Intuition Illuminated By Knowledge



Understanding Parental Programming

Supplemental PDF
Module 3

Centering to Receive

Understanding Parental Programs

As a Soul Guardian or soon to be Soul Guardian, you have been called to reconnect with the sacred promise your soul has made to guide and nurture our children. I invite you to remember and embrace your purpose as a Soul Guardian. Anchoring us in intuition and knowledge to regain energetic, spiritual and intellectual connection with our children as they naviagte the world, their life and their metamorphosis.

The Power of Semantics: The meaning behind words

Semantics is the study of meaning; how words, phrases, and symbols carry messages and shape understanding (knowing + Being= Understanding) From the book ***In Search of the Miraculous*** by Ouspenky

- Semantics is not just about dictionary definitions. At its deepest level, it's about the energy, intention, and vibration behind the language we use.
- Words are more than tools for communication, they are containers of frequency. Every word we speak or write carries with it history, an emotion, and a resonance that can either empower or distort the truth of what is being expressed.
- This is why becoming conscious of the semanticss we adopt, especially around roles as sacred as parent is essential

Add to the list:

Parents who believe that children do not know anything, are not aware of their surroundings or happenings in their environment

Children are not able to make decisions for themselves

Children should be seen and not heard

Babies are not aware of pain, emotional distress or unsafe enviorments

Babies are undable to communicate their needs until they are able to speak our language

Give my personal experience: seeing my programs for the first time

How do we move forward, now that we know what we know?

Innerstand: to comprehend with your cells, inside of your being you know this is the way it's supposed to be

The word God here is not referring to religion or religious practices. I'm taking about divinity, the creator source, that which creates everything (the spark)

Rudolf Steiner

The Energetic Field

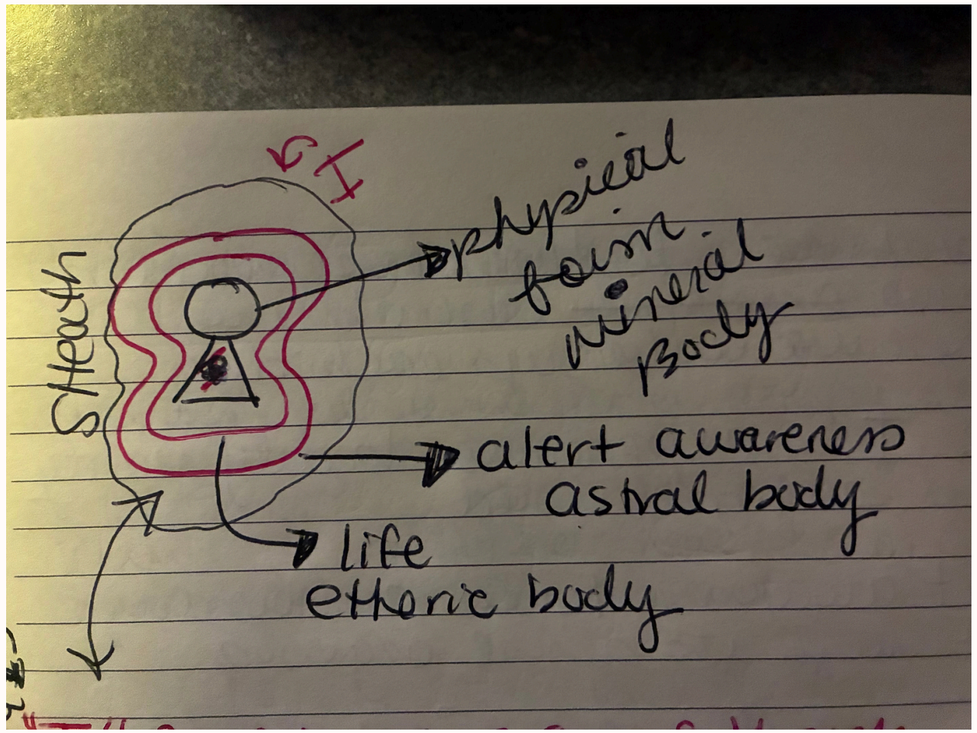
Because we do not know who and what we are, we do not understand (K+B=U :Knowledge + Being= Understanding) or know that we are in an energetic field. We are surrounded by it, it's in us and outside of us.

Through reading Rudolf Steiner's work, I encountered this truth: All humans have 3 bodies:

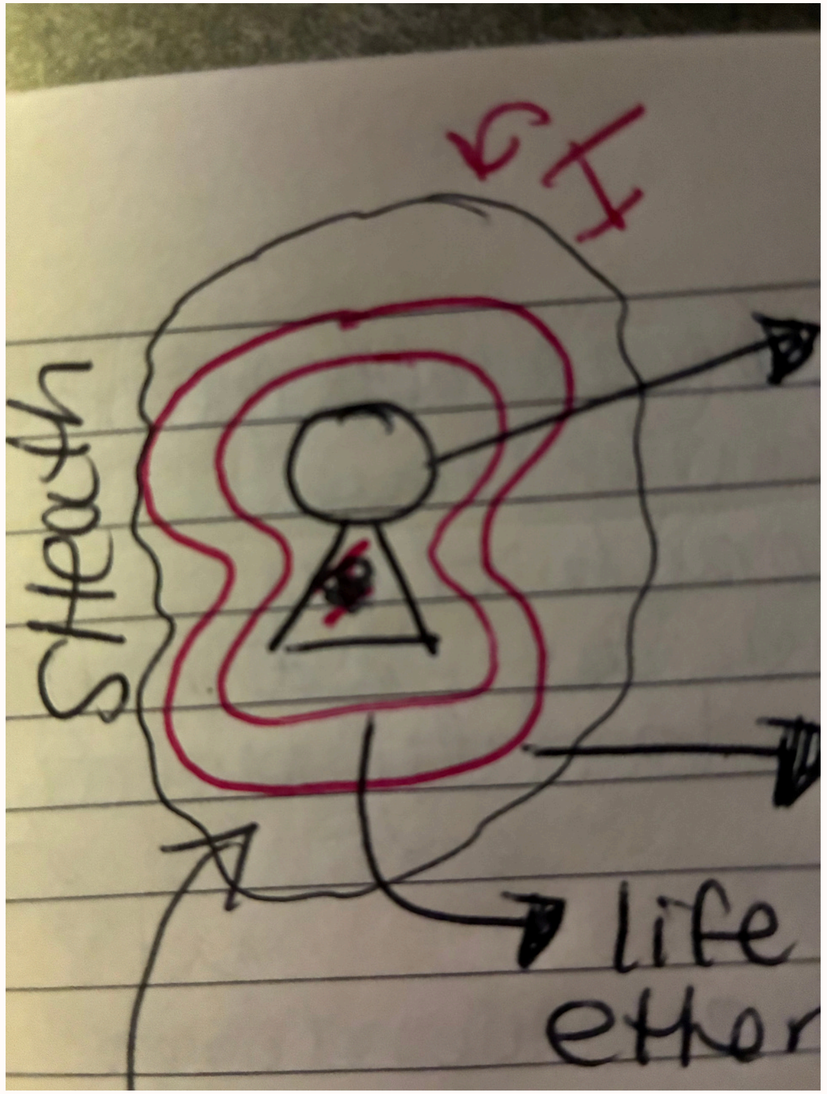
1: **The physical body**

2: The Etheric Body

3: The Astral Body

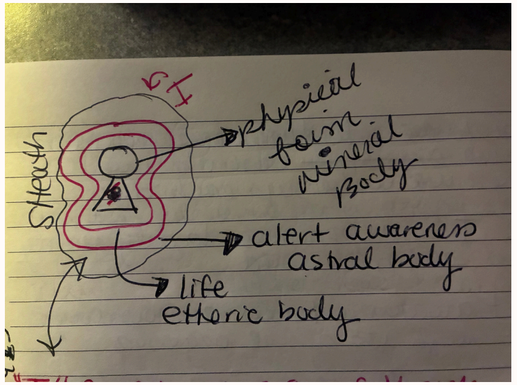


Rudolf Steiner



There are **3 levels of Sheaths** (energetic in nature, even the physical body) that we always need to live as human beings:

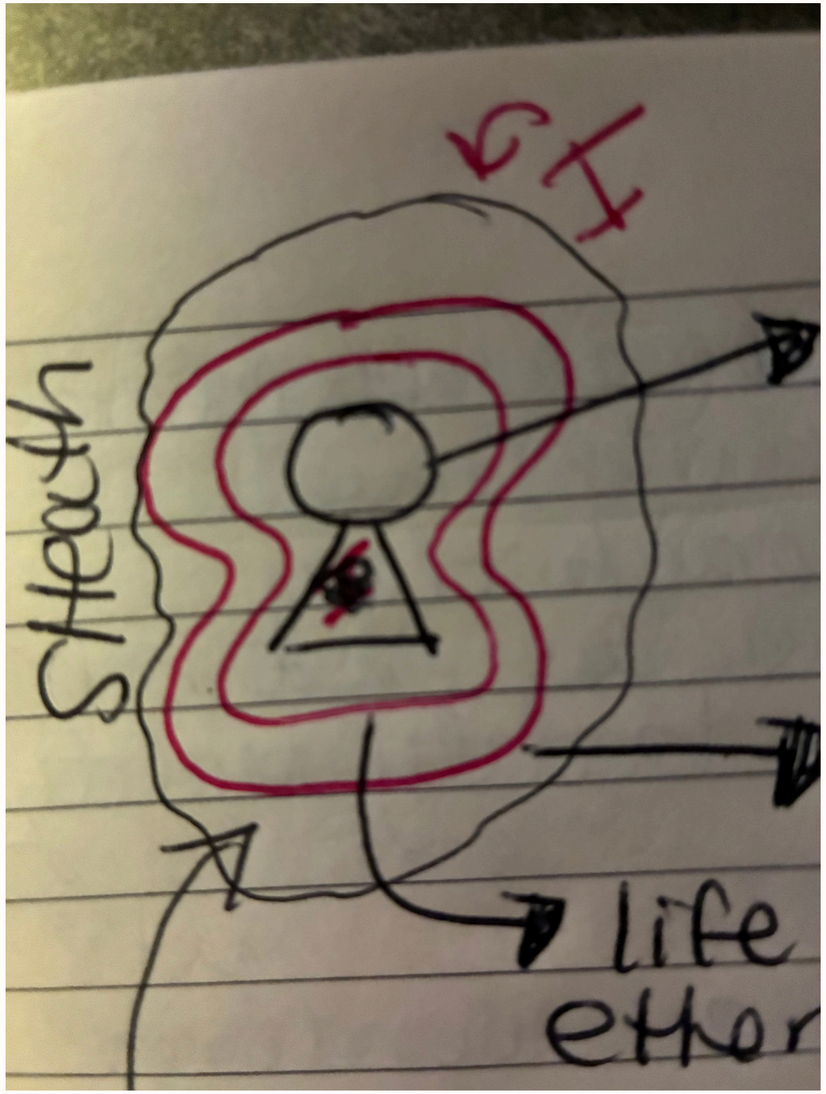
The **Etheric Body**
The **Astral Body**
The **physical body**
The **I consciousness**



The Etheric Body:

- The body of formative forces , grows ever younger
- The Etheric body grows ever more vigorous, it rejuvenates
- Life

Rudolf Steiner



The Astral Body:

- Helps to develop alert awareness

The Physical Body

- Mineral Body
- grows older and becomes more fragile

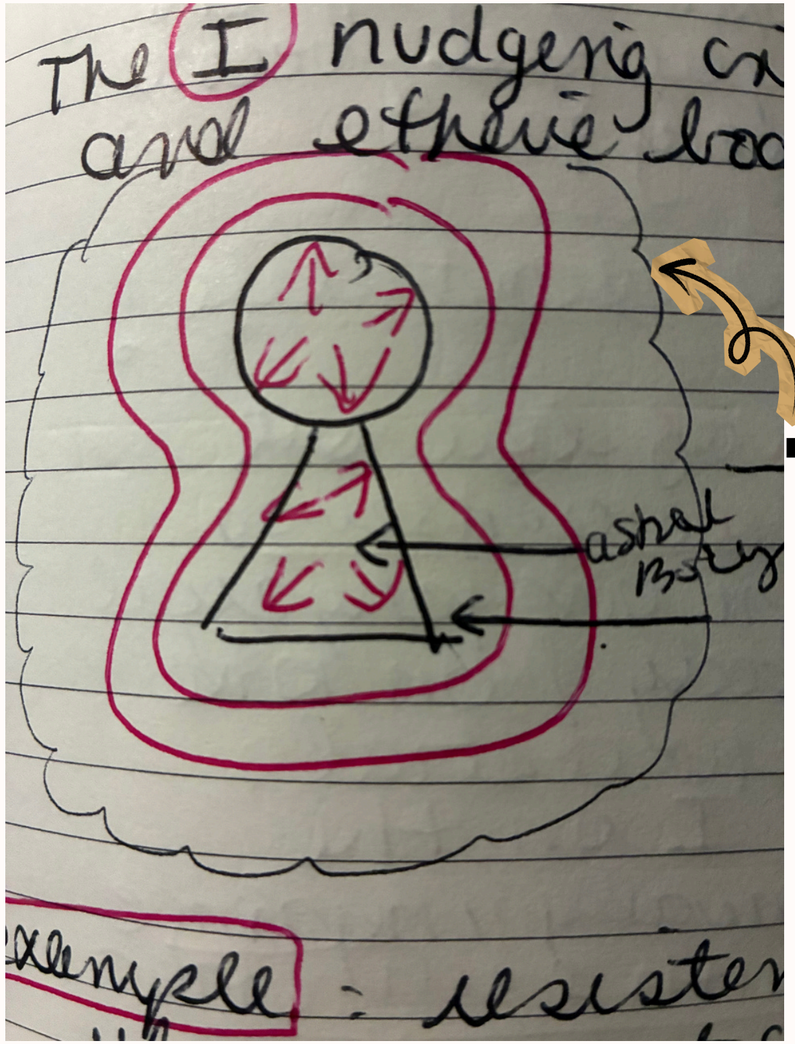
The I Consciousness

- is above
- it’s everything around us
- “We always have to push ourselves inward, come up against resistance, if the I is to be sustained in our awareness.” - Steiner
- The Development of our I arises from the destruction of our being
- The Colide and resistance forces allow our I consciousness

Rudolf Steiner

The I Consciousness

The I is sunk in sthse physical and etheric body and pushes against these bodies on all sides



The I

The Children

From Rudolf Steiner's : **The Child's Changing Consciousness As the Basis of Pedagogical Practice**

Anthroposophical Approach Child/Human Development (human totality of body, soul and spirit) The whole child/Human

- helps us to see the various chnages that take place during a life time
- Children are different beings during different stages:

1st Septennium (ages 0-7): groing through the stage of birth and change of teeth
2nd Septennium (ages 7-14): between 2nd detention and puberty

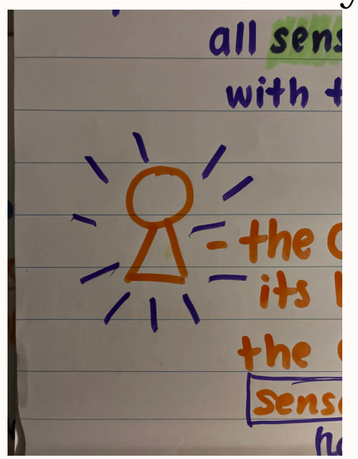
They are completely different creatures depending on which of these stages they are going through.
Theses differences sare deeply hidden and escape observation

There are also 3 major mild stones that children must come to terms with:
Walking, Speaking, and Thinking

The Children

From Rudolf Steiner's : **The Child's Changing Consciousness As the Basis of Pedagogical Practice**

- Children are multifaceted Sense Organs (0-7)
- All Sensory experiences are integrated and felt with the child's whole body organisms-not locally like adults
- The Childs senses are poured out all over it's body



- All there energy is working on adaptation to Earth Life
- The Child approaches the world as a sene organ
- We do not inherit we imitate during early childhood- the child's total surrender to influences osf the environment
- Ages 0-3: foundation for a childs whole inner life and configuration

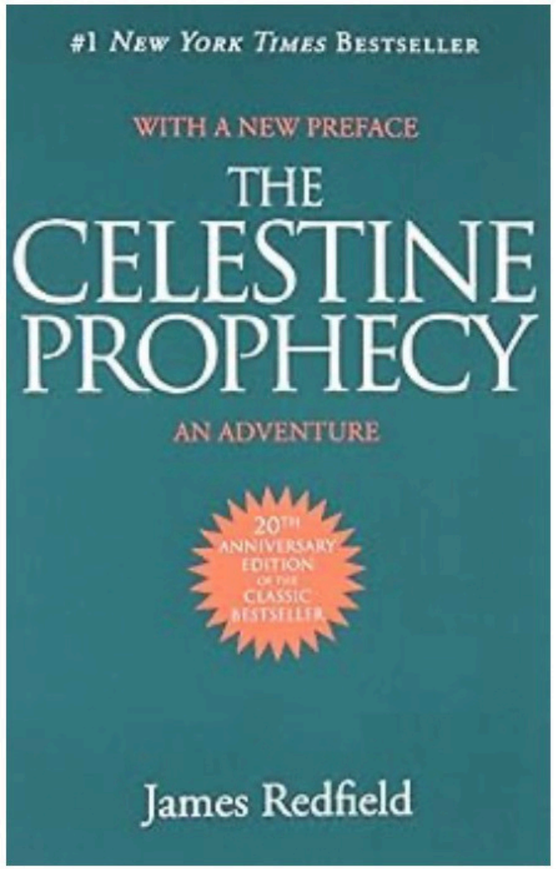
Remembering that our children are Mirrors

One of the gifts our children bring to us is their ability to help us act out and embody those parental programs still present in us and bring them to light.



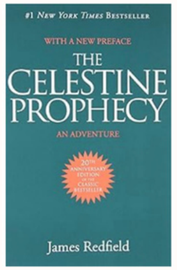
They trigger the shit out of you, in a way that no one else can. They also come to help us heal, but we have to see this as an experience to expand instead of complain about it.

Control Dramas



There are four primary control dramas:

1. **The Intimidator** (Aggressor) - uses fear, dominance, or threats to control others
2. **The Interrogator** (Criticizer)- uses questioning, criticism, or judgement to make others feel inadequate. This creates a power imbalance where the interrogator feels superior
3. **The Aloof** (Withholder)- withdraws emotionally, acting distant or uninterested to make others seek their attention or approval. This forces people to work for their connection.
4. **The Poor Me (**Victim)- plays the victim, using guilt, self-pity, or helplessness to gain attention or support from others. This drama seeks sympathy and rescuing.

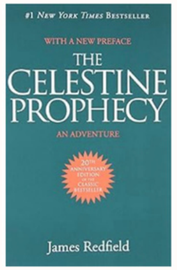


How to Shift out of Control Dramas

- ***The Intimidator:*** →*Cultivate Respectful Strength*
- *Recognize the behavior:* notice when you are using aggression, anger, or threats to control a situation.
- *Shift the Mindset:* instead of dominating, practice assertiveness with kindness. Express your needs without overpowering others.
- *Practice:* Deep breathing, pausing before reacting, and using "I" statements (I feel unheard when…) can help you communicate without intimidation.

. **The Interrogator**: →Replace Criticism with Curiosity

- Recognize the behavior: If you often critique, question, or find faults in others, you might be trying to gain power through superiority,
- Shift the mindset: Move from judgement to curiosity-ask questions to understand, not to control.
- Practice: Show appreciation and give constructive feedback with compassion (I appreciate your efforts on this. Have you considered trying…)?



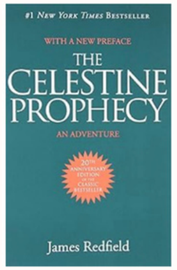
How to Shift out of Control Dramas

3. ***The Aloof:*** *→Engage in Authentic Connection*

- *Recognize the behavior:* If you withdraw, stay vague, or seem distant to make others seek your attention, you're playing the aloof role
- *Shift the mindset:* Understand that true connection comes from openness, not mystery.
- *Practice:* Express your thoughts and emotions honestly. Try saying, "I need some time to process this", rather than disappearing.

4. ***The Poor Me*** *→ Take Responsibility for Your Energy*

- *Recognize the behavior:* If you often feel helpless, victimized, or expect others to rescue you, you might be using this drama.
- *Shift the mindset:* Move from seeking external validation to self-empowerment.
- *Practice: Replace* "Why is this happening to me?" with "What can I do to change this?" Take small steps towards self sufficiency.



General Practices to Transcend Control Dramas

Become self-aware - observe when you or others are engaging in a drama:

- *Stay Present* - Respond to situations consciously instead of reacting from old patterns.
- *Practice energy awareness* - Notice when you're seeking energy externally (control) versus cultivating it within.
- *Improve Communication* - Use direct and honest dialogue instead of manipulation.
- *Heal past wounds* - Many control dramas stem from childhood conditioning. Journaling, therapy, meditation, time in nature, gardening, listening to music, art, creativity, gratitude, self love, can help shift deep seated patterns! I know because I did them all.

Guardian Checklist: To support you in navigating and integrating:
Adopted from motherearthcrystalschools.org

- Forgive yourself, your parents and all experiences
- Take accountability for all programmings and dysfunction that you have taken on and passed on
- Begin observing your EGO programmings and dysfunctions and work to dissolve them
- Implement self-love disciplines as part of your family's daily routines
- Have patience with yourself! Your are fulfilling a sacred role and you are a superhero!
- Be consistent with your disciplining of your children. Communicate clearly the boundaries and right action. Do it always with love, compassion and empathy
- Trust your guidance and intuition as the guardian. You know your child best because they chose you as their guardian!

Integration of Truth

Journal Prompt

- What beliefs, behaviors, or emotional patterns did I inherit from my parents or caregivers that I now see playing out in my relationship with my child, or in my relationships?
-
- Which of these serve our growth, and which am I ready to release or rewire for our highest good?