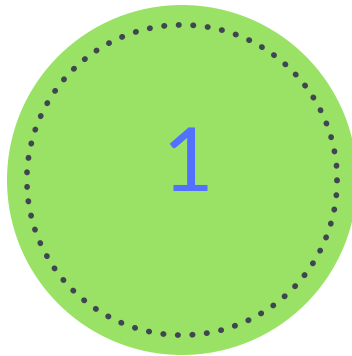


# Spirit First Coaching

## Top Ten Tips For Empowered Moms

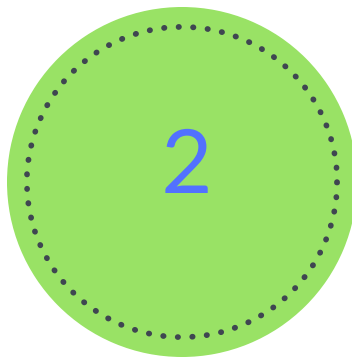


**OUR CHILDREN ARE HERE TO TEACH US EVERY BIT AS MUCH AS WE ARE HERE TO TEACH THEM.**

Our children *have come through us* but did not take life to fulfill our Ego needs. They have their own purpose for living and part of that purpose is teaching us how to be a better version of ourselves. *We are spiritual equals with our children*, irrespective of how their bodies and minds function. Our children continually point us in the right direction, if we stay open to the learning process. What lessons are your children imparting that will assist you in living a more fully realized and empowered life?

# Spirit First Coaching

## Top Ten Tips For Empowered Moms

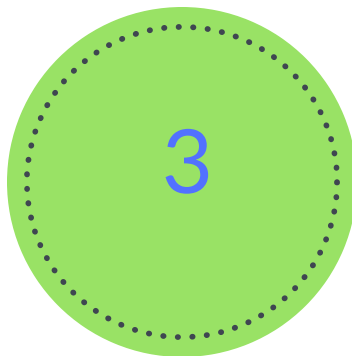


**EVERY SINGLE EXPERIENCE, NO MATTER HOW PAINFUL IS PERFECT FOR THE EVOLUTION OF OUR SOULS.**

My Ego ferociously objected to this principle. Therefore, if your Ego is crying foul right now, I completely understand. Believe it or not, embedded in every single painful event is a hidden blessing, which will unfold over time, *if we allow it*. However, at the same time it's vital to give ourselves permission to *feel the energy of sorrow, hurt, sadness, fear, anger* or any other energy that needs to be *embraced and released* from our bodies. Life as we had imagined it, ended the day our children received their diagnosis. It's an ever evolving action plan to continually process and adapt to our "new normal." As we do so, we are available to be surprised and appreciative of the many unexpected ways that our parenting odyssey continues to shape us for the better.

# Spirit First Coaching

## Top Ten Tips For Empowered Moms



**WHEN OUR CHILD'S ENERGY IS *FEAR ENERGY*, WE WILL HAVE MANY OPPORTUNITIES TO PRACTICE MEETING THEIR FEAR WITH LOVE.**

When we add *our own fear* to our children's fear, fear exponentially compounds. As Moms, when we meet their fear with *our grounded love*, fear-based illusions dissolve. When we release Ego judgments regarding our children's process of trial and error, as they explore their own process of fear, we become their ally in learning to let go of F.E.A.R. (False Evidence Appearing Real.) Does that mean that we don't set healthy boundaries with our children? Absolutely not! The ongoing challenge and it is quite a challenge for most of us -- is to stay grounded in love and truth, while practicing *healthy involved detachment*, as a tornado of fear is swirling around us.

# Spirit First Coaching

## Top Ten Tips For Empowered Moms



**OUR CHILDREN ARE ALREADY SPIRITUALLY PERFECT. WE CAN SUPPORT, TEACH, GUIDE AND ADVOCATE, BUT WE DON'T NEED TO LIVE IN FIX-IT MODE BECAUSE FROM THE SPIRITUAL PERSPECTIVE... NOTHING IS OR EVER WAS BROKEN.**

This one also took me over a decade to embrace. It's one of life's paradoxes. I have come to believe that our children are here as perfect light workers and light bringers. At the same time, they also came into their physical bodies with many challenges to overcome. When we enter our children's lives with the *energy of fix-it*, our children internalize that they are broken, damaged and a burden to us.

I know intimately and firsthand that it is not advisable to bring a desperate, all consuming, warrior energy into our interactions with our children or those who are trying to assist them. On the other hand, when we intervene by following our intuitive guidance as to how to best support, teach, mentor and advocate for their needs, we help to propel them forward on their path. Making this subtle energetic shift can make all the difference in our children feeling unconditionally accepted and empowered.

# Spirit First Coaching

## Top Ten Tips For Empowered Moms



### **LEARNING TO LOVE AND ACCEPT OUR CHILDREN UNCONDITIONALLY IS SOMETIMES MUCH EASIER THAN LEARNING TO LOVE AND ACCEPT OURSELVES UNCONDITIONALLY.**

Our children will mirror for us every single aspect of *our shadow selves* that we would rather deny, disown or disavow. The shadow consists of our repressed ideas, instincts, impulses, weaknesses, desires and fears that reside in our unconscious minds. These darker aspects will potentially erupt with a "sneak attack" that either unwittingly wrecks havoc or creates the climate for a life of quiet desperation. It takes great reserves of emotional courage to see what is calling out to be surfaced, examined and healed. When you gaze into the mirror, what shadow aspects of yourself can be integrated into wholeness? Do you feel the need to control the uncontrollable? Are you sacrificing your health and wellness unnecessarily? Are you offering yourself the compassion you deserve?

# Spirit First Coaching

## Top Ten Tips For Empowered Moms



### **LIVING OUR LIFE IN BALANCE AND SYNCHRONIZED HARMONY MEANS NO LONGER GIVING ENERGY TO THE EXTREMES.**

In my case, for every moment that I went into overdrive -- overworking, over-caring and over-identifying with my son's struggles, I spent a commensurate amount of time in bed immobilized. Mastering appropriate self-care measures, in conjunction with mature boundary protection, underpins our ability to live a holistically balanced life. After I created chronic illness in my body, a heavy price was indeed exacted. Remember the desk pendulum with the steel balance balls? If a steel ball is pulled 30 degrees to the right, it will swing back 30 degrees to the left. There will be an opposing counterbalance of force to match the arc of the pendulum. Our task is to observe and correct our Ego's drive to feed the extremes -- while trusting that *irrespective of any outer circumstances*, we can open up to being continually guided toward the "sweet spot" where energies balance harmoniously.

# Spirit First Coaching

## Top Ten Tips For Empowered Moms

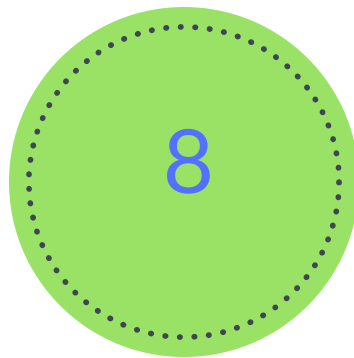


### **SURRENDERING TO OUR EXPERIENCES ALLOWS US ACCESS TO THE SUPERABUNDANCE OF THE UNIVERSE.**

At any point in time, we are either resisting or surrendering to *"what is as is."* As Carl Jung said, "Whatever we resist--persists." Our points of resistance will often be linked to the pain anchored to an old survival story from childhood. When our Ego-minds hold onto these antiquated storylines, demand that our list of "shoulds" be met, or project into the future insisting upon specific results -- we have erected a mirage of safety. At that point, we have lost ourselves in needless drama and limited our power to create consciously by design. When we let go of our Ego's needy attachments and instead trust that our families are divinely protected -- we give ourselves access to the organizing, intelligent flow of life.

# Spirit First Coaching

## Top Ten Tips For Empowered Moms



**IN ORDER TO BE *FREE*, WE NEED TO LEARN TO FORGIVE OTHERS AND OURSELVES FOR ANY "SO-CALLED MISSTEPS" MADE ALONG THE WAY.**

Forgiveness is a *self-protective mechanism* that releases us from the toxic influence of our past, so that we may appreciate the freedom of the present moment. We may choose to forgive, irrespective of whether our minds insist that we betrayed ourselves, or whether someone else committed the betrayal. When we forgive, *we choose to unconditionally accept* that whatever happened -- happened, regardless of our opinions as to whether it was right, wrong, good or bad. To forgive is to set the prisoner free, only to discover that we had unwittingly held ourselves hostage. Forgiveness means that we consciously choose to unconditionally accept that in a perfectly evolving universe, whatever happened was perfect for our spiritual evolution, even though we might not have the foresight or the insight to comprehend the reasons why it unfolded the way it did.



# Spirit First Coaching

## Top Ten Tips For Empowered Moms

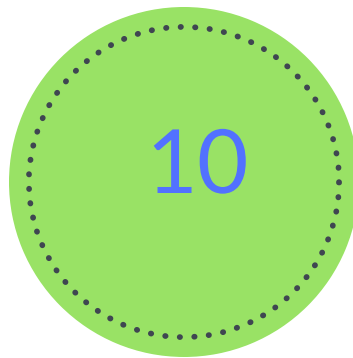


**GET QUIET, GO WITHIN, AND LISTEN TO OUR DIVINE GUIDANCE. IT IS IN THAT SACRED SPACE THAT WE WILL BE GIVEN THE NEXT RIGHT SPIRITUAL STEPS TO TAKE.**

Through prayer, meditation and the practice of mindfulness we are able to access Divine wisdom. It is in "the silence" that we are able to momentarily bypass the mind and its limited scope. It is in "the silence" where profound heart-centered answers are found via our connection with Divine intelligence. The above practices support us in harnessing the power inherent in the present moment. Eckhart Tolle teaches that through honoring the present moment, "all unhappiness and struggle dissolves and life begins to flow with joy and ease." It is through *focused presence* that we are able to *Be that which we seek--peace, joy, flow and grace*. It is through focused presence that we are able to draw more circumstances into our lives that are an energetic match for our desires.

# Spirit First Coaching

## Top Ten Tips For Empowered Moms



**WE WILL EXPERIENCE OUR EGO'S SECOND GUESSING, OUR OWN SET OF SELF-JUDGMENTS AND THE CONTINUAL JUDGMENTS AND UNSOLICITED OPINIONS OF OTHERS. ALL OF THIS MIND CHATTER WILL GIVE US MANY OPPORTUNITIES TO COME INTO FULL AUTHENTICITY AND EMPOWERMENT.**

It is important to be able to distinguish between our mind's commentary and *the truth of our being*. All of our inner narrative and the outside commentary will help us separate the authentic wheat from the illusory chaff. As more and more layers of our painful pasts are healed and released, our own judgments will lessen and the judgments of others will no longer emotionally trigger us in the same manner.

Our goal is to reach the state where other people's opinions, although well intended, no longer disrupt our peace or overrule our own inner knowledge.