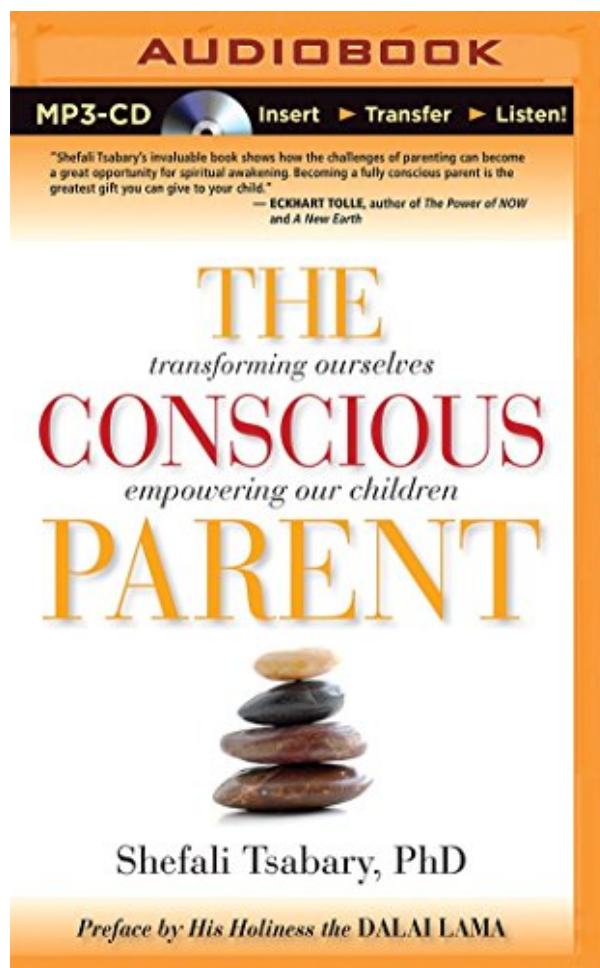


**THE CONSCIOUS PARENT:  
TRANSFORMING OURSELVES,  
EMPOWERING OUR CHILDREN BY DR.  
SHEFALI TSABARY**



**DOWNLOAD EBOOK : THE CONSCIOUS PARENT: TRANSFORMING  
OURSELVES, EMPOWERING OUR CHILDREN BY DR. SHEFALI TSABARY PDF**



**AUDIOBOOK**

**MP3-CD**



**Insert ▶ Transfer ▶ Listen!**

"Shefali Tsabary's invaluable book shows how the challenges of parenting can become a great opportunity for spiritual awakening. Becoming a fully conscious parent is the greatest gift you can give to your child."

— ECKHART TOLLE, author of *The Power of NOW*  
and *A New Earth*

**THE**  
*transforming ourselves*  
**CONSCIOUS**  
*empowering our children*  
**PARENT**



**Shefali Tsabary, PhD**

*Preface by His Holiness the DALAI LAMA*

Click link bellow and free register to download ebook:  
**THE CONSCIOUS PARENT: TRANSFORMING OURSELVES, EMPOWERING OUR  
CHILDREN BY DR. SHEFALI TSABARY**

[DOWNLOAD FROM OUR ONLINE LIBRARY](#)

# **THE CONSCIOUS PARENT: TRANSFORMING OURSELVES, EMPOWERING OUR CHILDREN BY DR. SHEFALI TSABARY PDF**

But, exactly what's your issue not as well liked reading *The Conscious Parent: Transforming Ourselves, Empowering Our Children* By Dr. Shefali Tsabary It is a fantastic activity that will constantly give excellent advantages. Why you become so weird of it? Several things can be practical why people don't like to review *The Conscious Parent: Transforming Ourselves, Empowering Our Children* By Dr. Shefali Tsabary It can be the dull tasks, the book *The Conscious Parent: Transforming Ourselves, Empowering Our Children* By Dr. Shefali Tsabary compilations to check out, also careless to bring nooks everywhere. Today, for this *The Conscious Parent: Transforming Ourselves, Empowering Our Children* By Dr. Shefali Tsabary, you will certainly start to enjoy reading. Why? Do you know why? Read this web page by finished.

## About the Author

Shefali Tsabary, PhD, received her doctorate in Clinical Psychology from Columbia University, New York. Dr. Tsabary was exposed to Eastern mindfulness at an early age and integrates its teachings with Western psychology. Blending East and West, she lectures extensively on mindful living and conscious parenting around the world and is in private practice. She resides with her husband and daughter in New York.

# **THE CONSCIOUS PARENT: TRANSFORMING OURSELVES, EMPOWERING OUR CHILDREN BY DR. SHEFALI TSABARY PDF**

[Download: THE CONSCIOUS PARENT: TRANSFORMING OURSELVES, EMPOWERING OUR CHILDREN BY DR. SHEFALI TSABARY PDF](#)

Exactly how if your day is started by reading a publication **The Conscious Parent: Transforming Ourselves, Empowering Our Children By Dr. Shefali Tsabary** However, it is in your device? Everyone will constantly touch and also us their gizmo when waking up and also in early morning tasks. This is why, we suppose you to additionally review a publication *The Conscious Parent: Transforming Ourselves, Empowering Our Children By Dr. Shefali Tsabary* If you still puzzled the best ways to get guide for your gizmo, you could comply with the method right here. As right here, we provide *The Conscious Parent: Transforming Ourselves, Empowering Our Children By Dr. Shefali Tsabary* in this web site.

As known, many individuals state that publications are the vinyl windows for the globe. It doesn't indicate that purchasing publication *The Conscious Parent: Transforming Ourselves, Empowering Our Children By Dr. Shefali Tsabary* will certainly mean that you can buy this world. Just for joke! Reading an e-book *The Conscious Parent: Transforming Ourselves, Empowering Our Children By Dr. Shefali Tsabary* will certainly opened somebody to think much better, to keep smile, to captivate themselves, and to urge the knowledge. Every book additionally has their particular to influence the visitor. Have you recognized why you review this *The Conscious Parent: Transforming Ourselves, Empowering Our Children By Dr. Shefali Tsabary* for?

Well, still puzzled of the best ways to obtain this publication *The Conscious Parent: Transforming Ourselves, Empowering Our Children By Dr. Shefali Tsabary* here without going outside? Simply connect your computer system or device to the web as well as start downloading *The Conscious Parent: Transforming Ourselves, Empowering Our Children By Dr. Shefali Tsabary* Where? This web page will reveal you the link page to download and install *The Conscious Parent: Transforming Ourselves, Empowering Our Children By Dr. Shefali Tsabary* You never worry, your favourite e-book will certainly be faster your own now. It will be a lot easier to take pleasure in reading *The Conscious Parent: Transforming Ourselves, Empowering Our Children By Dr. Shefali Tsabary* by on-line or obtaining the soft file on your kitchen appliance. It will despite which you are and also what you are. This publication *The Conscious Parent: Transforming Ourselves, Empowering Our Children By Dr. Shefali Tsabary* is written for public and also you are one of them who can delight in reading of this e-book [\*The Conscious Parent: Transforming Ourselves, Empowering Our Children By Dr. Shefali Tsabary\*](#)

# **THE CONSCIOUS PARENT: TRANSFORMING OURSELVES, EMPOWERING OUR CHILDREN BY DR. SHEFALI TSABARY PDF**

Instead of being merely the receiver of the parents' psychological and spiritual legacy, children function as ushers of the parents' development. Parents unwittingly pass on an inheritance of psychological pain and emotional shallowness. To handle the behavior that results, traditional books on parenting abound with clever techniques for control and quick fixes for dysfunction.

In Dr. Shefali Tsabary's conscious approach to parenting, however, children serve as mirrors of their parents' forgotten self. Those willing to look in the mirror have an opportunity to establish a relationship with their own inner state of wholeness. Once they find their way back to their essence, parents enter into communion with their children, shifting away from the traditional parent-to-child "know it all" approach and more towards a mutual parent-with-child relationship. The pillars of the parental ego crumble as the parents awaken to the ability of their children to transport them into a state of presence.

- Sales Rank: #147002 in Books
- Brand: Tsabary, Shefali, Ph.d./ Dalai Lama (FRW)
- Published on: 2015-03-31
- Formats: Audiobook, CD, MP3 Audio, Unabridged
- Original language: English
- Number of items: 1
- Dimensions: 6.75" h x .50" w x 5.25" l,
- Running time: 10 Hours
- Binding: MP3 CD

## About the Author

Shefali Tsabary, PhD, received her doctorate in Clinical Psychology from Columbia University, New York. Dr. Tsabary was exposed to Eastern mindfulness at an early age and integrates its teachings with Western psychology. Blending East and West, she lectures extensively on mindful living and conscious parenting around the world and is in private practice. She resides with her husband and daughter in New York.

## Most helpful customer reviews

207 of 216 people found the following review helpful.

Parenting Guide for Functional Families

By Cynthia Sue Larson

If you're seeking quick and easy ways to change your children's behavior, or get them to do what you say, this book is not for you. Becoming a conscious parent requires looking deeply and honestly within oneself, delving into one's own fears and shortcomings.

The Conscious Parent invites parents to become more mindful of their daily interactions with their children

so that rather than seeing children's actions as "misbehavior," parents can recognize an opportunity to be kinder and more open themselves. The central premise of *The Conscious Parent* is that children provide parents with mirrors of their own subconscious issues, and parents who understand this can enter into a state of heart-to-heart communion with their children, learning and growing alongside their children, rather than continuing habitual reactive patterns that tend to perpetuate family cycles of power, control and dominance. As author Shefali Tsabary points out, this shift from an egoic state of mind to one of authentic being "... isn't an easy one for a parent to make."

While much of *The Conscious Parent* contains the kinds of tips and pointers Tsabary provides for her clients, this book really shines when Tsabary shares her first-hand experiences as a mother. Parents seeking ways to bridge the gap from parenting similarly to how they've been raised and achieving a Zen-like state of mindfulness in parenting will delight in the examples and suggestions Tsabary shares for how they might actually manage to incorporate some of the lofty ideals of mindfulness to parenting, and how it feels as a parent to deal with one's own internal doubt, fear, and resistance.

Tsabary discourages parents from using praise and scolding to mold children into doing and being what most pleases the parents, and recommends that parents grant their children the freedom to become the best they can be at who they truly are. Tsabary suggests that parents can set high standards in some areas, such as for: speaking from their authentic voice, being kind, expressing feelings directly, helping others, and engaging in daily dialogue and conversation with them.

*The Conscious Parent* is highly recommended for readers dedicated to living their lives mindfully who are eager to have functional, rather than dysfunctional families. This book inspires parents to set examples for children by embracing imperfections, and staying open-hearted, open-minded, and truly present and engaged. If all families adopted just some of the ideas from this book, it seems clear that the world would be a much better place.

136 of 143 people found the following review helpful.

A New Paradigm of Parenting

By HangTen Ranch

Dr. Shefali offers a new paradigm of parenting in *The Conscious Parent*. If you are ready to step aside from power struggles and the antiquated days of a hierarchical parent-child relationship, this book is for you. If you are ready to experience your children as special agents on your spiritual journey, this book is your gospel.

Becoming a conscious parent is all about the becoming. It is the transformation from our unconscious habits and patterns, inherited by our families of origin and embedded from our cultural norms. Becoming is an act of awareness, an intention, and a conscious choice to mindful living and raising our children.

The greatest concept of the book is that through transforming ourselves, we empower our children. As counter-intuitive as it may seem, the real focus of conscious parenting is on the parents, not the children. When parents are able to accept their emotions and live authentically, it is natural for the children to do the same. Conscious parenting is raising ourselves so we are better able to help raise our children.

The intention of conscious parenting is to accept full responsibility for ourselves and eliminate the need to control the outcome of our children. It is a conscious choice to replace shame and blame with understanding. Through understanding, we free ourselves and our children to live authentically.

Through a combination of personal experiences, client stories, and clinical research, Dr. Shefali shares the

human component and natural tendencies of parenting. The book is easy to read and relate to. The Consciousness Compass is a series of questions to guide us along the path of consciousness. This excerpt is a summary of the book and the shift in consciousness.

- \*It is we who teach our children how to be greedy by giving them diamonds instead of sticks and stones
- \*It is we who teach our children how to fear adventure by rewarding their successes and reprimanding their failures
- \*It is we who teach our children how to lie to us by getting angry with them when they tell us the truth
- \*It is we who teach our children how to be mean and violent to others by disregarding their emotions and denying them unconditional acceptance
- \*It is we who teach our children to lose their motivation and zeal by pressuring them to excel and "be something"
- \*It is we who teach our children to dishonor us by pushing them to be who they are not
- \*It is we who teach our children to be bullies by dominating their spirit and silencing their voice
- \*It is we who teach our children to be confused and overwhelmed by giving them all things external, but few tools to look internally
- \*It is we who teach our children to be inattentive and distracted by inundating their lives with busy activities, leaving no space for stillness
- \*It is we who teach our children to live their life looking outward by spending our time and energy on our own looks and acquisitions
- \*It is we who teach our children to disrespect us by not stopping them the first time they are disrespectful and every time after
- \*It is we who teach our children to be defiant by not knowing how to lay down the rules and mean business when we do
- \*It is we who teach our children to know shame by shaming their spirits and judging them constantly
- \*It is we who teach our children to become anxious by denying the celebration of our own present as we constantly focus on tomorrow
- \*It is we who teach our children not to like themselves by constantly categorizing their emotions as those we approve of and those we don't
- \*It is we who teach our children not to trust the world by betraying them every time we don't see who they are in their essence
- \*It is we who teach our children how to love or not love by the extent to which we love or don't love ourselves.

We are on this journey together, as parents and in relation to our children. Mindful living and conscious parenting is a means to transform ourselves and empower our children. This book is a great parenting tool to raise our awareness above that which keeps us from loving unconditionally and living whole-heartedly.

131 of 145 people found the following review helpful.

The most different parenting book I have ever read

By Stone Mayven

Most parenting books are very ho-hum for me and they seem to be mostly about quick fixes for the children as though they are mini broken machinery rather than human beings. They also seem to just deepen many of the power struggles between parent and child and target the child's behavior. The more you create an obedient child that is a slave to everything you say - that child will grow up to be a slave to someone else and blindly obedient to all the rules society doles out. This book is for parents who want children to always be free, think freely and grow spiritually, not just physically.

The moment I picked up this book, it SPOKE TO MY HEART. I actually cried reading this book in several

chapters and really felt as though she was in the room talking to ME. Addressing the many reasons why I react the way I do to my child and what I can do about it.

**THIS IS A BOOK THAT CHANGES THE PARENT.** And not just changes you, but alters your perceptions so that you can understand why you are reacting the way you are to your kids. Why one parent reacts one way while another reacts a completely different way. It helps you let go of fears of being too passive so you can actually ENJOY your child and their development. Many of their behaviors are completely developmentally appropriate and most parents take them very personally as a personal attack (myself included) when really the behavior has nothing to do with you.

I am looking for this book in audio CD for my husband. It is absolutely wonderful for Dads as well as Moms.

See all 530 customer reviews...



# **THE CONSCIOUS PARENT: TRANSFORMING OURSELVES, EMPOWERING OUR CHILDREN BY DR. SHEFALI TSABARY PDF**

Investing the leisure by checking out **The Conscious Parent: Transforming Ourselves, Empowering Our Children By Dr. Shefali Tsabary** can supply such wonderful experience even you are just sitting on your chair in the workplace or in your bed. It will certainly not curse your time. This *The Conscious Parent: Transforming Ourselves, Empowering Our Children* By Dr. Shefali Tsabary will certainly direct you to have more valuable time while taking remainder. It is extremely satisfying when at the twelve noon, with a cup of coffee or tea and also a book *The Conscious Parent: Transforming Ourselves, Empowering Our Children* By Dr. Shefali Tsabary in your kitchen appliance or computer display. By enjoying the views around, here you can begin checking out.

## About the Author

Shefali Tsabary, PhD, received her doctorate in Clinical Psychology from Columbia University, New York. Dr. Tsabary was exposed to Eastern mindfulness at an early age and integrates its teachings with Western psychology. Blending East and West, she lectures extensively on mindful living and conscious parenting around the world and is in private practice. She resides with her husband and daughter in New York.

But, exactly what's your issue not as well liked reading *The Conscious Parent: Transforming Ourselves, Empowering Our Children* By Dr. Shefali Tsabary It is a fantastic activity that will constantly give excellent advantages. Why you become so weird of it? Several things can be practical why people don't like to review *The Conscious Parent: Transforming Ourselves, Empowering Our Children* By Dr. Shefali Tsabary It can be the dull tasks, the book *The Conscious Parent: Transforming Ourselves, Empowering Our Children* By Dr. Shefali Tsabary compilations to check out, also careless to bring nooks everywhere. Today, for this *The Conscious Parent: Transforming Ourselves, Empowering Our Children* By Dr. Shefali Tsabary, you will certainly start to enjoy reading. Why? Do you know why? Read this web page by finished.