



## Mindfulness

How mindfulness can be transformational for children who don't believe they are unconditionally loved.

It is a normal human practice to find proof for our beliefs. The brain is wired to do so because that is how we make sense of our world. However, when we repeatedly activate disempowering beliefs, we lock ourselves into behaviours, patterns and habits that don't serve us.

Children are very impressionable. As the old saying goes, 'Give me a child until the age of seven and I will give you the man'. Children's minds (and especially their subconscious minds) are open to their environment because they are actively seeking information about their world and who they are/what their role is in this world. They are like sponges, constantly absorbing ideas and developing beliefs as a result of those ideas.

Whether they seek this information consciously or acquire it unconsciously (eg. by overhearing conversations), if the idea is repeated a number of times, they begin to form a self-image and a set of expectations of themselves, of others, and of the world itself. As those beliefs are activated and reinforced, the child's reactions and behaviours are reinforced in turn.

The Goulding SleepTalk® Process frees children from this cycle by implanting empowering ideas that anchor the child in present time. The positive messages that the child receives go straight into his or her subconscious mind where they begin to unlock the hold that negative ideas have established by replacing those limiting ideas with ideas that affirm the child's value and safety.

Feelings of self-worth then enable the child to respond to present-time challenges in the present time. Instead of resorting to old unconscious reactive patterns, the child's new confident self-image will generate more productive behaviours.

Mindfulness is the ability to be present. This is not possible when fear triggers old beliefs and behaviours. Children who don't believe they are loved behave in stressed ways; once they begin to accept that actually they are loved and worthy, they won't react in their old 'fight, flight or freeze' ways, but instead will demonstrate greater ability to deliberately deal with their problems.

When fear is replaced with love and a sense of security, it becomes easy to remain 'here and now', and to respond to challenges in healthy ways. The very simple SleepTalk® Process frees the child from old habits and patterns and establishes an 'inner peace' that gives rise to positive change.