

Introduction to Personal Change

Parent & Family Resource - Introduction to Personal Change

Eloisa discusses personal change and the desire to grow in love, she also comments on parents being a child's first teacher and the opportunity they have to be a loving influence in a child's life via their lived example.

Recorded on the 4th of March 2021 at 12:00pm in Wilkesdale, Queensland, Australia.

Hi, I'm Eloisa, welcome to this Parenting Principles Program.

In this presentation we're going to be talking just about focusing on yourself first before you start focusing on others.

As a parent, if you've got one child or multiple children, often it's quite easy to just see everything as chaos happening around you, and that you've got no control, or no say over what's happening in the environment. I don't believe that's true.

In fact, I feel that as the parent in an environment, particularly with very, very young children who are just reflecting what's going on between the adults and the environment at large, so any other adults who might be, well any adults' parents - we'll just say parents and that applies to caregivers or guardians or anyone who is in that environment, they're just reflecting their environment.

If you're all focused outwards, then you're not really going to change what's inside of you so as a principle, focus on yourself first. I don't mean focus on yourself in a narcissistic, self-absorbed way where you want to get everything what you want, I'm talking about love.

If there is an issue in your family or in the environment of your family, if there is an issue between you and your partner, you need to look at everything, but first look at yourself, what issue of love is being exposed here for you to feel about, or for you to learn more about love, what is going on in that context? And if you take it to yourself and feel through your own issues first, then you'll be clearer on what is yours, and then you'll be able to look more clearly on what's happening for the other parties in your family.

A very important thing to do is - anything that happens to you in your life, I kind of feel like we are - well, I feel like we are the main character in our story or in our life.

If we are there, then there's always something for us to feel, and until we are at-one with God and even then, you are going to keep discovering all these wonderful things as well, and having all these emotional experiences, and being all really emotional from what I understand, but you'll be discovering your desires, and there will probably be a lot of, well I don't even know what it's like because I've never done it, but in this time where you are at now, looking at where you're at for me, every single attraction that happens in my life helps me to see something more about myself either where I'm out of harmony with love, or where I'm in harmony with love actually.

Now I'm starting to see some things here, it used to just always be, oh, there's another thing that I'm out of harmony with, oh there's another thing, there's another thing, now sometimes I connect to, hold on, no, I'm actually in harmony with love here, wow, and this is the response that I get.

I often had then, feelings that come up about, wow I'm doing the right - like the loving thing that's right from a love-based perspective, and I'm still being treated badly so, wow, I've got some feelings now to feel through about how unloved I feel, and some demands I want.

I want to feel loved, and I want people to like me, and whatever those things are which are all unloving things, so that part now needs to be refined, and worked through, and me to release the emotions that I have about feeling like I want other people to love me because love is a gift and nobody has to love me, and nobody has to love anybody else, and that's the beauty of love.

It's such a beautiful gift because it has to come from your own soul and your own heart-felt desire to give it. You can't force someone to love you, and you can't demand that they love you because now you're out of harmony with love.

When the focus is on you, then you're also going to learn more about yourself. You can develop your own soul condition, and you can improve in love, and you learn more about love and truth, and how the universe works yourself. As you do that, then you can become someone who actually can uphold love in the environment, and naturally your soul will do that as you grow in love and progress in love.

But at first, well for me anyway, I kind of didn't really know how to do that, and because I would accept a lot of things towards myself, I then also accepted those things happening in the environment, and that's something

that has taken me to learn to speak up, and to be truthful, and to be more honest, and more open about those things.

Also, by me finding out more about myself and learning about love and truth, and all of these things, again not in a narcissistic, self-absorbed way, but just learning about love, and where I'm not loving, or where I'm in harmony with love. It's sort of like coming to see myself as I really am.

This then enables me to get to a point where I can actually educate the children in our care on the things that I've learnt, or the things that I've discovered, and because they're our children, and have come through my ex-husband and I, those children have got some of the same feelings I have.

Our daughter has some very similar feelings that she's got that I have about myself.

The boys have some feelings that their dad has, and they've been passed down and the children have them.

When I work through my own feelings, and my own belief systems, and all of those kinds of things, I can then also share with the children, hey, if they're sincere about working through their gear, if they have questions about that, then I can answer those in a truthful way because I've had the experience. So, this is another lovely quality of growing your soul and developing your soul condition into a more loving state.

Choosing to become more loving is a personal decision that you are going to need to make, and so this brings me to the choice of change, do you want to? Do you have a desire to actually make a soul-based change? If you don't, you're not going to do it. If you do, you will. Being honest about things is really important.

We asked a question in a previous presentation about, do I want to love, and being very honest about that because if you don't, then you're not going to. And if you go, no I don't and you get all angry about it, or if you're just like, no I don't, you don't want to do it, I do suggest to explore why?

The why is really important, find the cause of why you don't want because that will then help you to see that actually maybe you do but you've just got all these other things in the way that are causing you to feel like, ugh, no, I don't want to do that, that feels like work, that feels like this, that feels like whatever, which just exposes some false beliefs you have about love.

And you could just put that to any other quality, or other aspect of this program, so you could apply that to truth, how do you feel about truth? If you don't like truth, why, figure out your reasons why, and emotionally work through those because then your relationship with truth will change.

If it happens with your relationship with your kids, alright, how do I really feel about being a parent? If you work through all of those, your relationship with your children will change.

How do I really feel about my partner?

How do I really feel about men?

How do I really feel about women?

Why, find the cause, find the reasons, find your justifications, find all those things out. The more you do, the more you can work through, the more your relationships will improve. The self-discovery process is really fun and enjoyable. You come to know and understand yourself in a way that is lovely actually.

Also I've noticed for me, the more that I become more okay with my own feelings, and my own self-expression, and things like that which I'm still working on, the more I'm interested in other people and what they feel, and who they are, and just the gift that God's given them, and what are they really like, and what's their nature like, and what's their personality like, and there's a lot more joy and desire to interact with other people as well, rather than just sort of staying kind of ?? about things which for me was sort of a way to protect myself from certain feelings that I didn't want to feel.

Very simple, hey, very simple.

So back to change, if you don't want to change, you're not going to, so I'm suggesting to figure out why or whatever, and for me, I want to be at-one with God, that means I'm going to have to change a lot.

I've got to go from the reality that I believe was sort of the family dynamic, is kind of totally not reality, and coming to God's reality is a process of change, and it is giving up everything I thought about myself and believed about myself, and thought I was, and who I was, and all of those things, and actually discovering what God made in my soul, like what is my nature and personality, like what gifts have God given me, what passions and desires do I have?

Who am I as God created me, and there's all this other stuff, it's like Jesus and Mary use this lovely analogy in Divine Truth of being sort of like, all this mud on you, and you've got to wash away all the mud to find the real you underneath, and we have all these injured feelings, and all these beliefs, and all these things that we think are us or these facades that we're presenting, and I'm just finding the more emotionally that I work through, the more I discover, oh, actually, no I don't like certain things that I thought I liked, or I really like things that I never even thought that I would be interested in doing.

It opens up a lot of different things about yourself, and I feel like God's given us this lovely provision on Earth, as I was saying before, it's like this lovely playground to learn about ourselves, and become self-aware, to come to know ourselves, and what's really what our souls are like, and I think that's a really lovely gift that God has given to us.

With change, you've got to have a passionate desire to change, or else it's going to just get a little bit harder or a little bit bumpy, and you're just going to want to give up. Also change is in the soul which I keep saying, but that's a really important principle to remember that the only real change is soul-based change, and that is an emotional experience in order to go through in order for that real change to happen.

You can't change others; you can only change yourself. For another person to change, they have to want to change. You can inspire change in the sense of by living a more loving life.

I know for me having Jesus and Mary as wonderful friends of mine, their example is so inspiring, and has helped me to say, look, I want certain things of what I see them living in their life, and certain dynamics in the way they relate to people, and interact, and how honest and truthful Jesus is, and how he has like these superpowers I feel of being able to feel another person's past, and the cause of why they do what they do, and I feel like that's a wonderful gift.

Really, it's actually a testament to his own development of going through enough emotions to actually be able to feel, and understand another person, and that's something that I would love to be able to do.

The fact that I can't do it right now means that I've got some issues that I need to work through myself in order to be open enough to do that but I feel like having this inspiration is such a - and also a lived example is just a wonderful opportunity, and if we take that back to families and children, you

as a parent could be a lived example of being a loving influence in the world, and standing up for truth, and speaking truth, and being transparent, and being open with other people, and having an interest in others.

Now if you don't have an interest in others, you can't be interested in others but your example, the point is, is your example can either be a loving influence and a loving example and an inspiration to others, or it can be something not to aspire to and something that - which I suppose in a way is a form of inspiration, isn't it?

When you sometimes have people that you really don't want to be like, it is an inspiration to be another way. (Laughs) I suppose I was talking about inspiration more as in people doing things that you then aspire, and you'd love to be like, or love to do.

When I sometimes see little tots or little kids, it's like sometimes, - oh, it's kind of like looking at their parents like these amazing people who they want to be like, and it sometimes makes me really sad because sometimes they're aspiring to give their own nature and personality up in order to get the approval of the parent, and sometimes I feel like, yes, I can see why their child would want to aspire to certain qualities in their parent.

I think sometimes it's easy to forget when you enter the daily grind that you are one of the biggest influences on your child, and your children, and if you make positive change in yourself, they're also going to see that and I can see in our own family, for instance, like I literally thought that my biggest passion and desire, my only role in life was to be a mum and a wife.

And over time that's changed, and I do feel very sad for our daughter because I can see that that's influenced her, and her beliefs about what a woman should do, and now I'm engaging my passions and desires more, and doing that but she's thirteen now, and so she has this past experience, and I see her not always acting on her passions and desires, and not enacting them and going out and pursuing them with her whole heart because she's got some fears and some worries and some concerns and some beliefs now about those that she's inherited from me.

And so that, I feel is like not a good example that I set for her, and it wasn't a good example that I set for our boys either of that a woman sacrifices for the man, and does all these things for the man, so I feel like those things are not to be looked up to but I can see how because those were what I did, and what I believed, I suppose, were right or else I wouldn't have done

them at the time. Because that's what I believed in my injured state, I can see that the children have inherited that and are now acting that out.

I can now see that being an inspiration to a child, it can be in a loving or unloving direction, or being an example to a child, like being an inspiration, I suppose as to help inspiring I sort of see as being inspiring to do something different than what you've already - where you're at, but we are examples to our children.

If we change and we make shifts and changes, then the child will see that they also can do that and that's a possibility, and I think that's a lovely gift to give children and adults, is to show the possibility that you can make different decisions, and you can have changes in your life, and you can do things differently.

Change is a wonderful thing in particular, I feel like if you become a more loving person, you can choose as I said to change in an unloving direction but that would just cause a lot of pain and suffering to both you and your family, and that will have to be a choice that you'll want to make, and if you want to make that then at some point it will need to be corrected because everything that's unloving eventually gets destroyed.

Sadly, when there are children involved there is a lot of influence when we're unloving on those children, and they inherit belief systems, and a lot of harm can be done, and that's something that I don't feel is the best way to go about it. In fact, I feel like it's quite unloving and unethical to do that to children.

You are the change in your life, if you want to change and if you don't, you're not going to change. There're some stages to change.

You go from denial where you're kind of clueless, and you know nothing, or you want to be in denial, you don't want to know anything, to then slowly working through various aspects to become more sensitive to what's really going on, usually at first you sort of get an intellectual awareness. Often for me it's been through via external feedback, like I do this thing or I'm like this or, wow, okay this thing is happening.

Once you go through that intellectual stage, then you kind of have to come to an emotional understanding where you come to see like you feel it, like wow, okay, here's something going on, what's going on, and you're feeling like, I suppose, you feel the sin of it. You feel how heavy it feels, and how wrong it is, and then I noticed sometimes I get feedback, and I just start

seeing all the areas that I'm doing it, having all these memories and all this stuff going on.

Once you sort of have this - well, that's sort of intellectual awareness, then you have an emotional awareness where you start feeling about it, and feeling the sin of it, and feeling through it, and feeling the reasons why until you get to the cause of it, and then once you get to the cause of it, and you feel and release that, and that's a whole process of emotion.

Usually, we sort of go through denial, then we've got our addictions, then we've got anger, then we've got fear, then we've got grief, then we've got sort of release, that's a very simplistic sort of way of doing it. Often all of those things, it's not sort of as clear cut as that but it all sort of mixes in together and - sort of all overlaps and ends up sort of all happening sometimes feeling at once, like you might be in and out of fear and anger all at one time, and then you're in grief, and fear, and whatever, and if you just let yourself feel rather than overthinking it too much, you'll be fine and it will go real good.

Once then you've gone through your denial, your intellectual awareness, your emotional awareness, you've got to the cause and you've released that, and finally you'll get to permanent change, and you won't have to try anymore to make a different decision, and you won't have to try and be different, you already automatically will be, and that's the beauty of doing the soul-based change is that it's real permanent lasting change, and so I highly recommend it, and that's the beauty of doing soul-based change, it's permanent.

Soul-based change is permanent, forever, done and dusted change, unless you make a different decision and then renege on it. But something that is quite interesting is when you actually develop in love and become more loving, and you start being more ethical, and more moral. Your soul indicates when you're not, and it feels worse when you try and do that same thing again. When you've actually gone through the emotional process, and somethings you just - it feels almost like I can't do them and the reality is you could do them, but the pain of it, or there just isn't even a desire to do it, it's quite an interesting result, like consequence of the change, of making soul-based change is that often you don't want to do the thing anymore, and it becomes harder to do it because it just doesn't feel good to do it anymore.

So, that's just a little bit about change, and some of the principles that you can only change yourself, you can't change anybody else.

We're made to change, our soul is designed to change and grow and expand and receive more love and be stretched, so when you feel uncomfortable you can just remind yourself, I'm just being stretched, and this is a good thing for me, it's really good to be confronted and stretched. That means that something in you is being confronted with something that might be out of harmony with love, or an opportunity to become more loving.

I encourage you if you're not keen on change and you think it's a bad thing, figure out why, ask some questions.

There will be some reflection questions that will come later on, these are just the preliminary videos to introduce you to a whole number of concepts and ideas, but if you're having already thoughts and feelings or whatever, I encourage you to pause the video, feel about those things as they come up.

That's something about emotions that we will talk more in depth about is, when an emotion is there, feel it, take yourself off to your bedroom or your shower or your bathroom or somewhere where you can just have some peace and quiet for a little while, go to your car, whatever it is, and let yourself feel what you feel, in the moment is the best because that's when it's there and ready to come out.

Also remember God never gives you more than you can handle even though you might feel overwhelmed, let yourself feel the overwhelming feelings that might come up and just let them out.

God's got it handled, God's there if you want to have a relationship with Him and yes, I just encourage you to come to know yourself, and let yourself become your real self, and that means that you need to discover your injured self, and your hurt-self first, if that makes sense, and your unloving self, like we've been harmed in our childhoods most of the time as children, but we have done a lot of harm as we got older by acting on things that we didn't choose to deal with in our past.

As parents, we really need to remember is that, when we feel hard-done by, well, let's look back at - really, we need to assess honestly, what are we doing in our lives that is unloving, and let's look at that and deal with that because you can deal with all of those things.

You can also forgive what has been done to you but instead of playing the blame game, I encourage you to change yourself, and to really wholeheartedly look at yourself of where you're not very nice, where you're being unkind, where you're being unloving, and where you're being loving and kind too.

But often we have a tendency to prefer to kind of say, hey look, I'm so good in this area or I'm doing well in this area and then skip over all the things that we're doing that are very unkind and un-nice to other people, and unloving to other people. I notice most people don't want to look at the things that they do, to harm others, they'd rather look at how they're being harmed.

If you really want to change, you're going to need to change you, and your actions, and your decisions, and what you do to others, and that's how you're going to become a more loving person.

All the best with that and I'll see you in the next presentation.