

Raising Happy Kids ...in Harmony

1st Issue: Winter December 2020

Harmony with Kids



Intro to the 1 Rule

Harmony with



2Yr Olds

Harmony with



Fathers

Grandparents



& Harmony



1 Rule
and Women
Empowerment
by
Batool Kazmi

Harmony



with You



This Issue...

FROM THE EDITOR

Welcome to our 1st issue of Raising Happy Kids ...in Harmony! The Winter Issue

This magazine is filled with gifts to help you keep harmony in your family.



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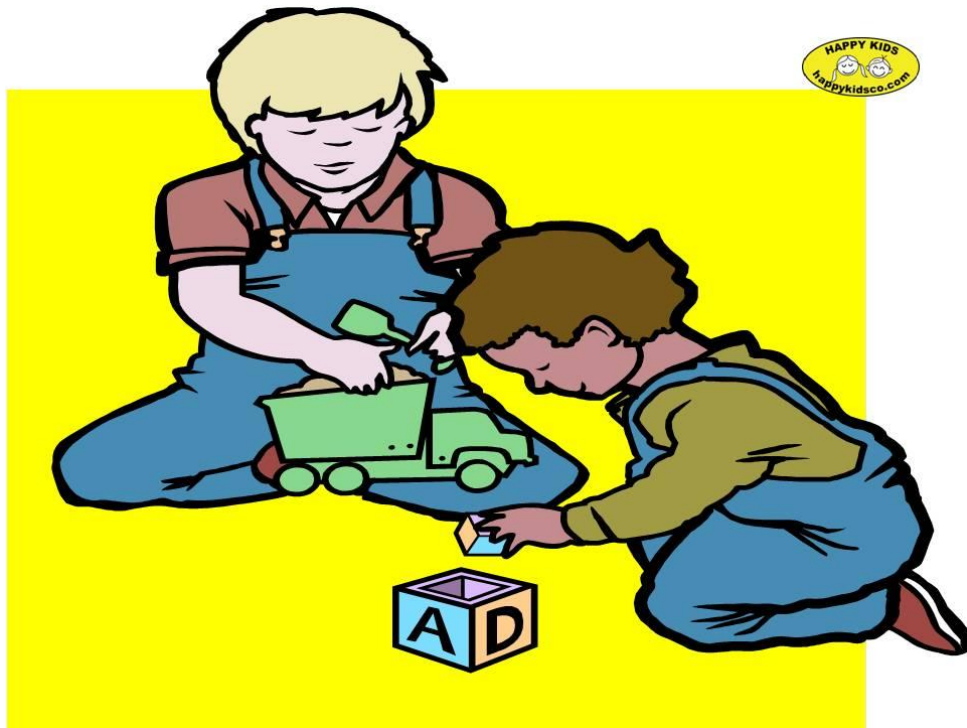
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Harmony with Kids



Introduction to the 1 Rule

What Is The 1 Rule?

Discovering this system started at the beginning of this year when I created Harmonizing With Kids.

Harmonizing With Kids was the first answer to this question:

‘What is the least people need to know and do to successfully raise happy, confident, respectful kids?’

The next time I asked myself this question, the answer was the 1 Rule.

I Asked Myself

One evening I was thinking of the 108 tools, skills and strategies I'd discovered, created and used to create harmony with kids over the years, my kids and the kids I've worked with in our Montessori school and in public schools.

I wondered, 'Do people really have to learn all of the 108 (that's what I call them for short) to be able to raise happy, confident, respectful kids?' It seemed so unlikely that very many people would even want to do that. I started feeling discouraged, a little.

Then I asked myself a question, 'What is the least that adults need to know and do to raise happy, confident, respectful kids?' I waited for the answer. Then I searched my mind and even searched my trainings. Some I haven't even made public. Eventually it became clear to me. There was one thing that adults could do to create these results, happy, confident, respectful kids. That one thing is the 1 Rule.

When I explained what I'd discovered to one of my coaches, he named it: "108 Parenting Lessons in 1 Simple Rule" ...(I call it the 1 Rule, for short)

Using the 1 Rule means...

You find agreement. That's the Rule.

The 1 Rule = Agreement

Agreement = Harmony

You find a solution that everyone likes. You've found agreement.

You've found harmony.

It is simple, but the wisdom and practical power of the 108 lessons is built into that simple rule. Follow the rule, and as you need one of the 108 tools, skills or strategies, or something equally useful, it appears.

Why And How The 1 Rule Works

Apparently our brain is hardwired to answer questions. When we are asked a question, our brain immediately begins searching for an answer. **The 1 Rule** is like asking our brain a question, so it immediately begins searching for an answer. We ask how we can find agreement. That's how there is a direct connection to the 108 tools, skills and strategies that help solve the problem. There may be more or different solutions, but the 108 is what came up in my life.

(excerpt from *The 1 Rule to Raising Happy Kids*)

No Child was Harmed?

By: BRIAN G. KASPERITIS

"No animals were harmed in the making of this film" is a statement that we all have seen from time to time. But my question to you, today, is *"Were any children harmed?"*

Let me explain. Recently, while viewing a TV program, the subject matter focused on a 10 yr. old boy who had many mental issues. This made me think.

I have heard that often child actors have trouble successfully growing into adulthood. Furthermore, it has become common knowledge and is documented as we can identify specific actors who suffered from drug abuse and other issues mainly because they were not, as children, raised in a "normal" home environment. Are you following me?

As the TV program in question progressed, I noticed that the child actors certainly were exposed to some violent behaviors and were too obligated throughout the show to commit crimes and even murder! This brought me to ask myself, *"Were these child actors, indeed harmed by being exposed to this type of behavior?"*

What do you think? Would you believe that a 10 yr. old child actor is mature enough to portray an individual who has severe mental issues and literally carries out his or her aggression on film? Would you think that the child actors would need to be counselled prior to the filming of the TV program? And if so, is it appropriate for children who are not old enough to view adult themes to be involved directly in the making of such programs and films? Wouldn't you think that being exposed to this type of thinking could harm a young person for life?

As an educator who is concerned and dedicated to raising positive and happy children, I can relate to other advocates such as Karen Ryce who teaches parents and guardians of children assorted strategies that assist them with developing a child to be happy and be clear of violence and even negative thought. But I can only wonder if we are harming our young actors by involving them in negative issues at such a young age and if the consequences are detrimental to their future existence. What are your thoughts?

BRIAN G. KASPERITIS

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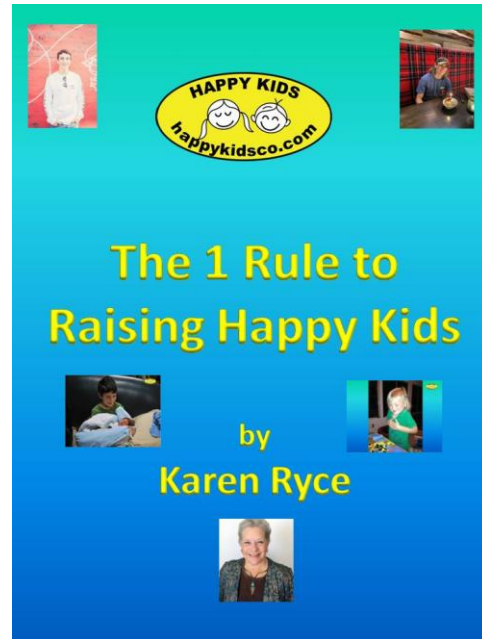


“Hello. My name is Brian Kasperitis. I am an educator and parent from Houston, Texas.

A few years ago, I became aware of fellow educator, Karen Ryce and her educational books; more specifically, ***The 1 Rule***.

What impressed me about Karen’s concept, ***The 1 Rule*** is that it works!

Let me explain: When I started utilizing Ms. Ryce’s suggestions with my 30 yr. old daughter and my 3 yr. old granddaughter, I noticed amazing results, immediately! (to read more copy/paste this link into another tab: <https://www.happykidsco.com/brian>)



For more about *The 1 Rule to Raising Happy Kids* (copy/paste link below into another tab:

<https://www.happykidsco.com/1rulerhkoffer.html>



Harmony with You



Meditating Mama Meditation Guide

To me, meditation is a very personal experience. I've rarely thought of helping people meditate.

Now people have said they would like my help with their meditation.

I'll share what I can.

- 1) Personal experience, from my almost 50 years of meditating.
- 2) The minimal knowledge I've gathered from others over the years, mostly directly from people.
- 3) Live meditation sessions, online.

I was not a mama when I began meditating. I had not even thought of being a mama.

I recently began sharing my meditation practice because I want people to know that it is not necessary for one to have absolute quiet to meditate.

As a meditating mama I often had my little ones climbing on my lap as I meditated.

I did not let that stop me from being grounded and centered or from quieting my mind, or from being a source of flowing love...

Mantra

Using a mantra to focus my awareness has been very important in my practice.

My first meditation experience involved silent repetition of a mantra.

Many years later I received a mantra as part of another initiation. I used this for many more years and had many experiences through this.

However, it is only now, where my focus is on quieting my mind that I can consistently achieve a state of bliss. And I love that so much.

Heart-Centered

My meditation practices have always been heart-centered. This seems like a very important focus.

(excerpts from Meditating Mama Meditation Guide)

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Harmony in Education



Introduction to the House of Children

This is from the AMI Training in India, the Indian Montessori Training Course of 1970. The Director of the Course was Mr. A.M. Joosten who had lived part of his life, from the age of 14, with Dr. Montessori. I have made slight changes to the language because originally it was filled with 'he' 'him'. I hope this is useful to you, at least interesting.

All living beings need a vital environment, without this environment of life and for life, life cannot exist... human beings must adapt the natural environment into a vital environment for themselves, an environment which helps them follow their inner laws. It is the task of the adult to build this supranature.

The child is also a builder. They are the builder of themselves, which they must do first before being able to directly contribute to the development of the supranature. As they are unable to construct their own

vital environment, the adult must do it for them, taking into account the child's powers, task, capacities and needs, realizing that they are totally different from the adult's own.

The human being's first environment is the home; it is the fundamental basis, the core. The second is the child's society. Until about the age of two and a half years, these two environments satisfy the child's needs. But then at about that age, the child begins to have new needs which cannot be satisfied by these two environments alone. They are in need of a third environment, a workshop where they can work at their development. This need for a third environment will continue throughout life.

This environment should be one where the child can continue to live their life. There they must get all they need, prepared solely for them so they can work at their development in complete freedom in the company of others doing the same work as they are doing. They should find nothing there that they do not need. We call this environment the House of Children.

(excerpt from the book dictated to us, that we handwrote for the Montessori Training Course)

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Harmony with 2Yr Olds



The 1 Rule and Your Happy 2Yr Old

One of the most difficult periods for many parents is what has been called “the terrible twos.” Actually, because it is difficult for parents and because they do not understand what is going on developmentally, this time can be “terrible” for the 2yr old, too.

However, if you have been creating harmony with your baby and young child, the 1 Rule can also help you get through this time fairly easily and smoothly, too. It might help you to understand that what they are creating. They are creating themselves to be:

- a person who is clear about what they want,
- who knows how to figure out how to get it and
- who can persevere until they are successful.

You do not want to interfere with this creation!

Also, in terms of your dedication to finding agreement, since you have been practicing the 1 Rule, it is important to remember that with 2yr olds your role in finding agreement is like it was with babies.

Your role with them is to do the work, find the agreement, be the example of finding harmony. It is up to you, the adult to find harmony with your 2yr old. They are finding harmony with their developmental blueprint.

Here again you do this by finding what is agreeable to you and agreeable to your 2yr old. They will let you know whether you have come up with something that is good for them or not. Be determined to find solutions that you like and that they like.

(excerpt from The 1 Rule to Raising Happy Kids)

(Advertisement)

Here's some of what you learn in the online course "Harmony with Your 2Yr Old":

- HOW a 2yr old can be easy to live with!
 - This gives the 'Terrible Twos' its name: What to do when your 2yr old is determined to do something you don't want them to do, while keeping your cool and theirs? This alone is worth the course!
 - You'll learn how easy it is to prevent tantrums and how to do it
 - How to use 'interest' to help maintain harmony
 - And so much more... **To learn more and/or buy, copy/paste the link below into a new tab:**
 - <https://www.happykidsco.com/2yrgot.html>
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The advertisement features a light blue background with the text "Harmony With Your 2Yr Old" in large, bold, blue letters. At the top center is a yellow circular logo with two cartoon children and the text "HAPPY KIDS happykidsco.com". On the left side, there are two stacked photos: the top one shows two children sitting at a table with colorful toys, and the bottom one shows a man sitting on a chair with a young child on his lap. On the right side, there are two stacked photos: the top one shows a woman hugging a young child, and the bottom one shows a woman and a child sitting on the grass, with another child nearby.

Harmony with Women



Sister Supporting Pregnant Sister

1 RÖLE and Women Empowerment

The symbol of magnificence, love and strength in nature is the one and only one God's creation- a woman. Yes! You're not an ordinary human. You have hidden miracles to face the world. You are a mother, a daughter, sister and a wife who is always there to face the world. Life gives you challenges and you face all the thick and thins. You are an

angelic figure; have you ever thought about this? How amazing a human you are! Don't hide your inner strengths, reveal and use them to progress and seek more prosperity in everything.

Imagine if women's powers combine and you get boosted with more strength, positivity, devotion, you would be more motivated to show world what women can do. Unfortunately, sometimes behind belligerent stories of a woman is mostly another woman. Marital affairs, jealousy, and divorces-it has been seen that a woman is pulling a leg of another woman. If we women unite together, stand for each other, then imagine how the world will treat you? Instead of break-ups there will be more united families, less conflicts. Time has changed, instead of screaming or acting rebellious for our rights be amalgamated! Just think! If sisters, mothers, daughters, wives and working women support each other, make ways for each other, empathising and being a wall for each member of their own gender, our world would be a more happier and comfortable place. Support by thinking maybe a stressed mother is there or a daughter, wife or any woman who needs that place, give her. Stop fighting your own gender. Make ways for them. Be like a twinkling star in the dark nights for each other. Sometimes, no one wins and everyone loses. Life is not a game, so why are we giving challenges to each other? Open each other's knots. Your support somewhere will lift up other women in different parts of the world. Not only that, you can give her the feeling of security. Ask yourself! Look around, you will notice eyes looking for help. The 1 Rule to unite all women on one platform will give respect, love and support from the world to them. Next time when you see a woman selling something-even cookies -go up to her, tell her what a great job she's doing trying to support herself. Encourage her! If a

married man chases you guide him back to his family. Trust me, his wife's silent prayers will give you unknown benefits. The world is cruel with you only when you let it be cruel. Boost up your power of kindness and let all promise to make a shield of love around us. Inside we all are the same, a woman's feelings of being a wife, a mother, a sister or a daughter is the same. Share and show this picture of love to other women around you now.

1Rule= harmony= happiness

Women empowerment= unity= love, strength, respect and your rights in the society.

Here is my love and support to all women

Regards,

Batool Kazmi

Email: b.abbas.kazmi@gmail.com

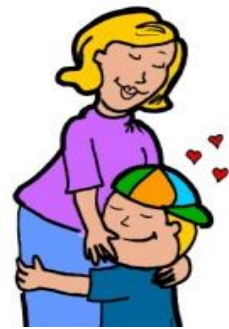
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WANT HELP? To Go From HERE



TO HERE?



Email me: karen.ryce@happykidsco.com

Harmony with Fathers



Preparation For Pregnant Fathers

Fathers! You had better prepare yourself also. The attention that you have received from your mate is, very likely, about to take a serious drop. You must prepare to share the mother's attention with the new baby, maybe even more than you have expected.

The loss of much of the new mother's attention can be made up for by being sure your self-esteem is in good shape. If it's not, before the child is born is a good time to work on healing it.

Also practice centering, quieting your mind, and getting in touch with your innermost being.

Think positive thoughts about the new human being taking form.

Do your best to have paternity leave so you, too, can enjoy time welcoming the new member of the family, establishing new family patterns, and, of course, helping out in the home.

Making time to bond with the infant can help to make up for losing some of your mate's attention.

Spending time giving attention to and receiving attention from your other children, if you have any, can truly help the whole family.

(excerpt from *The 1 Rule to Raising Happy Kids*)

WHEN CHILDREN HIT

"Waaah! Daddy, Michael hit me!"

"Oh, sweetie, I'm so sorry you got hit; let me hold you." Dalon is determined not to give in to his first angry urge to punish Michael. He remembers that first his daughter needs comforting. He holds her and strokes her hair. He also remembers that there are always at least two sides to any story.

"I just wanted to get my toy out of his room. He's had it for a long time and I want to play with it. I didn't want to go out of his room until he gave me my toy. So he hit me."

"Let's go talk with Michael." Dalon takes deep, slow breaths (inhaling and then being sure to exhale) to calm himself, as he walks slowly to Michael's room. He knocks on the door. "Michael, we would like to talk with you."

"What do you want?"

"Can we come in or would you join us out here?"

"I can hear you through the door."

"I'd feel much better if I could see you. I'm not going to hurt you." Dalon remembers to keep sharing his feelings and needs, and to speak respectfully to his son.

"Okay, come in."

"Thanks, Michael. I need to tell you that it upsets me when you hit your sister."

"She hit me."

"Well, you didn't tell me that, Claire. I don't like you to hit him either."

"He wouldn't give me my toy. It's special."

"I don't like it when you hit each other to try to get what you want."

"You hit us."

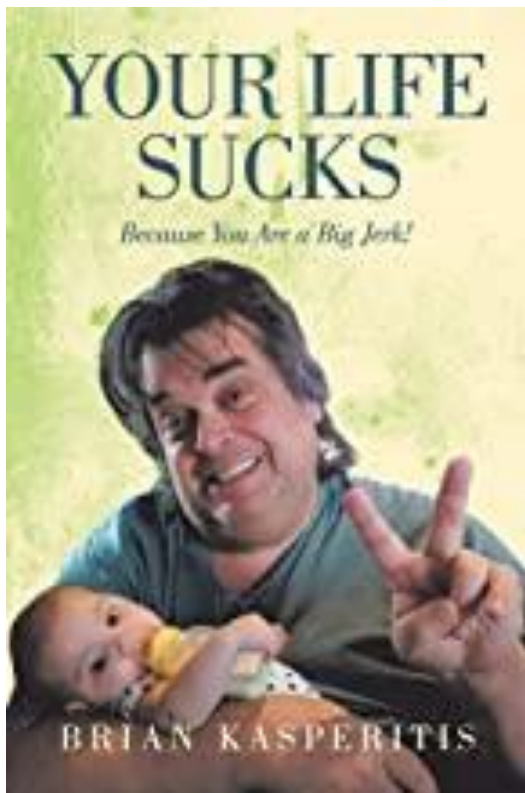
"You're right, Michael. I used to hit you, and I'm very sorry I did. I thought it was the right thing to do. Now I know it was wrong, very wrong and I promise never to do it again."

“Oh. Alright, I guess I won’t hit her any more either. Here’s your toy, Claire. But don’t come in my room without my permission, it really makes me mad. That’s why I wouldn’t give you your toy.”

“Okay, Michael, I won’t come in your room without asking you. And Michael, I won’t hit you either; we’ll be a no-hitting family.”

“Yes, Claire, that’s exactly what we are. Thank you both for working this out so well. I think we have a great family and I love you both.”

(excerpt from *Parenting for the New Millennium*)



Reviewed in the United States on
July 17, 2019

What a great book composition ! Anyone can relate to Mr. Kasperitis' subject matter. This is easy to read, concise, and most importantly for me - it reads as if he were talking directly to me ! His text is very thought-provoking while offering suggestions - not commands. The reader can extract other subject matter directly from his text - He does not preach - rather he provides interesting stories and anecdotes to support his ideas. This is perfect for coffee tables doctor's offices and such. If you like encouragement - Buy this book ! And carry it with you!

(Advertisement)

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Grandparents & Harmony



ADULT CHILDREN

(The Original “Power of Respect”)

Q: “I recently read your book. I regret not knowing about respecting children when I was raising my children. They are all grown now. I wish I could do it over again.”

M.A., Arcata

A: You can, in a way, by creating respectful relationships with your adult kids now. Sure you may not be able to effect their fundamental development. That was finished with the end of childhood.

However, if you change the way you think about them, speak to them, and relate to them, you can transform your present relationship, heal past wounds and create a satisfying, fulfilling relationship with those grownup kids. It can be a wonderful experience for you both, and fulfill your desire to have raised your kids respectfully.

It may take as much work and transformation on your part as if you had started when they were small. First, you need to become aware of how you treat your kids and what you need to change in order to be respectful toward them at all times. They need this as much as you do, for their own self-esteem. Just as you can change, so can they.

It can help your process and that of your adult kids if you talk about it with them. Depending on your relationship, they may or may not believe you. In any case, it brings your commitment even more to the forefront of your awareness. This can speed up the process for you and start the process for them.

Even if they don't believe you at first, if you persist, they will be convinced. In general, all kids, even adult kids who have become estranged from their parents, love their parents and would prefer a mutually respectful relationship with them.

It can help to remember that much of the behavior of parent and child is affected by old stimuli. Many interactions are just playing out previously established behavior patterns.

Your beliefs, which were formed in your past, still guide today's actions. It can take time and persistent effort to reform your belief system to the point where the new beliefs form your experiences.

As you change, new elements are introduced into the patterns. As you change, the changes are reflected in your experiences. As you become more respectful, that respect is reflected back to you from others.

To understand the kind of dedication and determination needed for this change, it can be helpful to think of a baby learning to walk, no matter how many times they fall down, they do not become discouraged and give up. They may take a break, but they return to their practice until they have mastered the ability to walk.

Besides sticking with it, it can also be helpful to practice patience: patience with yourself and patience with others. Remember the power of forgiveness and do what you need to do to keep your self-esteem strong. Notice the changes:

- You and your adult kids have better self-esteem
- Freedom from the strain of always being right
- Freedom from the guilt of hurting your kids
- Satisfaction in discovering win-win solutions to problems
- More energy for adventures, inner ones and outer ones

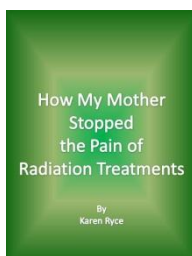
It is a wonderful, enriching experience to share a relationship with your adult kids full of mutual respect, admiration, love, and trust. It is never too late to become friends with your kids.

(Advertisement)

DISCLAIMER: This true story “is not intended to diagnose, treat, cure or prevent any disease.” It is just my mother’s story.

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She wanted to share how she went through radiation treatments so comfortably...

Harmonious Answers

Ask Karen...



The Power of Respect: Chores

“...adequate amount of chores...?”

“In this column the reader is offered practical, respectful options leading to win-win solutions to the problems arising between adults and children in everyday life.”

Q: “How do you figure out what is an adequate amount of chores for a child without having him feel overburdened?”

C.F., Piercy

A: People are more likely to work willingly if the tasks are ones they have chosen. You might make a list of all the chores for the day, and in the morning the members of the family choose the work they plan to do that day.

Maybe you draw straws to choose who gets to choose the first job. After everyone has chosen all the jobs they are willing to do, if there are any jobs left over, maybe these get put into a hat and people take turns drawing out the remaining jobs.

Maybe you agree to leave those jobs undone that day. Maybe one person volunteers to do all those jobs.

As in all respectful family interactions, the important thing is that no one feels that their needs are not being considered, and everyone is satisfied with the arrangements.

Maybe on the weekend you bring out the weekly job chart, or the file card box you have made. This can be impressive if you put in all the tasks for the week.

If this is a family process and not just “Son, these are your chores for the week,” you may very well find him choosing for himself more chores than you might have assigned him.

If he still does not want to share in helping out in the family, tell him that you are bothered by this and that you would like to have a meeting with him to work this out so you both feel good about it. Arrange the meeting at a time which works for both of you.

Make sure he understands that you both have to feel good about anything that you decide at this meeting. If one of you doesn't like an idea, it won't be done. Then brainstorm and negotiate until you find a win-win solution.

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Since I don't have current questions yet, I'll share some from my newspaper column, *The Power of Respect*, in the *Redwood Record*. I was planning to change some of the wording to align with harmony and the 1 Rule, agreement. However, I think that my response fits in with harmony and the 1 Rule, just using different words.



Power of Respect Q&A:
"Empowering"



by Karen Ryce
happykidsco.com

The Power of Respect: Empowering
"...empowering my youngest daughter."

“In this column the reader is offered practical, respectful options leading to win-win solutions to the problems arising between adults and children in everyday life.”

Q: “I’m very interested in empowering my youngest daughter. Do you have any suggestions?”

L.L., Redway

A: It can be easy for a younger child to develop low self-esteem because everyone else in the family seems to be more capable, stronger, faster, since these qualities are often valued: “Let me do that. I can do it faster and we’re in a hurry.” “You can’t play. You’re too little.” “That’s too heavy for you.”

If you have found this to be the case in your family, you can help her by noticing what she does do well.

Point this out to her and encourage her to do these things even if it takes longer or is not done quite “right”:

- “I love it when you are so kind to our kitties.”
- “Thanks for weeding the flower bed.”
- “It helps a lot when you put all your dirty clothes in the hamper. Thanks.”

She may not notice what she does well and may not give herself credit. She may value herself as the ‘baby’ in the family, being weak and letting others have power over her and her life.

Encourage her to do what she loves; help create these opportunities for her. When she wants to try new things, be as positive and supportive as possible.

If you say anything at all about it, be sure to be encouraging. Place emphasis on the attempt, the process, and not the results.

- “That was a great try.”
- “Your throwing arm seems to be stronger than it was last week. Keep up the good work.”
- “We all make mistakes, especially when we’re learning something new. Mistakes tell us what we need to change to do it better.”

Results improve with practice, with repetition, with improving our technique. When value is placed on results, too often we become discouraged and quit when our first attempts don’t give the results we want.

Be sure you practice win-win solutions faithfully with her, take the time, make the effort. This tells her that she is worth this time and effort and that you value her input and her needs.

When a decision involves her, be sure she agrees with it too. This might mean that she is involved in the decision-making process, though not necessarily.

If you do make a decision which involves her without discussing it with her first, perhaps letting her know what went into the decision will be enough to make her feel good about it.

However, if she is not content with the decision, be prepared to revise it until it is agreeable to both of you.

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The Power of Respect: Guilt

“...guilt and remorse over past parental mistakes...”

“In this column the reader is offered practical, respectful options leading to win-win solutions to the problems arising between adults and children in everyday life.”

Q: “What do you do about your guilt and remorse over past parental mistakes?”

J.D., Briceland

A: Forgiveness!

It can help to remember that at the time, given who you were, given the information you had, given your circumstances, you did the best you knew how.

Now with different information, different circumstances, a different you, you parent differently and some of what you did in the past looks like mistakes.

Maybe it was, but it is past. Perhaps you gave your children the chance for greater compassion because of what they suffered.

There might be lessons they needed to learn and what you did was part of their learning them.

Think as positively as you can about what has already happened. Be your own best friend and always give yourself the benefit of the doubt.

At that time you did not think you were committing mistakes, maybe you weren't.

You might also check with your children, even if they are now adults. If they agree that you committed parenting mistakes, ask them for forgiveness.

Ask if there is anything you can do now to help repair any damage you may have unknowingly done. Then do it.

Ask them to help you make sure that you don't continue any of the mistaken parenting patterns you started in the past.

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My Final Gift (for now)

MY Pattern Interrupt

One of the most valuable practices I've come across recently is what my Inner Guidance calls "Pattern Interrupt." I mentally repeat a positive phrase, silently, in my mind, until I am done.

I knew that Pattern Interrupt is a term used in NLP, but I didn't know exactly what it meant.

About a week after I'd been practicing MY Pattern Interrupt, I learned from a friend who knows about NLP (Neuro Linguistic Programming) that Pattern Interrupt is a technique that you learn to use on other people. You say something that interrupts a pattern that they are displaying.

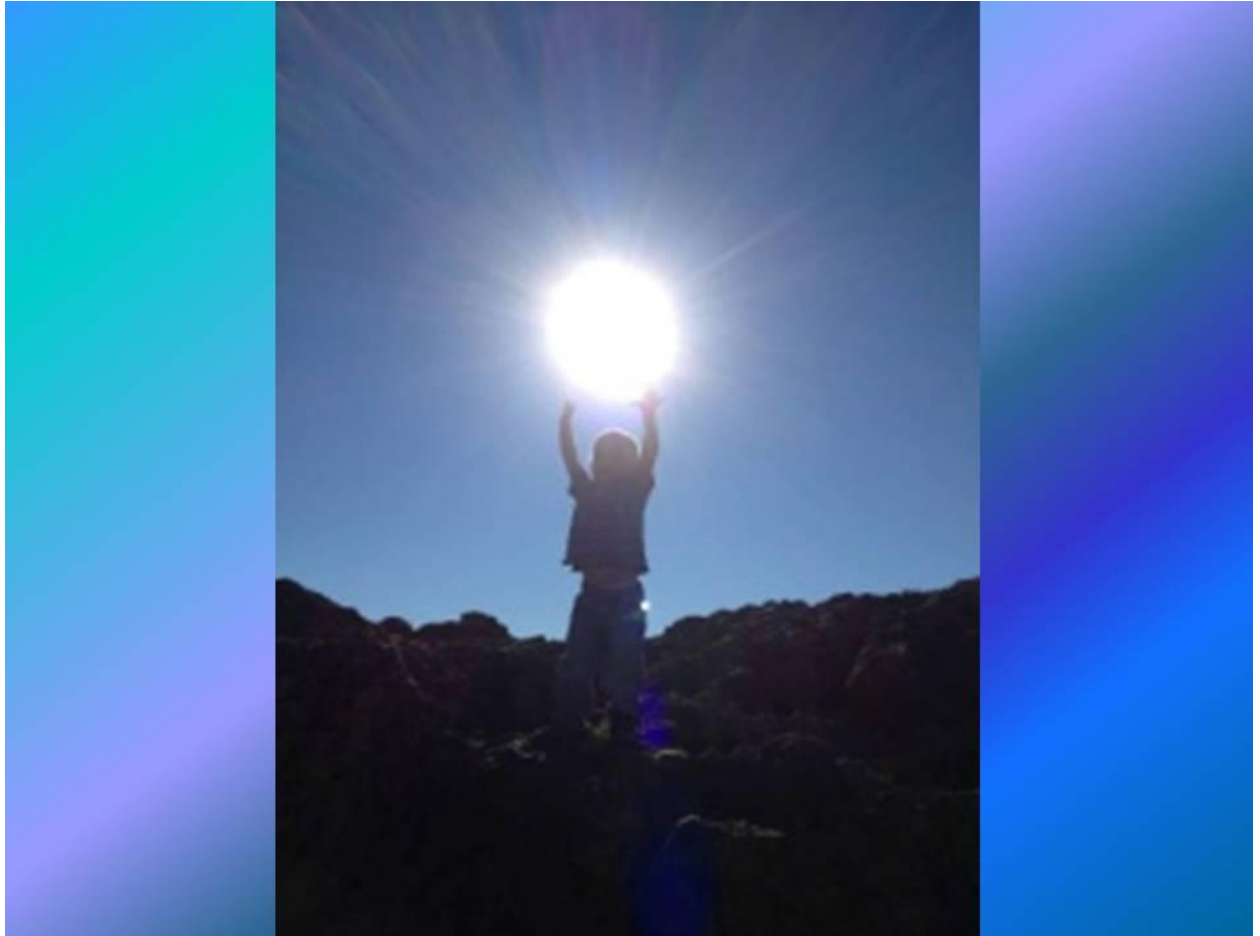
I can see how that would work, and that's why I call this MY pattern interrupt, because it is not used on someone else. This it is just for me to use on myself, to interrupt my patterns.

When I find myself feeling a way that I don't want to feel, I use MY Pattern Interrupt until it just fades from my awareness. Then I discover that I am feeling a way I like to feel.

I also use it when I find myself thinking thoughts that I know are going to make me feel ways I don't want to feel. I repeat the phrase in my mind, until... well, it usually just stops on its own. At some point I become aware that I am not using it anymore and my thoughts don't bother me.

Soon after I discovered MY Pattern Interrupt, my sister told me that she had started using a mantra she created in a class she had taken. It seems to have a similar effect for her. So it seems that you can find your own phrase (mine is a phrase), word, sentence, mantra that suits you and use it to change your state of being.





May All Kids Grow Up Happy
And
May the 1 Rule Be A Blessing in Your Life