

Connect to Own Inner Essence

1 MIN · YOUTUBE · [HTTPS://WWW.YOUTUBE.COM/WATCH?V=J0bGbT4RgNU](https://www.youtube.com/watch?v=J0bGbT4RgNU)
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SUMMARY

Parenting is fundamentally about connecting with one's inner child, yet many parents struggle to do so due to their own unresolved issues. Conscious parenting emphasizes the importance of self-awareness and personal growth in parents, which in turn allows them to nurture their child's authentic essence.

- *Parenting requires a deep connection to one's own inner child.*
- *Many parents fail to connect with their essence due to their own upbringing.*
- *Conscious parenting involves parents raising and understanding themselves.*
- *A parent who knows their own essence can better treasure their child's essence.*
- *Children raised without this connection may seek validation from external sources.*
- *Parents often see children as extensions of themselves rather than as individuals.*
- *This lack of connection can leave children vulnerable to outside influences.*
- *The goal of conscious parenting is to foster authenticity in both parents and children.*

Parenting is really quite simple. It's so elegantly, eloquently, profoundly simple. It asks for the parent to connect to the essence of the inner child. But it is so hard for the parent to do that. You would think it's so easy and it's hard because the parents own essence was never connected with. And that's why I teach conscious parenting because I teach parents to raise themselves, to parent themselves, to connect with their essence. Because when they get to know who they are, they will never let that go. It is a parent who understands the treasure of their own inner essence that will allow the child's essence to be treasured. And when we don't give our children that because we were never given that, then forever we're looking for that connection in the outside world. And that connection can never come from the outside world because that is something that needs to be cultivated and practiced and grown burgeoned from within. When a child grows up without connection with their authentic essence because of a parent who simply couldn't see them for who they are but always saw the child as a puppet, a minion, a extension of themselves, that child now is prey, vulnerable to the to the influence and the domination of others because they need that validation, that approval, that praise from others. I talk about this a lot in my parenting books to teach parents the value of allowing a child to be connected to who it is they