



Welcome to Study Session 2
Mindful Parenting for a Meaningful Life:
Transforming the Way We Raise Our Children (chapter 2)

Agenda:

- ~ Opening Ceremony
 - ~ Lighting the Candle Prayer
 - ~ Forbearance Prayer
- ~ Announcements
 - ~ Welcome
 - ~ Next monthly meeting:
September 23, 2018
10-11:30am PST
 - ~ Facilitator for next study session:
Dr. Jeanne Lilly
- ~ Review of last session and affirmations
- ~ Study Session 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 all 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 worlds be
happy

Namaste, we honor the goodness
in each other



Review of Last Session:

Morning Affirmations (pp.11-12)

- ~Today I will do my best to listen to my child with a peaceful mind and open heart
- ~Today I will endeavor to let myself feel whatever emotion my child is experiencing
- ~Today I really want to respond to my child in such a way that they know I am in tune with what they are feeling
- ~Today I will endeavor to have an open and accepting mind when listening to and observing my child
- ~Today I will find ways to ask those questions that will help to clarify for me what my child is endeavoring to communicate

Evening Affirmations (p.12)

- ~Tomorrow I will do my best to listen to my child with a peaceful mind and open heart
- ~Tomorrow I will endeavor to let myself feel whatever emotion my child is experiencing
- ~Tomorrow I really want to respond to my child in such a way that they know I am in tune with what they are feeling
- ~Tomorrow I will endeavor to have an open and accepting mind when listening to and observing my child
- ~Tomorrow I will find ways to ask those questions that will help to clarify for me what my child is endeavoring to communicate

Study Session 2, Chapter 2: Mindfulness in Parenting

Mindfulness in parenting means cultivating greater awareness of ourselves, our children and our relationships with them (Jon Kabat-Zinn)

Mindfulness is the awareness that emerges through paying attention on purpose, in the present moment, and non-judgmentally, to the unfolding of experience moment by moment (Jon Kabat-Zinn)



7 Attitudinal Requirements for gaining the most from Mindfulness Practice (pp.18-23)

~Non-Judging

Focusing on the here and now, without trying to label or change the experience. Consider the analogy of a baby in the cot who smiles upon seeing a thief come into the room - no judging, no concept of whether this is a virtuous or wicked person.

~Patience

When we are being patient, we know that the experience unfolding before our eye of awareness has its own perfect timing. Wishing this moment will soon pass so that we can enjoy the next is like hoping that a blooming flower on a bush will soon fade so that we can enjoy the next one to appear.

~Beginner's Mind

When we were babies, we were totally open, seeing everything as if for the very first time, rejoicing in what we were finding anew in the present moment. If we can allow ourselves to feel as if we are born with the dawn of each new day, with each new second, we will be able to reclaim our beginner's mind.



~ Trust

We learn to trust that we are not our body, thoughts and feelings; but rather we are the Resident, the unchanging Witness who is observing all of this. We trust that every thought, feeling and sensation that we observe is perfect; it has a purpose in the great scheme of things. We can learn to trust that, whatever our child says or does, it has been perfectly arranged by divine order so that both they and ourselves can grow and learn.

~ Non-Striving

Mindful living, parenting and meditation have no goal other than for us to just be ourselves. We are not striving to evolve, improve or be different from whom we are meant to be. When we strive to create an impression or to appear other than our spontaneous self, we miss out on discovering the incredible richness of being at ease with who we are and how our child is right now.

~ Acceptance

Acceptance means: not denying what is there in front of us; making room for our feelings instead of trying to push them away; recognizing that all types of thoughts can enter our mind, each one offering a choice as to which pathway to follow; and understanding that others are merely playing the role that has been assigned to them in this drama of life.

Acceptance of our child - their thoughts, feelings and behaviors - often requires us to accept the feelings and thoughts that are triggered within us, recognizing that all waves soon disappear into the distance.

~Letting Go

In the practice of mindfulness, the opposite of letting go is 'holding' – holding on to an attitude, judgment, thought, feeling, sensation, and so on. If we cannot let go of something that the mind is holding on to, we can observe the 'holding' as an impartial, non-judgmental, compassionate Witness. As parents we can be holding on to some fixed ideas about our children (what they are thinking, feeling and doing), and about anyone who is interacting with them (e.g. we might think a teacher is too harsh, unloving, etc. towards our child). To be in tune with our child means to let go of anything that stands in the way of our seeing them as souls in the process of awakening to who they really are.



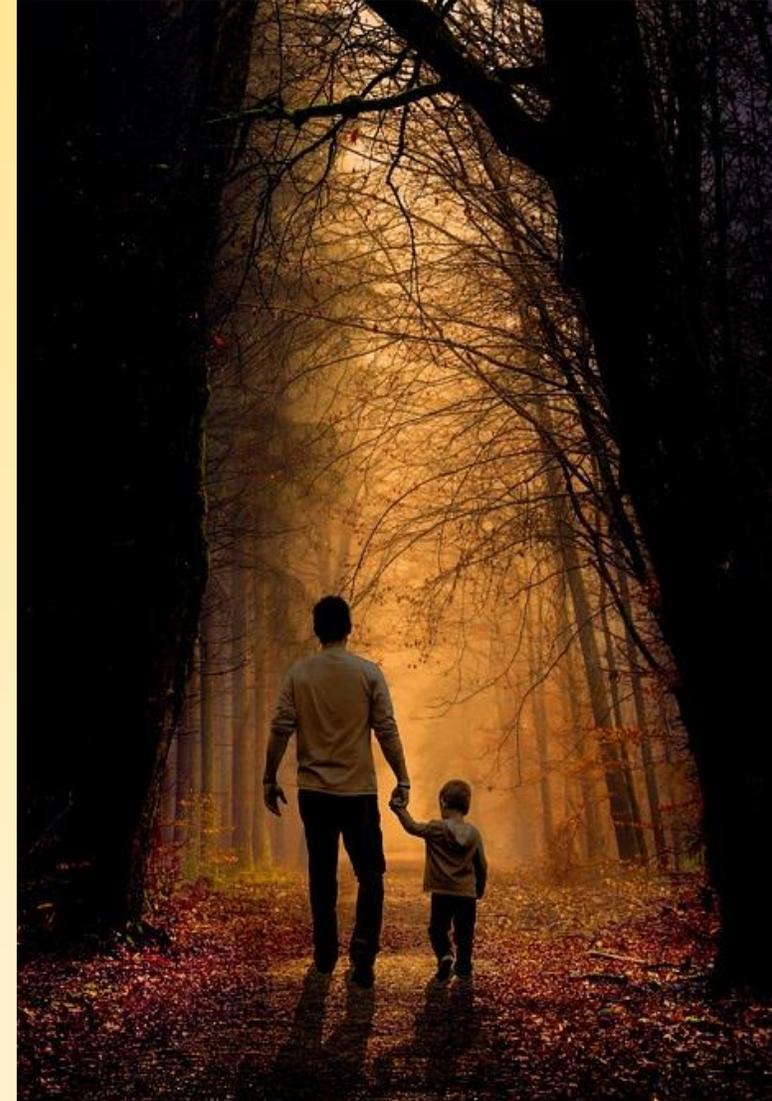
Activity for Mindfulness in Parenting (pp.28-42)

Getting to Know Yourself

A first step in bringing mindfulness into our parenting is to get to know ourselves. An education researcher, Leah Davis, has developed the ABC of Parenting.

Doing the Exercise:

- ~ Reflect on each parenting guideline following the letter and rate yourself between 1 and 10 as to how much is already happening for you (1 being lowest, 10 highest).
- ~ Select one of guidelines that you have given a low rating, and for next few days seek to improve in that area.
- ~ To begin with, spend a few minutes imagining, as best you can, interacting with your child at level 10.
- ~ For the next few days, in every interaction with your child, seek to improve on your rating for the parenting guideline that you have chosen to focus on.
- ~ Then choose another one with a low rating and give attention to that until you see some improvement, first using your imagination (visualizing perfection), then in real life
- ~ Then select another one, and so on
- ~ In 3 months time, review the parenting guideline to see how you have improved.



The ABC of Parenting

- A. Accept and value yourself and your child
- B. Be consistent, honest, fair, firm as you relate to your child
- C. Concentrate on what you like about your child and comment on it
- D. Develop interests of your own
- E. Encourage your child to discuss ideas and goals, expressing the belief that he or she can do many things well
- F. Forgive your child's mistakes, which are a natural part of learning
- G. Gladly share your time, affection and support
- H. Help your child feel safe and secure
- I. Interest your child in work by complimenting his or her efforts
- J. Joyfully take pleasure in life
- K. Keep harsh criticisms to yourself; avoid using 'should' and 'ought.'
- L. Let your child experience the results of his or her behavior
- M. Model by example those qualities you want your child to have
- N. Negotiate privileges and responsibilities; avoid overindulgences.
- O. Offer some choices, allowing your child to make decisions.
- P. Problem-solve with your child, listening carefully to his or her thoughts and feelings.
- Q. Quit (avoid) blaming, shaming, and threatening.
- R. Respect your child's right to grow at his or her own rate without being pushed or compared to others.
- S. Share household tasks among all family members so that your child makes a contribution and feels a sense of belonging
- T. Take time to read with your child, thus instilling a love of books and learning
- U. Use a photo album to record pleasant family memories
- V. Value honesty, kindness, dependability, truthfulness and caring
- W. Weather trials together as a family.
- X. Examine your attitude towards your child
- Y. Yield to professional advice concerning healthy living habits
- Z. Zestfully participate in a variety of family traditions and activities

Sharing for Next Month

Select two or three statements from the ABC of Parenting which you would like to work on and develop an action plan for each one of them.

Also, building on the 7 Pillars of Attitude in Mindfulness, Exercise 6 on page 39 -40, brings you deeper into practicing these pillars in your daily interactions with your child. If compelled, practice these for next session as well and we can share our awareness as we experience these exercises together.



Closing Prayer

Much gratitude is sent to all of us present today for being part of this journey that we are being led on. Something larger than ourselves is happening in this space and we must honor and pay homage to the All that brought our paths together to become brighter and more effulgent to those coming after us in this game of life. We ask for the strength, courage and determination to manifest ourselves in the ways of mindful living and parenting...for it is in this way of being that we can truly love those whom have been assigned to us in this life.

