
A Course in Recovering: from Victim to Victor

Mission Statement: In the course of one's life one would want to have achieved true happiness, true peace and true love. We are dedicated to bringing all three to you by truth, hope and joy.

Pathway One: On Talking to and Listening to Children

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Truth: Do you want to know how to get along peacefully with children?

Hope: Is it your dream to have children love you and want to be near you?

Joy: Do you enjoy the unexpectedness: the smiles, the voices and the creative nature of children?

There are no, “yes, but” answers. A “yes, but” answer is a no answer. Be firm, be honest and be fair to your true feelings.

Let us explore truth

- Would you like to answer yes with all your heart to each question? If your answer is yes then this course is for you.
- If your answer is no then go no further.
- If you answered yes to all three, but you would like to know how to get along with children better, then this course is for you.

When is a child an adult? In this course we take all children of all ages from 0 to 80. Why? Children are raised by adults: aunts, uncles, mothers, fathers, older sisters, older brothers and caretakers. The relationship you have today with the adult-child is the same as the one you had with the baby-child. You started this relationship and now you must live with it the rest of your life.

- Do you like the relationship you have with this child in your life?
- Are you having some rocky times together?

- Would you like to know how to change the relationship you have and make it better?

Do you know that the desire of a child is the same as a puppy dog? The child only wants to please you, make you happy, love you and be loved by you—be at peace with you.

And your desire, what is your desire in the relationship between you and this child from 0 to 80 years old?

- Do you want to receive love, happiness and peace?
- Do you give love, happiness and peace?
- What emotions do you give to this child?

There are the push away emotions and the come to me emotions.

1. The push away emotions
 - speaking in an angry tone of voice
 - speaking in a tone that puts the child down or ridicules him or her
 - criticizing words with a mean tone of voice
2. The come to me emotions
 - encouraging tone of voice, teaching with helpful instructions
 - praising tone of voice, complimentary and encouraging
 - loving and appreciative words and tone of voice

Are you pushing away or are you asking this child to come to you?

Why do you use an angry tone?

- Are you hurt about something that the child has done?
- Are you possessed of an evil force—something just takes over and you do not know why you speak the way you do? Can't figure it out?
- Are you so busy that you do not want to be disturbed so you get perturbed?

Let us look at anger. Why does it take over when peace should be there instead? Habit! Yes, I am telling you the truth. Habit. Anger is a bad habit. Some people actually get upset but they do not have the habit of getting angry. How can you break the anger habit?

1. Did you know that a low calcium supply in your body will cause you to be short tempered? Vitamin B1 deficiency also contributes to a short tempered personality. Take vitamins and minerals.
2. How does a person get low in calcium and B1?

- Drink sodas instead of water and juices.
- Eat junk food instead of fruits and vegetables.
- Drink alcohol or take drugs instead of living a natural life-style with people you love and who love you.

That is your formula for an angry personality. Now you make the choice.

Let us take another aspect of the anger habit. Possession by an anger entity. Something that you just do not think you can control. Do you find yourself saying,

- “I don’t know what comes over me!”
- “I just can’t help myself!”
- “I can’t stop myself!”

Do you believe yourself to be an evil person? I do not think so. So what can you do to separate yourself from this force that seems to take you over?

- Pray. Pray during the moment of anger. Tell your children to say, “Mom, Dad, Aunt, Uncle, don’t you want to say a prayer?” Then pray: “God release my soul from this anger and give me peace and understanding.” Then sit down with your child and tell him or her what you want and how you want it done.
- Say to yourself, “What do I have to be angry about? Is this my feeling or the feelings of someone else?” You know that someone else’s mood can become your mood. Talk to yourself, say “I am single, I am an individual, I am happy; now, what do I want to do right now for fun?” Do not react to someone else’s mood: separate yourself from this person and talk to yourself. You must separate yourself and what you want from the force of anger. Do you want to be angry? Do you believe it is the only way to get your point across?

People who use angry tones when they talk, people who scream when they talk are not understood by the listener. Is that your goal, to be screaming what you need with no one listening to you? No one to help you make it better?

Let us look at anger in another way. Your health is based upon four parts of your being: physical, emotional, mental and spirit or soul. Part one is the physical: make a habit of eating the best raw fruits and vegetables and take vitamins and minerals. Part two is the emotional. Emotions of fear, anger, sadness eventually make our bodies sick. What can we do to heal from the sickness of anger?

1. Have a five element acupuncturist check you for an imbalance in your liver and gall bladder. Anger is the emotion that prevails if there is a lack of or excess of energy in that meridian.
2. Have a chiropractic checkup and get the necessary adjustments to relieve any pres-

- sure on the nerves going to the liver or the gall bladder.
3. See a nutritionist to receive instructions in how to clean out your over toxic, stressed liver. Cleaning the liver makes you feel younger and healthier.

Let us look at anger in yet another way. Your mind, your thoughts, your prison! Are you imprisoned by your thoughts? No one is going to hold your hand and talk you through your fits and rages—your ravings and rampages. Get a grip on yourself!

You are the one who lives in that body and hears every sordid thought that comes on your radio—the radio of your mind. Do you know that you can change the channel? Get cable! DSL! Start to monitor what comes over your air waves.

“How can I do that?” you say, “I have no control over my mind!” That is the problem! You do not take control over your mind—if you do not take control you are doomed to repeat the deeds of your past and your past will be your future. Is that what you want?

How does your mind contribute to your habit of anger?

1. Your mind talks about people, things and places.
2. Your mind says things that you would not say out loud.
3. Your mind is your problem if the first two are true.

Tell your mind to stop talking! How?

- Go away alone and stop talking to people you know—talk to strangers. Find out who you really are by being alone with—you. Do you like your own company?
- Go away alone and spend some time in nature. Alone with your mind. Now tell your mind to be silent. Give it the time off. Say, “Mind, be still—be at peace, stop talking.”
- Write down what your mind says every morning, take a brain shower. Clean out your mind. You will find that your interactions with your child will be more truthful and without anger if you have taken a brain shower before you tell your child what you want. Anger is not getting you what you want from your child unless what you want is: to be hated, to be feared or to be avoided.
- Assess your mind’s conversations, remarks, opinions and day dreams. Write them down on paper. Would you be put in jail for anything your mind thinks up? How will you achieve true happiness, true love and true peace when you allow your mind to be what you would not be, would not do—in front of people or would not say—out loud? By the way, sensitive and not so sensitive people can read the look on your face and know what you are thinking is not good!

If this is how you are living, you are living with the enemy. The enemy within. Who is in control of you when you cannot control your own mind?

1. Are you raising a child?

2. Are you in charge of a child?
3. Who is in charge of you?

In order to be raising a child you must be an adult who has control over his or her mind, emotions and body. What controls what?

The mind controls the emotions and the body. Think better thoughts, control your mind and your emotions and your body will behave themselves.

What is your goal? Is it your goal to

1. have your child be a happy child?
2. have your child love you?
3. have your child be at peace?
4. have your child be a nervous wreck around you?
5. have your child hate to be around you?
6. have your child be depressed?

Hard choices!

What are you creating, for you are creating the personality you will have forever with your child. We have explored truth in our quest to attain true love, true happiness and true peace.

Now let us explore hope.

Hope is a feeling that everyone needs in order to stay alive. People die when they no longer have hope. With hope in your heart all things are possible. Just one person who believes in you can give you hope. Hope can change a person's life.

Are you giving your child hope?

1. Do you compliment your child about something little or big—daily?
2. Do you feel love for your child by a touch, a look that catches his or her eye—daily?
3. Do you encourage your child in some way—daily?
4. Do you let your child know that you like him or her by a smile—daily?
5. Do you let your child know that you are interested in his or her thoughts, activities or questions by stopping what you are doing and giving him or her your eyes and your attention—daily?

We all need attention. How do you give attention to your child?

- By giving loving looks that catch the eye of your child?
- By helping your child accomplish a task; teaching him or her something?
- By showing that you are happy when you see your child—you smile?
- By spending time together talking, laughing and enjoying each other's company?

Is there so much work to do today that you cannot take a moment—just five minutes to look into the eyes of your child and talk to him or her with a smile on your face?

The attention I just listed is what you want to give, I hope that you are doing it now. What if you

are not giving this kind of attention and instead you:

- Criticize and complain about what has not been done to your liking.
- Tell your child what a devil or bum he is or a tramp she is.
- Tell your child how he or she is stupid or does not have the intelligence or the talent to make it in life.

Are these the things you heard when you were growing up? Are these the things that your mind's radio says and then you repeat this negative talk? Talk that should not even be thought, much less spoken. Get a grip on yourself. See what you are creating now before it is too late.

1. Do you want your child to grow up to be your friend for life or your enemy?
2. Do you want your child to grow up to leave you and never return or want to raise your grandchild near you?
3. Do you want your child to be happy or depressed, because that is what not having hope is—depression.
4. Do you want your child to feel loved and give you love in return or to hate you?
5. Do you want your child to like to be with you or to be afraid of being around you?

Let us begin now to take our happiness more seriously. Would you like to learn more about making a happy, loving and peaceful relationship with your child?

How can you instill hope in your child and thereby raise a happy child who will go through life confident in himself? Are you a negative person?

- Do you find faults instead of finding what is right? You are taking hope away from your child—stop your mouth from talking, if you cannot say anything nice then do not speak.

Easy to say and harder to do. Where shall we begin? That is if you want to change your behavior. Do you want to change to a positive person who sees what is right rather than what is wrong?

Once again, just like anger, being a negative thinker and talker is a habit. How can you change from a negative personality to a positive personality?

- Write your thoughts down on paper daily and as often as needed. Take a brain shower everyday. Expose the negative thinker in you. Kick him or her out. Evict. See the thoughts and how destructive they are as you write them on paper.
- Now that you have exposed that hopeless, hapless, hag or hobo in you, write down all the things that you see that are right. Enjoy the hope that this exercise brings you.
- Now that you have some hope, write down your dreams of how you would like life to be: happy, hopeful, positive, productive, loving, joyful, and peaceful.

You know world peace begins with you. Begin now to have peace in your heart and in your mind.

Now let us explore Joy

Do you know that depression is a hollow feeling in the heart? Yes, hollow. What ingredients are needed to fill a sweet heart with happiness, peace and love? Hope and joy. Without hope there is nothing, but without joy hope dies.

What is it that brings you joy? Is it people? Talking with people, doing things with people?

- a child's sweet look of adoration?
- a child's voice, laughter and questions?
- looking into the eyes of a child?
- tea with a friend or being with a lover—gazing into his or her eyes?

Or is your joy found in doing things you like to do? Do you find joy in

- writing poetry, stories, journaling or letters?
- painting, decorating, sewing—crafts?
- reading or story telling?
- shopping alone or with a friend?
- cooking, creating new recipes, entertaining guests?
- playing a musical instrument, singing?
- being alone to meditate?
- having time to be alone to collect your thoughts and think about what you like to do?
- taking a moment to daydream of how you want your life to be? There are many moments—take advantage of a few each day and plan your ideal future (bathroom breaks last a few moments). In your planning, do plan to have hope and joy in your heart. See yourself packing the car, filling your home and your heart with joy and hope.

Joy exists for you. Where is your joy found? Make a list of the activities and the people who bring you joy.

- 1.
- 2.
- 3.

Why is there joy?

Make a list of the people and the activities and times when you feel no joy.

- 1.
- 2.
- 3.

Why? Why is there no joy?

- Are you giving joy to your children?
- Do you laugh with them?
- Do you listen to them and ask them questions about what they are saying—trying to tell you?
- Do you look into your child's soul—into his or her eyes and make contact with the heart of your child?
- Are you quiet with your child or are you micromanaging every move the child makes? Are you not giving yourself or your child a moment of peace, love or happiness that can only be found in the creative freedom of the soul to express truth, joy and harbor hope?

Much joy can be found in being quiet in your mind and listening to a child or speaking in soft tones to a child—just above a whisper. Speak to your child in the tone of voice that you want your child to use: speak just above a whisper with eye contact—heart to heart and soul to soul.

Joy can be felt and passed from stranger to stranger just by eye contact. Touching eyes is touching souls—heart to heart. A hollow heart can be filled with the joy and hope that comes from just one person seeing who you are—a sweet soul who is so easy to love.

You are that soul and your child's soul is that soul who is so easy to love.

- Do you want to give joy and receive joy from your child?
- Do you want to touch the soul of your child and fill his or her heart with joy?
- If you said yes to the above then look into the eyes of your child and speak softly, just above a whisper. Stop and listen to what your child is trying to tell you—look into his or her eyes and try to understand what his or her soul is saying to your soul. Fill your heart with joy each day by doing what makes you feel joy—bring joy to your child.

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