

If I have any complaints about life it means that I don't appreciate my freedom.

~Unknown~

Beliefs are a start, but Knowing leads to unlimited potential

~Victoria Grant~

# **Raising Balanced Children**

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**Poem ~ FROM THE LIGHT IN TO THE LIGHT**

*When I asked to be born to this unknown beyond I was anxious but never afraid.*

*For I knew I'd be greeted at once and be seated by unconditional love as I prayed.*

*So then how could I fear now I'm here living life once again the unknown and beyond?*

*As I pray everyday, Giving thanks all the way, I am blessed with an infinite bond.*

*Like a mother and child, as it was when I cried, Ill be met with the same open heart, ill surrender my light as I did at the start protected by all of my guides.*

*When I ask to go there no I won't be afraid as my Angels ascend high above for I will be greeted and Royally seated in Unconditional Love!*

~Victoria Grant~

## About the Author

Victoria Grant is the creator of [inspirational-quotes-guidance.com](http://inspirational-quotes-guidance.com) a website designed to uplift and inspire others daily, by providing loving advice and guidance and an array of poetry and quotes.

An author dedicated to sharing and caring through spreading words of wisdom and unconditional love to inspire people around the world to manifest their dreams.

### *A few words*

*Love your self like I love you. Believe in your strengths as I do, be the powerful creator you intended to be when you signed the contract for this Earth life you see.*

*You are only as successful as your greatest fear, which did not exist when you begged to be here, so honour your agreement and TRUST that the Source, WILL provide all the cushions you need on this Course.*

*~Victoria Grant~*

**This book is dedicated to you!**

# Raising Balanced Children

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## Raising Balanced Children

### **The Beginning**

There will come a point in each of our lives when we will be faced with the realisation that the reflection in the mirror is more than just a physical thing. We will wipe the tears from under our eyes and take stock of the beings we are, we were and who are now becoming. The many teachings we encountered as children through role models such as parents, grandparents, piers and other authority figures begin to be scrutinised in much more detail.

We begin to understand that our parents are also spiritual beings learning how to be compassionate humans and that throughout these journeys we call life, they too will have made mistakes and that they will have loved and lost. They too will be the teachers of the knowledge they learnt while they were students. We will take comfort in knowing that they did the best they could with the information they had available to them at that time. We will come to accept that we are all perfect in the eyes of our creator and that it is our differences that make this Universe of infinite abundance so magnificent

When our heart is open to unconditional love, all of the attachments to physical and emotional form disappear. Love becomes the driving force behind every word thought and deed and a sense of power is unleashed. We decide to see the world as "as is" rather than either good or bad. We recognise the balance in light and dark. And see that for every action there's a reaction. When we have positive dispositions we have positive results. Vice versa. We stop blaming others for our 'own' state of minds, health, and happiness. We understand that although we may not have

had a fairytale beginning we can decide to have a happy ever after. Circumstances don't determine what happens to us in life. It's how we use them. When it seems like the chips are down and there's no resources. Be resourceful.

When we embrace the now and accept it is all we ever have, we realise that we truly have a lot. If you can read this note, you have a lot, if you are breathing air, you have a lot, if your mind is free, you have a lot and because of this understanding we begin to really know the law of sharing. We can not hold on to things or knowledge without cutting off our own air supply. Everything in the cosmic Universe flows abundantly, shared equally throughout. Our perception of others ultimately becomes our perception of ourselves. We cherish our bodies as the temple that they are and rather than trying desperately to achieve the Hollywood's stamp of beauty we decide to focus on our health exercise and diets. We focus on the inner beauty with our smiles, and daily compliments and hugs to others. The connection to the Universal healing can be found through meditation and constant gratitude.

We start to see the future, as a destiny based on decisions and we laugh. Its like a light switch has gone off and the past has become today. The many sub conscience and conscious focuses of yesteryear are manifested now as the gift that is the present. The seeds we plant through thought and deed today will grow ripe in its season. We don't have to be subjected to negative vibes from the media or others. We wont condemn any one who chooses to act how we wouldn't. We take control of our lives and we choose to decide. Is this activity in alignment with my greater good and goals? If not then we don't participate.

For all the races we ever won this is going to be the marathon. Endurance is the key to victory when it comes to life as we begin to focus more on what we do want rather that what we do not want. It's apparent that truth and integrity are more important than conforming or labels and titles. And that when we approach and handle situations in a loving and compassionate way we are the ones who are fully in control. We learn not to expect things, apart from the unexpected and learn that taking risks eliminates fear and only then are we truly free. We put our trust in a

higher source. The source of all that is Love and Light and we are faithful to the belief that everything happens for a reason. Once we believe there are no answers only questions, we are free.

Not every one will approve of what we do all the time. How could they? This world is so vast and full of unique individual's coming together with many different personalities moving forward in this river of life. And that's fine. Not every one has to like you, doesn't mean you like them any less. You love them even more, for the love you spill upon them may blossom them in to Love. We rarely ever know the true effect we have on people but one thing is for certain and that is that we do have one either negative positive, spiritual, physical or emotional.

If there's a dream we want to achieve the first key is belief. That is the foundation and all the 'how's will follow. Be your personal champion and compete with you. When we make mistakes we laugh about it, learn from it and move on. We don't dwell or have regrets for things we may have done. See it as all necessary for our development. Every journey will encounter a few speed bumps, traffic lights, dead ends and road works but the scenery is always beautiful. Learn to take in nature's beauty along the way and always remember that 'a wrong turn could turn out to be a short cut'. Have faith.

Learning to practice humility sets us free. Being selfless daily and mastering time gives a sense of confidence and wisdom all essential when working to be in alignment with our sole purposes, that is to spread and share love and joy. It starts with us, no one else is responsible "able to respond" for our emotional and spiritual state. Only we can. We owe it to ourselves to always be happy and be in Joy. Know the difference between lust and love before encountering endless heart breaks. Put high values on self worth and ensure others treat you in accordance with these. Loneliness does not mean alone.

We are all in seasons in life and although you may not like the summer or winter it will still come and pass. We can't control what the season is but we can control how we actions towards it. We can either embrace it as a gift or fight with ourselves a losing battle trying to replace it. It starts with

us.

We are for the most part taught from a young age that we have no control over the families we are born in to, no control over the colours of our skin or indeed whether we are born in to financial poverty or financial freedom. I however beg to differ. For a long while now I have come to believe that from the very beginning, even before our conception that we indeed had control over all of the above. I believe that we choose these factors based on previous life incarnations and that the choices we make even before birth are necessary for the current journeys are now on. It would seem to me that the families and environments we are born in to are the foundations laid by our creator as the physical roots needed for the many experiences we will encounter which lead to the lessons we all have to learn. But why? You may ask is a child born in to poverty or abuse. Simple, I say, to learn how to get out of poverty and to teach not to be abusive. We are all faced with challenges, some from the minute they enter this world and others when they reach maturity, either way daunting experiences will be encountered by every one of us at some stage of our life. It is all part of a learning process needed for us to grow as individuals, test our strength and faith in adversities and to make us aware of the impact that the choices we are making have on ourselves and others. We can not reverse time, or change our pasts but we have all been blessed with free will to create a better today for tomorrow.

It is so easy in this day and age to lay blame on a million external factors as to why ones life is not the way they would love it to be but where is the challenge in that? If there's no challenge then there's no growth. We can not begin to see change without first becoming it. We have unlimited access to a higher power that guides us daily and is constantly transforming all around us. Change is inevitable we only have to look at the weather outside to know this, and just like the moving currents of the ocean we must embrace the currents of life and flow with the Universal laws of motion.

When our perceptions change so does everything around us. When we place blame on others we ultimately give up our power and become puppets of our situations and circumstances. For every problem we have

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in life there is always a solution, if not many, what we think about and focus on most will always manifest, that is the universal law of attraction. So it would make sense to me that focusing on solutions rather than problems will bring forth great rewards together with the answers that we seek.

I am not claiming to be the expert in any area of life, all I can do in this book is give you my honest opinion and guide you in my truth from a humble point of love and light.

**Why limit yourself to Objective, Intellectual knowledge when you will be missing out on subjective, actual Spiritual knowingness.**

~Victoria Grant~

### **Love Your Children, love your Self**

Now, this may seem obvious to some and if so then I hope I have not offended any one but there seems to be an epidemic that is rising in the world, of socially, emotionally and spiritually at risk young people who express little interest in the real beauty that is Life. In this the age of information so many parents are oblivious to the facts that their children are being exposed to all sorts of knowledge and information that may be detrimental to their development. Activities such as computer games, television, music, mobile phones and hanging out with friends on the street are becoming wider spread and considered as normal for most families. There have never before in history been so many single parents and as a result our future generations are growing up unbalanced and yearning for love. They are screaming out for discipline, attention and nurture and as a direct effect of this more young people are turning to drugs, sex and rebellious behaviour. It is not up to the government, school teachers or churches to raise our children, it is up to us. We are solely responsible for making sure that as well as all the basic needs of food shelter and warmth, all the emotional, mental, physical and spiritual needs are met. No one said it would be easy. Many children today are conceived today as either as the after effects of casual relationships

between immature men and women. We are forgetting that a life is being created and that with that creation comes huge responsibility. When people decide to have children their own life's become selfless. And it is imperative that parents around the globe understand this fully. Buying the latest clothes, games and toys are not how to raise a child. Spending money on the best education and elocution are not the way to raise a child. They are factors yes but the secondary if not tertiary in the importance of raising a balanced being. You see I have encountered many different people throughout my life, rich, poor, well educated, non educated, spoiled rotten, hard workers and more. And I have also had the chance to work closely with children and young people too. Through all of my dealing with these multitudes of characters I have come too realise that the energy that emanates from each being is the most important factor of all. And energy can not be bought, taught or traded. It must be infused. Infused with love.

We all know that when some one around us is angry they have the capacity to change the mood of a whole nation. If there is a room full of happy people who are laughing and having fun then their energy levels are high and they give off positive vibes, as a result a positive atmosphere is felt. The same goes if there is a room of angry, frustrated and grumpy people who are not being very pleasant, they are releasing negative vibes. Children need to know from a very young age, before they are learning to read, write and present themselves to the world that the person they are being is the person they are becoming and that if they want a healthy happy life then it starts now. No one owes us any thing in life, we owe it to ourselves.

Teach your child humility, grace, empathy, integrity and truth. These are the values that will help guide them more easily throughout life. When faced with any challenges they will be able to rely on these to support the decisions they make. Sharing and caring, although it may seem obvious how adamant are you that your child shares what they have with others and cares about other peoples needs? For example. Christmas is celebrated throughout the world today as a Christian holiday to rejoice in Jesus Christ although the banks and retail outlets would have you think other. It is promoted as a consumer holiday created by big businesses to

sell products to your children who by the way already own a games console, baby doll, mobile phone and countless other trinkets. Take the time this Christmas if you don't already, to sit down with your children and prepare gifts for those less fortunate.

I am not saying you shouldn't treat your own children but they should come to learn the high importance of giving. For everything we give we shall receive tenfold anyway. Let it become a habit rather than a chore. Your child should enjoy giving to others and be grateful always for what they have. Teach your child to become unattached from physical items, things and form, let them release lovingly to the Universe that which they feel they have lost so they can appreciate what they have when they have it.

Each night before they go to sleep lie with your child and give thanks for the many blessings bestowed upon them and the world. Give thanks for the air that they breathe, the water that runs so freely from the taps, their many teachers, food in the cupboards and loving arms that hold them. Tell your child how real beauty comes from acts of kindness and compassion. Let them know that they can become whatever they desire if they set goals and make plans. Ask them who they will help tomorrow.

Each morning before your children leave the home have them look in the mirror and do at least 10 positive affirmations. I won't go in to detail on how to do these as there are many good books around written on this subject. But I will say that they start with 'I am' followed by a positive statement.

I have never seen a Tomorrow, Or a yesterday. All I have is now! Therefore I will not live in the prison of memories called the past. Nor will I dwell on the mystery called the Tomorrow. The future is now....I am creating each moment thereafter by each Word I speak & each Action I take. Love and light

~Victoria Grant~

## Money Talks

One of the most important things in life a person will have to know about is money. We all need it use it have lots of it or not enough. We love the concept of it or can't stand the whole idea. Either way the world wide currency is inevitable in all of our lives. As children we are taught about money through our parents and often whatever their attitude towards money was inevitably becomes ours. Growing up in a single parent home was not financially easy to say the least but to be honest I can never remember going without, Christmas and birthdays were always full of wonderful gifts and the many different homes we occupied were always immaculate, mine and my sisters clothes were of the latest fashions and mum always had a flash car. But we were far from rich. My mum often worked three jobs at any time to ensure we always had the best she could provide and as I came to realise as I started to mature, all the small luxuries came at a cost. You see, by the age of twelve I noticed that we moved house a lot, much more than other children of my age and a lot more frequently. When letters would come through the door my mum would not be happy, this confused me as I couldn't wait to start receiving post in my own name.

If children are guarded from the important aspects of life, things that will become fundamental to their ultimate well being and freedom as adults, how can they possibly become a responsible and mature when faced with creating their own life styles? I often wonder that with so much readily available information around through internet, mobile phones and other advancements in technology why then do parents continue to guard their children from the realities of money. It is imperative that if we want to raise healthy and balanced individuals the issue of financial literacy has to be addressed in the utmost importance. There are many fascinating things we come to learn in school and by no means do I think the educational system is a total waste of time. However, personally speaking the lessons I have learnt through experiencing life first hand have been a lot more useful in my development than any classroom I ever attended.

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Leaving home at the age of 16 and having to fend for my self it came as a big shock when faced with numerous bills, credit, and outgoing costs that I had never been taught to manage.

People need to talk about money. Yes we learn basic numeracy in school but they don't teach us how to read a financial statement, balance our accounts or keep an A1 credit score. These are the things as parents we need to teach our children. Stop hiding the bills in the kitchen draw hoping they will go away. Open your debts in front of your children, not to burden them but to educate them on how to stay gain financial freedom. Teach them what priority and non priority debts are and the best ways to build their credit. Take them to the bank to open a high interest savings account and have them put at least 3% of their pocket money in each week. If you don't give them pocket money then encourage them to start a small business of their own, 'selling badges' I don't know, kids are very creative and with modern technology such as the internet available at their fingertips any thing is possible. The point I am trying to make is that in this age of innovation, your children will need a lot more than paper qualifications to be successful in life, more and more people are becoming entrepreneurs and deciding to take charge of their own levels of financial security and freedom so these are not just facts they are important life skills if you want your child to get ahead.

Earlier I spoke around the importance of giving back. Donating time energy, money to people who are in need. And this is something you can instil in your child from a young age. It builds integrity, morals and value and as we know all selfless acts are rewarded greatly by the Universe. When we raise children who can be responsible and understand that money is not to be worshipped but is a necessity for modern survival, we will have generations of sensible confident young people who understand the many formulas for making money, growing money and keeping money with a positive attitude.

The reason there is poverty and many low income families feel helpless is because they are trapped in a poor mindset. They are waiting for the lottery to become rich, relying on the state to feed them, or continually stuck in the 'when I was younger I could have been' mentality. Money is a

concept it doesn't pick you, you pick it, by creating, saving and above all investing. Most families who are on lower incomes spend the money they do get before they even get it. How then will there ever be enough to save or invest? We need to teach the children that if they want to be financially free then they must be disciplined from a young age. It's harder to do as we get older because we become committed to financial obligations such as our houses, cars, families etc. which is why it is so important we instil these fundamentals in to our children until they become second nature.

If u can see yourself objectively with your eyes closed, then u can see yourself looking back, Making the illusion a MIRROR. If others can view you objectively at all times then that makes you the illusion/Mirror. We can not then View others without viewing our SELF First, We are not judges nor jury, but mere Witnesses'.

~Victoria Grant~

## Who do your Children believe in?

I have never been a religious person although I respect everyone's entitlement to their own beliefs. I understood from a young age that there was a higher power and that maybe we could call this magnificent source of love and light God but I never committed to any religious beliefs. I was confused by the many different groups and their interpretations of God. So I choose instead to take all of the positive aspects from various Spiritual teachings and began to live my life according to that. The lessons I have learnt are based on what I personally have seen heard and felt, through intuition, guidance, dreams, premonitions and gratitude. I think we all have psychic abilities and the amount of drama I have escaped by just listening to my self is a miracle indeed. From the stage when children begin to grasp the concept of life and death I feel like it is then that the emerging process should begin. Nothing too heavy as some religions would have us believe we are going to hell if we speak out of turn. But slight indications to your child that for every action there is a reaction, that's scientifically proven so you don't even have to be spiritual to know that. Just by letting them feel that there is a force at work far beyond their imagination, a force that created our

individual perceptions of the world, a force that is a law on to its self, and a force that governs all of creation they will begin to know their role as a perfect being, as a unique individual and as a gift to the world.

Our children are growing up in the ages of information and with the current bombardment of media through television, magazines and internet it would be easy to see why young peoples ideas of beauty and self worth are being guided by role models such as actors, sports personalities and general entertainers. Unfortunately a lot of the messages coming from these role models are confusing to our future generations. Children are led to believe that if they have pretty face, huge ego, wear designer clothes and drink lots of champagne while being spotted in the hottest clubs that this will make them desirable to the opposite sex. This lack of morals is obvious in the current state of affairs in the world today. Through teenage pregnancy, drugs and gun crime, young people with low self esteem and little aspirations, single parent homes, gangs and low income families and general dismay amongst the youth. There is no balance between what they are exposed to through the media and peers and what they are shown at home. Many parents may see the current climate as a necessary part of evolution and they would be at least 50% right. It's true that we can not control every part of the change that is inevitable in life. But we can at least lay a solid foundation of strict morals and values within the children so that they when faced with these images and subjected to certain behaviours will make more calculated and positive decisions.

We all do things we probably wouldn't dare if we knew some one was watching which is why believing in a higher force, the source of all that is Love and light will make you think twice before you act. God is always watching. And although we don't tend to get struck down dead for our negative acts, we are always reciprocated sooner or later by a Universal law that is karma. Once your children are aware then they can become conscious of their actions and base their own decisions on love. Today's youth are tomorrow's leaders and as such we need to nurture them in to the best they can possibly be.

If that means they can not spend hours on the computer games, TV and

music videos channel then so be it. After all it is your household you have control. I'm not suggesting that you ban these items completely but just regulate the use of such distractions and spend more family time connecting with your children. Choose outside activities that you can do together, strike a balance between competitive and non competitive, your child should always try and beat their own personal best and not be fully focused on measuring their success against that of others.

Inside us all there lies an embryo of God yearning to be awakened, nurtured and born. Do not abort the light within it is your connection to infinite divinity. Give birth to that light and access your True Power. Love is Light, Light is Truth.

~Victoria Grant~

## **They Are a Reflection of you**

From the very beginning, at the point of conception when the seed is planted for harvest, your children are a reflection of you. The first 9 months spent inside its mother's womb are the initial stages of development for your child and as such whatever mother is feeling baby is feeling to. The way she eats, exercises, feels emotionally and mentally all have major affects on the growing embryo inside, this is also the important bonding period between mother and child, if we want our children to have the best chance at a healthy start in life then women must prepare for this from the point of pregnancy. Smoking, drinking alcohol, partying and feeling low stressed or depressed will all have negative impacts on baby from the start. You are indeed their first and therefore most important role model.

Every child born is a precious gift. A new life made in the perfection of their creator, a miracle delivered upon the world to make a difference in other peoples lives and to spread joy. But this precious gift also comes as a teacher, a teacher to its parents equipped with a multitude of wisdom, lessons and tests. There is no right or wrong age to have children in life, although as most of us know, responsibility, patience, humility and maturity comes with experience showing that those who are older usually make for more balanced parents. However, that's not to say that young people with the right support and guidance can't make wonderful parents. I believe that people mature

depending on the lessons they take from each experience and to be honest I can think of a few people in their 20's that are a lot more mature than others in their 40s.

When a child is born it is dependant on its carer to provide unconditional love and comfort. Having children is a selfless act and considering that many humans today are very self absorbed sometimes I wonder if children are created to maintain balance in the Universe as well as for obvious purposes of evolution.

I believe that a silent contract is signed when every child is born:

*'I as the parent of this unborn child hereby promise to provide this child with unconditional love, I will ensure the safety and well being of this child and I will put my wants and needs second as I always do my best to raise a balanced, aware and responsible being'*

I feel that once the last bit of the contract has been fulfilled and your child becomes a responsible young adult, only then, do your wants and desires come first again.

## **The Mind**

We owe it to our children to be the best parents we can be. During the stages of development between the ages of around 0 – 7 our children rely on our actions to guide them in to the personalities they are becoming. They will imitate our language and behaviours weather negative or positive and learn from our examples.

Every Day we plant seeds, called (our thoughts) With Tools called (Our words) we Nurture our crops with sunshine (love n light) and the occasional Rain drops (our tears of joy) We Encourage the fruits to grow with (our acts of kindness) and take pleasure in their beauty once manifested in our wonderful Garden's of Eden

~Victoria Grant~

If we can imagine that each child that is born in to this world has only its

subconscious mind. Then we come to understand that the child before us is like an un-programmed computer. By the age of 5 that child will become conscious and able to think for themselves based on the imprint left on their subconscious mind. Therefore we as carers must be very aware of the messages we are feeding in to our children's mind, the subconscious mind cannot reject anything, and as a result, whatever images it takes in real or otherwise will be automatically accepted. To the subconscious mind a dream is reality. The mind is infinite and every movement or action we have is a direct expression of what the mind is doing.

Our minds control our bodies and our emotions. Coupled with factors of our environment. Infuse your Children's most important asset with loving positive messages. Empower them to be creative, inspirational caring and kind. Children hear with their ears but listen with their eyes. We must therefore lead by example in everything we do.

Integrity is probably the most important value that a person can hold. Being in alignment with your truth in thought word and deed create the ultimate balance within one's own existence, so teach it lovingly to your children. They deserve to be the best that they can be regardless of colour, status or gender. We are all born with unique gifts to bestow upon the world. Let your child discover theirs. The universe will deliver our lot in relation to what we have requested, manifesting our visualisations in to our physical realities. The universe doesn't understand can't, don't or won't, it only recognises images. For instance if we 'don't want to be overweight' all the universe understands is the 'over weight' part. The image we create in our minds whether we want that or not, our subconscious mind will accept and deliver exactly that.

Good health, wealth and happiness starts with attitude. Whatever our attitudes are in any given moment will reflect the outcome of that situation. By simple techniques of meditation, deep breathing, affirmations and visualisation anything is possible. Let your children realise these valuable tools that they can use throughout their lives and share with others. Ask your children who their role models are and why. If they don't yet admire anyone then suggest they do some research on the

successful people in the industries they love.

Teach them to emulate those who have achieved high levels of success and help them to aspire to that. Let your child see that even though they are led to believe that the glamorised final image of celebrities and super stars is the result of good luck, what they do not see is the amount of work that goes on behind the scenes for many years, success is the direct result of someone who works very hard and very smart. Dedicated to their craft and determined to be the best. Reward always comes after effort, cause and effect.

The Universe only gives to those that give to others in the name of service. Teach your children to aim to serve. Set goals with them and action plans, watch their confidence boom, for everything we give out we get back. Helping them to understand the concept of sales and marketing is always useful too. In this economy we are all known as consumers. And it's a buyers market. Therefore if we want our children to be balanced then they must learn to sell as well as buy.

As our Spirits vibrate thru life like a symphony we harmonise to create beautiful music for the Angels and Guides above! Our words are the vocals, our thoughts are the pianos, our intentions are the clarinets, our acts are the violins, & our deeds are the baselines setting the foundations for the next verse! As with every symphony not all instruments are needed at once. Accept the tune you play for now & orchestrate!

~Victoria Grant~

### **Making Mistakes is great!**

We all make mistakes at some point in our lives and it stands to reason that we always will. As children in school we are punished for making mistakes and each time we do we are deemed unworthy by our authorities and peers. Even as adults we are penalised for one wrong move, charged with countless penalties and costs incurred for things as simple as parking on a man made yellow line. 'Tut tut'. But this book is not about politics or the individual rights as a freeman on of the land. Although that is a very good topic and I would advise you to research it

for your self. It is more about building your children's esteem so that they will be freeman of the land in thought and deed. They will not feel oppressed by the systems government policies and alleged economic crisis as they will be able to live how they wish. Financial abundance, kind hearts and faith in all that is love and light. We can not control what goes on around us but we can control ourselves. And by becoming aware of this fact the children don't have to beat the system, they just outgrow it as they rise above.

Stop badgering your children about the real world. And how they should and shouldn't feel, speak or act. The reality is that there is no real world. Only individual perceptions shaped in to colours forms and physicality's. The reality is that any one any where can accomplish great things within their lives as long as they first believe they can. Secondly make a plan, ensure that their desire includes servicing others for the greater good and encourage their will power to action those plans. Once these simple principles are followed the Universe will deliver the rest.

If I don't make mistakes then how will I learn, If I don't learn then how will I grow. If I cannot grow how will I reach luminous heights, and If I can not reach luminous heights then how will I be Enlightened.

~Victoria Grant~

### **Known by Association**

It's a true fact that as part human beings we are easily adaptable and receptive to those around us. And as you have probably already heard the saying goes 'show me your company and ill show you who you are'. It is imperative that we encourage our children to associate with those who are radiating positive vibes and have a real love for all that is life. Although we can not choose their friends for them we can raise our children to acknowledge bad behaviour and unhealthy habits.

There will come a time when they may want to experiment in some slightly peculiar activities but as long as they have a strong grip of reciprocal action known as karma. They will think twice when engaging in such things for any prolonged length of time. It is important for them to



have goals and aspirations from a young age where they can join or create clubs to socialise with others who share the same interests. Children will always model those around them mirroring accents body language and even attitude. It's how we as part humans relate to one and other to communicate, show understanding and empathy amongst our groups.

There are no guarantees for how our children will turn out, but I do believe that when they are given the correct tools, motivation and morals they will be a success at whatever they do. Well equipped to deal with any problems or challenges they may face along the way.

## Teenagers

When your child becomes a young person they will tend to be guided by peers and those who they share common interests with. As a result they are less likely to feel that adults truly understand what they are going through. We as carers and parents can only plant the seed and nurture it with our best efforts love and light, but there comes a point when we have to trust that our great care and attention will manifest beautiful crop. Our children.

Instead of trying endlessly to battle with a hormonal teenager I suggest letting out the reigns with the belief that the morals and values you have instilled them with will bode them well in the rest of their development. You see, being a parent or role model is simply to play a part and just as there are parts of us that our children will never witness (adult behaviour) there will also parts of theirs that they would prefer to keep private.

In the teen ages its hard to see past the spot at the end of our noses let alone 5 or even ten years ahead so its easy to see why young people are very prone to give in to even minor temptations, which is fine, well I say fine but what I really mean is of course in moderation. If your child decides for instance at 13 years old to smoke cannabis while hanging around a bunch of undesirables, then there are a few things you could do. 1 – choose to ignore this behaviour, 2 – physically beat them till they cry, 3- ground them for life, or number 4- sit down with them and create some positive goals with them. Giving them new perspective and something to

focus on.

It's not brain science that if we know where we're going we're more likely to get there. It's just the simple strategy of having your child see their potential future on paper causes them to re-align their focus on to where they want to be in 5, 10, 15 years. Remember 'there is no right or wrong', just choices. When you give your child the chance to make conscious decisions they become responsible and understand the great importance of having definite vision. Get them to keep a copy of their goals and action plan in their pocket. Creating a plan to reach goals forms a bridge that must be passed over to achieve one's dreams.

Whenever they are faced with temptation they can look at the piece of paper and measure whether or not the proposed act will take them towards or away from their goals.

Remember to reward your children when they accomplish their goals and always stress that there are no limits in life apart from those we place on ourselves. Meaning they can become anything they desire. Do not rubbish their ideas no matter how bizarre they may seem to you. Let them know that everything started off as bizarre, an idea. Such as electricity, radio, modern cars, aeroplanes and many more. And look at them now. Today's imaginations are tomorrow's creations.

Being the main carer for another human being is an ongoing challenge. Each day will bring forth fresh opportunity for growth and deeper understanding on both parts. I don't believe there are any definite answers on the right or wrong way to raise another. I truly feel that as long as each experience shared is based on love and truth then that is all that counts. Loving another isn't expecting them to be who you are or indeed how you would want them to be. No, Love is about awareness and acceptance. Knowing that each of us are completely different and exactly the same and allowing others to be who they are without passing judgements or criticizing, Parents must realise that although we would love our young to learn everything from the mistakes we have made, 99% of the time they won't. Life is about experiences and taking risks; children must take the ultimate journey alone surrounded by loving and

supportive guardians.

*'Give your children roots and then give them Wings'.*

As our Spirits vibrate through life like a symphony we harmonise to create beautiful music for the Angels and Guides above! Our words are the vocals, our thoughts are the pianos, intentions are the clarinets, our acts are the violins, & our deeds are the Baselines setting the foundations for the next verse!

As with every Symphony not all instruments are necessary at once. Accept the tune you play for now & orchestrate!

~Victoria Grant~

*I hope you enjoyed reading this book as much as I did writing it.*

*Everyday we are given a new chance to experience our life in a state of love, peace and joy. If you discovered something of value within these pages then I hope and pray that they become of great use to you in your life.*

We are spiritual BEINGS experiencing a human life form, hence why BEING, ACTIONS and BECOMING Speak so much louder than words.

For actions are words once they become flesh. Therefore saying and thinking is never enough. It's all about BEING.

Whatever you desire, whoever you want to BE act as it is already yours!

~Victoria Grant~

*For extra reading see my New E-book [Unlocking the Keys To your Power for Guidance and Tips on how to create the life you deserve.](#)*

*There is a difference between Dreamers and people with BIG Dreams.*

*Always Remember Love*

*By Victoria Grant*

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