

Do you want to die without doing this?

2 MIN · YOUTUBE · [HTTPS://WWW.YOUTUBE.COM/WATCH?V=DYmKS10PTPC](https://www.youtube.com/watch?v=DYmKS10PTPC)
<https://www.youtube.com/watch?v=dYmks1optPc>

SUMMARY

The speaker emphasizes the importance of conscious parenting, advocating for a deeper understanding of child development and emotional connection to foster better relationships between parents and children. They highlight the need for parents to actively learn and cultivate their parenting skills rather than relying on instinct alone, and they offer resources through their conscious parenting institute for those committed to improving their parenting journey.

- Many parents desire a better relationship with their children, seeking peace and connection.*
- Parenting is not inherently natural; it requires learning and cultivation of skills.*
- The speaker's book, "The Awakened Family," discusses the necessity of understanding parenting as a learned behavior.*
- The conscious parenting institute provides tools in developmental psychology, mindfulness, and nervous system regulation.*
- Not all parents are motivated to improve; the institute targets those who are committed to being the best parents they can be.*
- The speaker shares personal experiences of successful application of conscious parenting skills.*
- Interested parents are encouraged to reach out for more information by typing "coach."*

Every single parent comes to me saying all they want is a better relationship with their child. Can you imagine having fewer battles with your children, a home filled with peace and laughter and connection and joy? And imagine raising a child who feels secure, especially in this mad chaotic world. Can you imagine that feeling in your heart when you know you've done your best? You haven't been perfect because there's no such thing. But you know, you've put every effort.

You've shown up. You've tried to understand your child. Really understand them on a brain level, on an emotional level, their development. You've truly attuned to who it is they are. where you've understood how to deal with conflict, where you've regulated yourself, where you've understood how to stay mindful and present, where you have understood the secrets of how to raise an empowered child who feels worthy. Listen, none of us knew how to parent. None of us, I didn't, because we thought it should be natural. We didn't learn it. We didn't realize that we needed to cultivate it. Right? This is what I wrote in my book, *The Awakened Family*, 12 years ago, that parenting is not supposed to just be natural. It is something you have to learn from your aunts and your grandmothers and the sisters in your tribe. But now we're living alone, so we don't know how to do this. But this is why I teach conscious parenting. And this is why I have an institute for parents like you. Now listen, not every parent wants to be the best parent. Not every parent wants to uplevel. Not every parent wants to die knowing that they did their utmost best.

That's why my institute is not for every parent. It is only for those parents who want to uplevel, who truly want to have, you know, died knowing that they tried everything that they could to raise their children in the best way possible. Those parents who want to give their all, who really want to learn how to do this thing called parenting. And let me tell you, my conscious parenting institute gives you that. It gives you the tools, the skills, the developmental psychology, the eastern spirituality, the mindfulness, the nervous system regulation skills, the the psychology, the conscious parenting tools and strategies that work every single time.

I was just telling somebody that, you know, every time I'm in a moment with my daughter, damn, the conscious parenting skills work every time. So if you're curious, if you want to learn, if you want to be the most conscious parent, if you don't want to just do this journey half ass, but you want to give it your best, type the word coach. We will send you the details.