

## **Children Are Reflectors in a Family**

The Parent & Family Resource. This presentation is Children Are Reflectors in a Family.

Eloisa discusses how children reflect the unhealed emotional injuries of their parents and expose issues that are out of harmony with love in the family dynamic. Eloisa introduces the concept that every event in life is an opportunity to learn more about Love and Truth from God's perspective. Presented on the 4th of March 2021 at 11:30pm in Wilkesdale, Queensland, Australia.

Eloisa:

Children as reflectors. Children reflect their environment. By the environment, I am speaking about the - I suppose the atmosphere in the environment that a parent creates, and the children grow in so, not the natural environment but your home environment, or it could be a school environment, or wherever you're at, that kind of environment.

Children are these perfect, they're like little barometers, they can help you to see what's really going on in your family, if you're humble enough to actually observe and listen to them and also look at yourself in comparison to what's happening, or the behaviour, or actions, or illnesses, or whatever is happening in your home life.

Children, I feel, they reflect their parents so perfectly. Also, when other adults come into the environment, they also reflect them as well. The main influence is the parent, the actual parent but say if you adopted a child really, really young, then they'll also reflect you a lot as well, because you would have had a lot of influence on that soul.

Again, if one parent spends more time than another parent with a child, they may have more influence over that child, and the child may reflect more strongly those certain qualities in the single parent home, if you like, but they will still have inherited certain things from both mother and father, and that's biological parents, as well as the caregivers in their lives.

If you take the stance or the approach that anything that happens to you is an attraction event, or an event to help expose certain emotions that you can learn and grow more in love, then does it really matter where it came from - I can learn something about love here. I think that's an attitude that I would like to foster in these, and I'll sort of speak more about is, if you have

an attitude that you want to love, then it's not really about anybody else anymore, it's about you.

If you really want to love, you will do everything that you possibly can in order that you become a more loving person, and also, what you will do is you will uphold an environment of love.

I feel that a responsibility of a parent is that, as the parent or the governor of your home, if you like, you actually have a responsibility to uphold love, so if your children are fighting and punching each other, I think you've got a responsibility to go, hold on, this isn't ethical, and that's one way to learn about what love is; this is unloving, and I now need to actually expose and show that this is not a loving thing to do, so how am I going to make God's Laws transparent.

For example, you could restrict a child in the sense by just holding them and letting them go through their rage and their anger, and obviously, punching someone, you're pretty angry, and you feel that being violent to somebody is acceptable, and it's okay.

Now for a child to act in a violent manner, there must be some opening in the parents, either an overt agreement with it that one or both parents feels like, yes, violence is completely okay, and under certain circumstances it's okay to be violent, or there might just be a feeling of violent rage to a different gender, and that gender feels like they can attack the other gender and punch them, or it might be that you just have an acceptance to violence.

You may have had a lot of violence in your childhood, or as you grew up, and you may just be open to being violently treated, and all of those things may happen in your home.

As a concrete example in our home, our boys would punch me, punch me in my chest and breast area and they'd just attack me often. And at first I'd just sort of like sit there and let them do it, and I was quite open to violence and accepting violence in my home, and my ex-husband was also kind of fine with violent treatment.

He never was physically violent but there's an emotional acceptance that it's okay for boys to sort of act in that way, in that manner, and it was via me just holding the boys and going through a process, and they would try and punch and hit and bite and kick me and all kinds of stuff, and over a period of time they went through that, and they would finally get to a point

where they would get to their grief, if you like, and have a really good cry about what was going on, or they would sort of just relax and when I say relax, it was like the feeling changed from being aggressive and violent, and then they just dissipate and get to the grief place.

They had some blocks to actually feeling grief, so sometimes they'd get to that place but not fully feel their grief but holding them was a way for them to allow their emotional expression. When you're holding a child who is having a massive tantrum, it's very confronting and it brought up a lot of emotions for me as well, and it was the fastest and quickest way to make God's Laws transparent to the children that hitting another person is a violent act and it's not okay.

I did it so rapidly, the fact that it was like a hit, and it was just held immediately, but there was no confusion in their mind about why they were doing it.

It wasn't a punishment, it was to teach and educate them about love, and that changed our family dynamic a lot, and over a period of a few weeks they stopped actually hitting me, and they stopped hitting others because they knew that, no, hold on, that is not a loving act to do, that is wrong, and I was transparent with them about that.

Also, I spoke to them about as they become adults there are other ways to deal with your anger, and there are other ways to deal with your emotions and your feelings, and attacking someone when you're an adult is actually called assault, and you could go to jail for that, and just talked to them about the consequences of what went on, not in a punishing way just as an educational way of like, this is the reality if you want to continue this behaviour.

It was just quite interesting how it changed, and there's now different dynamics in our family so, although the hitting sort of stopped, there was still then this emotional sort of violence, like underhanded, undercutting people, and pulling them down and all of these kinds of things, and that's a different form of violence.

And so, again, you can hold a child and restrict them from harming another person, make it very explicit that that's what's going on, and you can work through that. Now there's two things to that though, that is dealing with the child and making the laws explicit to the child, but you as the parent, obviously you overtly agree with what's happening with the child, and that

you agree with violence, or you're open to receiving violence, so you also agree with violence, just in a different way.

You might not agree with people being violent to others but if they're violent to you, you accept it, or if they're violent to another person, you don't speak up and you don't say anything, so those are now the parents' issues of love, and you've got to remember we're talking about children as reflectors.

Children are just reflecting the adults in the environment, and so that means that both of the adults in the family need to look at and work through their emotional feelings and their true feelings about violence, and people being violence to each other, and do they think it's okay for men to be violent to women? Do they think it's okay for women to be violent to men? Do they think it's okay to be violent under certain circumstances for anybody; what are your true beliefs and your honest beliefs about violence?

If you don't work through those, sadly, even if the child goes through the entire emotions, they're likely to - because their environment still condones violence, then they're going to still think well, okay, under circumstances violence is okay.

This is why, if as the adult - let's do a different scenario, if you as the adult know you've had that feeling, your child is very, very small, and you realise here, hold on, I know that under certain circumstances I think violence is okay, gosh, and you do the work, the emotional work to work through all of the reasons why. If you've been violently treated as a child and you work through your grief, and your sadness about that and you work through it, you will come to a point where you no longer will accept that violence is okay in your heart.

You will know in your heart like, no, violence isn't loving, and you have this feeling of like, I don't accept violence, and I don't think it's okay, and you'd probably speak up if it was happening and things like that.

Now if you had that feeling before a child is born, when they come in, I doubt that they would act out violently in your presence ever. It doesn't mean that they might not get angry about things, like it depends on what subject and how much work you've done, and what your condition of love is of what they're going to reflect but yes, if you don't have that opening, they're not going to reflect it.

I've noticed for instance, some people don't think it's okay for them to be treated badly, like in the sense of, they just have this feeling of like, no, I'm absolutely not okay with being abused, and that person very rarely gets abused; they just don't. When I say that, I'm talking about an adult here, like I've got sort of friends, and even some people who were hurt as children, but have the feeling of like, no, that was wrong, they did the wrong thing to me.

Whereas other people who have been abused and they feel like, well, I deserved it, I must have done something wrong, and they're always looking for the reason why they were somehow responsible for this bad treatment from another person, and those are two different feelings.

Obviously, those kids have had two different experiences in their life, one thinks, yes, abuse is okay, and I should accept it, and the other one is, no, even if it happens to me that's not okay, and those are things that if you have a solid feeling in your heart, that will be transferred to the child.

Now often two parents have completely different emotional sets, like they've had different experiences. They've had unique things happen to them; they're open to some things, not open to others. So then, you get this whole, it's like such an interesting mix, and there's a whole discovery process that will need to go on in your family of like, well, sometimes what's being reflected by that child and again, if you take the attitude of okay, what is it reflecting for me, what's going on for me here, you'll always learn something more about love, and you'll always be able to see something.

You'll become sensitive to what your issues are and what your partner's issues are, or what the other adults in the environment's issues are. That's just a natural result of becoming more emotionally sensitive to things, and working through your own things, like your own gear, or your emotional issues, I should say, I'm using these slang words for it, so gear meaning emotional issues or beliefs or things that are going on in you, and the more that you work through those things then, the more you can actually recognize when people have similar issues to yourself.

They're probably not exactly the same but they might be similar, and you can also start recognizing when certain things are happening to you from another person, you know, if you've been in close contact with someone, you learn a lot about the other person as well.

And I love that, I think it's wonderful to know someone on a soul level rather than just an intellectual level because you start to know the real them. I

often comment to people now that when you're truthful and you're really transparent about things, you get to know a person much, much quicker, and you get to know them a lot better, and be closer, and connected faster than say in the past when I used to have facade-based relationships where we just sort of talked about nothing, or it wasn't really very important, and you talk about the weather but you never get to know the person.

The more that you feel your own feelings and you come to understand yourself and everything, then the more sensitive you also become to others, and I feel that at some point I'll get to a point where I probably don't even need to ask someone how they feel because I will already be feeling them enough that I already know, and that would be a pretty cool - I feel like that's sort of a superpower that happens when your soul develops to a point in love.

I feel like it's a loving provision that when we are injured, or we have unloving feelings towards others that we can't do that because otherwise we probably abuse that gift that happens when we become more sensitive. But anyway, it's a bit of an aside. (Laughs)

When you see children as reflectors rather than their behaviour, or what they're doing as some personal affront, or attack on yourself, you can start to understand a lot more about the family dynamics and what's going on.

I know when I first began the process of, I suppose, self-discovery you could say, and learning about what it meant to be a parent from God's perspective, as I said that's an ongoing process for me. I think at the beginning I used to associate the behaviour with the child, and I used to sort of take it quite personally.

I've talked to a number of other mothers and fathers who feel that their children's behaviour is a reflection upon themselves. Often other parents and other adults are quite judging of other parents, and when a child acts out, and is loud, and wild, and behaves badly, often the parents feel sort of bad and things like that, and in a way, I can see that, like kind of have created it, so there are going to be some feelings of feeling bad about it. But the judging yourself or other people judging you, I don't think that's helpful under any circumstance and I've been there.

I know what it's like to have completely wild, out-of-control children who people were judging you all the time, and not being very kind, and saying mean things behind your back, and all these kinds of things, and I know what that experience is like, and I also know that part the guilty feelings or

the shame sort of feelings I had, I can understand those too because I did do the wrong thing, and I wasn't being loving, and all of those things, but judgement never helped anybody.

The less we judge but the more we can just honestly look at what's happening in our family, and how we have contributed to what's going on, the less invested you'll become with your child behaving in a certain way, the more you'll just go, alright, here we go again.

I notice often children play up in public or sometimes it's the opposite, they only play up in private, and that's just another reflection for the parent. I know sometimes the kids will say things in public in certain families, and the parents are just wild and so upset with the child because they've publicly shared things they didn't want shared, and that's just an opportunity for you to look at why you don't want to be truthful and transparent in the world.

Really, if you didn't have emotions attached to it, would it really matter what your child said to anybody. In my experience, not really.

I mean the only reason why I wouldn't be truthful and transparent with someone was if they are going to be abusive or use it to somehow try and attack and harm you. You'd still be yourself; you just might not share every detail about yourself. Because if someone is going to treat you badly, then you'd learn that pretty rapidly, and you might not share it, but in saying that, punishing a child for being truthful and transparent, that's not so good.

I would take the stance more of looking at, okay, why do I feel upset about that and if I did, then be honest about that in the moment rather than taking it out on your child.

I notice now when children behave in certain ways, there's not this sort of feeling that somehow, it's a reflection on me anymore. I more see it as an educational opportunity for myself to find out some more things about myself. When I say that, it is a reflection on me if it's our kids in the sense that there is something in me that they're reflecting but I don't take it as personally, and I don't want to change the child's behaviour just so I don't have to feel a feeling, so I want to be very clear about that.

So, if say, it's the child in my care, they are reflecting me, I have something to learn from that but there comes this shift where you don't take it personally, the child's behaviour, you just see it for what it is like, okay, here's an opportunity for me to learn something, they're trying to reflect

something back at me, and then simultaneously is me dealing with that thing, I also need to go, is this behaviour loving or unloving?

If it's unloving, how am I going to take a loving action in order to help correct it, and if it's loving then and I'm just feeling uncomfortable with the loving behaviour, well that's just on me, I've got to deal with it.

And also say to the child, look, this is great that you're doing it, so for instance, speaking up and being honest; to me that's a wonderful quality in a child, and I would always encourage them to do that. But if you have a feeling of like, oh no, this is a bad thing, the child's going to feel that, and that's something you then need to work through because being honest and transparent is wonderful, and a lot of the time kids get quite heavily punished, or pulled down for doing that, or a lot of other kids call them dibber dobbers, or whatever, I don't see a problem with someone sharing information.

But when you have a feeling of, and sometimes obviously people have used information in an unloving manner, but instead of us just grieving that and then learning the more grief we work through about you'd learn who you could trust and who you couldn't, and that's a skill that children need to do as well.

That's something that they can learn of being themselves and being truthful and transparent but sharing yourself with someone who is going to abuse that, well then that wouldn't be loving to you, would it, and you'd just say to that person, well I don't want to share with you because you're not going to be loving with me about that issue.

Children are reflectors in the family, and this is a wonderful opportunity as parents to learn all kinds of wonderful things about ourselves, and for children to learn things and to make transparent what love is and God's Laws, as well.

So, take it for what it is, it's a reflection for you to learn something more about love. As a principle, everything that occurs to you in your life, is something for you to learn about love. Anything that happens to you in your life is an opportunity for you to learn something about love and truth.

This is a wonderful opportunity for all adults, all parents, all children, and there's always an opportunity to learn more about love and if you have an attitude of - that you take that principle on board, then you'll start to have a different view of the world, and rather than seeing things as such a



personal, say a front, or feeling offended about things, you'd just go, oh, here's another opportunity for me to learn more about love, and that might be love of self, love of others, love of God, love of the environment; or where you're not loving yourself, where you're not loving others, where you're not loving the environment, where you're not loving God, and all of those - there's just so much opportunity in that, and this is a wonderful gift that comes by having children, is having them reflect all of these things.

They're like another little mini-feedback system, so I've talked about a number of feedback systems, like you've got God's Laws, there's external feedback who are more loving than you, there is - children are wonderful feedback systems.

They can't necessarily eloquently tell you what is wrong but they're showing you all of the time, and if you're sensitive to your own feelings, you'll be able to figure out what's going on for you quite rapidly. Again, that takes time and effort, and a sensitization process; it doesn't happen overnight but over a period of time, you can get there.

It is kind of, feels like, I suppose it's hard work, it's not necessarily physically going out and toiling in your garden with your spade, but it is soul work and development that needs to occur for you to get to that place.

In summary, children are reflectors and if you can start seeing them as such, rather than blaming them, then you'll learn a lot of wonderful things about yourself and your family.