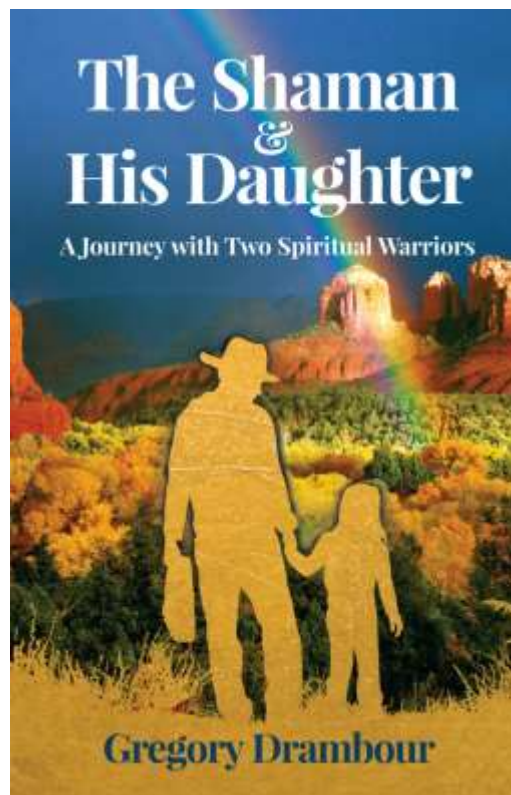


# 7 Spiritual Parenting Tips That Can Make an Immediate Difference

1. Develop a habit of inviting your *Inner-Parenting Mentor (wisdom)* for guidance about your children as opposed to parenting from your thinking or ego. When you do this, two powerful things happen: one, this is what you are modeling to your children – the act of inviting your wisdom as opposed to acting from your personal thinking: two, your inner-parenting mentor has the solutions to any parenting challenge you have and will always flow up original ideas – if you are in *faith* – and again, you are modeling faith! How powerful.
2. The most important aspect in spiritual parenting is always to make sure you are in *rapport* with your child before you parent or teach or guide. Be careful of parenting from anger or any negative place. When you are angry and all its many faces and degrees, you can't see clearly what's happening or hear what your children are really saying.
3. Learn to let go of trying to fix your children! Allow your wisdom to guide you – moment to moment.
4. Try to be aware of when you let your emotional moods go up and down with your child's mood! What you are teaching them (innocently) is codependency! Meaning -- the misunderstanding the world works from the *outside/in*. You can absolutely have understanding and compassion for their mood and not let it affect your mental health. That's a powerful thing to model!
5. Get super-curious about how your children see their world! They will sense this curiosity and that's a good thing!
6. Understand they are in a separate reality than you because they have different thinking than you. Try to understand their reality.
7. Nothing is more important than *acknowledging their feelings*! Be careful of saying, "you're okay." Try: "I see you are really upset right now, what's going on?"

**Very Important:** Take one of these tips and really focus on it for one week. Be careful of reading them and thinking, “Yes, that sounds right.” But then nothing changes. Amazing things will happen if you can embody one of these tips!

If you're interested in stories that embody these ideas and many more, I invite you to purchase *The Shaman & His Daughter*! You will find dozens of helpful tips and powerful guidance in there to take your parenting to the next level.



Paperback: \$14.95 • ISBN-13: 978-1973836599

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Email: [greg@woodstockbridge.com](mailto:greg@woodstockbridge.com)