



Welcomes you to the 10th Mindful Parenting Session of Emotional Awareness of Self and Child (Part 2)

Based on the Mindful Parenting for a Meaningful Life workbook by Dr. Ron & Suwanti Farmer.

April 14, 2019

Agenda

- Opening Ceremony
- Lighting the Candle Prayer
- Forbearance Prayer
- Announcements: Boston workshop: *Childhood Matters for Grown-Ups* by Sudha Kudva, April 16th 19th
- Review and Sharing of last session
- Lesson: *Emotional Awareness of Self and Child* (Part 2)
- Closing

Lighting the Candle Prayer:

*As we light this
flame, we light the
flames of Love,
Peace, Truth, Right
Conduct, and Non-
violence that lie
within us all.*



Forbearance Prayer



Let us have forbearance towards each other

Let us rejoice together

Let us all strive together

Let us live and move in harmony

Let us grow together

*Let us cherish the wisdom
that we have acquired*

*Let us live in complete harmony
without misunderstanding*

*May all beings in the world be
happy*

*Namaste, we honor the goodness
in each other.*



Group sharing of the diaries for “Being Present” (pg. 82) during the past month

When I stayed present to:

- 1. My senses*
- 2. My body*
- 3. My emotions*
- 4. My thoughts*
- 5. My interconnectedness*





Understanding Emotional Awareness of Self and Child (loved one). Exercise 2 (pages 80-81)

For purposes of reaching a clearer understanding when you are reacting in hurtful ways or not helpful to yourself or your child, give yourself a number from the scale of 0 to 10 (0 being fully in emotional control & 10 being fully out of emotional control).

- 1. I am a __ when my child won't listen to me.*
- 2. I am a __ when my child wants to be with her friends more than with me.*
- 3. I am a __ when I have to keep asking my children to do their chores.*

Understanding Emotional Awareness of Self and Child (loved one). Exercise 2 (pages 80-81)

- 4. I am a __ when my children fight with each other.*
- 5. I am a __ when I didn't get enough sleep or when I am hungry.*
- 6. I am a __ when my child is grumpy in the morning & we are late.*
- 7. I am a __ when my children refuse to eat their dinner.*

Understanding Emotional Awareness of Self and Child (loved one). Exercise 2 (pages 80-81)

Create examples from any other situations:

- 1. I am a __ when my child interrupts me while I am on my Smartphone.*
- 2. I am a __ when my child throws a temper tantrum at the store.*
- 3. I am a __ when my children are acting out when there is company.*
- 4. I am a __ when my children are disrespectful to elders.*
- 5. I am a __ when I find out that they have been playing video games past their bedtime.*
- 6. I am a __ when my child is not paying attention to me when I am talking to him.*

Guided Imagination on Mindfulness of Breath & Words for Reflection (Exercise pages 33-35)



Words of Reflection during Mindfulness of Breath Exercise. (pg 68). Group Discussion

Words for Reflection

*Our love for our children is expressed
and experienced in the quality
of the moment-to-moment relationships
we have with them.*

*Our love is in the everyday kindness
we show, the understanding we bring,
and in the openness of our acceptance.*

*Our love is expressed by
embodying love in our actions.*

*Whether we are facing good times
or hard times on any given day
or in any given moment,
the quality of our attention
and presence is a deep measure
of our caring and of our love
for our children.*

Sharing for next month:

Journal writing: reflect upon and write down your observations about your own thoughts, feelings and bodily sensations, every day for the next 2 weeks. Write the journal in the third person (i.e. using your first name, not "I").

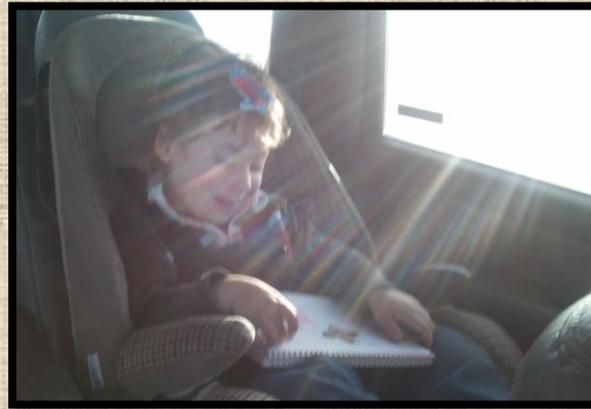
Next monthly session:

May 15, 2019, 11:00-12:30 PST

Next month facilitator: Dr. Jeanne Lilly



*Everyday in every
way I am more
aware of the
Divinity that
dwells inside of
you.*



Closing

We offer our deepest gratitude to the Divine for the present moments as each one provides an opportunity for growth and expansion of Emotional Awareness of ourselves and those with whom we walk on the journey of life. A heartfelt thank you to our beloved Teachers that so lovingly share their wisdom with us .

We honor the goodness in all!

