

CHAPTER 10 RAISING YOUR CHILD'S EMOTIONAL INTELLIGENCE

WE MUST DISCOVER WHAT WE ARE LOOKING FOR INSIDE NOT OUTSIDE OF OURSELVES

We all have an inner peace we can learn to consciously access.

External rational thought creates external feelings.

Internal conscious thought accesses internal feelings.

DR. Donald Goleman coined the phrase "emotional intelligence". There is a difference between emotional intelligence and spiritual intelligence. Emotional intelligence is using our spiritual faculties to become aware of sensing our feelings. Spiritual intelligence is taking the next step to focus on the presence of the peace within us.

RAISE THE MOOD LEVEL

It's all about the atmosphere. not the action It is difficult to translate atmosphere in a writing. All you can do it to try to get the readers to reflect or go in themselves. It is that truth we are pointing to . It s not the finger its in the direction.

The first premise to understand is everyone has an inner peace. Children are not empty vessels that need to be filled, but precious gardens that we are to nurture. The seeds are already planted. Look at the cause not for the symptom, the substance not the form. the principle not the exercise. Do not deal with issues when people are in negative moods. A person acting in a negative way is in a negative mood. You do not try to reason with them as much as change their way of thinking or perceiving. It is all in the atmosphere.

My oldest son had a unique kind of preventative time out. His four children were trapped inside during a rainy day. He could feel the tension building up. Wondering what to do, he took them outside into the rain, just as they were. One was barefooted, none had jackets. He looked up at the sky and they felt the rain, the cold and the dampness. He began to talk to them about how better it felt being in a warm, cozy house during rainy days. They went back to the house with a sense of appreciation. and played together with great joy and appreciation.

The wisdom we learned in parenting was not from books but from an inner wisdom which most people will call commonsense. We were not at the time aware of the principles. Looking back we realized when we were discovering them we were in the peace. When we were acting dysfunctional, it was because we are out of the peace and in a low mood. It is as simple as that. When in a high mood you receive an inner wisdom. You see, hear, and act differently than when you are in a low mood of unhappiness insecurity and feeling rejected. This is just common sense. When you are in the peace it is the time to use your imagination and common sense.

We expected our boys to be home at a certain time at night. We began to enforce the need to turn the lights out when they came in. We had an electric clock hooked up to the switch. When they came in and turned off the lights, it would turn the clock off. We

would ask what time they came home. They would tell us eleven, and we would tell them two. After they left the home we finally told them why we knew the exact time they came home.

Taking life to heart means using your internal conscious faculties to focus on ones inner Peace. We have both internal and external faculties. One is listening externally to hear the sound and internally to hear the feeling. When we listen for the feeling it is not ours, or the children's but the inner sense of peace. When we operate externally while we are experiencing internal peace we will see things, hear things and act externally in a different way than when we operate from an internal insecurity. This takes a little explanation and a lot of practice. Let the reader take a moment and listen for their inner peace. It has nothing to do with quieting down on the outside, and all to do with quieting down on the inside. Become conscious of the difference it makes when you are dealing with your children. Learn to take life to heart and share it with your family.

TAKING LIFE TO HEART

Teaching children spiritual intelligence is all they need to know for life. Teaching it depends on the parents spiritual intelligence. If you dot have it, you can't give it. Raise your families spiritual intelligence by discovering each others triggers. Spend five minutes as a family a day becoming conscious of one of these truths.

Here is a quick way parents can grade and raise their families spiritual quotient. Grading on a basis of one to seven, seven being highest, what is your families score

SPIRITUAL INTELLIGENCE PROFILE;

_____ Emotionally, and socially competent to shying away from social contact. We know some people have a tendency toward being extroverts and others introverts. What it means is some people get their strength from being with peoples and others by being by themselves. I get energy from being with people and my wife gets it by being alone. When we would come back from an exciting family camp I would want to get everybody together again on Monday night, while by wife didn't want to see anyone for a while. We can learn not have to feel shy when we are around others by learning how to be comfortable with our own selves. We do this by using our spiritual faculties to get in touch with our inner peace. Teaching our children to do this will raise their spiritual Intelligence and bring them out of their feeling of shyness

_____ Personally effective, self assured to immobilized by stress. Here are the words of a mother who understands the importance of teaching spiritual intelligence to children..

"I was thinking of a little encounter with my little daughter. A few months ago she was having a tantrum which had its roots in the fact that her dad was on a trip; it appeared to be something else, however. After I thought she was tired enough of the pain, I began to suggest that perhaps she was actually upset about her dad being on a trip rather than, whatever it was (can't remember now) she thought she was crying about, and that

whenever she was ready maybe we could have a cuddle and talk it over. She was eventually ready and we were having our cuddle, and she said, "You have to have a brain in order to feel." I asked her just what she meant, and she said, "Well, if you don't think certain things, you don't feel certain things."

I don't think we have ever discussed this truth. I think she intuitively knows this is the truth. Later we were driving and talking about babies and how they grow in the mother. I had told her on another occasion that I had suffered a miscarriage and so had her grandmother. She asked why it happened and if it hurt. I said that it hurt physically and emotionally, and she said, "Well, you can still have peace even though things hurt. Daddy is on a trip and I have felt peace the whole time he has been gone. It is possible to have peace."

_____Able to cope with frustrations of life to easily upset by frustration.

It seems there are more and more frustrated children in today than in the past. We give children pills, drugs, and material things to over come their frustration., Frustration is a mental illness. It is caused by the perspective not the event. When children learn where feelings come from and how to access their inner peace they discover the road to happiness

_____Easily put words into ideas to over react to difficulties.

Over reacting is caused by how people see things. When children are feeling unhappy, unloved and insecure they will react differently then when they are feeling loved. happy and at peace. As they learn to access their inner peace, they will begin to learn how to be proactive rather than reactive.

_____Use and respond to reason to having a short temper.

There are no such things as short tempered children. There are children who in a low irrational mood act in a short tempered manner.. The same child in a high mood will not act in this insecure manner. We need to learn to treat the cause, low mood, not the symptom, irrational actions.

You cannot reason with children in a low mood. It is an irrational moment. It takes a time out and a time to get back into peace and reason. Teaching about internal time-outs by demonstration external time outs leads to maturity.

_____Able to follow through with ideas to likely to go to pieces, freeze and regress under pressure.

. Stress from pressure is created not by the event but by the way of thinking. Some parents put their children under the stress of pressure for control or discipline purposes. This sends them the wrong message. Having children learn to deal with stress on an internal basis early in life sets them free to be personally effective people. When parents can learn this and model it for their children they will both be free.

_____Eager to learn to not eager to learn.

Learning is more a mater of interest than mental ability. Show me a child who is

interested in something and I will show you a learner. We try to interest children externally so they will have an internal interest. What we need to do is to have them learn how to be internally interested, that is at ease and comfortable with themselves and they will discover their external interests. .

_____ Embrace challenges and pursue them to be stubborn and indecisive. Children who are fearful about challenges and give up too soon are afraid of failing and feeling insecure. Giving them winning experiences alone will not enhance them. Teaching them to feel at Peace whether they win or lose will give them the security to keep on keeping on.

_____ Even when pressured able to face difficulties to become rattled and disorganized. All children will become disorganized at times. How people make them feel about being disorganized is more important than being disorganized. When they learn no one can make them feel, they become responsible for the pressure and frustration they alone can create or control. This is done by teaching them to use their spiritual faculties to access their inner peace and wisdom.

_____ Self reliant and confident to tend to blame others or shame self.

Blaming and shaming can come from parents, other children, as well as themselves. When children feel secure they do not have to react in blame and shame. They become self reliant. Teaching them to realize what difference between being in the peace or not makes will bring them the esteem, confidence and self reliance all are looking for.

_____ Trustworthy and dependable to mistrustful and resentful about not getting "enough". Mistrust is caused by insecurity. Insecurity is the cause of all of mental problems. Being in the Peace eliminates insecurity and all dysfunctional behavior. Learning to do it by using spiritual faculties is what is needed. Parents can't teach it if they don't have it. It is called Spirituality 301. It needs to be learned and practiced. There is not better people to practice with than those in your own family

_____ Takes initiative and plunges into projects to prone to jealousy and envy. Jealousy and envy are feelings that children have but generally don't have the understanding of what they are or where they come from. As long as they try to find what they are looking for outside of themselves they will have jealousy and envy. When they beginning to find what they are looking for inside of themselves, they will be free to take initiative and learn to plunges into projects with great abandonment

_____ Able to delay gratification in pursuit of their goals to less able to impose delay on their impulses. Learning to give up the immediate gratification for the greater good is one of the most important premises to teach our children. It is the cause for all drugs, alcohol, tobacco and food abuse as well as chemical dependency that might plague them in later life. The basis for dependency and codependency is to believe the event creates the feeling. It is

the basis for the belief, "If I get what I want, I will feel good. If I don't get what I want now, I won't feel good". The truth is, they can still feel good whether they get what they want or not. Feeling good or feeling God's peace, joy, love of His presence is what we are looking for. All else leads to addiction..

_____ When unable to solve problems remains competent to tend to shame themselves as being "dumb".

Children feel dumb when they are in a low insecure mood. You cannot reason with them. Get them to use their spiritual faculties to access a sense of peace and calm and you give them the opportunity for their rational faculties to take over and make their problem solve.

Today parents find it difficult to get together regularly as a family. The need is for some kind of guidance that will enable them to meet for a short time and discuss family matters. The five minute exercises below were used in a school setting. The teaching impacted the whole community in a positive way. They can be used in the family as well. They need to be used with imagination and on some kind of regular basis. Perhaps use them at meals once or twice a week, before family conferences, even at particular times before important family discussion. Different family members could choose the one they wanted. Even if a person is not open to the program, just hearing the truth can impact their lives. Over a fairly short period of time it could help bring a dysfunctional family into healthy functional living.

PARENTING AND RELATIONSHIP TRIGGERS;

As long as people try to overcome the pain and fear of being rejected and unloved so they will be at peace, they will always be lost. When they begin to find the peace to overcome the pain and fear they begin to find the way home to life.

WHEN I THINK OF HOW MY FAMILY, FRIENDS. 1. Did not listen to me. 2. Ignored me 3. Blamed me. 4. Failed me. 5. How others didn't try. 6. Make me work at home 7. Expect too much of me. 8. Think of me. 9. Are disappointed in me. 10. Pick on me. 11. Disappoint me. 12. Don't trust me. 13. Disagree with me. 14. Play favorites. 15. How important I am to my family and friends.

REACTION

I FEEL....

REFLECTION

I FEEL MORE... ONE TIME THAN ANOTHER.

REGAIN POWER

THE MOOD I AM IN MAKES A DIFFERENCE.

REGAIN CONTROL

I DO NOT ALWAYS HAVE TO FEEL....

PROACTION

IT WOULD BE POSSIBLE TO BE AT PEACE

