

# Be the generative family that drives humanity



By Rita Aleluia

**Your son is your guru! He brings with him the formula for connection and happiness**



**I** start this article by honouring all the parents on this planet. In our times, it may be the most challenging invitation we can accept, to become a mother, a father. Simultaneously, I believe it is the most profound generative and spiritual experience of all our life. It is so interesting, because there is also a child inside every single mother, every single father. Have you ever stopped to ask yourself, 'Was this child seen, heard?' Breathe deeply. Everything is ok.

The moment you choose to have children, you are accepting the invitation of unconditional love, presence, curiosity, consciousness, flexibility and creative practices. Your duty starts on that same day and is a lifelong commitment. Your path is to respect that miracle, that sacred responsibility, and to grow in order to understand and evolve, gradually, step by step, with an increasing awareness. Your role, as a father, mother and educator is to take care, comfort, guide the child, being her model, a source of unconditional love, inclusion and acceptance. Provide her

with a safe environment in which to grow with confidence.

Look inside yourself, with curiosity, kindness, love; offer comfort and recognition to your inner child. Your son is your guru! He brings with him the formula for connection and happiness and he loves you unconditionally. He is perfect, he is the person he is supposed to be.

The Generative Parenting proposal invites us to look inside, with curiosity, no judgment, to let go the survival portion of the ego, the prescriptive checklist, welcoming all of our parts, shadows and light. It is a paradigm shift from the traditional model of parenting. The traditional model of parenting is based on the culture of obedience, and it has already been shown that it no longer works. In fact, it has never worked for the good of humanity and that is why we often see the younger generation rebelling against the old ways. Also, because when we try to force conformity, we create anger.

Generations and generations have

grown believing that they were 'lesser than', not enough, they did not deserve, they cannot, and they have no choice. As a result, many of us find it impossible as parents to embrace our children as they are, perfect in their imperfections, just like you and me. Why does it happen? We, parents, schools, tend to impose on them ideals, beliefs and values that we inherit (most of them unconsciously, by the age of seven), without ever challenging, and which brutally condition us as human beings, taking away our personal power. Then, we start to believe that the children are ours and we feel an unbridled power to prove it. That is how parents kill the authenticity, uniqueness and divine spirit of their children. These secret beings, our children, will show us where we can grow and evolve.

Now I invite you to connect with your own truth, your authentic self, with love, generosity and self-compassion, and answer the following question:

*Are you aware of what kind of love you are living?*

## With curiosity and creativity we can create the reality in which we want to live



If you received a traditional education, you may tend to love the other because of how that person makes you feel, and it has less to do with how you feel about someone. I believe that our ability to love another person is born from our ability to be conscious of how essential it is to unconditionally love ourselves first. Otherwise, we tend to love from a place of need and fear, and our love for the other really becomes something about need, fear, dependency and control.

Think about this: on those days when your kids listen to you and fulfil your fantasies about who your children should be, you probably manage to be kind, generous, present and patient. When your children decide not to do what you want them to do, and they move away from your fantasies, checklists and expectations, everything falls apart. And what can happen? Maybe you find yourself stuck in an intense manipulation and desire for control... This is when our love becomes poisonous.

Maybe the biggest challenge of parenting these days is to be able to parent ourselves so that we become the kind of individuals who can deeply inspire our children to love and value themselves, which will lead them to create a meaningful and conscious contribution to the world in the only way they can – with their own uniqueness.

A family that practises Generative Parenting is not, nor does it seek to be, perfect. It is authentic and congruent. This family knows that it is perfect in its imperfection and has the courage to assume this vulnerability, being an

example in creating a better world. Especially because, as the humanist psychologist Carl Rogers said, modelled by NLP, 'I do not have to be perfect, because perfect will never be enough.'

Parenting and education are simple, they do not need great theories, but rather genuine connections that grow from our interiority, arising there from instinct, tips and strategies that lead us in this honourable mission, which is a miracle of life. It is an invitation to reflect, to ask yourself different questions, to develop a powerful intuition, to transform the way you look at yourself and at children, through simple, natural and conscious practices. Effortlessly and painlessly, to be present and full of love.

The challenge is to cut the ties with the realities we inherit, the standardised parameters and vested interests, in a world in permanent and vertiginous change. It is emptying the cup to create space and filling it with what you intentionally want to drink and offer to those around you.

Our personal development and growth are synonymous with identifying and replacing misfit patterns of behaviour and thinking, inherited from our family and culture – patterns developed by imitation or as survival strategies or adaptation to the customs and values of the family in which we grew up, of the environment around us. For example, in several tribes in Africa (and other places), a child is usually raised by all members, as this is how she incorporates the culture of her people. But in the West, in Europe, this responsibility lies almost exclusively with

the parents. We all lose, since we end up growing conditioned to a single way of thinking and acting, without experiencing and realising that there are infinite perspectives and possibilities on the same question. I agree with John Kabat-Zinn when he tells us, 'What is important is that we be authentic, and that we honour our children and ourselves as best we can.'

So when you feel, for example, that your child is disrespecting you (a common complaint from many parents), you may stop and ask yourself:

- Who is my child beyond this behaviour?
- What does wanting her to respect me actually mean to me?

It is time for families to align themselves and create results never imagined nor experienced before. How? Choosing to live centred, in a state of curiosity and presence, an intentional life. More than terminologies, names, concepts or techniques, I propose that you feel! Feel what resonates with you most; experiment and practise, without worrying about following guides other than your heart (the most powerful bio-magnetic generator in the human body). Put your heart into everything you do and enjoy the journey. Just be a human being, when you touch another human soul.

And, in this expedition to reach that space where the dialogue with yourself emerges, it is important that you apply and live the creativity and the opposites. It is natural for you to be afraid to start a path so different from those you (possibly) have travelled so far. This fear contains in itself its opposite, courage. Courage, in Latin *coraticum*, means an



► action of the heart. Creativity brings about movement between opposites. And these go hand in hand, in a fluid dance. It is the art of using curiosity and creative awareness to generate new realities and results. And as everything we know and experience is created, our reality is generated by us and happens at any time. With curiosity and creativity we can create the reality in which we want to live. It is not the events of life that disturb us, but rather the thoughts we generate about them. If you are not aware, if you are not present, do you know what happens? You call it 'destiny'. An important part of this equation is also the fact that, as in music, there are no good or bad notes. There are notes and you choose how to combine them, you create your own musical score.

When you take care of yourself, you are taking care of your child. Love generates love, generates connection, generates relationship. When you know your intentions and your values, you are prepared to turn to the outside.

Just like you, each child is a spirit with their own signature. We can mould them, in how they connect with their essence. Especially because the key to happiness comes when we start to live our truth, in authenticity and congruence, and children have plenty of that!

Then allow yourself to be the difference that makes the difference in this world. You have a voice and are responsible for change, accepting that we are all unique, with unique gifts and that is where we grow and the world moves forward. Free yourself from expectations, labels and comparisons. Unconditional love and flexibility, together with curiosity, creativity and generosity, are the basic ingredients of a connected and harmonious society, with free and conscious thought. Parents and children are connected forever! When you consent, when you stop resisting, when you connect yourself with that extension in you and in your child, you realign yourself with the energy of universal love.

In conclusion, I leave you this poem by Rumi, which resonates in every cell of my being as mother, daughter, granddaughter... hoping and being certain that we are really creating a brave new world together, where all people can be in their essence, with love, responsibility, inclusion, authenticity, congruence, equal value and dignity.

And remember, it's not about perfection, it's about connection! ■

## The Alchemy of Love

You come to us  
from another world

From beyond the stars  
and void of space.  
Transcendent, pure,  
Of unimaginable beauty,  
Bringing with you  
the essence of love.

You transform all  
who are touched by you.  
Mundane concerns,  
troubles, and sorrows  
dissolve in your presence,  
Bringing joy  
to ruler and ruled  
To peasant and King.

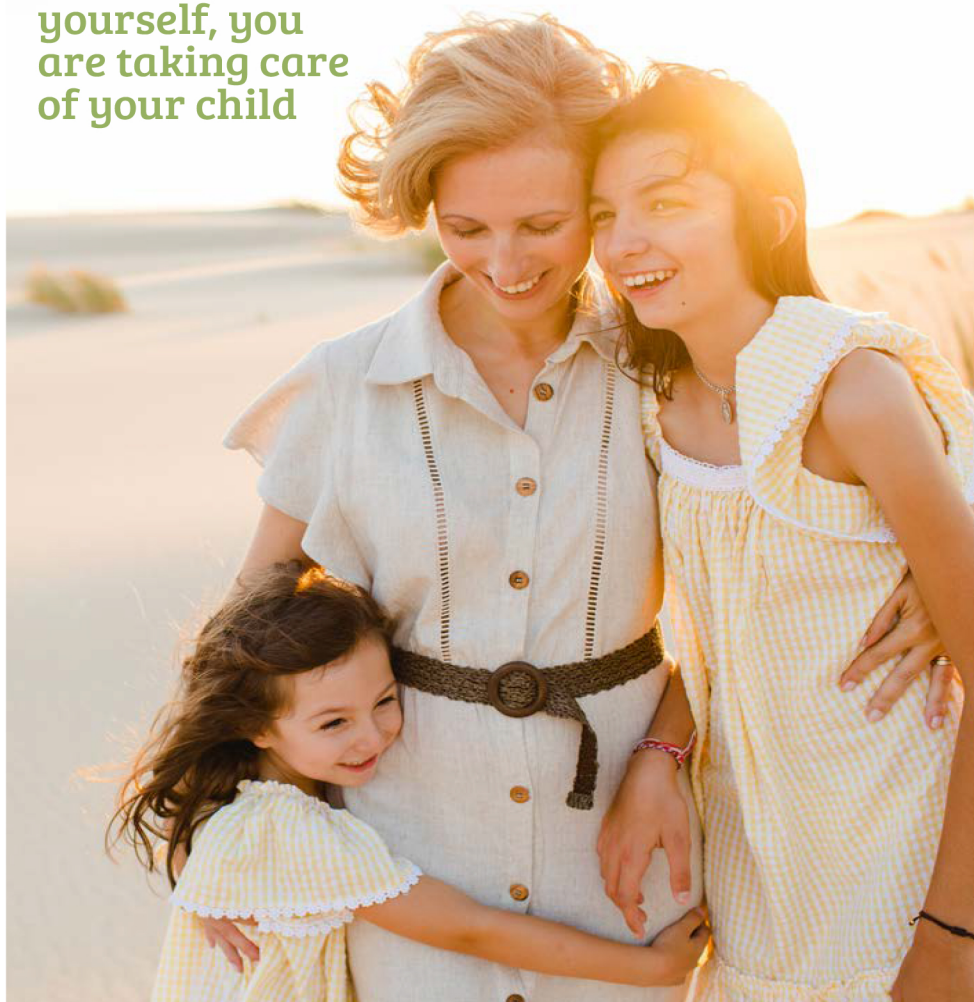
You bewilder us  
with your grace.  
All evils  
transform into  
goodness.

You are the master alchemist.

You light the fire of love  
in earth and sky  
in heart and soul  
of every being.

Through your loving  
existence and nonexistence merge.  
All opposites unite.  
All that is profane  
becomes sacred again.

When you  
take care of  
yourself, you  
are taking care  
of your child



**Rita Aleluia** is a mother of two 'gurus'. She is an author, NLP master trainer, science communication scientist, and globally renowned as a pioneer in bridging NLP, generative work and parenting. She's the Generative Parenting founder. In 2019, Rita was distinguished with the NLP Award in Education.