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Presents
10 Easy steps to Happy Parenting!
By Valerie Blakely

Ten ways to de-stress, stay happy, and to remember love when dealing with children!
I will show you how to use the Universal Laws to create a happy healthy family life!

Welcome! You are 10 steps away from being better parents and happier people!
The Universal Laws offer us a new perspective on parenting. A way of taking parenting to a
higher level so to speak. Leading edge parenting!

As a parent of five children ranging from ages 3 weeks to 14 years I know what its like to wish you were one of those mammals that eat their young! I mean lets face it being responsible for all of those personalities to nurture and tolerate is the hardest job we are ever going to have. I set out on a long journey to find a better more harmonious way to parent. Its so easy to get overwhelmed with family life. As parents we have a lot of things we have to do to nurture a healthy family.

Cooking, cleaning, working, finding lost shoes, potty training, birthdays, and that's not even scratching the surface of our day to day! I was not going to walk around my house angry, stressed out, and feeling out of control. No Way! I knew that balance was the key and I was going to find it for my sake and my children's sake.

When I first heard the words Universal Laws I had no idea that my life was about to change in unimaginable ways! It was like any other busy day. My mom handed me a book and told me it was a short read and to find some time to read it. It sat on my shelf for a week or so before I even picked it up. The front cover read The Secret! I started to read and I couldn't put it down! The Law of Attraction revealed its self like a bitter sweet reality check! Bitter because it's a hard pill to swallow that you create your own realty. You mean its my fault that I don't have any money! Its my fault that I don't have the business I have always wanted! Its my fault the I am overwhelmed and full of worry everyday! I can't blame anyone else for my problems? Not the government, the war, the economy, my parents, my neighbor for driving on my perfect lawn, no body? **Ouch!** The sweet positive side to this is I could take control and change it! I have the Power! I can have happiness, joy, and abundance if I choose to! Well DUH! I choose too! After learning about The Law of Attraction my mind was starving for more. Were there other laws that governed The Universe? If so what are they and how do they work? I had lots of questions that needed answers. So I started reading, searching, and attracting knowledge of The Universal Laws! It is from that knowledge that I discovered these easy and effective steps to living a happy, healthy, stress free family life!

1.Breath

Take a deep healing breath before handling any situation! Take a moment and assess what is really happening. Never just react! When you take a moment to assess you see things clearly and react appropriately. Remember that your children are learning from you how to handle difficult situations. Its better for your health and theirs to remain calm cool and collected! When you take in that first breath tell yourself that you intend to see things for what they are.

Intend focus and clarity to resolve things quickly and lovingly.
Segment Intending is easy and effective. All you have to do is take a quick moment and think about what you really want from any moment in time. Than just state out loud
I intend "blank."

Intending is useful in everything you do. When you make a clear intention the Universe immediately sets forth to make it so! I learned about segment intending from Abraham-Hicks. If you would like to learn more go to [Abraham-Hicks](#)

Examples of Intending

- Before you get out of bed, you can intend to have a fun or productive day.
- Before you leave the house, you can intend to have quality time with your family.
- Before you start your car, you can intend to have a safe ride to work.
- Before you enter your workplace, you can intend to learn something new or be helpful.
- Before the meeting begins, you can intend to be brilliant or calm.

2. Remember Love

You know those moments when it seems like your kids are trying their hardest to get on your nerves. Its like every little naughty thing that is conceivable they have pulled off in the last half an hour! Those moments when you feel yourself about to snap and you can hear those words from the parents before you ring in your ear "spare the rod and spoil the child!" Than you think to yourself yes it would feel good to snatch them little turkeys up and spank their little tushies! First BREATH and than remember LOVE! When I say remember love I mean that they are only trying to get your attention and over reacting would only do you both harm.

The Law of Love states..... The expression of unconditional love will eventually result in harmony. Unconditional love is not romantic love. It is the acceptance of others as they are without judgment or expectations. It is total acceptance of others without attempting to change them, except by our own positive example. The law of unconditional love says, "If you go out of your way to express unconditional love, you automatically rise above fear, and, as you transcend your fears, you automatically open to the expression of unconditional love."

If you want harmony you have to show love. It is Law. Accept your children without judgment or expectation. Yes this may seem difficult at first but when you make a clear intention to remember love the Universe helps you along the way!

3.A Good Deed a day

A good deed a day keeps the doctor away! It really does. It is good for your health to be good to other people. Our children will learn from our positive example that it feels great when you lend someone a hand.

The Law of karma states..... the effects of all deeds actively create past, present, and future experiences, thus making one responsible for one's own life, and the pain and joy it brings to him/her and others.

The Law of Divine Flow... By living in the now, centering ourselves in love and being in service to others (as opposed to service to self), we live in the Law of Divine Flow. We stay in the moment by moment flowing of our higher self, creating actions which reflect love and appreciation. When we are able to do this, we notice how we say just the right things, do what is best for all, and refrain from doing that which we previously disliked in ourselves or others. We maintain a stronger connection to our Higher self.

Helping others will become a positive habit and joy! Practice this daily in your life!

Blessing others is accentually the greatest thing we can do for our children! For them to learn to bless others at an early age means a joyful and blissful life ahead for them!

4. Energy Therapy

Emotional Freedom Technique (EFT)

EFT has helped me in many areas of my life! EFT is when you tap on acupuncture points to release negative energy. The way I see it negative energy can be pain in the body or emotional stress (feeling bad). You can have negative energy that is blocking your happiness and prosperity. I use EFT on everything you can think of. I use it to focus, to relieve any pain, to be prosperous, and to relieve stress. Those are just a few! You can use it for everything!

Here's my favorite EFT story!

The hospital was packed. There were lady's in labor waiting in the hall for a room! It took about an hour before I was seen by a mid wife. By the time she did an ultra sound I was very low on amniotic fluid around the baby and I was not dilating at all!

The contractions had stopped completely and the mid wife said she was going to keep me and start inducing labor at 4am. She sent me to my room and ordered something for me to eat so I would have the energy for an induced birth. I was devastated and scared because I know that having an induced birth is traumatic for mom and baby. Been there! Now a month or so before I learned about EFT (Emotional Freedom Technique) and I had

been applying it before meditation to clear any negative energy. I thought it wouldn't hurt to try it to start the contractions to see if my body would contract naturally. So I started tapping and saying "Even though my contractions have stopped and my body is not ready to give birth I deeply love and accept myself." I did 2 rounds of EFT before I felt better and then I just relaxed. It wasn't 20 minuets later and I started to contract! Isabella was born at 3:53 AM. Seven minutes before the scheduled inducing! I was so relieved and thankful! I felt like I could do anything if I set my mind to it.

I learned EFT from Rebecca Marina! She is brilliant and fun to learn from! She also offers a lot of fabulous freebies that will knock your socks off! To learn top notch EFT go to the

[EFT Expert!](#)

5. Conscious Thought

Ask yourself this. How do you view yourself? Do you see a parent with unlimited resources and talents to pass on to your children when you look in the mirror? Do you see yourself as unworthy and unknowledgeable? Now, how do you view your children? Do you see them as a beaming divine light for the future? Do you see them as a burden or a job that sucks up all of your energy and time? Your conscious thought and how you view your family determines whether your family is happy and successful or NOT! You must make a conscious intention to adore and enjoy your family everyday.

A lot of thinking is just automatic reaction to certain feelings. Circumstances occur, a chain of thought are triggered; that chain of thought gives rise to more thoughts.

Our thoughts depends on our past conditioning, what we have learned to think as a result of our past experience. Many people experience their thinking mind as something beyond their conscious control. The fact is that you are in control of your thoughts!

You can choose your own positive thought.

Conscious thought means, quite simply that, to become conscious of your thought, to realize that there is an Awareness in you that is not only thinking, but is aware of the thought.

So just begin to notice your thinking. Notice the patterns of your thought.

Do you worry? Obsess? Dream? Condescend yourself or others? What are your common thought patterns. Observe your thoughts for a while so you can began to understand the thoughts that are not beneficial to you. Where do they come from?

Make a conscious intention to only think thoughts that are beneficial to you and your family.

Your whole family will be better for the thoughts you think!

6. Laughter

My personal favorite energy therapy!

Remaining light hearted in any situation allows you to remain in control of your emotions! When you are in control of your emotions you are in a state of allowing all that you are wanting. Yes, laughter speeds up the manifestation process!

Humor is good for your mind, body, and soul! Laughter is contagious. Others will always appreciate you when you give them this precious gift! They will go out of their way to spend as much time as they can with you.

It is proven that laughter strengthens the immune system and helps you recover from any illness. The drug companies are charging hundreds of thousands of dollars to patients that are ill. They're working very hard to make sure that you and I don't laugh! Well I say HA HA, to them because the next time I get a migraine headache I am going to do an EFT and watch I Love Lucy re-runs! When you laugh with your children the Universe opens up for them to live blissful happy lives! Give your family permission to be silly! Don't take everything so seriously and you will attract more light hearted situations. Its okay to make a fool of yourself in front of your family because they will talk about you and laugh at your expense for years to come!

7. Meditation

AHHH! Finally a step just for YOU!

Quieting your mind and opening up to all of the brilliance that is inside of YOU!

Connecting to Source and feeling the greatness of your own intuition will give you power to change and alter any part of your life that is not working for you.

You will discover things about yourself that you can only find when looking from the outside in. Your beauty and strength will reveal itself and your worthiness will be restored to a knowing of the truth that is YOU!

I have seen and felt this power over and over again! It really is just that satisfying and blissful! Meditation is your excuse to say to everyone around you "I need a moment for me, just me and I deserve it!" A gift that you give YOU everyday!

Can I get an AMEN!

8. Know your Limitations

Occasionally my alter ego super mom takes over and I say yes to car pooling, girl scouts, PTA chair person, donation expert, chief, bake sale coordinator, guitar lessons, and seamstress for the school play!

I had to learn the hard way that not only is this a recipe for an ultra cranky me but, its unrealistic to do all of these things and still give my family the attention they deserve.

Yes, I would tell myself that I was doing all of these things in the name of my family ,but the fact is I was just showing off! Hey, look at me I'm super mom and I am pulling off things you only wish to had the time or the inclination to do!

I found in my quest for super mom I didn't have time to sit down and eat dinner with my family. I would be to tired to read and laugh with my kids. For WHAT? A chance to say I do it all! Let it go already! I no longer feel guilty if I don't make it to every PTA meeting or bake 10 dozen cookies for the bake sale. I assess what is important to my kids and make it a point to be at that stuff. I had to decide what is really important and refuse to give in to my alter ego.

9. Guilt

The ugly monster that is inside all of us reveals itself!

Guilt festers inside and replaces self worth with shame, resentment, and embarrassment. We carry this ugly monster around for years. When something in our life happens that we consider to be our fault, instead of forgiving ourselves we allow the monster to grow another ugly head. Pretty soon we got this monster with ten heads inside and we look up one day and we got cancer or diabetes!

Guilt can take you apart piece by piece if you let it. I know you feel so guilty about some things that you think you deserve the loss of your self esteem and self worth. I am hear to tell you that you would not learn anything from this life if you didn't have moments where you stumble and fall.

As parents we accumulate so many things to feel guilt over. We over react some times and say things that we don't mean. I said something mean out of anger to my oldest daughter 4 years ago. I knew as soon as I said it that I was wrong and later apologized profusely for it. For a long time I let it pick at my worth. I used it as an excuse to tell myself that I wasn't a good mom. I almost forgot I was a living breathing human set forth in this life to learn and to forgive.

When I decided to forgive myself I let her know that I was going to let it go and I would hope that

some day she would also. Forgiving and letting go healed both of us. Take a moment and think about the guilt you have been holding on to. Isn't it time you let YOU off the hook?

Go ahead and give yourself permission to forgive everything and anything from your past. Feel the love and appreciation for who you are and what your mistakes in life have taught you.

Did you do something to someone else that you are not proud of?

Give them a call and ask them to forgive you. Even if they don't forgive yourself.

Restore peace and harmony inside so you can start loving yourself again.

Remember to give your children the same courtesy.

Forgive them for everything immediately.

The Law of Forgiveness is the most powerful and important Universal Law, it states that: in order to make your life better you must begin by forgiving everyone, everything, every experience and every memory in your life that needs forgiveness.

10. Claim your Power

Take a quiet moment for yourself.

Breath in slowly and feel your worth.

Place your hand over your heart and look inside yourself.

Breath....

Look past all the blocks that tell you are not worthy.

Breath....

Know that there is no such thing as a mistakes, only moments to learn from.

Breath....

Erase your unhappiness and replace it with warm knowing that you are beautiful! You are the inspiration of Divine Light!

Realize you are so special that your children picked you to love!

Unconditional love that will get you through difficult moments in time and you will be inspired through that love to reach higher states of being!

YOU are Parents! Feel your BEAUTY! YOU are LOVE!

You are POWERFUL!

Thank you for allowing me be part of your spiritual parenting journey!

Much love and blessings

~Valerie Blakely~

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Intend for your life to be full of joy and prosperity
and the Universe will move mountains to bring these things to you!
Start attracting all you are wanting today!

<http://www.theseecretpays.com/blakely32/>

I love this book!
It's a powerful Manifestation tool!
The Vibrational universe

<http://tinyurl.com/Vibrational-Universe>

Want to learn more?
<http://universalparent.com/>

Join the conversation!
All are welcome to share their stories of how the Universal Laws have changed their families
lives!

Universal Parenting Group!

* Group home page:

<http://groups.google.com/group/universal-parenting>