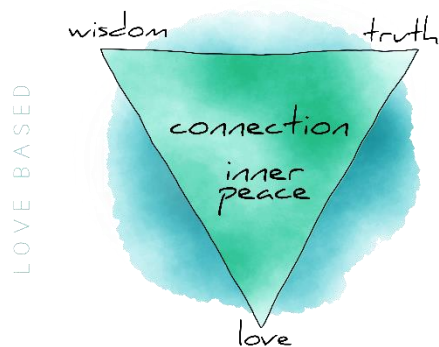


**Peaceful Parent, Confident Children**  
**Awareness: Access Your Inner Wisdom**

**The Conscious Intent Model**  
**Part II: The Love Based Triangle**

The primary goal of Peaceful Parenting is to live in the loved based triangle. To embody the love based triangle is to *think, communicate* and to *behave* from a consciousness of love. Once we understand the difference between the love based vs the fear based triangle, it is easier to bring our awareness to our thoughts, words and actions to quickly assess whether we are rooted in love or fear. The next steps are to develop strategies that allow us to quickly transition from the fear based triangle to the love based triangle. First it is important for us to create common language and clarity about the love based triangle.



**Truth**, whether defined as a universal fact or as a personal belief, truth is subject to individual interpretations. Is truth only a truth when it is changeless? Can two opposing truths exist at the same time? Does truth exist outside our own observations?

Truth could be described as the reality which most accurately and consistently captures the essence of the moment we are in. Truth is the guiding star that allows us to have awareness that is not spoiled by ego, greed and the attitude that our needs exceed the needs of others. Truth is simply what is showing up.

When we seek truth by looking deeply for reality in all situations, then we must first be willing to drop all attachments to desires which may twist our perceptions. Real truth seekers put the recognition of truth above their own needs, not allowing personal biases, fears or expectations to corrupt their awareness.

Parents who honor the truth and practice being truthful create an environment where children value honesty. When a parent notices that they are not being truthful they are able to share this with their kids, thus encouraging this courageous and vulnerable behaviour. As we practice truthful expression in all that we undertake including one's thoughts, the degree of truth practice becomes increasingly subtle. The depths of awareness of truthful thoughts, communication and actions seem infinite.

Parents often use untruths to shield their children from harm and in some situations that is a personal choice that may yield beneficial results. More typically we lie to our children for a huge variety of reasons hoping that they will believe us. Let's think back to when we as a child started to discover that many adults lied when it was



convenient to do so. The lies created confusion, as we were told to be honest by those who were not. Over time we started to mimic those that we were closest to. Lies are often dispensed without intended harm and are subtle in nature, yet they are still lies. For example, when a child approaches their mom who has obviously been crying and asks, "what's wrong?" and the mom's response is, "nothing is wrong, now get ready for dinner." The child may get the following messages: "It is ok to lie when you don't want to share." or, "my mom doesn't trust me enough to share her pain with me." or, "my mom feels it is inappropriate to share painful emotions, so I better not share my painful feelings with anyone." The child leaves this interaction with lower self-esteem and confidence as well as confusion around when to be truthful.

Parents lie to avoid lengthy negotiations with their children, feeling justified in their actions. Perhaps our child asks for some chocolate, instead of saying no, we may lie and say that the chocolate is all gone, when actually we hide the candy out of their sight and reach. "I can tell this little lie because my child is whining and arguing." Then when our children lie to us, they use the same types of rationalizations. "I lie to my parents because they don't listen. I lie to my parents because if you tell them the truth you are in for a painfully long lecture. I lie to my parents because when I tell them the truth they either don't believe me or they go off the deep end." Kids mimic what they observe, and fortunately they are more aware of the many subtle lies in communication than we give them credit for. Think of kids as lie detectors for parents who wish to improve their commitment to truth.

Practicing and promoting truth while discussing with our children when it may be appropriate to lie for the greater good, is healthy. Our health is so dependent on our connection with telling the truth and equally in seeking the truth. Our children need to be taught by example that discernment between illusion and reality is crucial for our well-being.

**Wisdom** is when we apply our intellect, kindness and love to all choices and actions. Although people are naturally geared towards compassion, we are easily led astray due to negative and erroneous conditioning. Parents, who actively engage their children in discussions on philosophy and character development, breathe wisdom into their children's lives. When parents are living examples of this wisdom, the child will also reflect to the world this loving and thoughtful behaviour. Wisdom is innate but needs to be nurtured. Although we can learn wisdom by life's school of hard knocks, our children will benefit greatly from philosophical and ethical education. The more avenues we provide for the development of integrity in our children the better. Parents may leave the education of virtues and moral conduct to schools and churches, however parental modelling and guidance in the basics of life skills is valuable beyond measure.



How do we teach these foundations for living life well? First, I would suggest that we take time to introduce into our lives, regular lessons in philosophical literature that resonates with us. The life skills parents are learning and practicing can easily be shared with children through stories, discussion and most importantly through our behaviours. It doesn't matter whether you are learning from self-help books, religious literature, or spiritual material, as long as it is challenging and nourishing your soul. As we grow so do our children.

**Love** is our greatest gift. We express it in how we receive love and in how we give love. Love given unconditionally requires nothing in return, it is given regardless of how it might be received. Whether our love is ignored or gratefully recognized does not change the feelings or actions of an unconditionally loving person. Inappropriate or harmful behaviours by others will not alter or deter a person's willingness to give unconditional love. The person who chooses to operate with unconditional love as their base does not take unkind behaviours of others in a personal way. Likewise, they equally do not take it personally if they are flattered, bribed or threatened. Unconditional love is a very personal commitment to self-growth and to the well-being of all creatures.

One way to practice this incredible kind of love is to increase personal awareness. Through reflective times we can inspect our thoughts, words and behaviours to determine our true intentions as being either selfish ego driven love or love that is given freely. A daily ritual of introspection into our communication with others will reveal many habits that will allow us to become more aware. As self-awareness increases, our thoughts and the way we relate to others will gradually change from a fear based perspective to a love based one. This transformation takes commitment yet the freedom and peace that results is undeniably worth the effort. Parents who are on this path of developing a love that has no attachments will create a connection with their own soul that is beyond words, and an unshakable bond with their children.

**Connection** with self and others increases directly as our behaviour reflects unconditional love. When we apply our awareness and commit to operating from the love based triangle, we will naturally connect more deeply with others. Gratitude for, and cherishing these moments when we unite with another person increases our awareness of the love based triangle. This union of soul to soul is the sole purpose of relationships, adversity, opportunity and life.

We, as parents, can offer effort, time and the development of skills that enable authentic and loving connection with our children. It is not about us becoming a super enlightened, perfect parent, rather it is all about keeping our selves focused, as best we can, on being loving. Every small act of love will give birth to a growing consciousness



of unconditional love. Our children flourish when our love becomes the glue that connects them to their own self-confidence and self-realization.



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