

Love Ceremony

This is a very important exercise to let your dear ones know you love them in a clear specific way; that there is no one like them in your hearts. If you want to do away with jealousy issues with your children at home, consider doing it with each child.

Step #1

- Be awake

Step #2

- Ask oneself *“What is my intention?”*
 - ▶ If my answer is to feed my #2 Brain, I take action.

Step #3

- Plan of Action
 - ▶ Decide when I am going to take this action.
 - ▶ Decide where this action is going to take place.
 - ▶ Who is the first person in my family that I am going to do it with.
 - ▶ Ask support system (husband, wife, parent, friend, babysitter) to take care of other children.

Step #4

- Set up the ambience.
 - ▶ Prepare the room where this is going to happen.
 - ▶ Turn off televisions, cell phones, disconnect home phone, etc.
 - ▶ Turn on (soft, heart) music (if possible).
 - ▶ Set up 2 chairs facing each other.

Step #5

- Prepare oneself.
 - ▶ Sit for a few minutes in this room.
 - ▶ Deep breathe at least 7 times.
 - ▶ Close the eyes.
 - ▶ Think of all of the things you are grateful for (children, children’s health, the people that love you, etc.)
 - ▶ Fill your heart with love.
 - ▶ Review your intention. *“Do I want to help my child feel unique and special and loved?”* If the answer is *yes*, proceed to Step #6.

Step #6

- Invite your child to come into this room by saying that you have something special to share with him/her.
 - ▶ Sit facing each other.

- ▶ Say to your child: *“What we are about to do is very special. And I’d like to ask you some questions.”*

Example of questions you can ask:

- ◆ What words would you like for me to tell you?
- ◆ What words that I say make you feel unique, special and loved by me?
- ▶ If the child offers words, example: *“I like when you tell me, ‘Pedrito, I love you.’”*
- ▶ Then repeat those words to him and ask him *“How did it feel?”*
- ▶ If, on the other hand, the child does not know what he or she likes to hear offer your own words such as:
“How does it feel when I tell you ‘Pedrito, you are unique and special. There is no one like you. I love you.’”
- ▶ Then ask the child *“How did it feel?”* If the answer is positive, tell him that you will continue using those words everyday until he finds his own words.
- ▶ Once the child has told you which words to use and you repeat it, you are ready for the next step.

Step #7

- Now ask your child to listen carefully to what you are about to say because you are interested to know how he feels.
- Looking at your child, tell him the following: *“Pedrito, in my heart there is a special place that has your name and no one, no one, no one can ever, ever, ever take your place. It’s there forever.”*
- Now have your child repeat the message so that you are sure that he got it: *“I know that my name and my beautiful body is written in my mother’s heart. My mother has a special place with my name and my picture and no one can ever take my place.”*
- Then, have the child place his hand in his heart as he repeats it again.

Step #8

- Just like you feed your child physically you need to feed the child emotionally. So daily tell him the words he asks for several times a day, and for sure at night time, as he gets up, as he is dropped off from school, and as you pick him up from school.
- Second part: After you give him the message the child, touching his heart says, *“Yes mommy I have it in my heart and my heart is full of love.”*

Step #9

- Say to the child, *“No matter where you are remember that you have this special place in my heart and that your heart is full of love.”*