

Spiritual Parenting Group

Based on: “10 Principles for Spiritual Parenting”

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MEETING #4

Principle 3 – Listen to Your Child

1. Taking Care of Business

- **Logistics of meeting:** light candles, create a calm room, distribute any handouts in advance, have name tags and pens at the ready.
- **Housekeeping/Administrative Details:**
 - ❖ After four meetings, you are well on your way to developing a cohesive group. This is a good time to discuss the group’s size and dynamics. Would you like to add more members? How are the logistics of the group going? Rather than just discussion, do you want to add an activity that is appropriate to the principle of the month?
 - ❖ Might your group want to create a book swap? The idea is to bring positive, uplifting books to your meetings. Select books with a spiritual message that you or your children are no longer reading. You swap your book for one brought by another group member. The swap can go on week by week. If you don’t want to give up your books, you might simply begin a listing of books that feed your spirit and the spirits of your kids. You can begin by checking out the books on the SpiritualParenting.com web site. Compile this list as an ongoing list for your group. Some groups donate their outgrown books to a local family shelter.
 - ❖ Reconnect with one another and use this time to catch up.

2. Opening Ritual:

(Read aloud to the group)

Zen master Thich Nhat Hanh writes in his beautiful book “Peace is Every Step”:

Breathing in, I calm my body.

Breathing out, I smile.

*Dwelling in the present moment,
I know this is a wonderful moment!*

So, let us bring ourselves to our breath. Let us breathe in and calm our bodies. Let us drop our shoulders, our tight jaws, and allow our minds to come fully to this moment. We are only able to listen to the moment in which we dwell. When we bring ourselves fully to this moment, we are conscious and mindful and available to the bliss always present. When we bring ourselves to this moment, in this room, with this group gathered, we can ignite the spirit among us. When we bring ourselves to our children in a mindful state, we give them the only gift they truly crave: our presence.

3. Dive into Discussion: Principle 3 – Listen to Your Child
Some **possible** discussion points:

- What did you think of this chapter/principle? It appears very simple, to listen to our children. But is it?
- Has your child ever said something that you felt was a profound truth – wise and knowing? When did he/she say it? How did you react?
- How do you listen to your kids and what seems to work?
- If you could access your internal knowing, your parental intuition or gut feelings, how would you do it? Have you ever gone against this intuition? What happened?

4. Wrap Up:

- Thoughts for the Evening:
 - ❖ This week, go out into your world and _____ (fill in with an “action item”).
- Go over Prayer Request List from last month: Discuss
- Create a new list of Prayer Requests for this month.
- Closing Ceremony

- For next meeting - Read **Principle 4, Words are Important Use Them with Care**
- Print out *The Sound of Music* Guide from *Reel Appeal: The Spiritual Parent's Movie Companion*. This guide relates the movie to Principle 3. Watch *The Sound of Music* sometime this week with your kids.
http://spiritualparenting.com/pdf/sound_music.pdf