

Resource Aims & Benefits

Parent & Family Resource - The Aims & Benefits of the Parent & Family Resource.

Eloisa discusses the Parent & Family Resource aims and benefits.
Recorded on the 4th of March 2021 at 10:00am in Wilkesdale, Queensland, Australia.

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

If this is the first video you've watched, the principles are taken from the teachings of Divine Truth, more information can be found on www.divinetruth.com. These teachings are shared for free by Jesus and Mary Magdalene, also known as AJ and Mary.

I suggest you go to the source of the information for hundreds of hours of viewing on some of the things that we will be talking about in these videos, and they have a myriad of information there which is very, very handy and useful. It's where these principles come from, and this resource is for anyone who is interested.

It's targeted at parents and children, or adult and child relationships but within that there will also be quite a lot of mention or discussion about adult-to-adult relationships such as partners or friends and family members, etc. If you choose to sincerely apply the principles that are mentioned in these presentations, you will have results. If you don't sincerely apply them, then not probably much change will happen.

I encourage you to let yourself feel your emotions in a self-responsible way meaning not to take them out on children, and not to take them out on your partner, but actually like you know, if certain feelings come up in a discussion or interaction in your family life, take yourself off to your bedroom, or to the bathroom, or to a quiet place that you can have some alone time, and feel what you feel, or take yourself out to the garage, or sit in the car, car is a good way if you've got one to do it, or take yourself out into a field where no one else - you know, you're not going to harm anyone else by acting on your emotions.

A lot of these presentations - I'll just stress the importance of feeling your emotions, not acting them out, that means not taking them out on others, and also often we want to sometimes say I felt them, and then we want to go and do something almost compulsively, I suggest if you've got that feeling you probably haven't dealt with the emotion yet. We're wanting to

act often in order to avoid certain feelings and I'm saying, stay put with your feelings and feel them.

Parenting Principles Program Aims

To present principles of Divine Truth in relation to parenting.

To present examples of these principles in action.

Present experiments of Divine Truth that can be applied to anyone's lives immediately, and when sincerely engaged have positive results that can be measured over time.

It's a resource that you can apply to your own life immediately without anyone else in your life, without any experts, as I said, it's free.

It's about you taking responsibility for your life, and your decisions, and for what's happening within your family.

To encourage you to take self-responsibility for your own spiritual and emotional growth.

It's a way to supply some education to parents, specifically about things that they can do in their families that will have a positive impact, and potential to change if you feel like your family could improve, or relationships in your family could be better, I'm finding that it's just lovely to be growing relationships with little souls, when I say little, ours aren't so little anymore.

The youngest is eleven, but to actually get to know these souls that are growing and developing in the world and, well attempting to make transparent the way that they can discover truth and things about their lives, and experiment with things and have experiences in order that they can discover what their desires are, and what they love, and who they are as people, what are their soul qualities, what is their nature and personality.

I feel like it's a privilege to share that with a brand-new soul that comes into the world and having a relationship with them I think is lovely.

As a parent, we have a lot of influence upon the children in our care and if you're a teacher, you have a lot of influence on the children who you teach each day.

And one of the greatest gifts I feel of engaging in these roles of teacher or parent, and a parent is the first teacher of a child, I feel that one of the privileges is that you have the honour, and the privilege of getting to know

somebody, and you can be a positive influence in that child's life, or you can be a negative influence in their life, meaning that you can lead them towards love, or you can guide them towards being unloving and taking actions that are going to cause pain and suffering in their life.

I feel as a parent, if we've been on that track of pain and suffering, and teaching our children things that are in disharmony with love, then we do have a responsibility to correct the unloving things that we've done, but until there's a shift in your own soul, and you come to a place where you feel that, you're not going to do it.

That's the beauty of this program, is that if you chose to and you have a desire to, you'll act on certain things; if you don't, you won't, and it's that simple, and you'll know, like if you're honest with yourself, you'll know.

One of the aims is also to build close connective relationships with children, and also your partner, particularly your partner because if they're your soulmate, or they are the person who you are attracted to and you want to love, and in the end, children go their own way, they're going to have their own soulmate and their explorations and their own relationships.

Often, I notice myself and also other parents have - you use your children in a role to fill in the gaps in your relationship, and I don't think that's very healthy for the children, or for the relationship between partners, so it's something to resolve and work through so that no longer happens.

Another one of the aims is for self-responsible parents and you've got to become self-responsible yourself to understand what it means for a child to be self-responsible.

But a child is also self-responsible, and a child can be self-responsible from a very early age, like the age of four or five or six easily can be doing everything for itself physically and emotionally. If it understands how to experience his own emotions in a self-responsible way, they can be making their own food, they can be cooking for the family, they can be cleaning, they can even have their own business, and those all possibilities and things that children are quite capable of doing at a very young age.

Unfortunately, as parents we often limit children due to our own fears and feelings and emotions and desires and beliefs even about children.

This resource may be challenging with some of the things I say, and challenge your beliefs and again, I just encourage you to feel about that and figure out why you believe what you believe.

It's a very useful method to gain more understanding about yourself and also, the more that you work through in regards to your limiting beliefs, the less limitations there will be on a child to express and explore and be themselves in this world, and also to have different opinions to you, and different ideas, and different feelings to yourself, and also to be able to be honest with you about what they feel is happening in the family, and I feel like that's a wonderful opportunity if you can encourage that in your family, not as a blame game but as - yes, just being very honest and transparent about what is happening in the home. I think it's sort of a relief and easier for children, and also for any adults that are in the family too.

Another aim of the Parenting Principles Program is to share the benefits of making love-based decisions in your family life, and also to be learning about love and acting that out in your family, and the enjoyment that comes from engaging with children and becoming to know them as their real selves rather than as what you want them to be, or what they feel they're expected to be.

The Parenting Principles Program focuses on love, and that is understanding or at least hearing the possibility that you can receive God's Love, and also that you can develop your own natural love in your own heart or your own soul, and that you can express that to others.

It also focuses on truth, God's Truth and your own personal truth. You need to discover your own personal truth in order that you can then measure it against what God's Truth is, and also, how love and truth are so connected. It's very hard - I don't even know if you can have one without the other, I think they both go together beautifully, so the program focuses a lot on that.

It also focuses on emotional experience and expression of you becoming more sensitive to your own emotions, and how you feel about things, and being very honest about those, and really feeling it. It's not encouraging you to just go around talking about your emotions all the time, it encourages you to feel them, take the time and actually feel them.

By feeling what you feel, change can happen. If you don't feel what you feel, it just stays stored inside until you come to feel it, and all of this stuff that's stored is just going to attract events into your life in order to help you to give you the opportunity to expose, hey, here's that emotion again, it needs to be felt.

The less that you suppress, the more can come out, and that's one of the focuses of this program is to get out of denial, become sensitive, and begin

feeling how you feel, truly feel, so back to truth, really truly feeling how you feel, and in a loving manner, so back to love, truth, they all kind of fit in so well together, and in a loving manner would be self-responsible, not taking your emotions out on someone else.

The focus is also an aspect of truth which is being yourself warts and all, and coming to know yourself as God sees you, or warts and all, which means all the good things, all the bad things, all the ugly things, or the things you judge, every single thing about yourself.

The aim is to discover everything about you, and that also includes your nature and your personality, and your soul passions, and your desires, and all of these things we talk about, a lot of them I will be speaking about those issues in families that could improve and become more loving, but there are many, many, many beautiful things that can be developed in a loving direction, so like your soul passions for example.

That's something very important for parents to act on because then you become an example to the children in your care to also act on their passions and desires; and words are cheap, what you say, it doesn't stick. It's so unimportant in a lot of ways, how you feel and the way you act, that's what children observe, particularly when they're very young. That's what they emulate, you're modelling to children what behaviour is acceptable.

For example, when they were very, very small I used to try and control them a lot, and I would yell at them, and I would try and make them do what I wanted, and sometimes I was manipulative, and all those things, and guess what? The children reflected that back to me, they started doing the things that I did, and sometimes I'd just look at them and be like, oh my goodness, that is what I do, and so it took a soul-based changed to work through that and realize, wow, I'm not loving the children here. And this isn't loving either because all I'm doing is trying to avoid emotions in myself, and so the more - like feeling something that is being exposed via this event, or this interaction that is happening, so by feeling through things more, I came to understand myself more, and also to not need to control as much.

I don't get as angry as much anymore. There're certain things sometimes that I feel really upset about, and that just indicates that there are some emotions there that I haven't felt. But a lot of things now that I used to feel super angry about, it's now just like, well, what action am I going to take that is harmony with love on that issue, and it's that simple, so yes, just sort of working through those things.

Another aim is, links in with what we're talking about is making permanent soul-based change, not just intellectual or thought-based change because that's not real change. The only real change is soul-based change so that's the focus on it. And then that leads on to doing that change while you are on earth, not when you go to the spirit world but actually doing it now, taking some actions right now to change your life and to explore - yes, I suppose using your will and your desire in order to move forward, and become a more loving person, so it's just one of the aims of the program if you wish to engage it.

Another aim is dealing with causes, not effects. There is a lot of things that happen in our daily life which I would call effects, so the behaviour of a child is an effect of a cause. If you can find the cause of what it is doing, causes are always emotional, there's always an emotional reason in you or in a child of what's actually happening and why it's happening.

If you can understand and find the cause, you can change it and move forward and a whole lot of different things can happen and, you know, more loving things can occur in your family dynamic, and I call it sort of positive change can happen. If you don't find the cause, you'll be dealing with a lot of different effects and its sort of like putting out heaps and heaps of fires.

It's like you put out one, there'll be another one, there's another one, there's another one, there's another one, if you deal with the cause emotionally and that means you go through all the emotions that you have about that thing, then that cause will eventually go, then that's up to how long that process takes because it depends how humble you are to releasing how you feel about a lot of things. But if you release the cause, it takes care of many, many effects.

I suppose it's like a trunk of a tree and then all its branches, if you're taking off all the branches that could take a long time but if you get to the cause, like you get to the trunk of the tree, the real solid part of it and you do that, all of the branches are going to fall off when the cause is gone. Yes, I don't know if I like that analogy because I'm not keen on cutting down trees but, yes, if you can imagine the solid part is the cause and it has branches going off. It's a little bit like that. I keep wanting to use a natural animal or vegetable kind of like analogies but yes, I quite like the animals and the vegetables I'm using. (Laughs)

The Parenting Principles Program has many benefits that can help. It can make like family life much more enjoyable, close connected relationships

causing you to find out more about yourself which in my opinion is always a good thing. You can have a closer relationship with your partner which would be a wonderful thing because you can figure out all the reasons why you are not close and connected currently.

It will expose a lot of issues and there will be a need to be humble, and kind to your partner as you work through certain things, but not fake kind. If you aren't feeling kind, go away and feel about it, you know, be honest about that, don't take it out on them. It's not their responsibility how you feel; how you feel is your responsibility.

I feel like this program has the potential to take you from being clueless to understanding more about yourself, and about the dynamics in your family, and what's going on, and also multi-generational issues that you will be able to become aware of that have influenced the family line for many, many generations possibly, and those are things that you can change.

I feel like that's a wonderful opportunity that God has created for parents is that we're not stuck here as we are, like if we had to wait for other people to change, then we'd be stuck where we are forever, or until they decide to change.

The beauty of what I'm trying to share with you is that you can change now, and regardless of what anyone else is doing around you, regardless of what is happening in your external life, regardless of any of those kinds of things, you can make positive change now.

You can choose to love.

If you choose to love, then there will be a whole lot of things that will occur in your life in order that you need to work through and come to - it's like I suppose like having a whole load of junk in your house, and to become more loving you've got to sort through all the things that are unloving, figure out the things that are, and you want to keep the things that are loving or in harmony with truth and harmony with God's Way and God's Laws, and then you want to discard all the other things, and as you do discard them, you want to look at them and understand them and know so that you are educated so you don't do those things again.

I feel like this is like self-education program and although it's called a parenting program, well, it is, it is about you and the focus is on the parent, it's not on the child, and that's quite different to a lot of programs which a lot

of them focus on the behaviour of the child, how to deal with the child, what to do with the child and all of those things are just dealing with effects.

This program is about looking at yourself, is about looking at the dynamic in the relationship between the parents, and if there are grandparents involved, or more adults than just the parents, it's that relationship, it's about the adults being parents and looking at what in them is causing the environment that they live in, what in them is setting up these things.

The adult is the authority in the family, the adult is the governor of their home, the adult is the one who makes the choice to either be a loving authority and a loving governor, and to actually uphold a space that honours those qualities, or they can also choose the other way and cause a lot of pain and suffering in the environment, and as parents we are responsible for that.

We can abdicate and say, oh well, my partner does A, B, C and D, you can say that but if you are staying there and allowing certain things to happen to children, and your partner is doing them, and you're not speaking up, that's your responsibility, that's your lack of love in that situation, or your sin if you want, so sin meaning missing the mark of love, that's your sin in allowing those things to happen, and you need to look - you know, if you want to change then it takes us looking sincerely at ourselves about why we're allowing those things to happen.

Now for instance if we are a dominating force in our own home, we want parent control, and we feel we own the children, and we feel we own our partner, and our partner should do what we want, well, now we're setting an example to the children of a different kind.

We're teaching them that they also can take power and control over people, or they have to be subservient to an authority figure. There're many lessons that we're teaching them via our actions, but if we become sensitive to something - I often ask myself, a self-reflection question is, what am I teaching the children, or others who I'm with, by what I'm doing now – like, by not speaking up and saying the truth, by not saying how I feel, by not addressing when there's abusive or unloving behaviours or actions happening in our family, what am I teaching the children there?

And in that instance, I'm teaching them that they shouldn't speak up either, that they should accept bad treatment, that if they speak up they're going to get punished, or somehow for reasons that they don't really understand, should be afraid of speaking up, and I don't want to personally be that kind

of example. I want to teach our children, no, speak up, have a discussion, reason, speak about why you feel the way you feel, and not in an addictive manner but just be transparent about it.

When you feel something's not going very good in the family, let's talk about that, let's have a family discussion, let's work out the cause, or the reason why we are acting, and treating each other in the manner that we're acting and treating other.

And for me, personally, I want to be more loving so everything I do I'm looking for, okay, you know, how would God feel about this and look, a lot of the time I don't know, and I've had to figure that out, and that brings me to ethics, and we're going to have a big chat about that in a moment because that's the first way to figure out what is loving.

Now when I say, we don't know, it doesn't mean we are totally clueless because when I look back at a lot of different things that I did that I went, well, I don't know, I can feel and even at the time, I could feel like, yes, now this probably isn't that great, and at some level I knew that it was not a loving thing to do, or it was not right, you could say, you know, and right meaning it was not loving and I could feel that. I notice that a lot of parents have these feelings of like, we did the best we could, we've done what we could, we did the best with the resources we have.

Now look, when we're clueless, sure, there's a lot of things that we don't understand, and we can't do because we don't know, and we're not even open to the possibilities of those things. I understand that but there are a lot of things that we can work out for ourselves without any education in love and we know they're not good.

If it feels bad to us, why are we doing it to another person, and a lot of people, I feel, use this excuse of I did the best I could, and they're not doing the best they could. They're doing what they want to do, and they don't want to change, and just be honest about it.

You're allowed to do that but then that gives the other people in the family the opportunity to say, well I don't want to be around that, and I want to make different decisions. Now if you get upset about that, you're now out of harmony with love because you're trying to impact their free will, and make them put up with your bad behaviour, but you do have the opportunity to change and to work through things.

I'm encouraging you to be honest about what's happening in the family, and to speak up about it if there're things that aren't going well, and to have the conflicts. I encourage you to speak up and obviously, conflict may ensue.

If both parties are self-responsible and loving, then they'll actually deal with that without attacking or violently harming the other party. If the other party is getting attacked and violently harmed, then they'll now need to make some decisions for love of themselves, and if children are involved for those children as well, and that might be to remove yourselves from that dynamic until it's worked through and has changed.

It's very important to make that clear that being honest and transparent and truthful is not about abusing another person, or harming another person, or taking your rage, or your anger, or your fear out on another person, all of those are unloving things to do.

This is why gaining an education in love is so important because otherwise you're going to, at times, feel like you're quite justified to do certain things, or treat people in a certain manner, and unless you have, sort of like a heart-felt feeling of like, no, actually I want to love, you might feel quite okay about doing that, and I'm not encouraging any bad behaviour, or abusive behaviour, or unloving treatment of another person, that's not what this program is about and that is not in harmony with love under any circumstances.

I think that brings me to a point where I'd like to discuss ethics and morality but ethics as a starting point to learn more about love, and to actually have something that you can measure of what is loving, and what is not as a starting point when you're first starting out. So that will be the next presentation.

In this one we've covered the aims and just how important principles are and the focus of the program.