end up being accepted into our program or, if they do, they struggle to see results.

Until such time that they make a commitment to themselves.

This is the moment when everything shifts. I can jump up and down all day long telling you how great you are, how successful I see you being, yet, until you step up and commit in your heart to making the transformation that you want to make, then you will not get to where you want to go.

Ready to test Stage 2 out?

Here is your Stage 2 exercise to being a 100% parent:

Take out your journal and answer these three questions....

1. What are you committed to transforming in your life?
2. Record the date and time right now that you are making this commitment. (If you are committed to transforming something).
3. Find one action to take towards your commitment.

Tomorrow, take out your journal and write down your answers to #1-3 here. And ask yourself, what was the action that you've already taken towards your commitment? If you haven't taken any action yet, this will give you an indication of your level of commitment. Rinse and repeat Stage 2 daily.

Now, you're ready for Stage 3 to being a 100% parent. And Stage 3 happens to be my personal favorite because once you transform this, you can transform anything in your life.

What is it?

Your third stage of being a 100% parent is to stop playing the Blame Game and become a creator in your life.

So, let's find out first if you're actually playing the Blame Game in your life.

Here is your Stage 3 exercise to being a 100% parent:

Take out your journal and answer these three questions...

1. If you had all the money and time in the world, what would you do
2. What or who is stopping you now from doing what you wrote in #1?
3. Why do you think that whatever or whomever you wrote down in #2 is stopping you?

Clue: If you wrote down anyone other than yourself or an internal pattern within you right now, then you are most probably playing the Blame Game right now in your life.

The Blame Game will have you comparing, contrasting, and above all, complaining because your success doesn't appear to be showing up in exactly the way you want it yet.

So, you keep playing the blame game. You attribute your failure or misstep to this person or that person. Anybody but you.

We've all done it before.

Something doesn't go your way in life or parenting and it's everyone else's fault, right?

It's just so much easier to make it about your child, or your spouse, or that guy at work, or that woman

who cut in front of you at line in the store, or your child's teacher....the list goes on and on.

You get the picture.

Here is why our Parenting Coaches are so successful in their training because they learn how to step completely out of the blame game in every area of their lives and step into their true authentic selves.

How do they do this?

Ah, our secret sauce...

We'll be revealing all of that in our Parent Coach Training Program. But, for now, here is the mindset that you'll need to step out of the blame game entirely.

Mindset: Claim your success.

You either claim it or blame it.

It's the direct opposite of the blame game. When you claim your success, you require yourself to take full responsibility for all of your successes and failures, for being at the *source* of your success.

Success doesn't just happen to people.

Successful people in parenting and in life *claim* their success.

And those who do claim it have *zero* time to waste on the blame game.

They go *get* it, whatever their *it* is. And when they do this, living in alignment with their purpose, then there is a force in the Universe that carries them.

Bottom line is that you cannot wait if you're truly committed to your success.

Now you know. You've been called to make a difference by the mere fact that you are reading this now.

And your child is calling out to you to be excellent right now.

So, what're you waiting for?

Chapter 5

Live In Your 'Calling'

'To realize one's destiny is a person's only real obligation. All things are one. And, when you want something, all the Universe conspires in helping you to achieve it.' - Paulo Coelho

So, now you have it.

Your master plan for all three steps to have a great relationship with your child.

However, all the plans in the world are no match for the pull, the 'calling' that lies deep within your heart. Therein lies the greatest force you will ever know.

When you feel called towards something, you will move mountains to get there.

When you feel called, you feel alive.

When you feel called, nobody can tell you 'oh no, you can't' (well, maybe they can, but if you're anything like me, that stuff just doesn't stick for very long!).

I really began noticing this 'feeling called' thing when I first became a parent.

My 'feeling called' muscle seemed to come alive in the center of my heart.

Yes, my 'feeling called' muscle was to parent my child in the best way I knew how and well, if I didn't know something, I felt incredibly 'called' to find it out.

Feeling called towards parenting became my mission and still is to this day.

Know what I mean?

In fact, every single person I talk with on the phone who we accept into our Parent Coach Training Program feels called.

And that's not just my interpretation.

Actually, somewhere in the conversation, they will say those actual words, 'I feel called to do this.'

It's one of those things where people say, 'If I had a hundred dollars for every time I hear someone say that...I'd be rich!'

So, my question for you today is, 'What do you feel called to do?'

Really, take a moment for yourself to answer. Allow your answer to emerge.

Take a walk...take your time...go within.

When we had our last live event in Los Angeles for our Parenting Coaches, something magical happened within that room.

Tears of joy and release streamed, laughter permeated the walls, and I looked around the room into everyone's eyes.

Their eyes told a story...each one of them.

There was something deeper that was calling them forth. You could feel it. Something greater than each one of them.

It was this same something that kept me up at nights and called me to listen to my heart of hearts telling me years ago now that parenting is my calling...that I must go and give my life to something greater than myself...that I must spread

the work of conscious parenting far and wide throughout the land.

Guess that's the work of a 'calling.' And when you have a 'calling' you make things happen. You find a way.

The fact that you've read this book tells me you're a special kind of person and that you believe that conscious parenting is one of the most important things that we can do.

If you feel like a lot of parents that you spend too much time away from your kids because of your work, or you just feel disconnected from your children, or you're just not feeling fulfilled in your current career or not making enough money and you're ready for a change, then you are definitely in the right place. You no longer have to sacrifice your kids for your work or your work for your kids—you can have both.

Becoming a parenting coach not only empowers you to have a great relationship with your own children, but gives you the opportunity to truly live a purpose filled career working from home or your office, on your own terms, helping other parents have great relationships with their children and making great money, all while giving you flexibility in when you work and where you work, allowing you to spend more time with your own children and doing other things that are important in your life. You are your own boss and can generate a substantial income with flexible part-time hours, making a real difference in the lives of others and in the world.

If this sounds like you, you can learn more at www.BecomeAParentingCoach.com

I'll never forget one of the most profound conversations I've ever had with an 8 year old child.

One simple phrase flew out of that child's mouth and I swear I understood exactly *the essence of being a 100% Parent.*

I understood why we need more than ever to deeply connect with our children.

I understood why our Parenting Coaches do what they do.

It was like every insight came into complete alignment with this one simple phrase.

Ok, so what was the phrase?

This young boy was sharing with me the experience of what it's like for him when his dad wants him to do his homework. He was sharing with me how he listens to his dad because his dad was so *'strict.'*

It looked on the surface that this boy had 'great manners' around his dad. After all, the boy got his homework done whenever he was with his dad.

You may even go so far to say that they had a good relationship from everything that the boy was describing.

I mean, the boy was 'well-behaved' in his dad's presence. He got his homework done. No problem, right?

I chose to look deeper.

And the boy started opening up to me about how he was afraid of his dad. How he doesn't really trust his dad because of this 'strict'-ness and the

threat of punishment if the boy doesn't do as he's told.

So, I challenged the boy.

I asked him, 'Why don't you trust your dad?'

And here's where the boy's phrase stopped me dead in my tracks.

'He's making memories,' the boy shared in the most calm, most Buddha-like voice ever.

Memories of being 'strict'? I asked.

The boy nodded.

And, that's why you don't feel trust with your dad? I pressed on.

The boy nodded and the room fell silent.

It was a moment of insight into a child's world.

His dad was 'making memories' of control and disconnection within his son's world.

And his dad didn't even know that he had been doing this - making memories.'

But the fact is that memories stack up. And the son was stacking up those memories in his mind - evidence as to why he shouldn't trust or feel safe sharing his most intimate thoughts and true feelings with his dad.

What memories do you want your child to stack up now?

Being a 100% Parent isn't just a nice theory that we throw around in cocktail conversation.

Being a 100% Parent is connection, trust and intimacy.

Being a 100% Parent is what our children are craving.

You are part of a growing movement of parents who have opened their hearts to the true connection, the true relationship that they can have between themselves and their child.

It's a time of awareness.

It is one of the most exciting and innovative times in history.

It is, without question, *your time*.

Jolette Jai

Jolette Jai is the founder of The Jai Institute for Parenting, where she has trained conscious Parenting Coaches around the world, from all over the U.S. to Canada, Brazil to South Africa, and the UK to Dubai, to help parents raise caring, capable & confident kids with her 10-step Jai Process. This process is the first of its kind, helping parents experience authentic, deep connection with their children while setting limits in a way that enhances the long-term relationship between parent and child. Jolette is a passionate public speaker, inspired entrepreneur, paradigm-shifter, and most of all, a fun-loving mom to a wonderfully spirited 9-year old boy, Gabriel.

Here's How to Have an Amazing Relationship With Your Child...

You already know being a conscious parent is the most challenging and most rewarding calling one can have. The challenging part is finding the delicate balance between not having to sacrifice your kids for your work or your work for your kids.

That's where we come in. We help people just like you follow your passion and become a conscious Parenting Coach which empowers you to have a great relationship with your kids and allows you to help other parents do the same.

Now you can become a 100% parent AND have the flexibility of when you work and where you work, allowing you to spend more time with your own children and doing other things that are important in your life. You can become your own boss and generate a substantial income with flexible part-time hours, making a real difference in the lives of others and in the world.

*If this sounds like you, **Simply Visit:***
www.BecomeaParentingCoach.com

