

The Bio Self-Emergence Institute

Soul-Embodied Parenting

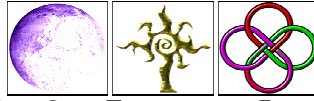
By Donna Richoz Harber, MSW, CBT

It is early Friday morning. I have coffee by my side, for it was a late night at work. I am sitting at the dining room table doing the weekly accounting, when my son takes a break from playing action figures. He asks to sit on my lap. I place him on one knee and continue with the accounting. He then throws his arms around my neck, puts his face next to mine and says, "I need a hug". We sit and enjoy the moment. He whispers, "I miss you Mommy" and I whisper, "I love you". Nicholas is three years old and "I miss you" means "I love you" to him. In that moment, time stops for me. The feelings of contentment and joy sing through my body. In that moment, my limitless responsibility and the great pleasure of guiding his soul to becoming fully embodied is eminently clear to me. In the next exchange after "I miss you Mommy", I say, "thank you for choosing me and daddy to support and guide you to becoming fully embodied". Nicholas answers back a simple "good" – "good" being his acknowledgment of rightness.

The infinite tasks of supporting our children in creating and living through an earthly body can be amazing and overwhelming. As parents, our knowledge and insight into four areas of development can serve as lighthouses on the sea of parenting.

The first beacon of knowledge to guide us is the understanding of the journey a soul goes through to become embodied. This begins at conception and ends in late adolescence – but can take a lifetime for some. By nature, everyone's life force is expansive. The life force energy creates and develops through expanding to meet life on this planet. A pulsation is established. Basic pulsations – such as breathing and the heart beat – must be established to support life. Yet another pulsation, one which is in every cell, must also be established. A too-expanded, too-contracted, or collapsed response to life circumstances is expressed in muscles, bones, soft tissue, and brain cells. This is governed by the child's perception of stimuli and responses to their expanding energy. These energetic positions then interfere with the establishment of an embodied relationship with life. Dr. Lowen, the founder of Bioenergetics Analysis, was the first to teach me that all development begins with the physical. For example, how a baby is handled and cared for on a physical level creates the energy pulsation from which their sense of self-possession springs.

The understanding of how pictures reflecting beliefs about life are coded in the emotional brain is the second beacon. For example, babies and toddlers, whose perceived real need to be carried or coddled is refused, code a picture that says, "I can't trust when I request that my needs will be met". The child then operates through this coded picture in many life circumstances. The ability to delay gratification serves us best when developed later. Learning to delay gratification through a coded picture that says, "When I request that my needs be met" is easy and self-embodied.



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Building the power of the cognitive is our third beacon. After age one, a child's cerebral cortex is developed enough to begin linking thoughts. It is important, as parents, that we talk to our children - giving them cognitive information to support their physical tasks of development.

The acknowledgement of our children from a soul perspective is our golden beacon. We can picture children as powerless and lacking in direction. When we perceive them like that, let the golden beacon of their energy shine and remind us that their souls have a powerful knowledge about their life path. Remember from time to time to communicate soul-to-soul. This can be done simply by use of intention. Set the intention to communicate soul-to-soul. Let yourself get in touch with your soul, followed by getting in touch with your child's soul. Then communicate, in your mind's eye, to your child's soul.

When our children seek our attention or time prior to age five, take a quick break and meet their needs, listen to your own knowledge and intuition, and never forget that on a hard day your child chose you for a unique purpose.

Donna Harber is a wife, a mother, a therapist, a healer, and the founder of the Bio Self-Emergence Institute (in Southfield, Michigan). She has over 25 years of experience working with parents and children.