

## Teaching Our Children Quantum Entrainment

The mind of a child naturally and easily moves toward awareness of his or her Eufeling. This becomes less evident as children grow up, however, because of the influence of their control-oriented parents, teachers, and even their peers. As kids get older, they forsake the complete helplessness and freedom of infancy for the ability to manage and organize the things and people in their environment. They must learn to live within imposed boundaries. This growth is necessary and good, as everyone must learn to be self-sufficient in order to become Self-sufficient. It's necessary to give in to the pressures of adulthood—that isn't the problem. The problem is that once we've learned how to control our lives, we must go on to reclaim the lost joys of childhood—the natural awareness of our Eufeling.

A child left on his own will perish. He must learn to survive. Once those skills have been mastered, that child becomes an adult. To complete the cycle of life, that adult must then revisit the magical realm of childhood and become reacquainted with his Self. There, the two halves become whole: the inner child has grown up and the adult becomes more childlike. The sum total is freedom expressed within boundaries, which is the best of both worlds. In essence, we can have our cake and eat it, too.

As adults, we still aren't finished growing. What we call adulthood is more like an extended adolescence. It is the adults of this world who have, well meaning or not, led us to this precipice on which we find ourselves viewing the insidious crumbling of cultures, the falling away of our very humanness. We are capable of unbounded love and infinite intelligence, yet they are rarely expressed. Out of ignorance or sloth, most adults do not return to embrace the purity of their childhood.

This is the second most-grievous crime an adult can commit. The first is to keep our children in ignorance of their Self. All the ills of humankind—and I mean all our ills—would vanish in a generation if our children could only learn to become free adults fully aware of their inner essence, seated in the nurturing arms of Eufeling.

I am offering you that choice. Teach your children—teach every child you know—the simple rules of Self-awareness. Continually remind them of the basic joys surrounding them, the timeless radiance of their Eufeling. Give them a chance to become free now, and the choice of maintaining that freedom into adulthood. Let them learn that the Self is the permanence permeating all change. Give them the greatest gift they could ever receive, and then stand back and watch as peace quietly descends on Earth.

## Kid's QE

The ages at which children can learn QE will vary, depending on the child. At what age you begin to lead your children inward will depend on their temperament, talents, life experience, and emotional maturity. You can start preparing your little ones as soon as they can identify their own feelings. If your child is very young, you may need to help him or her learn to differentiate between positive and negative feelings before introducing "Kid's QE." This is especially valuable for the male child whose culture may encourage him to repress his emotions in preparation for manhood. Once children know which emotions they are feeling, they're ready to learn Kid's QE.

Just as you learned to follow your thoughts inward to the silent level of your mind, so will you guide your children step-by-step to consciously appreciate their own expression of the quiet joy of their Eufeeeling, their inner essence. The overall idea is to get your kids to turn their attention inward for short periods of time. It's good to nurture their awareness when they are playing or performing routine activities so that they can readily identify what they are feeling at any given time. Depending on your child, this takes time, and it shouldn't be rushed. Just the process of becoming aware of his or her body or thoughts and emotions is very settling and will quickly lead to Eufeeeling.

Do an activity that elicits a positive reaction in your child—happiness, excitement, laughter, and so forth. This could be a favorite quiet activity such as reading a story; playing with toys; becoming aware of his or his body and how it works; or just soft, interactive conversation. Reading aloud *Martina and the Ogre*, a vividly illustrated children's book offers a wide range of interpersonal interactions and emotions that are excellent avenues to your child's inner world. (The DVD and CD are available in English through the QE website at: [www.KinslowSystem.com](http://www.KinslowSystem.com) or you can find the story without illustrations in the chapter *Children* in my book *The Secret of Quantum Living*.)

It's best to begin with something that your child is already familiar with on a sensory level and move inward from there. For instance, let's say that you're sitting on the floor with your son, and you have him hold out his hand and look at it. Then you lightly brush your fingers across his little hand and ask him how it feels. He might say, "Ticklely!" and giggle. Then ask him how it makes him feel on the inside. He might reply, "Happy," and smile broadly. You've gently taken his awareness from out to in. Now he is ready to become aware of deeper, more silent reaches of his mind and the complete stillness of Eufeeeling.

Calming emotions like happiness and love are a good place to start. Once your little one is feeling a positive emotion, ask him to describe it. Then ask him to be very quiet and look at or feel the emotion to see what happens. This is a subtle and important part of the Kid's QE process. The child needs to watch the feeling to see what it will do next. You can tell him that he is a cat and the emotion is a mouse, and say: "Watch very closely to see what the mouse will do next." Just as with your learning experience, it is your quiet attention that discovers Eufeeeling. Your child will soon learn to become still in body and mind.

Do this for up to ten seconds, as a child's mind will want to wander to other things. Then after some brief conversation, bring his awareness back to his good feeling. Point out that when he closely watches his feeling, he begins to feel quieter or more still or happier inside. His awareness is refining, moving from an emotion to the deeper, more stable stillness and peace of Eufeeeling.

Then point out to your child: "When you quietly watch your good feeling, do you see how it makes you feel quiet and happy inside?"

Ask him to watch his happiness or stillness or peace or whatever Eufeeeling he is having; and then describe what happens. He may describe what he is thinking or sensing, or tell you a story.

Let your little one talk for a while, and then have him pause. Ask him if his good feeling is still there. He will likely say yes!

Ask him to again watch his good feeling, and point out how it makes him feel happy inside. Tell him that this is his Happy Place. It is his special, secret place. He can go there anytime he likes. He can visit his Happy Place when he is tired or angry or afraid. It will always be waiting for him like a good friend.

At first, just do short learning sessions together—a few minutes at most. Very soon, you will only have to remind your child to "go to your Happy Place," and he will easily become aware of his Eufeeeling. Eventually, your child will come to realize that his Happy Place is always there, whenever he wants it. He'll carry this joy into adulthood and, as a loving adult, share that love with the rest of our Eufeeeling-starved world.

I recommend that you sit with your children for one or two minutes several times a day while they quietly go to their Happy Place. If they start talking, let them finish and then remind them to silently return to their Happy Place to see what is happening: to watch carefully and observe any changes. Very soon they will go to their Happy Place on their own or simply when reminded. It's best if they do not close their eyes. This will help them recognize their Eufeeeling even while they are playing and interacting with others.

As they grow, they can do Kid's QE for longer periods, but generally, shorter, more frequent sessions are most beneficial. Later, when they are 10 or 11 years old, as their bodies and minds mature, they can close their eyes and explore the deeper reaches of their silent minds. It will be the perfect meditation, and they won't have to learn a thing. They can do their Kid's QE with eyes closed once or twice a day. A good rule of thumb is for them to do the eyes-closed Kid's QE for as many minutes as they are old. For instance, a 12-year-old would do Kid's QE with eyes closed for 12 minutes, one or two times a day. They can go to their Happy Place as often, and as long, as they wish with their eyes open.

Introducing your children to their Happy Place is the single-most important tool you can give them. You will find the radiance of their inner light shining on their faces and the awe of the mysteries of life reflecting in their eyes. They will carry that joy into adulthood, inspiring other adults to find their Happy Place.

This will be the blossoming of the most precious seed, which you lovingly planted in your child's heart so many years ago.