



Be a Model for your Children – Establishing Positive Parenting Within Yourself

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As parents, it is your choice to become a healthy and loving model. This is an inside our process. Inside each of us, is a child who wants to be loved fully. We carry a lot of hurt inside of ourselves and we sometimes don't allow ourselves to feel love or be loved fully. We sometimes stop ourselves from being loved or loving ourselves because we may feel too vulnerable. Throughout our lives, we take in outside comments that become internalized eventually such as:

"I'm not good enough."

"I don't deserve..."

"I am not worth receiving..."

Healing begins with the willingness to be vulnerable. Building a foundation with your inner child and for your children includes shifting from negative stimuli, beliefs and fears towards more joy, love, beauty, and trust. Letting go of fears and self-judgments that keep us separate, self-doubting, and blaming others can't build a solid foundation for your children. You are worth the depth of your dreams. You deserve to be loved unconditionally and to unconditionally love others, this starts with conditionality within yourself. You can receive success and support for your dreams, while breaking old outdated beliefs or responses to life that stop you from receiving. These more positive choices may seem harder than they are. We all have a beautiful, loving, trusting child within us that is waiting to re-emerge. We've looked to unlock the door for that inner child through seminars, massage, therapy, healing... Let's look no further and let's open that door together learning to appreciate you more fully.

Two Keys towards Modeling A More Positive Life

Key 1 - Reclaim your Inner-Child

Have you ever received a compliment by saying "Thank you but . . ."? We don't usually believe we are worthy of the compliment, then we lose a beautiful gift that would build our love and trust for ourselves. Some suggestions: instead, accept the compliment and let it into your heart while **learning to receive," Saying "Thank You" from the Heart.**

Learning to Listen:

- Listen to how you respond/react to compliments.
- Hear the "Thank You" then hear what comes after it in your mind/out of your mouth.
- Next time say thank you, then nothing else. See how you feel.
- Notice that these feelings and extra words don't let you receive the full intention of the gift that was given.
- Practice – look straight into the person's eyes and say thank you.
- Be silent and listen to your inner voice.
- Let the gift in.
- Learn what other people know about you.
- Now once you learned, model and teach your children that they deserve it as well.
- Teach them to enjoy compliments.
- Don't be embarrassed by compliments.
- It will become easier and easier. It will be automatic.

Key 2 – Learn how to talk to yourself

Stop negative talk and transform into an easier, gentler, more forgiving you.

- Write down self-destructive comments you say to yourself.
- Notice how many times a day you use this language.
- If you say these things out loud, you give others permission to use this language directed at you.
- Rewrite your language addressing the underlying Fear. (Order Self-Talk Pep-Talk Language Tool, by Carylee A. Kensler, carylee.kensler@gmail.com).
- Empower yourself. "I Can", "I am powerful", "I deserve to love myself & others and be loved".
- Notice each negative statement and immediately change it to a positive statement.
- Change "I am not enough" to "I am unique" – removing the old negative tapes!
- Work with 3 affirmations at a time, for two weeks, interrupting negs. and see what happens.

This process takes 2 weeks or less successfully removing the old tapes playing in your head. Shift your language to loving yourself. Be a model. Receive Love & Acknowledgements within and with others. The good news is you are not perfect and never will be, so give it up. Forgive yourself and focus on your beauty and the healthy and happy child within will emerge and be a model

for your kids too. Many of my clients have said, *“It’s much easier to learn to love myself than to try to get others to love me. The interesting thing is that as I learn to love myself, more love and acknowledgement comes to me from others as well.”*

For the Child:

Your parents each have a beautiful loving child inside that is waiting to be loved too. You can help their inner child by showing them how to be brave enough to love themselves through your love and appreciation. Let’s play together, discovering ways to let your parents have more fun and ease in their lives, with less responsibility, stress, and pressure. These suggestions may make your life easier too! I know that children rarely get a chance to contribute to your parents, but there was a girl in my class who talked about a time she was able to help her dad. Each day after work, the father yelled and screamed at the family constantly stressed out until bed time. She wanted to help him find more peace. One day while her dad was lying down on the couch to read, she asked him if it would be ok if she showed him a Brain Gym’s exercise called “Positive Points” that she learned at school and he agreed. The next day she went to school glowing and smiling from ear to ear. She shared with the class that for the first time, for as long as she could remember, “Dad didn’t yell. It was quiet at home, and no one got upset.” She knew that she had made a difference. From that night on, almost every night, he asked her to hold his forehead when he got home from work. She shared weeks later how the yelling didn’t return and the whole family became happier.

Would you like to share this gift with yourself and your family? When you or someone in your family feels sad, hurt, angry, upset, worried, etc. you can ask them to let you hold their “Positive Points” or ask them to hold yours. These points are located about halfway up the forehead from the eyebrows about half way between there and a natural hair line. There is usually a bump or dent, hold these points with relaxed arms and the pads of your three middle fingers with the pressure you would touch your eyelids with. Listening to soft music when holding points can offer more stress release.

~ **Carylee A. Kensler, B.A. and an M.A.** (Equiv) Communication/Education/Communication Disorders

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- Personal Growth Whole Body/Mind/Emotion/Socialization: In-Depth Balancing, Training and Coaching since 1984
- Life Teaching Credential, California: Special Education pre-school to College/Regular Education K-9 since 1974
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