



A Parenting Survival Pack : -

'From stressed and surviving to successful and thriving'

Content and worksheet – Video 1

Energetic Beings & The Energy Alignment Method

Becoming a Conscious Parent

It takes time to become a conscious parent and is a process. It involves looking at and changing the way we think about parenting, our children and ourselves. The old paradigm of parenting is outdated, where we think we are totally responsible for our children's lives, their choices. Where adults think they know best and must be obeyed (okay not all parents think like this) fitting their children into an education system that doesn't suit them and isn't really working. Where the emphasis is still on academia and not on teaching life skills. We're not preparing our children well enough to deal with emotional and mental health. We don't teach enough about positive effective communication, relationships or finances. Skills that are so necessary to get on in life. We have a limited understanding of what the parent/child relationship is, what it can be and how to get the best out of it for all concerned. We have a lot of unhappy children, who are not able to fulfil their potential. They have pressure from society, peers, parents and school and we have a lot of unhappy, stressed out parents struggling with parenting. We have more children presenting with mental and emotional health issues than ever before. According to the NSPCC in 2018 the most common reason for calls and sessions given was for mental health and emotional issues. There certainly isn't a magic wand, although I can promise that if you apply all the tools, tips and techniques in this book and take on board another way of looking at your children and yourselves, you will see results. Happy, well rounded, respectful, loving children who are comfortable in their own skin, in the world. Confident, self-assured and know who they are. You will have a more peaceful time parenting.

Emotions – Energy in Motion

Energy is everywhere and everything. It is constantly present. It has a frequency, it vibrates. Our emotions are energy in motion, they have a frequency and vibration. We know this when we experience them, we can feel them in us. You've experienced, I imagine, that feeling of rage or anger in you, or sadness, grief? And on the flip side, love, excitement, peace, joy? We feel it. Our thoughts are energy too, they have an electro-magnetic quality. Our thoughts and beliefs, anything we experience in our body is having an effect on the makeup of the body. When a woman is pregnant, carrying a baby, then that baby experiences the frequency of her emotions, thoughts and beliefs. Because energy can't be created or destroyed and is simply recycled, changes form, then energy from the past, wherever it has been, whatever it has been before, then becomes present in that baby, that foetus and repeats whatever that energy has been before. It brings with it knowledge, beliefs or patterns of behaviour that have previously existed. What happens in the womb affects the baby and can affect the child growing up and also in adulthood. EAM (details below) is the modality I use myself and with clients to release negative emotions, states beliefs, thoughts and habits.

An Introduction to the Energy Alignment Method

The Energy Alignment method was created by Yvette Taylor, who has inspired and supported me on my journey and to whom I am very grateful and always will be, + for being my mentor and training me in EAM to become one of the first accredited EAM Mentors in the world. It is a certified and recognised therapy by The International Institute for Complimentary Therapy.

In Yvette's 'The Ultimate Self Help Book' she explains ... *"EAM is founded in years of working in energy medicine, the Law of Attraction and traditional Chinese medicine. Its methods include*

elements of kinesiology, neuroscience research, NLP, Positive Psychology and Eastern spiritual principles. The magic of EAM is that it enables you to shift energy." I have experienced this to be true.

How to use EAM

To sway, stand with your feet hip width apart, have your knees soft (not locked) be relaxed, arms and hands loosely by your side. Ask simple Yes or No answer questions. Your body will usually sway either forward for a 'yes' answer and backwards for a 'no'. If it's the other way round we have an energy reversal. Explained below.

If you feel no movement, there are many different reasons for this, as your sway is affected by different sources in your environment. Below is a list of what may be affecting your sway.

Being tired

Being on medication

Alcohol

Sugar

Caffeine

Foods in your diet

Computers and other technology

Being exposed to Electro-magnetic fields (EMF's)

Cleansing, hygiene products and perfumes

Particular environments

Other people (their energy or what you are feeling or thinking about them)

You can ask whether any of these are affecting you, though if they are you will not get a true answer as you may have no or little movement or an energy reversal and have to deal with releasing the energy reversal first.

Dr. David Hawkins in his book ***Power Versus Force*** * discusses the use of kinesiology techniques alongside his map of consciousness and explains that people operating at a low frequency, having a low vibration (below 200 on the scale) are in survival mode and in a reversed energy state, not in flow or of a high vibration and may have little or no movement. This can be addressed with EAM, releasing energy reversals and resistance energy. This is more complicated to do alone and is when working with a mentor is highly recommended.

I want to introduce the method I use with people and if you wish to know more you can, of course, investigate EAM further.

[The 5 Steps to The Energy Alignment Method](#)

Now you know your YES and NO, you can ask your body simple Yes/No questions. Think about something that may have been troubling you. Stand with feet hip width apart, close your eyes and relax your knees.

Step 1 – You Ask

This step is to give you clarity on what you need to shift. Ask your energy a simple question about the subject/situation to see if that's what you need to work on.

Example: "Am I holding on to resistance or worry when I think about my child going to school" or any other subject.

Step 2 – You move

Your energy body will respond and give you the YES or NO response to the question you've asked. Forwards is usually YES and backwards is usually No. If anything else, check for energy reversal. If YES go to Step 3. If No and you feel in flow go to Step 5.

Step 3 – You experience

This step is about assessing what is happening in your energy when you think about that subject. There are three ways you can do this step. Choose which is appropriate for you.

- How do you feel?
Describe what it feels like in your body. What size, colour or shape is it?
Where is it? Is it moving, or still, heavy or light. What does it feel like?
- How many of them?
Using the sway find the specific number of resistances. E.g., “Do I have more than 100?” (Sway will say yes or no) If No, then ask “Do I have more than 50?” (Sway will say yes or no) If No, then ask “Do I have more than 25?” (Sway will say yes or no) If Yes, then ask “Do I have more than 30?” (Sway will say yes or No) If No, ask a number between 25 and 30. You don’t always have to have a specific number. Though get the idea of how to find the number.
- How does it look in your mind?
When you close your eyes and think about it, your resistance or challenge, do you see a picture, an image? Describe what is happening in the picture.

Step 4 – You Transform

Now you are clear what it feels like in your body, how many there are or what the picture looks like you can now do the ‘release statement’. Use these words “I am ready to release (whatever the subject is, or this number of resistances, or this image, picture or feeling and describe it) I release it from my energy in all forms, on all levels at all points in time”

Repeat this statement at least three times or until you can no longer feel it. You may have to do this another 2 or 3 times. Check in with the sway and ask. When released you can go to Step 5.

Examples of release statements:-

Feelings

“I am ready to release this hard red circle in my stomach when I think about my child going to school, I release it from my energy, in all forms, on all levels at all points in time”

Numbers

“I am ready to release these 534 thoughts and beliefs about my child going to school. I release them from my energy, in all forms, on all levels at all points in time”

Images

“I am ready to release this image of a brick wall (or whatever it is) I release it from my energy, in all forms, on all levels at all points in time”

Repeat Step 4 until you have released the resistance around it.

Ask the sway “Have I released this resistance around”

When Yes, then move on to Step 5. If no and you have used the statement several times. It can be something else. Reword or rethink what else it could be.

Step 5 – You manifest

This time you get to choose what you experience. This is where you manifest your new future. Now you are ready to allow a new feeling, belief, thought or pattern.

Choose a positive affirmative statement.

“I am ready to receive/create. Feel/ manifest/experience (whatever it is you want) I allow this into my energy in all forms, on all levels at all points in time. Repeat this 3 times until your body responds with a positive forward Yes. Keep repeating until you feel it in your energy.

Examples of allowing statements

Feeling

“I am ready to allow this big soft circle of calm, confidence into my body when I think about my child going to school. I allow this into my energy in all forms, on all levels at all points in time”

Numbers

“I am ready to allow myself to have 100,000 new positive beliefs that I am always calm and can cope situations really well. I allow this into my energy in all forms, on all levels, at all points in time”

“I am ready to allow this bright new pathway to take me forward. I allow this into my energy in all forms, on all levels, at all points in time”

How to Deal with an Energy Reversal.

You know there is an energy reversal when one of the following happens

1. Back to front sway. You get a backwards Yes to something should be yes and forward for a No.
2. Side to side. You get side to side or go round in circles that tells you something else is going on.

3. Step 4 not shifting. You've done Step 4 several times and still not shifted something.
4. The emotion is so intense. The emotion is overwhelming or you feel stuck, frozen.
For now keep it simple and find out what age you were when you created this energy reversal.

Ask "How old was I when I created this energy reversal about or around ... whatever it is"

Use the sway to find out. Was I under ? and then use the sway the same way as how we find numbers to find out about resistances.

You can ask "Was this about ..." e.g., it may be something you are aware of that happened at that age, a situation or with or to people.

"I am ready to release this energy reversal about ... From the age of ... I release it from my energy in all forms, on all levels, at all points in time"

You may need to repeat 2 or 3 times.

Ask the sway "Have I released this energy reversal about ...?"

If you've released it move on to Step 5. If not there are many other ways of exploring what's going on, with help. An EAM Mentor is recommended.

Have fun with it, explore the possibilities. Energy is limitless and so are you.

Specific questions to ask.

Are You Aligned to Parenting?

Might seem like an odd question, though there are many things we do in life that we are not really aligned to, not in a positive vibration about. A job we're doing or a relationship we're in. We are not enjoying it, we resent it, we have fear or worry about it and we carry this, we emit this and it then affects those around us.

It's the same for parenting. We want to release any resistance we have and get aligned to positive feelings thoughts and beliefs. The thing is we might not know what energy about it we are actually carrying!

Follow the 5 Steps to EAM (watch the video)

Ask the following questions and any others that come to mind. These are questions that if you get a No to there is resistant energy we want to release.

Am I aligned to parenting?
Do I believe I am the best parent I can be?
Am I enjoying parenting?
Am I grateful to be a parent?
Am I excited about parenting?

Ask if you are inspired, happy, calm, confident all the things you want to be and feel. Then check the resistances and let them go so you can align to what it is you do want.

When you have discovered your resistances, either by numbers, or what they look and feel like say the releasing statement "I am ready to release these (numbers, shape, feeling etc.) in all forms, on all levels, at all points in time" x 3 then check they have done, if not completely do it again x 3 and if you haven't released all then ask it is something else. Explore with another word it might be or find another way to word the question.

When released then do Step 5 Your new affirmation and alignment statement, whatever you want that to be and say "I am ready to allow into my energy, in all forms on all levels, at all points in time" x 3 or until you get your forward yes sway.

Ask the following questions, these are the kind that if you get a Yes to it means you have resistance to allowing the opposite in that would serve you and your children better.

Do I believe I am 100% responsible for my children's choices (behaviour etc.)
Do I believe I know what's best for my children?
Do I believe I should put my children first?
Do I believe my children should do as I say?
Do I worry about my children?
Am I fearful for my children's future?

If you have any negative emotions, thought or beliefs, you will generate more of that energy and add to the negativity around it and your children. Ask anything else you know or think you might believe that isn't going to allow a mutually respectful and healthy relationship.

Of course we want to keep our children safe and do our best. Sometimes what we think is best, might not be. Release resistances and align to your new thought, belief, feeling with Step 5

Love,

Karen x