

EVERY PARENT MESSES UP – THAT’S NOT THE POINT

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SUMMARY

The discussion emphasizes that parenting is inherently flawed, and the focus should not be on achieving perfection but on understanding and learning from mistakes. By becoming aware of their unconscious behaviors, parents can evolve and create a healthier environment for their children, particularly in the crucial early years of development.

- *Parenting is about evolution and authenticity rather than perfection.*
- *Every parent will make mistakes; it's an unavoidable truth.*
- *The key to better parenting lies in recognizing and transforming unconscious behaviors.*
- *Many adult issues stem from unresolved childhood experiences, highlighting the importance of addressing parental unconsciousness.*
- *Helping parents become more conscious can lead to healthier child-rearing practices.*
- *The first ten years of a child's life are critical for their development.*
- *Course-correcting after initial parenting mistakes can still foster a wholesome future for children.*

Is there a way to do it right so your kids aren't messed up? Well, it's not about perfection and it's not about not messing up. So, that's not the point. >> Got it. >> The point is to become curious about how the mess up teaches us how to become more evolved, how to become more authentic. Every parent will mess up. It's just an [music] irrevocable truth of life. >> Uh-huh. You know, you how can you not?

So, we're here to discover Yeah. how to become more conscious. The only way to discover how to become more conscious is to see the unconsciousness. So, what I really help parents do is penetrate their unconsciousness and transform that into consciousness. Got it. >> So, it's not about avoiding unconsciousness. It's about living your most authentic truth, seeing the mess up and the chaos and walking on the land mines to then evolve. As a therapist, [music] I have been working with mostly adults, but then I would notice that no matter who the adult is, we inevitably spend all our time on their childhood. So, then I figured if I want to make a difference in this world and I always knew I wanted to write, then I need to go to the core of the issue and the core of the issue is not the child. It's the parental unconscious.

>> Mhm. So, if I can help the parent discover how unconscious they are and shed light on how messed up they are and then help them to evolve into their highest self and really raise the parent [music] because all these parents haven't been raised well. You know, they were raised unconsciously. So, if I could [music] help them raise themselves, then they have a hope for them to not mess up their kids so much. So, you're like the parent whisperer. Well, kind of.

>> training them to like be the leader of the pack or something, right? >> Just to become conscious of how unconscious they are. >> [music] >> And this is serious, you know, the first 10 years >> Of course. >> of a kid's life, that's it. Then you've irrevocably damaged them. Yeah, >> [laughter] >> that's it. >> So, if you can get the first 10 years, you know, somewhat right and if I can help parents to somewhat course correct after the first 2 years that they've already messed up, then we have some hope, you know, to create or to help create a future for their children that's whole and wholesome.