

Do you know that you have the potential to turn your life around?

3 MIN · YOUTUBE · [HTTPS://WWW.YOUTUBE.COM/WATCH?V=OQCS02V6G58](https://www.youtube.com/watch?v=OQCS02V6G58)

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SUMMARY

Dr. Shefali Tsabary discusses the importance of conscious parenting and the transformative impact it can have on both families and society. She emphasizes the need for parents to reflect on their own authenticity and to detach from societal pressures, advocating for a shift in perspective towards nurturing children's innate potential rather than projecting adult expectations onto them.

- *Conscious parenting is essential for healing the parent-child dynamic and, by extension, the planet.*
- *Children should not be viewed as extensions of parents' unfulfilled desires or societal status symbols.*
- *The concept of "Consciousness" is central to understanding true success beyond materialistic measures.*
- *Parents need to recognize and address their own unmet needs to foster a healthier relationship with their children.*
- *Detaching from the need for control is crucial for personal growth and effective parenting.*
- *Embracing change and being present can lead to more resilient and connected families.*
- *Children can guide parents towards living in the moment and discovering their own healing journeys.*

[Music] and so here I am to challenge you to really think deeply intuitively ask yourself how true am I being to my most authentic self [Music] thrilled I get to do this for you because you are about to hear from a parenting expert who is

in the 30 years that I've been doing interviews the best I've ever heard the way to fix the wall is through parental evolution to Zone in on the parent-child dynamic is to heal the planet [Applause] revolutionary and so evolved that her ideas are really a paradigm shift that [Applause]

can change the world be curious you know well what is it you know if it isn't what we think it is Success money marriage stability maturity then what is it and I began to see that it's this thing that I call Consciousness imagine if there were conscious parents who created awakened families Dr shefali sabari and our children too are the same the Delight in change in change in

change they can change form effortlessly because they do not hold on to the egoic agenda of what was or what should be our children are not our easels upon which we get to paint the life we never had our children are not the diamonds and The Jewels you get to Adorn yourself with to mask your emptiness and your children are not your puppets by which you get to fake an authentic life you know to fit into our idea so

they never get seen to look good on our Instagram page too so then we talk about our friends exactly so now they're going to have kids because they need to be seen you see this is why we keep having kids in the unconscious way waiting to be seen I know but it's the truth you know it's just in the human race right now this is what relationships are it's a constant you know ping pong of projection now one is

projecting their need and the other one thinks that they can fulfill it and eventually it's the understanding that that we only when we detach from the projection and fill our own need right and feel satiated from within that we can truly be fulfilled and happy I'm not asking you to give up control rest keep your control I'm asking you to do something far more profound far more challenging far more severe give up control easy

what I'm asking you to do is give up your delusion that you even think you need to have control so I asked you today for those of you who have children in your life to follow their lead because they will take you into the present moment like no one else can it is just our resistance to enter the new so I ask you are you ready to enter the new are you ready awaken yourself to your own healing heal

your own baggage discover your own wounds resolve your own unmet needs and turn the spotlight within that is the entry point for raising a resilient child that is the way to begin creating connection [Music]