

# OUR CHILDREN ARE OUR GREATEST TEACHERS



*BY MARLA HUGHES*

# THE GOLDEN RULE





Physical stabilization - First essential step is to make the child feel safe. They need a safe place and medical care and/or ways to reconnect with their own physical body. The priority to attending to medical needs and safety.



Somatic Stabilization: yoga, dance, movement to heal/strengthen the etheric body. Performed consciously with the intention of focusing on the internal experience of the movement. This allows children to experience their body again as a whole entity and a place where they can feel safe and develop a sense of continuity with strengthening emotional awareness.





Psychosocial stabilization: reliable networks of relationships need to be established that can convey protection and safety. Building the necessary trust in the environment to strengthen the child's soul or astral body is vital. This includes creativity and imagination, expression and self confidence, concentration as well as emotional awareness and empathy.



Mental-biographical stabilization: Trauma can suppress the child's confidence in their ability to shape their own biography. The reason is that the human essence (the "I") is prevented from incarnating in the right way. Negative traumatic experiences are replaced by positive life experiences, to take hold and shape their life again.



I am a child of love.....  
I have come only to  
speak of love ❤️ ~Rumi

△.H Note Book



*Forget the nonsense of there and here,  
race, nation, religion,  
starting point and destination.  
You are Soul, and you are Love!*

*RUMI*

*SEARCH*

A young child with short blonde hair, wearing a pink long-sleeved shirt, stands in a field of tall grass. The child is blowing dandelion seeds, which are captured in mid-air. The background shows a sunset with a bright orange sun low on the horizon, casting a warm glow over the scene. The overall mood is peaceful and contemplative.



