

This book reveals hidden, life-changing dynamics for happier and healthier parenting. Never before presented as part of parental education programs or courses. Our state of mind affects our children's state of mind, consequently their behavior.

What I Wish I Had Known before Becoming a Parent

**Buy The Complete Version of This Book at
Booklocker.com:**

<http://www.booklocker.com/p/books/3133.html?s=pdf>

What I Wish I Had Known...

Before

Becoming a Parent

**Revealing Hidden, Life-Changing Dynamics
for Happier and Healthier Parenting**

Margrit Spear, PhD, MFT

What I Wish I Had Known . . .

Before Becoming A Parent

Revealing Hidden, Life-Changing Dynamics for *Happier and Healthier Parenting*

Published by
Booklocker.com

Orders and contact personnel at www.simplyjoy.com

Copyright © 2007 Margrit Spear, PhD.

All rights reserved. No part of this book may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording, or by any information storage and retrieval system, without permission of the author, except for the inclusion of brief quotations in a review.

Printed in the United States of America.

**Publishers' cataloging-in-publication
(Provided by Quality Books, Inc.)**

Spear, Margrit, PhD

What I wish I had known *before* becoming a parent : revealing hidden, life-changing dynamics for happier and healthier parenting

Margrit Spear, PhD

—1st ed.

p. cm.

ISBN-13: 978-1-60145-280-1

ISBN-10: 1-60145-280-2

1. Parenting 2. Education

3. Self Mastery I. Title.

BTXXX.X.XXX 2007 XXX' .X

QBXXX-XXXXXX

Edited by Vicki Worthington, *The Pencil Works!*TM

Contents

Foreword	xiii
Chapter One	1
Introduction	1
My History	7
Chapter Two	21
Unexpected Hope	21
A Better Place	23
Holographic Psychology™	27
Chapter Three	31
Levels of Understanding	31
First-Reality Understanding	37
Second-Reality Understanding	39
Third-Reality Understanding	50
Chapter Four	53
Reaching Beyond Our Five Senses	57
Testing Consciousness	61
Examining the Effects of Anger	66
What the Mystics Know	68
Understanding Instant Healing and Prayer	69
Carrying Inherent Patterns and Karma	69
Deciphering Dreams	72
Chapter Five	75
Choose Your Mindset	75
Take Alone Time	77
Experience Less Violence	78
Animate . . . Activate	81
Choose Inner Peace . . . Outer Peace	82

Integrate Left- and Right-Brain Functions	83
Chapter Six.....	87
Know Your Connection to Universal Source	87
Choose Your Reactions.....	93
Guard Against Negativity.....	94
Test Levels of Awareness.....	95
Know How Your Energy Affects Your Family.....	98
Reflect Upon Your Thoughts and Feelings.....	101
Rethink Medicating Your Children.....	104
Raise Your Level of Awareness	107
Chapter Seven	109
We Activate Universal Law.....	109
We Can Realize Our Own Internal Responses	113
We All Make a Difference.....	114
Imagine	115
We are All Connected in Universal Consciousness.....	117
Chapter Eight	121
Take Full Advantage of . . . The Benefits.....	121
Use this Energy for Our Benefit . . . or Detriment.....	122
Realize Your . . . Inner Connection.....	124
The Universe . . . Complies.....	130
Change Creates . . . Challenges.....	134
Expand the Size of Your Box	137
Chapter Nine	139
Increase Your Level of Consciousness.....	139
Tap Into Unlimited Wisdom.....	142
Know What Successful Parenting Requires	144
Integrate Both Sides of Your Brain.....	147
Challenge the Norm.....	148
Understand Your Power.....	151
Know That Change Pre-Exists in Universal Consciousness	154

Chapter Ten	161
Choose Courage and Commitment.....	161
Make the Necessary Changes.....	164
Increase Your Awareness	165
Practice Happiness	168
Let Universal Energy Flow Through You	170
Chapter Eleven	173
Solutions Prove Healthier	173
Universal Law Delivers.....	175
Chapter Twelve	179
Direct Your Subconscious Mind.....	179
Understand the Mind/Body Connection.....	182
Empower People . . . Change the World.....	186
Chapter Thirteen	189
Successful Parenting Requires Self-Mastery	189
Live in the Present	192
Understand How Universal Laws Work.....	193
Define What Love Means to You	195
Chapter Fourteen	197
Choose Change.....	197
Imagine	199
Chapter Fifteen	203
Examine Your Beliefs	203
Determine What You Need to Learn	205
Walk Your Talk	205
Achieve a Healthy Balance.....	207
Understand Family Dynamics.....	210
Foster Your Own Growth	212
Chapter Sixteen	215
Shift Your Level of Understanding.....	215
Choose Freedom	217

Consciously Practice Change	219
Chapter Seventeen	223
Consciously Choose Positive Thoughts and Feelings...	223
Choose a Positive Parenting Recipe	225
Welcome the Differences	226
Celebrate Our Own Magnificence	227
Universal Law Always Responds	229
Build Upon Individual Success	231
Increase Your Own Empowerment	235
Chapter Eighteen	237
Choose Peace	237
Get Unstuck	242
Test New Approaches.....	243
Chapter Nineteen	245
Make the Necessary Changes	245
Fertilize Children with Self-Esteem	253
Stop the Stress	256
Take Action	257
Trust Your Own Intuition	258
Learn From Your Mistakes	259
Practice Your New Knowledge	261
Chapter Twenty	265
Accept That Life Happens <i>For Us</i>	265
Value Your Inner Wisdom	272
Foster Children’s Creativity	273
Find Your Connection to Your Inner Wisdom.....	275
Chapter Twenty-One	277
What is the Most Important Aspect of Parenting?	277
Why is Logic and Reasoning Important?	279
Why is Discipline Important?.....	280
Why is it Important for Parents to Provide Proper Music and Art?.....	280

What I Wish I Had Known . . . *Before* Becoming a Parent

Why is Quiet Time Important?	282
Why is it Important that a Child Learn to Live Peacefully with His, or Her, Community?.....	283
Why is Spending Time in Nature Important?	284
Why Would it Be Important to Communicate with Your Child Before She, or He, is Born?	285
Why is it Important For a Child to Find and Develop His, or Her, Interests?	286
Why is it Important to Limit Television, or Computer, Viewing?.....	289
How do You Send Love to a (Your) Child?	290
Chapter Twenty-Two.....	293
Nurture Relationships . . . With Yourself and Others ..	293
Why would a Change in my Behavior Have Something to Do With Another Person(s)?	293
What Should I Do When Everyone Gives Me Different Advice?	297
What if Our Relationship Doesn't Work Out?.....	298
How Do I Improve My Inner-listening Skills?	300
How Do Partners Stop Getting Angry at Each Other? .	301
Why Would Learning To Be Gentle With Yourself Be Beneficial?	303
Why Do You Make Time For Yourself?	304
Do Parents Have Rights?	305
After Words.....	311
Poems by Margrit Spear	313

Chapter One

An intelligence exists beyond our five senses.



Introduction

Parenting, without a doubt, presents one of the most important and challenging responsibilities any human experiences in life. We school and train people, for years, to be proficient in their chosen fields of work, but we have no official parenting schools that train humans to be exceptional, well-informed parents. Can you imagine sending astronauts, *without* extensive knowledge and training, to the moon?

Granted, today, limited parenting support exists, but the various groups teaching parents have yet to include in their program the most significant

connection to a remarkable potential capable of alleviating much parental suffering. Recognizing and consciously using this connection provide a key to more successful parenting, thus eliminating much stress primarily and innocently self-inflicted. *Learning about this hidden aspect changed my life forever.*

Becoming aware that this invisible life force affects everyone and everything helps explain how and why this invisible energy can also create and foster disruptive or unacceptable behaviors in family members. This Universal Intelligence and Force exists as invisible cosmic energy to which we are all connected. Twenty-four hours a day, this cosmic capability works in tandem with an invisible law interacting among parents, children, pets, plants, and the entire world. This remarkable, highly important, but predominantly unknown, element needs exposure and clarification because it greatly impacts our life. If I had known about this powerful, invisible aspect when I was raising my children, my life (and theirs!) could have been much happier and, without a doubt, much easier.

While realizing that I cannot go back and undo the way I raised my children, what I can do is share

my experience with you—hopefully providing a roadmap to potentially life-changing information that can eliminate much parental pain and suffering. Hindsight is always easier, and despite the bygone years of my not knowing these psychological dynamics, I realize today that my current understanding positively affects my children, my family, and everyone and everything I relate to, at this very moment.

In each of us resides a story rooted in beliefs and habits based on our upbringing. Our levels of schooling, commitment, and determination reflect our current reality. With our world view not instantly established at birth, unexpected or painful experiences can cause instant emotional wounds, often producing small, or bigger, mental scars for the rest of a person's life.

In each one of us resides a story rooted in beliefs and habits based on our upbringing.

I remember writing a poem for my mother, one Mother's Day, when I was in my teens. When I handed it to her, she was pleasantly surprised. Later, my father read it and asked me from where I had copied it. So immensely hurt that he believed I

copied it from somewhere, rather than wrote it myself, for the next twenty years I did not write another poem. Thankfully, today, I have eliminated this past pain, and I have written many poems. I will share with you how you can also leave your pain behind, thus awakening to your talents. At the end of this book I will share with you a few of my poems.

Our world view continues to form over the course of our lifetime; however, the beliefs we adopted from our parents, or caregivers, primarily make up our outlook on life. Unless we question what was ingrained as the “right” belief, response, or way of being, we continue to defend our moral standards,

Life generally presents multiple detours. We have the opportunity to stand still, turn around, or explore new avenues.

our ethical views, and sacred or secular-given beliefs we accepted in early life.

We all know how difficult it is to alter our beliefs or our habits. Just for fun, try to get dressed in a different sequence. Comb, or part, your hair with the opposite hand; eat dessert first; take an alternate route to work; worship in a different religion; or try to express

opposite political views. Humans, as creatures of habits, reluctantly embrace changing our adopted habits. Doing so entails a willingness to step outside familiar surroundings. This means opening to new ways, questioning our current beliefs, and expressing a willingness to venture into unknown, unfamiliar territory.

Most people find this step pretty scary, and feel vulnerable with unfamiliar or unknown changes in behavior, possibly leading to uncertain destinies. Most of us, not yet aware how our own beliefs create roadblocks to enjoying greater levels of happiness and freedom, would rather continue suffering than leap into a new experience.

The information in this book addresses an important human link still scarcely known, yet which plays a major part in the quality, or sanity, of our lives. Consciousness, an invisible energy intelligence sometimes referred to as the sixth sense, reacts to our thoughts and feelings . . . mirroring back to us that which we think and feel. Imagine being able to realize this

Consciousness reacts to our thoughts and feelings, mirroring back to us that which we think and feel.

interrelationship, eliminating pain and suffering, and bringing positive changes to millions of parents around the world. The concept and use of these principles, however, are not limited to parents. *They apply to every human being. An intelligence exists beyond our five senses—a matrix that encompasses the building block of everyone and everything.*

When I first learned about this personal interaction, I was immensely skeptical. I reasoned that, if this aspect played such a vital part in the quality of my life, why was I not told about it earlier? Why was this innate connection not taught in school, and why is it still not making headlines on television and the front pages of our newspapers or magazines?

In this book, I use my own story to help take you from healthy skepticism to successfully using these dynamics to change your life for the better. They certainly changed my life completely and forever. If you comprehend and daily practice these insights, you'll begin to notice positive changes in your life as well.

This book reveals hidden, life-changing dynamics for happier and healthier parenting. Never before presented as part of parental education programs or courses. Our state of mind affects our children's state of mind, consequently their behavior.

What I Wish I Had Known before Becoming a Parent

**Buy The Complete Version of This Book at
Booklocker.com:**

<http://www.booklocker.com/p/books/3133.html?s=pdf>