

Welcome

CONSCIOUS PARENTING

Every interaction with our children is a reflection of our own relationship with ourselves.

DR. SHEFALI
#LIFECLASS



Presented and created By Karen Cohen for MPS parents evening 22 August 2017

#consciousMPS2017

Scale

SCALE LINE: How much do I know about being a
conscious parent right now?

1 → 2 → 3 → 4 → 5 → 6 → 7 → 8 → 9 → 10

What are my expectations as a parent?

- To provide better opportunities for my child.
- To protect & shelter my child from life's troubles
- Obedience from my child
- I know best - listen to me.
- My child must mix with the right crowds.
- Good marks, academic success.

- My child must excel at whatever he/she does.
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Are these my needs?

Conscious Parenting by Dr Shefali Tsabary at TEDxSF



https://youtu.be/QM_PQ2WUD2k?t=28



Parents who engage in this kind of [conscious] parenting understand the power of being present being mindful to take the time to build connection understanding that this foundation is the bedrock of all later self-worth, self-esteem and self-actualization.

— *Shefali Tsabary* —

AZ QUOTES

"Shefali Tsabary's invaluable book shows how the challenges of parenting can become a great opportunity for spiritual awakening. Becoming a fully conscious parent is the greatest gift you can give to your child."

— **ECKHART TOLLE**, author of
The Power of NOW and *A New Earth*



THE *transforming ourselves* CONSCIOUS *empowering our children* PARENT




Shefali Tsabary, PhD

Preface by His Holiness the DALAI LAMA

Don't rescue
your child
from a
challenge.

Teach them
how to
face it.

The parenting paradigm shift

- Be open -You might feel guilt and pain as you watch your child fall, this is the awakening of learning, embrace it.
- Are you lost in your own agenda?
- Judging from a pedestal?
- There is a new parenting paradigm shift
- Children weren't put on this earth to fill any need except their own.
- Look at your stuff / baggage are you passing it onto your child?
- Is your conditioning abducting their love?

Enter with presence – from today

Parent with mindfulness

- Parent differently
- Look to yourself first—fill your need
- Release your agenda
- Stop micro-managing
- Conflict → lack → anxiety → control
- Feel abundance not lack
- “What if...” is my way so important



WHEN YOU PARENT, IT'S
CRUCIAL YOU REALIZE
YOU AREN'T RAISING A
“MINI ME” BUT A SPIRIT
THROBBING WITH ITS
OWN *signature*.

Dr. Shefali Tsabary

Eat together, play together, laugh together,
hug, say I am sorry, be vulnerable it's a
strength not a weakness.....

John Rosemond says that Vitamin N is as important as Vitamins A,B & C. Vitamin N is saying NO to your children “it builds character”.

As parents we want to build character and build strong relationships, being in the moment with our child, agenda aside, we can say YES to a stronger character.



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Thank you

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References

Dr Shefali - https://youtu.be/QM_PQ2WUD2k?t=28

Dr Shefali - <https://www.google.co.za/search?q=dr+shefali+quotes>

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Rosemond, J. 2017. <http://www.rosemond.com/July-2017.html>

The logo for Purpose Plus features the word "Purpose" in a large, bold, teal font. The letter "o" in "Purpose" is replaced by a colorful circular graphic composed of several overlapping segments in shades of purple, blue, green, and orange. To the right of "Purpose", the word "plus" is written in a smaller, teal, sans-serif font. Below the main text, the tagline "your true potential" is written in a smaller, teal, sans-serif font.

Purpose *plus*
your true potential