

Conscious Parenting

“Dr. Rima Laibow in Quantitative EEG and Neurofeedback describes the progression of these development stages in brain activity. (Laibow 1999 and 2002). **Between birth and two years of age, the human brain predominately operates at the lowest EEG frequency, 0.5 to 4 cycles per second (Hz), known as Delta waves.** Though Delta is their predominant wave activity, babies can exhibit periodic short bursts of higher EEG activity. **A child begins to spend more time at a higher level of EEG activity, characterized as Theta (4-8 Hz) between two and six years of age.** **Hypnotherapists drop their patients brain activity into Delta and Theta because these low frequency brain waves put them into a more suggestible, programmable state.**

The fundamental behaviors, beliefs and attitudes we observe in our parents become “hard wired” as synaptic pathways in our subconscious minds. Once programmed into the subconscious mind, they control OUR BIOLOGY for the rest of our lives. . . unless we can figure out a way to reprogram them.

Given the precision of this behavior recording system, imagine the consequences of hearing your parents say you are a “stupid child,” you “do not deserve things,” will “never amount to anything,” “never should have been born” or are a “weak and sickly” person. When unthinking or uncaring parents pass on those messages to their young children, they are no doubt oblivious to the fact that such comments are downloaded into the subconscious memory as “absolute facts” just as surely as bits and bytes are downloaded to the hard drive of your desktop computer. **During early development, the child’s consciousness has not evolved enough to critically assess that those parental pronouncements were only verbal barbs and not necessarily true characterizations of self. Once programmed into the subconscious mind, however, these verbal abuses become defined as “truths” that unconsciously shape the behavior and potential of the child throughout life.**

Here is my challenge to you. Let go of unfounded fears and take care not to implant unnecessary fears and limiting beliefs in your child’s subconscious minds. Most of all, do not accept the fatalistic message of genetic determinism. You can help your children read their potential and you can change your personal life. You are not “stuck” with your genes.

Take heed of the growth and protection lessons from cells and shift your lives into growth whenever possible. And remember that for human beings the most potent growth promoter is not the fanciest school, the biggest toy or the highest paying job. Long before cell biology and studies of children in orphanages, conscious parents and seers like Rumi knew that for human babies and adults the best growth promoter is Love.

A lifetime without water is of no account
Love is the Water of Life
Drink it down with heart and soul

Bruce Lipton, Ph.D
The Biology of Belief