

Reel Appeal: The Spiritual Parent's Movie Companion

Discussion Guide #8

Based on Principle #8:
Be A Positive Mirror for Your Child
from "10 Principles for Spiritual Parenting"
by Mimi Doe

and

"Freaky Friday" (2003)
Screenplay by Heather Hack and Leslie Dixon, Novel by Mary Rodgers

Freaky Friday Every Day!

Be a Positive Mirror

Written by Jennifer Marquis & Edited by Mimi Doe

Note: This film is rated PG for mild thematic elements and some language. It is recommended for children over eight. We at SpiritualParenting.com recommend viewing this movie with your child.

"Freaky Friday" is the physical illustration of a great spiritual truth. What our children see in us is a mirror of who they are to become, and what we see in our children is a mirror of who we are. By learning to see our children as "tiny mirrors," we become more aware of our strengths, as well as all our unhealed places.

I. Be A Positive Mirror for Your Child (page 258, "10 Principles for Spiritual Parenting")

Harry: "I'm imitating Mom. You should have seen her today. She was so cool!"

Mimi reminds us that being with positive people is a thrill and a joy. Are we modeling that for our own children? Are we communicating positive values and focusing on our children's assets? Are we living with integrity? Or, are we saying "yes" to things that pull us away from our families, our goals, a balanced lifestyle? It's helpful to remember that our behavior is our child's benchmark for the living in the world.

ASK YOUR KIDS...

- **What does Anna's mommy love most in the world? How do you know?**

II. Mirror a Positive and Spiritual Daily Life to Your Children (page 266, "10 Principles for Spiritual Parenting")

*Tess (in Anna's body): "Let's try to be selfless. Give me your hands."
[They hold hands.]*

Tess (in Anna's body): "Okay, I'm being selfless. Are you being selfless?"

Anna (in Tess's body): "Yeah, I'm being selfless."

As parents, spirituality can be our daily, driving force. We can ask for divine guidance in handling bad behavior, utilize the tools in our spiritual toolbox each day, and remember that the soul's development -- ours and our child's -- continues throughout our lifetime. Making mistakes is natural, and we can acknowledge those mistakes to our children without weakening our authority.

ASK YOUR KIDS...

- **What did Anna's mommy first think of Jake? Stacey Hinkhouse? Anna's English teacher, Mr. Bates? Was she right or wrong?**

III. Accepting Our Differences (page 273, "10 Principles for Spiritual Parenting")

Tess (in Annie's body): "I look like Stevie Nicks."

Anna (in Tess's body): "Who's he?"

Seeing the ways in which our children are different from us is the "flip side" of the parenting mirror. Mimi encourages us not to criticize or judge our kids for being different, and to use our divine sight to see God's spark in our child and our child's friends. Meanwhile, we must let our spiritual center guide us in all our decisions and remember that living our own truth is a "boundless, authentic, invigorating way to live."

ASK YOUR KIDS...

- **How are Tess and Anna different?**
- **What does Tess learn about Anna after the rock concert?**
- **Can you tell me one thing I don't know about you?**

IV. Reveal Your Struggles (page 275, "10 Principles for Spiritual Parenting")

Anna: "You couldn't last one day in my high school!"

Tess: "Actually I could, and I would do it without getting a detention!"

Anna: "Oh I'm sorry Mom. I'm sorry I'm the one thing in your life that isn't perfect!"

Let your child know that you sometimes have difficulty making positive choices. It's easier to do this when you remember that your children are absorbing your actions as the moral code by which to live. Pay attention to your own spiritual needs and instincts and choices will be easier to make.

If your child is having trouble making a decision, suggest she/he draw or paint their challenge and see what comes up. Always applaud them when they make a choice that honors their values or their own inner guidance.

ASK YOUR KIDS...

- **What did Jake think when Anna’s mom wrote “I’m stupid” on Stacey Hinkhouse’s test? Why did she do this? Do you think that was the right thing to do?**

V. Celebrate Your Spirituality (page 277, “10 Principles for Spiritual Parenting”)

Anna (in Tess’s body): So you're in my body, and I'm in your body. Why don't we, like...”

*Tess (in Anna’s body): “Yes, yes, I see what you're saying! A jolt! Okay, you go over there, and I go over here. Okay, when I say go. Ready? Go!”
[they run towards each other]*

One of the great things Tess sees in her “mirror” is a relaxed mother who has learned to let go, loosen up, and have fun. If we, too, wish to be adults who have maintained their natural, youthful qualities, Mimi suggests that we take a look at our spirituality with a fresh eye. Reviewing, renewing and celebrating our spiritual habits puts us back in touch with our playful, spontaneous inner parent. Have we established regular, pleasurable prayer and meditation times? Shared what we find joyful? Been spontaneous? Modeled positive behaviors? Acknowledged all the parts of ourselves and attempted to balance them? Honored our intuition? Sent our children light and healing energy? Seen the best in our kids? Talked to them about our feelings? Given creative encouragement? Modeled empathy? Modeled prosperity consciousness? Paid attention to all the daily small choices? Changed a habit? Handled our worries creatively?

ASK YOUR KIDS...

- **Why did the people at the television studio like Anna so much?**
- **At the end of the movie, what new things has Anna learned about her mom’s boyfriend, and about her brother?**

VI. Parents’ Insight Building Exercises: For Personal or Group Use

(p. 287, “10 Principles for Spiritual Parenting”)

- Make a “top ten” list. What top ten things do you wish to teach to or model for your children? Post it in a place you can see every day.
- Now pretend you are your child, and make a top ten list for yourself as a parent from your child’s point of view. Note how your child’s needs and wants are similar to or different from your own. Post this list too.
- Close your eyes and imagine standing in a room with mirrors on two walls, directly facing each other. Look at the many reflections, how they appear inside each other, recurring endlessly. Imagine those images as the generations of people to come after you – your grandchildren and great grandchildren and great-great grandchildren. Remind yourself now, in this moment, that the actions you take today – your willingness to look courageously at your own strengths and

weaknesses – will have impact for generations to come. Imagine those children laughing and winking and smiling at you, thanking you for your willingness to look in the mirror and make positive changes.

- The next time your child does something that angers or upsets you, imagine yourself looking into the Mirror That Doesn't Lie. Ask yourself if you're unsettled because you don't like what you're seeing, or because the mirror is showing you some truth about yourself that you don't want to face? Meditate on ways you can model change for this behavior.

Parents' Check-in Questions

What one thing would demonstrate to my child that I have the power to improve myself?

Is my child demonstrating a quality I wish to change in myself?

Who are the most positive people in my life? What is it that I love about them?

How have I modeled anger today?

What spiritual practice do I want to know more about?

Do I try to present a perfect "front" to my children? Is this the best choice?

Childrens' Check-in Questions

Who do you like to imitate? Why?

What have you learned from me about God?

How would you like to be like – or not be like -- mom or dad when you grow up?

Children's Guided Journey

- Close your eyes and imagine that you and mom have just entered an alien spaceship and that you've both been placed on a mind-swapping machine. You sit face to face, hold each other's hands, and close your eyes. When you open your eyes again, you have your mom's brain and she has yours. What do you see, hear, learn, feel? Now try it again, this time as dad.
- Close your eyes and imagine that you and mom have gone into a house of mirrors together. Imagine that you're short and fat, then tall and thin. Imagine holding hands and laughing together as the fun house images change and morph.

Affirmations for Parents

I am a loving mirror.

My life is balanced and full of abundant blessings.

I release myself and my child from any expectations of perfection.

I rejoice in the ways my child is different from me.

I joyfully share my loves and passions with my children.

As I grow closer to the light, so do my children.

I release this negative habit that is asking me for release.

I have tremendous power to open my child's future.

God is my parenting partner today and always.

Affirmations for Children

I like what I see in the mirror.

Mistakes are a natural part of learning.

I am a special and unique creation of God.

I trust the little voice inside that tells me the right things to do.

I am a delight.

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