

# The Parent's Path: A Coaching Guide to Transform Self and Family

## Introduction

Parenting creates the foundation for human existence, physically and spiritually. We come into this world totally dependent upon our physical parents for physical sustenance and survival. Most psychologists agree that the foundation for a healthy emotional and mental life is created in the first three years of life. Parents do the best they can to provide the physical, mental and emotional elements their child needs for survival and growth. Unfortunately, many parents do not recognize their child's essential need for spiritual nurturing. As most people were not parented holistically, they are often incapable of providing this missing yet essential ingredient when parenting their own children. It is this author's observation based upon 15 years of working with at-risk youth as well as parenting four children, that spiritual emptiness and weak emotional connections in children are what causes a great deal of emotional disturbance, drug, alcohol and other addictions, premature sexual involvement and delinquency.

Beginning about four years ago I used a model called Parent as Coach (PAC) with my family, combined with metaphysical practices and energy work.

First I developed a program for spiritually re-parenting myself so that I could be a happier, healthier person and more effective parent to my children. When I began practicing the "seven ways" to coach in the PAC program, I realized that I had some very stubborn habits and patterns from the way I was parented. The PAC model teaches parents a set of concrete skills, as well as a framework, for interacting with their children. The six months I practiced the seven ways was one of the most intense periods of my 14 years of parenting. I was challenged, experienced extreme joy and extreme frustration, and learned a lot about myself. I realized that before being able to adequately apply the seven ways to my children, I needed to work on my own stuff. I felt day to day the significance of spiritual parenting and the value of the coaching program. I discovered that I needed to find ways to integrate energy work in my parenting.

Using energy psychology, we can release the negative emotions and patterns built up as a result of negative parenting, such as the deadly 7 habits - nagging, complaining, criticizing, blaming, threatening, punishing, and rewarding to control. After releasing negative energy patterns, metaphysical affirmations can be used in conjunction with other energy technique for integrating the affirmations. Metaphysical affirmations help change the previous patterns of thinking to a healthier way of thinking.

I believe that as parents take responsibility to nurture (re-parent) ourselves spiritually, we will be able to spiritually nurture our children. My review of the literature affirms this as does my own experience in social work, life coaching and parenting four children. Chapter 3 of this e-book will describe the methods I used, i.e., the coaching, spiritual and energy practices I researched as well as those that I designed. Chapter 4 will present my findings and results achieved through using these methods in my family. Chapter 5 is a discussion of the variety of implications spiritual parenting may have in your family and in the fields of social service, psychology, counseling and society in general.

The entire ebook can be found at:

<http://www.lulu.com/content/1905394>