



A Course in Miracles Mentoring ©

DAY 82 – Parenting

Key Topics:

- My children sleep and must be awakened
- Speak to your children in a gentle Voice that will not frighten them
- Teach through approach and not avoidance
- Example of “Do Only That!”
- Never itemize errors of another person
- The importance of Prayer – ASC
- Use EFT Cards for Relief and WVBTR – The Five Steps out of Fear
- The Goal of Peace
- If it is not peaceful, it is not your train

My children sleep and must be awakened

In terms of parenting, A Course in Miracles mentions this topic only briefly, however it has much to say about love, teaching, communication, and relationship. If you follow the teachings of Christ in parenting your children, you will find His approach to be sound, reliable, and helpful in bringing peace to any situation. In the Course, He states that His goal is to teach in a way that will make you equal with Him by opening the channels of communication that are blocked. He says that God’s extending outward is blocked when the Sonship does not communicate with Him as one, and so he thought, “My children sleep and must be awakened.” ACIM Ch.6.V.1.8

Speak to your children in a gentle Voice that will not frighten them

His children are considered to be asleep because they are not aware of God’s love for them. It is never wise to increase their fear for any reason, as any increase in fear is a reinforcement of illusions and a step away from peace. In Chapter 6, it says, **“How can you wake children in a more kindly way than by a gentle Voice that will not frighten them, but will merely remind them that the night is over and the light has come? You do not inform them that the nightmares that frightened them so badly are not real, because children believe in magic. You merely reassure them that they are safe now. Then you train them to recognize the difference between sleeping and waking, so they will understand they need not be afraid of dreams. And so when bad dreams come, they will themselves call on the light to dispel them.”** ACIM Ch.6.V.2

Teach through approach and not avoidance – “Do only that!”

Another key concept shared in the Course is to teach through approach instead of avoidance. In other words, always teach your children what they “should do” to have joy, instead of what

they “should not do” to avoid pain. This reduces their confusion and will give them a solid foundation on how to move towards peace in any situation.

In Chapter 6, it says, **“A wise teacher teaches through approach, not avoidance. He does not emphasize what you must avoid to escape from harm, but what you need to learn to have joy.** Consider the fear and confusion a child would experience if he were told, “Do not do this because it will hurt you and make you unsafe; but if you do that instead, you will escape from harm and be safe, and then you will not be afraid.” It is surely better to use only three words: **“Do only that!”** This simple statement is perfectly clear, easily understood and very easily remembered.” ACIM Ch.6.V.3

Example of “Do Only That!”

Let’s say that you are teaching your child the importance of looking both ways for traffic before walking across the street. If you were to say, “Never cross the street without looking both ways because you will get hit by a car”, you can imagine that this would frighten the child, and while their mind is in fear, they will be unlikely to remember what they should do to be safe. Based on the “Do only that” approach, you can say something like, “Every time you cross the street, be sure to look both ways, so you will be able to cross the street safely.” This is a clear directive and the child will know exactly what to do and why it is important.

Never itemize errors of another person

Another important teaching offered by Christ is that you should never itemize errors of another person. In Chapter 6, it says, **“The Holy Spirit never itemizes errors because He does not frighten children, and those who lack wisdom are children. Yet He always answers their call, and His dependability makes them more certain.** Children do confuse fantasy and reality, and they are frightened because they do not recognize the difference. The Holy Spirit makes no distinction among dreams. He merely shines them away. His light is always the Call to awaken, whatever you have been dreaming. Nothing lasting lies in dreams, and the Holy Spirit, shining with the light from God Himself, speaks only for what lasts forever.” ACIM Ch.6.V.4

The importance of Prayer – ASC

One of the greatest gift’s my mother gave me was in teaching me about God and prayer. I learned as a young child that I could go to God with any concern, no matter how big or complicated it seemed to be, and I would always find guidance, healing, and relief. Teaching your children how to connect with God through prayer will give them essential tools to ask for help in any situation. I like to use a simple 3-step structure for prayer called **“A-S-C”** or **ASC**.

1. **A** = Acknowledge the Problem and Ask for Help
2. **S** = Surrender the Problem by turning it over to God for Healing
3. **C** = Choose Again (Choose the highest, happiest, and most peaceful outcome)

Here's an example:

Let's say that your child is worried they are going to fail a test at school, even though they have been studying and preparing for it for days. You can help them to turn to prayer through this very simple ASC format:

A = Acknowledge the problem and Ask for Help

Dear God,

I am taking a test tomorrow and I am worried I am going to fail.

Please help me to see this differently. I am willing to make room for a happy outcome.

S = Surrender the problem by turning it over to God for healing

I am willing to turn all of my concerns over to You for healing.

Thank You for trading all of my fearful thoughts for Your peaceful and loving thoughts.

C = Choose again (Choose the highest, happiest, and most peaceful solution)

I am willing to see myself, this test, and everything else differently.

I will leave room for You to guide all of my thoughts and decisions,

to ensure a happy and peaceful outcome for everyone involved.

Thy Will be done. Amen

Use EFT Cards for Relief and WVBTR – The Five Steps out of Fear

You can also help your child to tap out their anxiety and fears with an EFT Card on their specific challenge and be sure to modify the words to fit their vocabulary. Additionally, when using EFT with children, it is important to simplify the process by tapping lightly and using less words during the tapping sequence. Look for the added EFT Card on WVBTR – The Five Steps out of Fear to help you in your work with children, located in your “EFT Customized Tapping Tools” Section of today’s lesson. Once your child learns the 5 steps out of Fear (a quick process I created to move out of fear), they can use those steps whenever they are worried or afraid:

1. **W** – I am Willing to see this differently.
2. **V** – I am willing to see a Void or an Empty Space instead of my problem.
3. **B** – I will Borrow the Certainty of God that everything will work out fine.
4. **T** – I will Trade my fearful thoughts for God’s peaceful and loving thoughts instead.
5. **R** – I make a Reservation for Peace for this whole situation and for everyone involved.

The Goal of Peace

One of the simplest, yet most valuable lessons you can teach your child is “**The Goal of Peace.**” Remind them that in every situation, that the only goal that is worthy of them, their time, and their attention is the “goal of peace.” Instead of trying to get good grades, the goal is peace. Instead of trying to fit into a particular group of people, the goal is peace. Instead of trying to win at a baseball game, the goal is peace. Peace includes everything, and when your goal is peace, it means that you are asking God for the highest and happiest solution for everyone

involved. Peace means that you will be happy with the results and you have God's guidance and guarantee that will show you how to get there.

If it is not peaceful, it is not your train

This final teaching aid is one I had to learn for myself from my Teacher of Peace. I learned to think of peace as a train that is leaving from a train station, and if that train is not peaceful, then it is not my train. If the situation is not peaceful, then it is important to pause and wait for the "train of peace" before stepping aboard.

Here's an Example

Let's say that a loved one of yours is asking you to do something you do not want to do, and you do not feel peaceful about it. If you do not feel peaceful, then this means it is not your train. It is important to teach your children that with God, there is a peaceful solution to every problem. As long as you pray and ask for help, and then make room for a peaceful answer, you will be guided to a peaceful solution that works for everyone.

It is OK to say NO to something that does not feel peaceful for you. Help your children to understand that every time you choose peace for yourself, you are choosing peace for everyone because we are one with each other. You can teach your child to respond in this way, **"This does not feel right to me and I do not want to do it."** Let them know that sometimes other people will not understand and they will push harder. **Give them your encouragement to stand up for what feels peaceful to them, and to not give up their peace for any reason.**

The goal is peace in every situation. In this way, you are aligning with God's Plan for your happiness because God's Plan is always based on peace and happiness. If this same situation were to happen to you as an adult, you might say, **"This does not feel peaceful to me and I have learned to make all decisions based on peace. I would like to take time to pray about this and ask for help with it. I will get back to you."** Most rational people who are coming from a loving place will understand your response and respect you for it. In every decision you make, turn inward and ask yourself if it is peaceful. If it is not, then it is not your train and do not step aboard. Take time to pause, pray, and ask for help, and then listen for the peaceful answer. The Holy Spirit will respond to your slightest invitation. As you make room for peace, it will be always be revealed to you and then accomplished for you.