

CHAPTER 9 PARENTING

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.

SPIRITUAL INTELLIGENCE INVENTORY

1. Spiritual Intelligence should first be taught in church. TRUE OR FALSE?
2. It is important to read all the books you can on parenting. TRUE OR FALSE?
3. Time outs should be used when you have to punish your children. TRUE OR FALSE?

LEARNING TO LOOSE

As long as parents think their children's` happiness depends on what the parent does for them, they will continue to create dependent offspring. Teaching them Spiritual Intelligence is all they need to know for life. Teaching it does depend on the parent knowing it. If you don`t have it, you can`t give it.

Kids are born to fight with parents. Just make sure your fights are over the little things. I know some parents who cave in with their kids over the little things. When they start to fight it is over something important, they cannot afford to lose. When they loose, they both lose big. You need to lose to win. If kids are born to fight with parents, than parents have to learn how to fight with their kids. Try to have thing's you can fight over that you are willing to loose.

In our family we would fight with our kids over what time they went to bed and what allowance they would get. When we lost and they won, we also won because another half hour or fifty cents didn't matter that much us, but it did to then They found other class mates were staying up watching late shows they could not. If they wanted to stay up later, they would have to fight for it. When they won and we lost, we both won. They would build up their trust bank . When they broke the trust, they would revert back to early bed, family conferences, and sharing of feelings. There was no argument on their part, They knew they had broken the trust bank.

Parents can lose the little battles so they don`t have to loose the War on thing like drugs, sex, and school children are tying to discover who they are. They are looking for boundaries. The reason children fight against parents and their siblings is nothing personal, its just they are the ones closest to them. The greatest thing parents can give a child is the understanding what they are looking for is inside not outside of themselves.

When they begin to look inside, rather than outside, they are on the way to a happy,

healthy and functioning life. In order to teach children how to stay in the Peace no matter what is happening outside, we need to know how to do it ourselves. When we are parenting we are practicing staying in the Peace, while dealing with the high and low moods of the children. We turn the problems into samples.

ITS NEVER TOO EARLY TO TEACH SPIRITUAL INTELLIGENCE

My young grandson had a blow up with his baby sitter and was in the family dog house. The parents had to go out and Grandfather was called to baby sit. You do not ask the child what went wrong, or even discuss it. You must first raise the atmosphere We took a ride to the movies, had popcorn, candy and soda. Coming back we had a chance to talk not about his misbehavior, but about experiencing the Peace no matter what happens on the outside. We talked about where the anger came from and how it needed to be let go by getting hold of the Peace. We did not try to solve any problems, just practiced experiencing the Peace. The parents remarked about how it had helped him. So much that when the parents had a small argument between themselves, the young boy walked in the room and looking at both of them calmly said, "Let go of the Anger" and calmly walked out. Needles to say they did.

ITS NEVER TOO LATE TO TEACH SPIRITUAL INTELLIGENCE

There is a school in psychology that studies Family Systems. It treats the family as a corporate personality, rather than dealing with each individual as a separate entity. One leader in family systems has a giant mobil with figures of a father, mother, and children. He hits one of the family members and they all start moving. This is to show if one of the members is dysfunctional, it will impact the whole family system. This is true, one dysfunctional person will impact a whole family system. It is also true if you hold one of the pieces in a mobil, it will steady and slow down all of the others. In other words one functional person a family can do much to bring a family into health as much as one dysfunctional person can tear it up

One functional family member can teach the rest of the family how to be free from the pain of past abuse, abandonment and expectations. Its like being in a room of people where one loud child disturbs all the others. However in the same room one person operating out of the Peace can impact the entire room in spite of the child. You do not have to feel frustrated and upset just because the child is acting out. It works in offices with all of sorts workers, and families with dysfunctional members. It is never too late to start..

TOUGH LOVE OR LOVE, LOVE

Knowing when to say "yes" or "no" is the sticky part of parenting.. Put in another way, it is the difference between "Tough Love" and "Love, Love". Generally fights over parenting is because one person is more "Tough Love' and the other is "Love, Love" Two parents who have differing views in a low mood can cause incompatibility because they do not appreciate each other, and one wants to be right, "My way or the highway". A high mood can create harmony when both respect the other and are feeling secure enough to look for a win/win outcome.

In our family I was the Tough Love person and my wife was the Love, Love one. There were times when our children needed to get the tough love and times they needed just plain love, love. Sometimes it was, "You have messed up and that is it", and sometimes it was, "We understand and need to have another chance". We learned after many years to sit down together and share what we both were thinking and feeling. We made sure we both understood the other persons position, giving each other the gift of being understood.

Then we would take some time out to ponder the situation, come back and many times have new insights or an appreciation of the situation. The discussion generally was made with common sense and positive results. Most of the time, when we would make snap decisions without pondering because it had to be made right now, we had a bigger mess than before.

CALLING TIME OUT IS THE CORE OF SPIRITUAL INTELLIGENCE

"Time Out" should be seen as a principle not a program, or exercise. Some people use time outs as the old "sit in the corner and wear a dunce cap." That is not new. What is new is using them for prevention rather than for resolution. They should be proactive rather than reactive. They are opportunities for teaching understanding not for disciplining. When used as resolution they become punishment, When used for prevention they become a blessing. When children see them as punishment, they will not learn much. When they are used for prevention they become a learning experiences.

Time outs should be for both child and parent. It is like a holding on to a balloon filled with hot air, as it starts to rise. Some people will hang on until they can do it no longer. With hands bleeding they fall all the way to the ground. At best they go away with a sprained or broken ankle. If they had only let go immediately, they would have spared themselves a lot of woe. Times out is letting go before it is too late. They should be used when the parent or the child seems to be getting out of hand. Not wait until the last moment. It should be used to teach, we do not have to feel upset just because things are not going as we want, and it is possible to be at peace Get in your room and don't come out till you feel better, won't impart much understanding..

The Key to time outs for prevention is for the parent to catch themselves internally before it is too late. There are two kinds of time outs, external and internal. Resolution time outs go from the external to the internal. Preventative time-outs go from the internal to the external. That is, do you have an external time-out to get an internal peace, or do you get an internal peace to have an external time out? It is like the little bumps on the freeway. When you feel them popping, you just calmly move more to the center. When the parent feels they are heating up on the inside, they need to get themselves centered internally before they try to get the child centered externally.

There are three levels in the School of Spiritual Intelligence, 101, 201 and 301. The 101 is understanding how to access ones Inner Peace. 201 how to stay in the peace, and 301 is how to enable others to access their peace. If you do not understand the first two, than the third level becomes manipulative. It is the attempt to get others in the peace so you can be

at Peace, or even worse to get them to do what you want done. If you haven't got it, you can't give it, and it won't work Parenting is all about working from the 301 level.

We need to learn and then teach children to take responsibility for their anger. Anger is not caused by some past event, present situation or future concern. It is caused by low mood thinking. Change the mood, change the perspective. Here are a series of exercises which can be taught by practicing them over a period of time. Each time will afford the persons to become more adept at living out life as an adult and to its fullest.

Practice staying in the presence by asking the question in your family. **WHAT DIFFERENCE DOES IT MAKE WHEN YOU ARE IN THE PEACE OR OUT WHEN YOU THINK OF HOW YOUR FAMILY**

Disappointed you, Lied to you, Criticized you, Did not behave properly, Did not listen to you, Did not understand you, Did not obey you, Was not fair. Broke their promises. Did not follow through. Were not responsible. Ignored you, Blamed you, Failed you, Offended you, others in the family, or someone else.

What other things seem to create strife in your family?

Now check your answers and see if you have any change of heart.

RESPONSES TO SPIRITUAL INTELLIGENCE INVENTORY

1. Spiritual Intelligence should first be taught in church.

FALSE- It should first be taught at home.

2. It is important to read all the books you can on parenting.

FALSE -Not if you have spiritual intelligence. The learning is in the practice, not the reading.

3. Time outs should be used when you have to punish your children.

FALSE- Time outs were meant to reward, rather than for punishment.