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# The Conscious Parent: Transforming Ourselves, Empowering Our Children

THE  
*transforming ourselves*  
CONSCIOUS  
*empowering our children*  
PARENT



*audiobook*

Shefali Tsabary, PhD



## Synopsis

Instead of being merely the receiver of the parents' psychological and spiritual legacy, children function as ushers of the parents' development. Parents unwittingly pass on an inheritance of psychological pain and emotional shallowness. To handle the behavior that results, traditional books on parenting abound with clever techniques for control and quick fixes for dysfunction. In Dr. Shefali Tsabary's conscious approach to parenting, however, children serve as mirrors of their parents' forgotten self. Those willing to look in the mirror have an opportunity to establish a relationship with their own inner state of wholeness. Once they find their way back to their essence, parents enter into communion with their children, shifting away from the traditional parent-to-child "know it all" approach and more towards a mutual parent-with-child relationship. The pillars of the parental ego crumble as the parents awaken to the ability of their children to transport them into a state of presence.

## Book Information

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## Customer Reviews

If you're seeking quick and easy ways to change your children's behavior, or get them to do what you say, this book is not for you. Becoming a conscious parent requires looking deeply and honestly within oneself, delving into one's own fears and shortcomings. The Conscious Parent invites parents to become more mindful of their daily interactions with their children so that rather than seeing children's actions as "misbehavior," parents can recognize an opportunity to be kinder and more open themselves. The central premise of The Conscious Parent is that children provide parents with mirrors of their own subconscious issues, and parents who understand this can enter into a state of heart-to-heart communion with their children, learning and growing alongside their children, rather

than continuing habitual reactive patterns that tend to perpetuate family cycles of power, control and dominance. As author Shefali Tsabary points out, this shift from an egoic state of mind to one of authentic being "... isn't an easy one for a parent to make." While much of the Conscious Parent contains the kinds of tips and pointers Tsabary provides for her clients, this book really shines when Tsabary shares her first-hand experiences as a mother. Parents seeking ways to bridge the gap from parenting similarly to how they've been raised and achieving a Zen-like state of mindfulness in parenting will delight in the examples and suggestions Tsabary shares for how they might actually manage to incorporate some of the lofty ideals of mindfulness to parenting, and how it feels as a parent to deal with one's own internal doubt, fear, and resistance.

Dr. Shefali offers a new paradigm of parenting in *The Conscious Parent*. If you are ready to step aside from power struggles and the antiquated days of a hierarchical parent-child relationship, this book is for you. If you are ready to experience your children as special agents on your spiritual journey, this book is your gospel. Becoming a conscious parent is all about the becoming. It is the transformation from our unconscious habits and patterns, inherited by our families of origin and embedded from our cultural norms. Becoming is an act of awareness, an intention, and a conscious choice to mindful living and raising our children. The greatest concept of the book is that through transforming ourselves, we empower our children. As counter-intuitive as it may seem, the real focus of conscious parenting is on the parents, not the children. When parents are able to accept their emotions and live authentically, it is natural for the children to do the same. Conscious parenting is raising ourselves so we are better able to help raise our children. The intention of conscious parenting is to accept full responsibility for ourselves and eliminate the need to control the outcome of our children. It is a conscious choice to replace shame and blame with understanding. Through understanding, we free ourselves and our children to live authentically. Through a combination of personal experiences, client stories, and clinical research, Dr. Shefali shares the human component and natural tendencies of parenting. The book is easy to read and relate to. The Consciousness Compass is a series of questions to guide us along the path of consciousness. This excerpt is a summary of the book and the shift in consciousness.

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