

Parenting Tip #1

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SUMMARY

The speaker promotes their new book, "The Parenting Map," which offers a structured approach to conscious parenting. They emphasize the challenges of parenting in today's world and provide reassurance to parents feeling overwhelmed, promising daily tips to support them on their journey.

- *Parenting can be an incredibly stressful and isolating experience, leading many to feel inadequate.*
- *The pressures of modern life, including the nuclear family structure, contribute to parenting challenges.*
- *Parents often mistakenly believe they are failing or that their children are problematic.*
- *It's essential to recognize that these feelings are common and not a reflection of personal failure.*
- *Developing emotional skills and connectivity is crucial for effective parenting.*
- *The speaker will share daily parenting tips for the next 60 days to help parents navigate their journey.*
- *The parenting journey is described as both challenging and sacred, offering opportunities for growth and enlightenment.*

hey everyone to honor the release of my new book The Parenting map step-by-step conscious solutions to create the ultimate parent-child relationship it's available for pre-order right now grab your copies I have special gifts for you if you buy two so to honor the release of this very special book to me and the reason it's special is because For the First time ever I've really laid it all out in a very easy to follow map

so to honor this every day for the next two months I will be giving you a parenting Jewel a nugget a tip if any of you were with me during 2020 I did a viral wisdom talk every single day I think I did 75 of them so I'm going to be doing something like that for parenting so share it with every parent you know embed it within yourself if you yourself are a parent because this will

keep you going day after day so you can set off in 2023 on your best footing to become the most conscious you can be for yourself and your children every single day at around noon or 1 pm Eastern you will receive a parenting nugget from me I hope you share it wide I hope you pre-order my book this will lay it all out if you want to be a

conscious parent so parenting tips number one is this the understanding that children and this journey called parenting is perhaps one of the most agonizing hair raising nerve-wracking Journeys you will ever be on one of the greatest complaints of parents especially young children is that they are stressed out and they

think that something is wrong with them or their children they believe they're the only ones who are going through this enormous pressure and burden so I'm here to tell you that whether you are a parent of a toddler a

parent of a teenager or a parent of an adult this journey will bring up feelings within you like you have never ever encountered before so my tip for you is this understand it's not you that is in

Failure it is not your children who are so messed up this journey especially the way we do it with all the pressures of the modern world in a nuclear family without our tribe is designed for Insanity it is exhausting to raise these children and also try to go to the gym and also try to have a purpose and also do some volunteer work and also have a partner and also deal with extended family and have a social life

it's Madness we are not supposed to be raising children in a nuclear system we are supposed to be raising children with a whole tribe of other caregivers around us and we have lost that so because of that we are now exhausted and then we have to take them for baseball practice and then send them for some other practice music school and this school and then extracurriculars and then extra tutoring it's insane making so there's nothing wrong with you there's nothing

wrong with your kids this journey is helpless making so when you are exhausted the next time when you're thinking that you are going crazy the next time or your kids are the only kids in the whole world who are the most disobedient most disrespectful and the most useless okay when you're thinking why did I get the loser kids well take a deep breath and realize that it's not you and it's not them you just need to learn the skills to handle

it you just need to raise your emotional quotient to manage them you just need to increase your own level of inner connectivity so you can connect to them so take a deep breath you're not the only one who is struggling you're not the only one with the Looney Tunes children in the house you're not the only ones who feel like you want to drop them off in China or

someplace really far off and if you're in China then you want to drop them off in Los Angeles and leave them there for the rest of your life you are not the only one who wonders why the hell did you have children most parents I can guarantee you including me has been there done that so the next time you feel like this my tip for you is to take a deep breath and realize that it's not you and it's not them you

just need to learn the skills you need the math the parenting map pre-order your copy I will be here every day with a parenting nugget to help you become more sane on this journey we call parenting it is a trip the wildest trip of your life but also the most sacred the most powerful the most enlightening Journey you will

ever take and I will teach you about how to appreciate it more day by day so stick with me for the next 60 days I will be giving you a parenting tip each day to calm you the F down