

Reclaiming Your Power - Real Love in Action

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Recently, I was watching an episode by Dr. Greg Baer on his "Ridiculously Effective Parenting" Face Book Live event. He described how a parent handled a mistake that her daughter made. The girl had dropped a glass that shattered across the hard floor and her face illuminated the horror she felt.

Rather than focusing on the mess on the floor, the mother picked up the girl and carried her to safety. Then she said, "You feel bad, don't you? Many times I have made you feel ashamed when you made mistakes by frowning, raising my voice or saying hurtful words. I want you to know that I was wrong to do that. You needed me to love you and I was mean. I am sorry."

Then the mother took her daughter to a mirror, asked her to look at her reflection and said, "Do you know what I see? I see my lovely daughter who tries to do the right thing. Sometimes she isn't paying attention and she makes mistakes. But you are not a mistake, you are beautiful and I love you just the way you are. Let me give you a hug and then, let's go clean up the broken glass."

I am paraphrasing the story. But what an impactful example of reclaiming the power of Real Love! You can watch the complete video with Dr. Greg Baer and check out other content here:
www.facebook.com/RidiculouslyEffectiveParenting/videos/1473845179464372/UzpfSTEWnJMzMzNDA4Njg4MTpWSzozMTcxNTM2NDkyOTMwODY/

Dr. Baer goes on in this session to talk about how important it is for us as parents and grandparents to convey to our children/grandchildren that they are so much more than their mistakes and broken parts. They receive this message constantly from the culture around that no one will love them as they are and so they pretend they are someone else by hiding behind the latest shoes, clothing, makeup, friends, trends and gadgets.

He referred to a song from The Greatest Showman "This Is Me." It begins:

I'm not a stranger to the dark
Hide away, they say
'Cause we don't want your broken parts
I've learned to be ashamed of all my scars
Run away, they say
No one will love you as you are

But I won't let them break me down to dust
I know that there's a place for us
For we are glorious

When the sharpest words wanna cut me down
I'm gonna send a flood, gonna drown 'em out
I am brave, I am bruised
I am who I'm meant to be, this is me
Look out 'cause here I come
And I'm marching on to the beat I drum
I'm not scared to be seen
I make no apologies, this is me...

There is much more to this powerful song. You can hear it sung by Keala Settle and others from the movie at the link below. In fact, if you haven't seen The Great Showman movie, I highly recommend it. Even if you have seen it, rewatch it with your middle school and older kids and have a discussion about who we are. www.youtube.com/watch?v=CjxugyZCfuw

I believe that for many of us, we still have feelings, wounds and beliefs hidden away that cause us to feel ashamed of our mistakes and broken parts. We cannot give to others what we don't recognize and honor within ourselves. To reclaim our Real Love power, we have to start with ourselves. I would like to invite you to join me in an online free four-week Real Love Small Group beginning Wednesday, July 15 at 8 pm ET.

Real Love Small Group.

Do you want to learn to love more unconditionally and to have more fulfilling relationships? The truth is that this journey begins by learning to love and accept ourselves. You deserve peace, joy and happiness in your life. To discover more about this for yourself in a safe, supportive environment, join me for a free four-week zoom group starting Wednesday, July 15 from 8-9:30 pm ET.

Each session will begin with a short presentation about one of the Real Love principles: learning to tell the truth about myself, recognizing my getting and protecting behaviors, understanding imitation love and why we settle for it, the law of expectations, the law of choice and more. The remainder of the time will be spent putting them into practice. For more information and to sign up, go to www.coachmyrna.org/