

How to connect in

Love

Stop...and really 'be' present

It's not the activity that is important, it's the way that you energetically connect with your child. When we stop and open into this moment, we connect deeply with ourselves and can be fully present for another. It's fulfilling and nurturing at the deepest level for both of you. So put down your worries and 'be' with your child as you read, talk, or just hang out.

Praise

Every night, as you hug your child goodnight, tell them something that you really love about them, and they will fall asleep in the embrace of this divine connection of love.

Play together

Love has many different moods—laughter, singing, dancing, light-heartedness. Be willing to dive into the world of children, be a child again yourself. Have fun on the beach, build sandcastles, frolic in the surf, hike in the bush. I loved it when Jojo was younger and we would skip down the street together holding hands and singing!

Touch

Touch conveys a deep message of love. Stroke your child's hair as you snuggle on the couch; lovingly holding their hand, their foot; let them brush your hair; massage; cuddle; kiss; and hug. It's one thing to tell them that you love them, it's another for them to truly feel it in their being.

Sacred space

Create a magical loving environment with candles and tea-lights where you can lovingly connect with each other and other realms!

Set an evening aside once a week, for connecting in loving rituals, such as massage, activities, stories and meditations like the ones in this book.

Help children connect with nature

Nature contains the whole of life, in an embrace of love. She challenges us with storms and cold, she nurtures us with gentle breezes and sunlight, after the dark there is always light, after the rain the sun comes out again. Nature is a powerful reflection of our lives, and of the love that supports and sustains us.