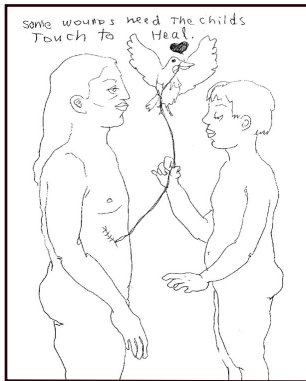




## LESSON 9: Re-Parenting

Everyone has feelings about his or her parents. It does not matter if your parents are (or were) the greatest or the worst; it does not matter if your parents are living or dead; it does not matter if your parents are your biological parents, adoptive parents or foster parents. Eventually you must deal consciously with your parents in order to grow into the unique individual you were born to be.



In ancient Hawaii, children were raised by the entire community. When a baby was born, an elder woman was given the duty of watching it. This woman was no ordinary baby-sitter. The old woman observed many characteristics of the child; sensitivity to color and sound, slow or quick movements of the hands and legs, the way the child played with toys and other children. After about one year, the old woman told the child's parents who in the community shared a similar temperament with this child. The parents made sure the child and this similar person spent time together. Being near someone who is like you in temperament helps you to feel seen. To express yourself creatively you need to feel seen by someone.

Some parents may not know how to appreciate their child's temperament. Children, then, have to find their own ways to be seen and appreciated for who they are. If, for any reason, you feel that you were not seen as a child or that you are not appreciated as an adult, this exercise may help you.



Reparenting yourself is a bit like being reborn. You still have the same body, same name and hair color and all that. *Inside*, however, things change. You re-identify yourself with a Higher Principle—in this case with the formless principles of mothering and fathering. It is good to talk about principles. They exist throughout life and life as we know it completely depends upon them. Here are a few examples that operate behind the scenes every single day: The principle of flight (airplanes can't get off the ground without it), the principle of gravity (the sun, moon and planets obey), the principle of electricity (hold molecules in space), the principle of locomotion (even tiny cells move with this principle). There are many more. Get to know the Principles of Parenting and allow them to guide you throughout your life.

### ***Dialogue with your human parents and the Principle of Parenting:***

1. Use your dominant hand to describe your human parents. Use present tense.
2. Use your non-dominant hand and allow your parents to tell you about themselves.
3. With dominant hand, tell your Higher Self about your parents.
4. With non-dominant hand, let your Higher Self tell you about the kind of parenting you need to give yourself now.
5. With dominant hand, tell your Higher Self how you will provide this parenting. Checking in with your Higher Self on a regular basis is a good idea.
6. Close by thanking your human parents and your Higher Self for sharing and helping you today.

*NOTE: The non-dominant hand drawing exercise for Re-Parenting is on page 120 in my book, *Drawing as a Sacred Activity*.*