

Focused Guidance for
Guardians & Parents

*who Take
Care of Children & Youth*



Children are now capable of navigating their surroundings and this is where they can truly begin to take their own Spiritual Discipline into effect. If you have been implementing tools and techniques for a while your child will have observed and felt your own discipline and consistency and this will trickle down to them. If you're noticing there are some issues with discipline, consistency, or ability to nurture oneself then this is something for you to reflect upon and for you to make steps to honor your own spiritual discipline to a greater level.



Invite your Children to participate and explain how connecting to Mother in the Heart can bring in peace, joy, and bliss! You can lead Heart connections for you and your children to connect to the unicorns, fairies, dragons, elves, gnomes... All love to participate in helping us raise Our Vibration! Don't forget rainbow energy!



Particularly key is to introduce your children to grounding, if they are feeling overwhelmed, stressed, if you can see they are hyper or getting energetically full then you can say 'Grounding!' Be sure to explain (from 3 years onwards) that it is part of the experience here to feel these things and that the key is how we respond.



Loving ourselves is to go outside and connect to nature and breathe back to an awesome space! You can ask your child if there is a tree they are guided to be with, or a direction they feel to walk in, trust them to guide the way. Having a river or nature-based spot to go to daily can be a great discipline for you both.

Daily activities include a 30-minute daily walk and a pre-bed bath! This gives your child two checkpoints throughout the day when they can guarantee they will be able to clear and reset, for you too!!

