

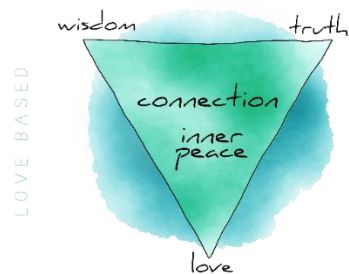
# Peaceful Parent, Confident Children

## Level One: 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 love based triangle. To embody the love based triangle is to think, communicate and to behave from a consciousness of love. Bring your awareness to your thoughts, words and actions to quickly assess whether you are rooted in love or fear.



#### Truth

- 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.
- When we seek truth and look deeply for the reality of a situation, then we must first be willing to drop all attachments to desires which may twist our perceptions.
- Parents who honor the truth and practice being truthful create an environment where children value honesty.

#### Wisdom

- Wisdom is when we apply our intellect, kindness and love to all choices and actions.
- Wisdom is innate but needs to be nurtured.
- As we grow in wisdom, so do our children.

#### Love

- Love is our greatest gift.
- We express it in how we receive love and in how we give love.
- Love given unconditionally needs or requires nothing in return.
- 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.

#### Connection

- Connection with self and others is the result of our unconditional love.
- Gratitude and cherishing these moments when we unite with another person increases our awareness of the love based triangle.
- 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.

