

## About The Resource

### About the Parent & Family Resource

Eloisa shares her thoughts about the Parent & Family Resource, the intended audience of the resource, as well as principles, self-reflection questions and experiments that parents can begin in their family. Presented on the 4th of March 2021 at 9:00am in Wilkesdale, Queensland, Australia.

Hello and welcome, my name is Eloisa.

I'd like to introduce you to a series of videos I'm making that I'm calling Parenting Principles, and the main focus is on relationships between adults and children. You don't have to be a parent as such to watch them or to benefit from them. In fact, because it's going to be about principles, I feel like anyone would benefit from being a child, to being a grandparent, to being someone who has never had children but who has been a child of parents.

The principles that I'm using are taken from the teachings of [Divine Truth](#) as taught by Jesus and Mary Magdalene, also known as AJ Miller and Mary Luck and these teachings, I've been experimenting with since 2009 by applying them sincerely in my own life to myself.

I found that the family dynamic has changed in a positive way, and from when I first wanted to be a parent until now, a lot of the feelings that I have about being a parent, and a lot of the experiences that I have I feel quite differently about parenting than I used to, eleven years ago.

This resource is as I said for anyone who's had experience of being a parent or anyone who has actually been a child of a parent, and it's not just for parents, it's also for caregivers, anyone might benefit from it.

I feel like the teachings of Divine Truth, anyone who applies them, it's going to go well for you, that's my experience and my opinion. Until you try it, you may not agree with that, and until you sincerely apply things and actually have the experience of the benefits yourself, you won't know that as a fact.

I encourage you to keep an open mind. You may feel challenged at some points, and you may have some emotions that come up, I encourage you to feel those in a responsible way, meaning not to take them out on other people, particularly if you do have children, your emotions are not your children's responsibility; they're yours.

Even if you get, I suppose we could call it, triggered or something gets exposed by the children, it's actually you - if you have an emotional response, that's about you, nothing to do with the children. I do encourage you to focus - to own your own emotions I suppose is the best way of putting it, that means that, okay, if I have a feeling, that's mine; it's nothing to do with anyone else in the world. It may have been exposed by something else in the world, an event or another person, but the feeling you have is yours, and it is your responsibility to work through that.

Parenting principles is focused on the family, and as I mentioned, specifically between parents and children, or caregivers and children. You may not be a parent yourself, but you may have adopted children or anything like that.

And why I've decided to do these presentations is that all of us come from a family whether that's been one, like you may not have even known your parents, but you still came through parents, and may have had parental figures in your life whether that be siblings, or people you knew, or who might have just kept an eye on you.

We have a legacy of family issues, multi-generations of things that have happened. Often there's similarities between the generations of say, diseases or issues that come up and, you know, there might be family abuse issues, there might be sexual abuse issues, certain families do certain things, and what I notice is that as a product of our families, we make decisions often based to gain the approval of the family unit. And when we don't have approval, or we might be ostracized, or I suppose you could say, kicked out of the nest, or disapproved of by the family, there's quite a lot of pain and suffering that people go through due to that.

There're also wars on the Earth, mainly they started as family feuds, and that's an extreme example, but they are kind of ongoing and you kind of trace back various disagreements that people have had, and then they are still fighting about them thousands of years later.

And even in your own nuclear family, so if you've just got parents and children, you'll notice that there are various things that happen where there's arguments and disagreements, and all of these kinds of things going on, so the family dynamics, quite a complex unit. There's been multi-generations where we've absorbed certain things, sometimes we want to emulate things in our family, and sometimes these things - you could say sometimes they might be moral and ethical, and sometimes they're not.

These presentations are an opportunity to reflect on your own family unit if you are a parent and your relationship dynamics with your own children, or you can also, if you're a child of parents, you can also reflect on the family unit in that way and apply these principles to any situation in your life.

The main point of these presentations is about love, and I'm focusing on parents because parents have a responsibility I have discovered to children, and that is to actually be a parent.

When I first thought about having children, I didn't really consider what being a parent meant - kind of looking after the children but that's a very open kind of discussion I suppose. And I didn't pay much heed to my real feelings, or my real thoughts, or my beliefs about what a mother and a father do, and what a family unit involves, I didn't pay any attention to that until after having children.

I would have - I feel like I would have liked to have had some of the knowledge and experiences that I've had after having children but to be honest, it took me to have children in order to actually even want to review or have some reflection about what was happening in my life. Before that, I was happy just doing my own thing and not really thinking too much or too deeply about various events that had happened in my life, and how I felt about those events.

So, this resource has a lot of self-reflection which is a skill that I encourage you to develop. Self-reflection is an emotional process; it is how you come to understand yourself and know yourself and find out what you really feel and what you really think. It's a very beneficial process in my experience and I highly recommend it.

You can do an intellectual version of just thinking your way through things and looking at the situations that are happening in your life, and sort of thinking about them, that's a start. That's how I started but I've come to find that the best self-reflection is when you feel about what's happening rather than think about it.

And you'll notice in these presentations; I talk a lot about feelings and emotions rather than intellectual understanding because there is a fact that if - like no change is possible unless it's an emotional change or a soul-based change. And, we are a soul, that is where our passions, desires, thoughts, memories, experiences, that's where all of our nature and our personality, that's us as our soul, and this physical body, and the spirit body, they're just interfaces with the physical world and the spirit world.

I suppose in a way it's quite lovely really because God - when you die, you don't lose yourself; you're still everything that you are now, you just don't have the physical body, you have the spirit body to interface with the spirit world.

So, your soul is the thing that receives love, it's where your motivations, and your intentions come from, and your desires, and all of those things - your beliefs, that's all in your soul, pretty important point - very important point, and I'll say it again is that, no real change happens unless it's soul-based change, and that takes an emotional experience to get to changing what is in your soul. So, you can think things different but that won't create real change in your life.

If you're like me and you looked at a lot of parenting books, and you tried to get help because you felt pretty over-whelmed when you first had a child, or you were even thinking about having a child and you're feeling pretty overwhelmed, and you're looking and researching, I found that none of those books helped me personally because, although I tried to implement certain strategies and certain things in them, and I tried to do things like that, because the beliefs and feelings inside of my soul, the real feelings I had about things I wasn't acknowledging and I wasn't being honest about.

I couldn't actually make any shifts in my life, you know intellectually. It's like affirmations, you can tell yourself that you're a wonderful person, or that you're going to think positive and everything is great, but if you don't feel positive, and you don't actually make an emotional shift and feel your way through why you're feeling so negative about things which I suggest would be feeling quite angry, and probably some fears, and some sadness, and various other emotions that you might need to feel, if you don't feel those things then you're always going to have to be working really hard to actually feel okay, and the reality is, you don't, and that's where you need to start.

The same applies to parenting. We need to find out where we are right now as a parent, and then decide whether or not we want to change in a positive direction, or a more loving direction, or not, and that brings me to one of the most important parts of this parenting principle course, if you like, or program is that the main question that I found and the most important one to answer for yourself is - do I want to love?

And I'm saying that in a first person, so you can ask it to yourself but it's, do I want to love? Because if you don't, you need to figure out why not, but if

you don't then, none of the things that I say in these presentations are going to really hit your heart, and you're not going to want to act on them.

Love is the thing that is going to pull you through, and I'll describe more about what love is; it's not some intangible concept, love is like a real, solid, practical thing, and when I talk about love, I also have to talk about truth because love and truth go together. Truth is always loving, and if you can be truthful with love then that's really, really important.

We'll talk quite a lot about intentions and desires, and what I kind of call is getting real with yourself, about yourself, and that can be sometimes a confronting process to give up your facade, and what you want to believe about yourself, and what you want to think about yourself, and actually see yourself as God sees you.

And I will talk a lot about God because in my experience, you can do all of these things on your own efforts, and you can use natural love in order to explore and experiment, and find out more about love through your own efforts but to me, that takes a lot more effort, and time, and energy, and you've got to experiment a lot more, and there's nothing wrong with that, that is one way to do it.

For me, having God in the process means that you've got someone who knows every single thing about the world, the universe, myself, you, everyone so if you can become sensitive and open enough emotionally, then you can actually feel God and you can have a conversation with God via your feelings, and you can find out a lot of truth that way.

To find out about myself, I would pray a lot which is like a longing to God to know and I would long to know how God felt about me which brought up a lot of emotions of how I actually feel about myself and how in disharmony that is with God. And also, to gain truth about myself, like, okay God, is what I'm doing loving, and God can give you an answer about that so you can find out quite rapidly if you grow a relationship with God and get answers to every single question there is in the universe.

Also, because God has created all of humanity, God knows Her Creations best, so I feel like probably going to the source of the creation is the best way to find out information. I haven't always been in that position, and I still struggle sometime to maintain a connection with God due to my own issues and injuries, so the next best thing I found is people who have had a lot of experience with a relationship with God, and their principles that we will be

discussing over the course of these videos, and that is the teachings of Divine Truth and Jesus and Mary.

I feel like God's superbly got it covered and then obviously, when you've had a lot of experience, and you have a more connected relationship with God which I trust that I will have in the future, but I have to say having external feedback from Jesus and Mary, and having the teachings of Divine Truth to refer to, and to even like begin to learn about what love is, and trial and experiment and test in my own life for myself via my own experience has been the greatest gift, I feel, like I've ever received to be honest.

Without it, I don't feel that I would have even understand about what love was. I mean, before I heard the teachings of Divine Truth, I was clueless, absolutely clueless, and I'm still finding that some things that I feel like, no, this is a loving thing to do as I work through certain emotions in myself, and as I learn more about God, I suppose we could call it God's Way, which is God's Love and God's Truth and God's Laws and the way that love works in the universe, this is something that I suppose being educated on and for me, it's an ongoing process.

I feel like it will be a forever process but there is a point where we can be at-one with God in the sense of love, and we will act in the same manner as God does and be in agreement on what love means.

So, these presentations focus a lot on love and when I say love, love and truth, as well as some other qualities as well that all have many, many principles involved in them that we will talk about over the course of the presentations.

I notice many parents, when you become parents, we have these feelings towards our own families and parents, and there's sort of either a rebellion of like, oh, I don't want to be like my parents, or we end up doing the same things that were done to us, or the same things that happened to us in our childhood. Sometimes unwittingly, we're thinking we want to be different to our parents and we end up the same.

And it's because we've inherited a whole lot of beliefs and feelings and had experiences in our own families, and we're just acting out of those. So, unless we make some soul-based changes, we're going to act with whatever we're at.

And another fact or truth that I found to be really real is that it doesn't matter what you say to children, or to anyone else for that matter, what you

feel is the real you, that's the real conversation, that's what's the real dialogue, that's what's really happening, and as a parent it's very, very important to, I feel like it's important for any person, but because these are focused on parenting, we will be talking about parents, but let's say anyone person to have your thoughts, your feelings, and your actions all match up, then it's easy for other people to see what's going on. It's easy for you to see what's going on, it's honest, it's transparent, and you're being really truthful about what's happening; it's also the most loving way to be.

Often this is not the case and with children, you will notice that often children are responding, and sometimes like I know when I first started and I hadn't discovered any truth about God's Truth on the matter of parenting, I would be like, why are the children behaving in such a manner, like what is going on with them?

And as I've come to learn more about God's Truth, I'm like, oh no, what's the problem with me because like children are these wonderful reflectors; they're just reflecting what's happening. Any unhealed emotion that is inside an adult in their presence, they're going to reflect it back and as a parent, you have even more influence on those children, and the children are reflecting you perfectly, like it is so perfect.

Again, it's not necessarily the actions that they're taking but the feelings that are brought up and exposed in you via whatever a child is doing, that is the thing that God's Laws are trying to help you to see.

So children are this beautiful gift to help us learn about love basically, and it's not about using the children to learn about love because if we were self-responsible adults, and we really truly desired to love the children, we would be doing everything in our power to love others and in this case, children.

But often I found that it took having children in order to actually help me to be so overwhelmed with the experience, and all of the things that I suppressed, I suppose emotional issues and past trauma that I had personally suppressed from my childhood and my life, the actions that I had taken over the course of my life, they were all exposed and came up when I had children.

I don't understand yet why exactly that happens, but it did, and maybe it's because you're so tired and you no longer can hold yourself together anymore, and you're no longer getting your addictions met as much, and when I talk about addictions, I'm talking about physical, emotional, spiritual

addictions that you might have. So, for instance, you know when things often got hard in my life, I would withdraw, or I would go and do something that I enjoyed doing.

When you have a child and they're very small, you can't just leave, like they need feeding, and they need changing, and they need to be looked after, and it feels often like your life is no longer your own, and that's a confronting thing, particularly in the Western world when we're used to pretty much having what we want, we have instant gratification, we're getting all our addictions met, suddenly you're looking after another person, and you can't just get up and leave or you can't - whatever your addictions are, a lot of the time if you're doing what's best for the child, you can't do those any more.

Well, you can, but I notice a lot of parents' sort of go, hold on, I want to do what's best for my child but then they give up things that they wanted to do, addictively and suddenly they're faced with their own selves because they're addictions are no longer suppressing the emotion.

Yes, so a bit of an aside but I feel like having children is this wonderful gift to learn more about yourself, and also to actually have the privilege of meeting a brand-new soul in the world and sadly, because of all of the past issues that most parents and most adults have not dealt with before they have children, we pass on a lot of our unhealed emotional injuries and our belief systems and all kinds of things.

So, children don't come in, if you like, they incarnate as a clean slate, but they rapidly absorb all of the injuries and beliefs and things that are out of harmony with love, if you like, from the environment, and they are absorbing that from the moment that they are conceived and starting to grow in the tummy.

And it's like what I was talking about the soul, they're like a little container, and so everything in the environment they are like little sponges, just all going in, there's not yet barriers from absorption, and so the children just absorb everything. The beauty is, is that they are created, and they come out being fully emotionally expressive unless the environment already is shutting them down.

I have noticed that in quite high-violence environments, a lot of children will be very, very quiet and they learn very rapidly even as tiny babies to not actually express their emotions because it's dangerous for them and they



respond to that but most kids, they yell and they scream and they cry and they really feel how they feel, and I'm encouraging you to do the same.

You're not going to be looked after by anyone doing it because you need to look after yourself, and that's where a relationship with God is really wonderful because you have a firm friend who is there all the time with you, and as I said in a previous video, God is your real parent, and you can go to God about anything and God can help you. If you've got any issues with God I really, highly suggest you work through those as rapidly as possible.

They'll also expose a lot of issues you have with your parents because mainly your issues with God are because of certain things that have happened with the authority figures in your life which are your parents as you're growing up, and when you are - yes, first, I suppose coming to know God, a lot of those feelings come up with your parents, and if you can see that often the issues you have with God are really about your parents, it's quite a helpful way to do that, like a helpful way to discover more about yourself.

I notice as adults and when we take on the role of a parent, we often think that we're doing really loving things with our children, or that we have the best or the right way. Others of us feel completely clueless and that we've got no idea of what to do, and I know I personally gravitated towards other women who seemed to know what they were doing.

Since I've learnt is that they didn't really understand what they were doing, and I feel like a lot of mums and dads feel pretty clueless, and they don't really know what to do, and there's a lot of gender dynamics that get exposed when you have children, both via the children if you have different gender children or even when you have the same gender children, they show you a lot about the parent dynamic and the parent relationships.

So, these presentations will also touch on relationships because everything interweaves, and you can't really separate it. You'll find that if you do soul-based work on yourself that a lot of things like your relationships with change, with children, with your partner, with everybody.

Some of you might not want that because you might like the co-dependence you have but in the end anything that is out of harmony with love from God's perspective, and when I speak about love, unless otherwise stipulated I am talking about God's perspective and yes, anything out of harmony with God's version of love is going to be broken down and destroyed.

Though that might seem, well I don't know, you might have some feelings about that, I did when I first heard that. It's actually now I really feel like that's a really beautiful loving thing because all the laws are trying to destroy what's out of harmony with love, and if you're humble to that process, you'll let all that go and you'll deal with all of that and feel through anything that comes up for you, and then you'll get to a place where you can start again from a foundation and basis of love.

And that's how I feel about children now and having children is that God is our real parent, which makes all of us brothers and sisters, and that even means that our children are like our little sister or little brother when we have them, and I'm saying, 'our children', they're not our children; they're actually God's Children, each of us are God's Children.

But that brings me to the point of a lot of us feel like we own children, and we don't. A lot of us feel like we love our children but really, do we, like there are a lot of things that we do to children that we would never accept to ourselves. Like, how many times do you yell at a child or you see someone yelling at a child, and you know that if the child was yelling at you, you'd probably be quite upset about that, so there's an issue of ethics and ethics is a really wonderful way to actually start learning and gaining an education in love, and I'm going to talk specifically about ethics soon, just a little bit later on.

Another very good example is say hitting a child. If you hit another adult, that's assault so, why is that different with a child? The fact that we feel like it's okay to hit a child, and the fact that we feel like it's okay to take violence out on a child, we need to look at what inside of us actually has that belief because from God's perspective and a love-based perspective, it's not okay anytime to hit a child.

And when we then justify it because they did something, or because they made me feel something, all of that's also out of harmony with love and not taking responsibility for the fact and the truth that you actually have an emotion, and you want to harm someone else rather than feel it, so there's a lot of responsibility issues that we'll be talking about. I really encourage you to not judge yourselves or to judge others for what has happened.

The Parenting Principles Program is really about looking honestly at where you are now, and if you do hit your children and you do yell at your children or you do want to blame your children, own that, like be honest, write it down, have a journal or something and list all the behaviours and all the

things you do because the more information you have, and the more you can understand what you're doing right now, the more then you can start to explore via, and I suggest emotionally rather than intellectually, but you might start intellectually.

I did, and then overtime, have now explored things emotionally rather than - and that just means feeling how I feel about them. It's not like any complex or complicated thing, God's Ways is very, very simple and beautiful, in my opinion.

So you really need to find out what you're doing right now and to do that, you need to suspend judgment and not to do, you know, like - and suspend judgement of each other and others and be kind to one another, I wouldn't accept the unloving behaviour any more, and I do suggest you stop if you are hitting your kids, or you do yell at your kids all the time.

I do suggest that you stop and just let yourself feel about if you don't do that, then what happens because often we're taking these actions to prevent our own feelings about something. So, you can start right there with that first experiment if you want and the main point of that is, you're looking at yourself and you're trying to find out about yourself, being truthful about yourself. All of these things come back to you first.

I notice that a lot of us as adults want to blame others, children do too, but they're reflecting their environment, and they have learnt that from somebody, and looking at us as parents, they've learnt it from us. And also, the whole world, there is a lot of blame that goes on and not a lot of self-reflection or self-responsibility taken for what we are doing, or how we contribute to collective things that are happening in the world.

This is an opportunity to one, come to know yourself, warts and all if you like, or from how God sees you, and that was one of my first prayers was like, okay God, can I please see myself as you see me. Because that was my prayer of saying, okay, what am I actually like, who am I, you know, let me see myself as I really am, not as I want to believe, not as what other people are telling me, because often they are reflecting what I wanted to believe, but what am I truly like.

And then it was like, well okay, I had to address the issue of, do I want to love, and I became very honest with that question, and I found out at the beginning that no, I didn't. I wanted to be loved. And when I say that there were certain areas that maybe I was more desirous but when things got hard, when other people were unkind, when other people were blaming or

attacking, I didn't want to love very much at those times. I wanted them to change so that I didn't have to feel certain feelings of how it felt to be on the receiving end of those kind of feelings from someone else.

And that is, yes, a big part of this program is really answering that question honestly of, do you want to love? Because if you don't, you're - as I said before, you're not going to change and you're not going to act any differently, that's another principle.

You only can change yourself. You can't change anybody else, you can't change your children, you can't change your partner, you can't change your friends, you can't change anyone else; you can only change yourself.

You can inspire others to change, so by becoming a more loving person, by treating people ethically, by being kind to others, by being honest and forthright, your influence can have a very, very positive impact on the world and everybody around you.

And that's been my experience, is by changing myself, then the impact on the family dynamic has also changed in a positive direction, a very positive direction in my experience of it's more truthful, I feel more connected and closer to both the children and other adults in my life now. I have far more understanding about where I am not loving and not in harmony with love, and where I'm not being truthful with myself or with others, and where I am doing those things, and to me that has helped my life become smoother, easier - when I say easier, there's just not so much stress and worry in my life.

And when I do get stressed or worried, it's usually about specific things and I go, oh, okay, well here I've got an issue where I'm wanting to kind of avoid a lot of stuff so I would prefer to worry, and get kind of stressed out about that, and there's always reasons for that, that are deeper than what I just said, but it's an indicator, if you like, it's a feedback system where I can see more about myself.

So, the Parenting Principles Program is very much about - well I sort have touched on a number of very important issues and those are one, you can only change yourself, you cannot change others, so I wouldn't even go trying changing others, I would just focus on changing you. And when I say changing you, you can change in an unloving direction - I don't recommend that course of action, it ends up in a lot of pain and suffering.

I do recommend changing in a loving direction and loving and more truthful direction, and in my experience that actually creates a lot more happiness in your life, as well as a whole lot of other benefits.

I've also touched on the only real change, so another principle is that the only real change is soul-based, emotional change. If you do not go through an emotional experience and work through the emotional issue that is inside your soul and change that, no change will happen in your physical life. You will keep taking the same actions.

You can try for a while and you might use your will in the sense of like, no, I'm going to make a behavioural change, and some people have very strong will and they do the behaviours, but under stress and under pressure and under certain circumstances, you will revert back to the thing that you did previously unless you've made that soul-based, emotional shift, so they are two very important things.

I'm going to talk about us as parents on the Earth, as I mentioned God is our real parent, and we don't own children; they don't belong to us even though there's a lot of feelings of that. I've had those feelings towards children. God is our real parent and God is, the children in our care's real parent. For the sake of these presentations, I will be referring to Earth parents as parents because that's the word we use on Earth and it's much easier. I will be specific if I'm talking about our parent, God or in any other context.

I've come to know that being a parent isn't what a lot of us believe in the world, and I'm only discovering what a real parent does, so we'll touch on a bit about the role of a parent, or why God has made the provision for people to be able to parent on the Earth, and that I'm still discovering and exploring for myself, but Jesus and Mary have shared some quite lovely teachings via Divine Truth on some of the feelings God has, and some of the responsibilities of parents so I'll mentioned those in this video.

Another principle that I've spoken about which I feel is very important is being loving and truthful, and the importance of being truthful, and that is being like we talked about previously about there's God's Truth which is the Absolute Truth of any situation, what's actually happening, and then there's personal truth, and that's about you, and what you're doing, and how you feel, and what's going on for you.

So, the principle is that the more truthful you are with yourself about yourself, and about what is happening in your life, the faster you are going

to progress. God can work with us when we're honest and we're truthful. If we're not and we want to be in a facade which is lying, plain and simple, if you're presenting a facade, or a fabricated version of yourself to yourself or to others in the world, you're not being your real self, that's not your thoughts, feelings, and actions matching up, that is you faking it. When you do that, I mean in my experience, I far prefer people to be themselves even if that's what they judge as not very nice because it's real, you don't have to - it's like simpler, everyone is - it's kind of like a relief.

It's like in my family, there's a lot of facade and what is said, people want you to believe, what is felt, they completely are in denial of, and it's a very confusing place, particularly for children to be in but if you grow up in that kind of environment, it becomes very, very confusing as well as an adult because you're sort of believing what's being said while you're feeling a whole different set of things going on. And when you start actually raising the things that you're feeling, there's a whole lot of denial.

In my experience a lot of things happened that weren't very nice or very kind, and no one wanted more truth and to me, that's a problem because I want to know the truth, I want to know what's happening, I want to know how people feel, and it's a relief for me when people are really honest and transparent. If you don't have that same feeling towards truth, I do suggest that you work through whatever feelings and beliefs you have about truth.

I know so many parents who are untruthful with their kids, and I'm talking about age-appropriate sharing here, but I'm always honest with them. So, if they ask me a direct question, I give them a direct answer. When they were very, very, very small and they, say for instance, they did ask me about sex and what was happening, I did give them a very truthful answer, but I didn't fill them in on the details, or all the experiences that I've had, or all of that stuff because that's not appropriate.

As they've got older and they're asking different questions and about different types of things, then they're now starting to become more interested in certain things and if we use sex as an example, when they're very young they're just reflecting me and their dad, and about our beliefs and our feelings about all of that so mainly it was to bring up emotions in their father and I about different stuff.

As they're getting older now, they're kind of curious about different things and they want to know some of the particulars and stuff, so now we have open, frank conversations about that too, as an example, but I'm truthful

with them about any question they have and I'm also truthful when I have no idea, and I don't know.

And one of the things I'm trying to - which is on a lot of things that they ask, they ask me some really large questions that I don't know anything about, so what I'm trying to do is to develop their understanding of how to gain information, and that they have a conscience which is a direct truth-channel, if you want, with God.

And if you're sensitive enough emotionally, you can actually get answers immediately from God about whatever subject you want. And giving them, I suppose the tools that if they want to experiment with, they can in order that they can gain their own information. I suppose intellectually, you could say it's Google but with God, it's like the God-channel or the God URL, you can feel your way to gain an answer via God, you don't type it. (Laughs)

So, this resource is for people who decide to become more loving in their lives, or just desire to something different and find a real way to change, or it's also might be for those of you who were like me when I first became a parent who was just completely overwhelmed and don't really know what to do.

This resource is - it's completely free, you're welcome to share it with anybody that you would like to. This resource is for people who feel like they would become more loving, or they'd like to get to know themselves better. As I said, you can apply the principles to any situation in your life regardless of if you're a parent or not.

The focus as I said is mainly on parents and children, and the dynamic between adult and children's relationships. Again, it will also be a bit about adult/adult relationships because the children are reflecting the partner relationship as much as they are reflecting you individually and so, there's a lot of dynamics that need to be taken into consideration with that as well because as a couple you affect what happens in your home.

In saying that, one party can choose to change, and the other party doesn't have to, so I don't go recommending forcing your partner to change because it won't work because remember one of the principles, you can only change yourself; you can't change others, but you can be a positive influence for change.

So, yes, that's a very important one because I know I've tried to change others, and the children, and I've been very invested in them changing, and

that's something that I've been giving up over the last few years and coming to the realization that actually for someone to change, they've got to have a desire, like a soul-based or a heart-felt desire and unless they do, they're not going to act.

And it's very important to help teach children about desire and that they have their own desires and encourage those in order that they start experimenting and acting and seeking to find answers and seeking for information and acting on their desires; very damaging when we teach children not to do that. And some of you as adults may know that, like you may find it hard to make decisions, or to act on your desires, or to even have a desire, these are all things that are important to discover about yourself.

A lot of information will be in these videos. You may need to watch them a number of times or just pause them and write down notes if you do, that's something that I find helpful because then I can refer back to the main points later and things like that.

Yes, so the resource if you want to become more loving or say if your family - if you're just feeling completely overwhelmed, this is the place to begin.

What I love about the teachings of Divine Truth and applying principles is that they are practical, they're down to earth, they're so easy, you don't need any equipment, you don't need anyone else. It's up to you if you do it or you don't.

There's an immediate feedback system, if you're sincere and you have a pure desire, it's answered immediately; if you don't, it's not. Also, if you have children there's another feedback system which is trying to help make God's Laws a lot transparent for you, and there's God's Laws and that's a beautiful framework that God has created for all of us to exist within. The Law of Attraction is anything that is happening in your life right now, you want, you are attracting, so anything you hear about, anything that happens, you might be part of a collective attraction, or it might be just one for you.

They are all opportunities for you to feel something, and to work through that issue in order that you can learn more about love, and that's how I feel the world is geared is like we're just trying to teach us more about love. And we can go kicking and screaming through that process and have a lot of pain and suffering, that is a choice and we can make that or you can make



that, you know, I can make that choice, or we can actually start to go, alright, well, life feels pretty bad right now, if it does for you, and I will do some experiments, and I will try and find out more about what it means to live in harmony with God's Laws, and that means that, okay, I need to become a more loving person, and how do I do that?

You are probably going to have a myriad of questions, I did and I still do and all of those questions as I said can be answered directly from God, or I do suggest going over to the [Divine Truth.com](http://DivineTruth.com) website and there's a lot of information with a lot of answers on probably a lot of your questions including parenting, and this resource is, yes, just sort of like a foundational, go-to, alright here are some principles, do I want to explore them, let's have a go, let's do some experiments kind of place to be and that's the beginning of it.

I'm hoping that it will expand so if you have questions, queries, things like that, please send them through, and I would love to respond via video to answer those if I can. If I can't, I'll let you know too. I may not be able to answer all of the questions that come through. I'll try and make them themed based of anyone who does ask questions and also, that they could apply to a large number of people, not just one person specific because I feel like that's the best way to do things.

I'm also opened to chatting to people one-on-one, or to meeting with families, if both parents were interested in learning more or doing things together. I'd be very interested in working with a family in order to help them with certain principles, and applying them to their specific situation, so if you're interested in that, please do let me know.

The other important thing about this Parenting Principles Program is that the principles can be applied to, as I've said a number of times, but I can't express it enough, to any situation.

Rather than - like I've got some videos about my own personal experiences and what I did and all these kinds of things, but the thing is, is that you may take the same actions that I took and not have the same results, and that's because you may have different motivations and different intentions to me, and a unique set of emotional injuries from your past, and you might have different causes, even though you may have similar behaviour happening in your family, or between you and your children, or you and your partner, or you and others in the world, the thing is that your soul may have different things going on than mine does.

And that's why a principle is so important and such a powerful tool to discuss and understand and again, principles - you're not going to act on principles unless they're in your heart, unless you've had an emotional experience of like, wow okay, to understand it.

When I first heard about principles, I didn't really understand them. I didn't understand how to apply them, or what that meant, or what that would look like. Now, over time as I've worked through certain things, I now, when I say that, I think I understood them to an extent after I felt a few things, but I couldn't intellectually put them into words or say that that's what I was doing.

Now I can see like for instance, just being truthful all the time, you know, like the benefits of that, and how being truthful all the time, my life becomes smoother, more loving and all that stuff, so all I have to remember is like okay, what's the truth, like what's the truth that I feel about the situation, and then what is God's Truth in this situation.

And that's something, as I said before, if you have some issues with God, I do suggest sorting those out pretty quickly because if you're looking just for your truth on the situation, it might not be God's Truth or the Absolute Truth on that truth on that situation, and then you're going to feel like, no, I'm right, that's how it is. But it might not be from God's perspective which means that then it's not actually in harmony with love which means then if you act on it, it's not going to have the results that you're expecting because it's actually unloving.

And there's a whole shift that happens, it's like a reality shift from going from what my reality is and what I think and how I feel about things, to starting to shift over to, hold on, how does God feel about this, what's God reality, what's God's thoughts and feelings on this issue and this thought, and what I'm doing and this action, this relationship and this dynamic and it's a very useful thing between partners or friends as well, if you're both interested in the teachings of Divine Truth or God's Truth.

And even if you're not, but to seek out the Absolute Truth or God's Truth about the matter because I notice a lot of couples fighting, and a lot of couples disagreeing, or a lot of couples feeling not close and connected, and you may not fight overtly but there is a lack of connection between a lot of couples, and a lot of distance, and a lot of unhappiness in relationships, and by seeking for what God's opinion is in the relationship, it helps

because both of you need to say, yes, okay, this is how I feel, this is how I feel but you're going to have a fight if it's in conflict with each other.

And if you are in agreement and it's unloving then you're going to probably have a co-dependent feeling about it where you both agree and go, well no that is loving but instead, like you know, if you're having a - let's do the conflict one because it's a bit easier to see, if you're having a - I think this is right and I think this is right, one of you might be right from God's perspective but it's not about you being right. You go, okay, this is how I feel, this is how I feel, take personal responsibility for that, and then if you both say, well what does God feel about this, what is the Absolute Truth about this issue, what would love to do, what is loving and truthful for both parties?

And Love and truth always benefit many, like benefits all, really, and so if it's only benefiting you, and you're just getting what you want at the expense of someone else, it's probably not loving and in fact, I'd say, not loving.

It's worth if you can have that intention to seek God's Truth about a matter, or Absolute Truth about a matter, and also having the desire to love one another which would mean that you would figure out why you were having that conflict with that person, and find the cause of the conflict in yourself, and if they were humble enough to do that in themselves, and you were humble enough to do that in yourself, can you see how many arguments just wouldn't happen, or they'd happen but they would be because you were trying to figure out what God's Truth was rather than attack the other person, and gain some power, or attack the other person because you want to be right, or attack the other person because they're being unkind to you, you know, whatever it is that you can have.

I just know for me, I feel like relationships are these wonderful opportunities to learn more about love, learn more about yourself, come to know another person in a really close and connected way, and the fastest rapidest way to do that is by being truthful, desiring to love, being humble, taking some actions in order to do things, that principle focusing on yourself, not in a narcissistic or self-absorbed way, but when an attraction or interaction happens looking, firstly at yourself rather than blaming the other person, and then once you've figured out what's going on for you, definitely examine the dynamic between you because you'll find that you have similar reactions with certain types of people, and then you'll begin to go, oh,

whenever I'm in the presence of an exceptional arrogant person, these are the feelings I have, and then you'll be able to recognize sort of arrogance.

Now sometimes, it takes certain development to get to that place because at first, often it just feels like you attract everyone who is, and sometimes people will act out a certain thing in some areas and maybe not in other areas, and in a relationship dynamic, most of the time it's not - well, it's never just one party, there's always an interaction and in most relationships I just see is like a fight for power.

And in some areas, one party is sort of wanting the upper or the superior ground and then some areas, the other one has it, and so there's this sort of like fight for power rather than being equals, and rather than actually going, oh okay, what would God's Truth say here, and then let's both work all through our issues so that we can be equal in this relationship from a love-based perspective.

So, love is key, love rules the world, and when I'm talking about love, that's truth as well and that's how God operates. All of God's Laws are loving, all of the feedback systems are loving so really the first step is getting an education in love.

The best source of information, in fact, the only source of information I found is the teachings of Divine Truth, and they have a whole education on love series, they call them Assistance Groups and there's a 2014, 2016, 2018 and a 2019 one, I think, I'll check that one, but I'll put some links in there anyway.

And they are focused on getting an education in love like, what does that mean, and how does God view that, and that information is very, I find it very interesting, and I haven't found another source of information that is that specific, that practical or simple to understand, and that you can apply immediately in your life.

It doesn't mean that you'll find it necessarily feels easy to do it, and to be sincere and have a pure desire to actually do it, those are things you might need to develop, but as far as hearing what's being said again, if you go in with an open-mind and you go in with an open-heart, I'm sure you'll learn something.

If you put it into practice, guarantee it will change your life, but you've got to actually do it for anything to change so here's another principle; if you don't actually take action and do something, nothing is going to change. If you

make the same decisions over and over and you keep acting in the same manner and in the same way, nothing is going to change. So, if your life is one way now, and you're not very happy with it, do you have anything to lose by doing some experiments? I don't think so.

In my experience, I had to get to real rock bottom where my life was really, really horrible, like it felt horrible, on the outside it probably didn't look that way but inside, it was really, really horrible, like I felt like - a lot of pain and I was starting to sort of suffer, nothing sort of worked out. I was just exhausted, overwhelmed, tired, couldn't cope with my life, and was just trying to find ways to get away from my life, and that's no way to live. I feel quite sad about that, but I watch a lot of us just doing that.

We have all different techniques and addictive ways we do it, so getting really busy, or just sitting on the couch and doing nothing, opting out of our lives, withdrawing from our lives, or doing so many things that we never have enough time to just stop and feel and reflect about what we feel, or what we think, and what's happening in our lives.

And when I say what we think, our thoughts are generated by what the feelings are inside of ourselves so often, we're thinking things either to avoid certain feelings or we're thinking things that are in harmony with our feelings, and I suggest becoming more open and transparent at least with yourself about those things. I feel like one of the worst things that people can do is lie to themselves; no change can happen if you lie to yourself.

So, I encourage you to become honest, transparent people and if you've got a desire to pursue love, I hope you enjoy these videos.