

Introduction

There is a reason you picked up this book, perhaps because you are searching for new ways to parent your children. Or maybe you are becoming aware of the fact that our society may not be sustainable if it continues on the path we are currently on, and that something needs to change. The United States ranks number three in the world for anxiety, depression, and substance abuse. The current affairs of a divisive United States, social unrest, outright hatred and violence, racism, and economic volatility makes one wonder how much longer this can last before we self-destruct. Add to this the Covid-19 pandemic, global climate change with extreme weather patterns, and general global unrest, and we have a recipe for disaster if something doesn't change. According to a recent New York Post article, even Deepak Chopra, father of optimism and consciousness, is worried about our world's future.

The good news is that we are on the cusp of the next stage of our evolution. A big leap forward in our evolution occurred in the nineteenth century with the Industrial Revolution. That time was transformative in economic, social and cultural forms, making our society what it is today. The advancements continue with growth of technology, digital information, and most recently, futuristic artificial intelligence (AI). All of these advancements are meant to make our lives easier, more comfortable, more efficient and productive.

A revolution is a process of transforming a culture and a society. Merriam-Webster defines revolution as a fundamental change in the way of thinking about something, or a

change of paradigm. *A Parenting Revolution* is a change in the parenting paradigm. It is a shift in values and the antiquated ways of raising kids, away from the high pressure, mentally unhealthy, over-technologized, materialistic, self-centered way that kids are growing up.

This next step in our evolution is a shift toward a recognition of, and focus on, our child's inner spirit. This inner spirit is their essence, and is where a life of confidence, inner security, compassion, and personal success begins. This recognition leads to parenting with a greater awareness and consciousness.

What is the strongest resource we have for counteracting the negative direction that our world appears to be headed? Our children. They are the ones who create the future. As a parent, you have the ability to help our world move in a better direction by growing our future generations into consciously responsible, compassionate, confident people who are able to navigate life in a healthy and helpful manner. When we start with one child at a time, then a second, and then a third child, the positive effects expand into the collective world of parents and children. Pretty soon, a revolution has started.

The time has come for this revolution, not only because of the state of the world, but because of the concerning state of our children's mental and emotional health. Kids are growing up through adolescence and into young adulthood with increasingly higher levels of anxiety and depression. The National Institute of Mental Health (NIMH) states that the rates of moderate to severe anxiety in children rose to 34% in 2018, up from 18% in 2013. Suicide rates in ten to fourteen-year-old children tripled in the last decade, according to the National Center for Health Statistics, and is the second leading cause of death in adolescents. A 2015 article in

Psychology Today magazine reported that 54% of college students report overwhelming anxiety to the point they don't know how to manage life. Something has to change to keep our future generations from traveling down this same road.

A Parenting Revolution considers possible explanations for these statistics and proposes solutions. Many children are being raised in environments that breed anxiety. They are being pressured from very early on (preschool even) to succeed academically throughout childhood, with the ultimate goal of becoming financially prosperous and socially successful. Much of their childhood is spent under the pressure to work harder, study harder, excel in extracurricular activities, get ahead of the next guy, and land that top ivy league spot. The fallout from this push is a generation of stressed, overanxious kids.

Add to this high pressure the fear-based parenting that has evolved over decades. This fear-based parenting has led to kids living lives that are overprotected, over-controlled, and micromanaged. They are left incapable of making their own decisions. More importantly, they have not learned resilience, and are not prepared for a life of independence.

Technologic and industrial advancements generally lead to improvements in our evolution. However, what is not being talked about enough is our evolution as human beings – people with hearts and souls. Technology and AI will play greater roles in our lives as time goes on. What makes us human beings, however, is getting buried under all of these changes and advancements. We are ignoring what makes us human—our hearts, our souls, and our consciousness. When we raise our children to exchange those virtues for success, materialism, and external sources of happiness we lose ground on positive evolution.

To ensure that the human beingness of evolution continues to evolve and doesn't disappear with the fast-changing physical world, we need to go deeper within ourselves, and deeper within our kids. We want to reach our kids at the soul level. Our human beingness starts with the soul which is the very core and true essence of us all. The soul is the source from which we live our best lives. It is what we were when we first came into this life, before careers, relationships, societal pressures and influences. When we connect with our children, and parent to our children's inner essence, miracles happen. Compassion, love, confidence, integrity, resilience, responsibility—all of the qualities we are looking for in ourselves and our kids, come forth. *A Parenting Revolution* teaches how to make these miracles happen. In this way we will know our kids are living and working to make the world a better, more conscious and loving place to live.