

BEST SELLING BOOK OF THE YEAR

ONE FOR ALL

ALL FOR ONE



LIGHT YOUR CHILD'S PATH

BY

AMBASSADOR OF GOODWILL

PARIS KESWANI

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PREFACE

One for all, all for one, The Beauty & Joy of Coefficient Parenting, is a positive and uplifting contribution from the gentle soul of Ambassador of Goodwill, Paris Keswani, to the hardest working people in the unsung business of raising the future of humanity through immeasurable sweat, dedication, sacrifice, patience, endurance, tolerance, unrestricted love, and the tears of triumph realizing that the weight of your efforts cannot be logically placed on a human scale, but shines through the excellence carried forward by your beloved children.

It is said in Arithmetic, that co-efficiency involves the process of order, efficiency, and progressive outcomes, in the pages of this book we share with you, the joy to love, being loved, and extrapolating love into everything around you, but specifically, your children for whom you will do anything to see them happy, rejuvenated, prosperous, creative, intelligent, respected in society and rewarded for their diligence and hard work.

I thank you from the deepest well of my being for taking the time to partake in this unending journey with all your friends, family, children, and posterity. I pray that the earth's positive energy continues to vibrate within you while healing and infusing immeasurable love into your spirit.

Peace, Love, Efficiency, Multiplication, and Growth. [PLEMG]



PARIS KESWANI

THE 13 FACTORS FOR CO-EFFICIENT PARENTING AND HOW TO ATTAIN IT

1. In the Beginning, we accept to become endowed with Inspiration & Dedication to the pledge of glorious success you made to yourself and your posterity.
2. You accept to unite your past, present, and future into a harmoniously flowing positive experience for you and your children. You embrace the mantra that harmony is a permanent member of your household.
3. Your child is your best teacher becomes a part and parcel of your positive growth menu to be passed on from one generation to the next
4. You switch from stubborn mode to decision mode while eliminating regrets and lamentations that only inhibits harmony and growth
5. You invite “patience” into your serene household as an ever-present guide and motivational shadow in times of difficult challenges and tribulations
6. Integrate the 3 cees (CCC), Calm, cool and collected in the face of adversity, and stationary points in the journey. Stationary points being points of stalemate, difficulty with approach, communication and reception, when all approaches seem to have failed.
7. Avoid the innocuous trap of triangular restrictions that influence a free fall from your position of positive ascension. Triangular restrictions occur

when you unwittingly implement a self-made restriction, assimilate restrictions others have placed on you, and propagate artificial restrictions you should not have placed on others, beginning with those bundles of joy you have around you.

8. Quietly shut the door of demarcations, indifference, and avoidance of challenges and open the entrance into excellence.
9. Embrace the difficulties and challenges unknowingly invited into your home through your child's integration into the "SOCIAL NATION" or network because you were not prepared or equipped with the sophisticated skills needed to unravel those challenges, but you are a unification of progress.
10. Avoid the legacy of emotional dependency by uplifting the power of rational logic from a place of love and perseverance
11. Become a kaleidoscope of patient guidance, sharing and upliftment even in times of failure, then you will realize your beauty as a melting pot of happiness.
12. In the end, we rejoice in the arms of positive success and enchanting posterity ready and willing to pass on the torch of one for all, all for one.
13. Reshape informality by finding a common ground between the rigidity of formality and the laxity of informality. Remember, One for All, All for

One.

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Chapter One

In the Beginning, PRELUDE

In the very beginning, we accept to become endowed with Inspiration & Dedication to the pledge of glorious success we made to ourself and our posterity. As the familiar saying goes, “no one said it was going to be easy” However, you can easily turn the hard roadway into a smooth flowing one by applying the mechanics of introspective recognition.

What is introspective recognition you are probably asking? Introspective recognition is simply when you have carefully given a bath to your memory bank, sifting through all your travails and challenges, noting how you responded and reacted, then you take a towel of positive progress and clean out all the remnants that didn’t help and now your body is left with the glow of progress, upliftment and empowered readiness to face the task at hand.

How do you face the task at hand? First and foremost, remember that your children are extensions of you as parents. Therefore, they will manifest attributes you have original donated to them through your biological identification as the Mother or the Father.

Regard yourself as a potter, only this time you are the shaping and molding what you helped create as reflected through your children. How do you mold them

bearing in mind the fact that you have a willing and able competitor known as the social media world or what we will call the SOCIAL NATION. As we gather from agricultural nature, plants exist in harmony regardless of the restrictive cluster of habitation they find themselves, soil nutrients are unselfishly distributed, benefited from and apportioned to humans for their survival.

STEPS, OR, AS THE POPULAR SAYING GOES, “*BABY STEPS*”

- a. By the time of your child’s conception we (both parents) should have striven to discover the beneficial and positive aspects of their journeys. By recognizing the positives, you automatically isolate the negatives because all that is positive is extracted by permutative isolation of all that is negative.
- b. By permutative isolation we mean re-arranging your priorities and placing significant emphasis on amplifying those attributes that gave you inner joy, the type you were reluctant to share even with your best friend. How then do you extrapolate and infuse those good parts of you into your child?
- c. As your child is a biologic continuity of you, be kind to share with he or she your failures in your chosen (or the field chosen for you by your parents) field of endeavor. In so doing, they will realize that you were not born “superman” or “superwoman” because that resides in mythology.
- d. The amplification of your failures demystifies for them the mysteries of insistent successes which usually carries with it the rejection of failures.

You share with them the fact that in the beginning of each chosen field you should expect the *challenge phase* which always includes the “I tried my best it doesn’t seem to add up” period, which is when most of the damage is done to the child’s psychological well-being.

- e. In that phase, *challenge phase*, issues of self-esteem challenges creep in like the shadows of night and tend to grip the mind like a pathogen. Because you opened and left open healthy communication pathway with your child, you will have knowledge of this phase.
- f. At that point you calmly introduce the *resolution phase* without over dwelling on the challenge/I failed phase. It is during the *resolution phase* that you introduce and share how you dealt with your failures, namely, shifting your positional footprint to another angle of observation and perspective to grant you an expanded array of inspiration while guiding you into a viable and provident solution.
- g. Remember your new motto is, “*don’t ask, but tell*” meaning, truthfully relate your failures to your children to build an unshakable trust in your suggestions and solutions. Without that, they will listen to you but ignore your recipe because they probably have investigated your past and found things contrary to their appreciation, which you left out.

- h. Do not forget that the advances of technology have reduced the preexisting difficulties confronted in information gathering. This generation and the ones after it, are now capable of carrying out “*James Bond type*” background checks on their own parents without them knowing.
 - i. It is vital that you remain as transparent as possible when you are dealing with your past as a pathway to organizing their future. There is no past without a future and there is no future without a past. You are the gateway between the two mediums and hence your vitality is paramount as the shepherd in chief of your household.
 - j. Make certain that you allocate significant time and focus when they are sharing their challenge phase experiences, it might be daily, you just have to intuitively decipher their specific methods of communication, especially if you have more than one child, and allocate care and appreciation to their chosen method.
 - k. Do not criticize how and why they have chosen to communicate the way they do as they may see that as a way to suppress their feelings. However, as the Shepard, soak in all you can from the narrative, then re-tune the nuances to the right and progressive frequencies.
1. BE *THE SHEPHERD-ON HAND, NOT IN-CHIEF*. In this beginning phase be sure to make it clear that you are not an imperial Roman Emperor with an

axe to grind with their choices, decisions and faults. Instead play the role of Shepherd-on hand who is willing to engage mentally in their mistakes and offer options that will attune their desires and expectations.

- m. How do you attune desires and expectations? You attune by adjusting portions of their actions that may have initiated the spiral process of decline and eventually failure. Be adept at recognizing those tiny facets of errors that made significant contributions. This tactical recognition is a life saver due to its overall effect on outcomes.
- n. Without being a preacher on the pulpit, drive through your suggestions while demonstrating with practical illustrations your reasons for believing they will succeed in correcting his or her errors. Refrain from initiating your own self-made attributes of the right way to go.
- o. Let the *right way to go* emerge from *the wrong way already travelled*. Within the error emerges the correction. Action and re-action are equal but not necessarily opposite. In resolving issues in physics and motion it may be true, but in the matter of human beings with anomalous nuances and feelings, it may not work.
- p. In that case, you gather together all the steps he or she took and channel them into collective then retrace the steps for each action identifying what created the wrong moves and then you insert the suggestion/solution,

implement, receive feedback, see if there is positive acceleration, if yes, then you have succeeded, if no, you reposition and re-implement until you get it right. Who said it was going to be easy?

- q. In the beginning you both joined together and the mother did the hard labor of carrying the child for 9 long arduous months, thank Heavens, the child is here, we all celebrate, all smiles, but the journey just began.

Chapter 2

Unification of Past, Present and Future, PRELUDE.

Now that you have established and received the inwardly satisfying reward for your labor, pain and gallantry as a mother, your sense of excitement and joy as a co-creator in a spiritually mysterious process, it is time to start your unification process. Imagine things that were joined together during a time you can't recall any longer, and now you are joyously tasked with sewing it all back together like the fingers of a master seamstress.

As the Seamstress in this magical process of unification you suddenly realize that in the actualization of your craft, you are also your own apprentice who will now unravel the weaving patterns found in your intricate art work, your participation in the divine art work of sewing past lives into present realities and transmitting them to an innocent bundle of joy you have produced.

Tracing the outlines of your intricate patterns and finding interceptions, very much like finding the slope on a graph of $x+y+z=1$. If you notice all factors are presumed in the beginning to be equal to ONE (1), THE ELUSIVE harmonious wholesomeness that have torn families apart for generations. The operative and guiding word in this arcane exercise is “*SLOPE*”, indentation, a hole.

From any commonly available dictionary we discover that slope means, *a surface of which one end or side is at a higher level than another; a rising or falling surface.* Bear in mind that *side is at a higher level* should not be interpreted and implemented from an imperial *I AM HIGHER THAN YOU* position, else your project will experience an *untimely time-out* similar to the one in a basketball game when the coach on the loosing side sees a faint opportunity to tie the game into extra time and gain advantage.

How do you dig your family out of this SLOPE in your project as the seamstress seeking to fill up the HOLE that will pause or delay the wholeness of your family unit and untimely take your joy away causing you sleepless nights, palpitations, bad sweaty dreams, nervousness, a sense of failure, self-induced blame sequences, even high blood pressure, a broken heart and spirit and of course the ELEPHANT IN THE ROOM, *hopelessness.*

STEPS, OR, AS THE POPULAR SAYING GOES, “BABY STEPS TO UNIFICATION OF THE PAST, PRESENT AND FUTURE”

- a. Now that this multifaceted journey you helped sew into being has taken off, you are internally asking yourself where is harmony? Bearing in mind that the magnitude of your patience will become the masterstroke of genius for your beautiful artwork. As in all works of art and beauty there is always a

beginning, your beginning that is, not the child's this time. Bring back your own very beginning and start your weaving process from there.

- b. What is your co-creator's (partner, husband, baby-father, etc.) past? It is imperative that you begin that dialogue with your co-creator in this beautiful process. And for mathematical clarity, let us assign those magical alphabets to each participant as we were taught in Algebra class a long time ago (laughter).
- c. Based on the algebraic formular we introduced in the prelude of this chapter, $x+y+z=1$, let us now assign functions to all our venerable participants, the mother, the father and the Child. Let the Mother be represented by X, while the father is represented by Y, and the child of course by Z.
- d. As is evident from our algebraic formular, our objective, your objective is to unify and harmonize all participants to flow as one. How do we shine as ONE (1) in spite of our complex distinctions and differences. Where should the rays of sun descend on us from to endow us with the natural energy needed to weave all the distinctions into one FLOW.
- e. WHERE IS THE FLOW? You as participants and weavers must have asked yourselves that question many times and probably even didn't receive any logical or perhaps intelligent responses. It is all too familiar, "*I don't know what am doing, but it sure feels good inside,*" "*I don't know where this is*

going, but am in, I am riding along” and many more of similar inner thoughts that we pass through during the pre-creation phase.

- f. The feelings you so eloquently referred to in your silence is abundant within your past experiences. It is possible that when you rode similar feelings in the past it got you in an emotional quagmire which took so long to disentangle. Now that you are back to reality and your child in front of you, it is time to unearth your past like the *archeologist of progress*.
- g. Carefully dig up all your past errors that gave you the unpleasant outcomes and sift through the process you took to arrive at the door of your mistakes. Open that door, do not run from it, open it, examine all the visitors seated inside your room of errors. Ask them questions. Ask them to explain to you their justifications for inducing you into accepting specific acts that started digging the slope for your errors.
- h. They have been living rent free in your psyche, time to open the window and throw them out. Remember, it is no longer about you, your child is here now, you are targeting to create a triangle of progress, upliftment, happiness and success. Break the yoke of perdition. Rebuild your spirit after learning through the errors you made through your acts and decisions.
- i. Weight it carefully to be certain that it can pass the muster of unseen social cross-examinations by your children’s peers in this current socialized

STATE. And remember this exercise is for both parents, it should never be one sided or it will not work. Both parents have to examine their past with clear honest conviction and humility. Both parents must set aside their ego and pride in this process. The maturity is in the humility.

- j. I am sure you are already asking what approaches? Let us answer that together, remember we are working in unison to realize the beauty in the algebraic formular we started this chapter with, which is, $x+y+z=1$.
- k. We are all in this together. Now let's talk about approaches. At some point or another in our present journey, we have all travelled beyond where we currently reside. And if you have been to New York City, for example, and you wish to visit New Jersey from Manhattan, you will discover that there are many approaches available to you to accomplish that goal.
 - l. You can decide to go all the way to 178th Street and Broadway, and within minutes, you are atop the George Washington bridge and into Teaneck, New Jersey, very quick you say to yourself, right? Or you may decide to use the commonly accessed and popular route, the two tunnels in Manhattan, Lincoln and Holland tunnels. You will be in New Jersey as well in no time, barring the usual traffic getting in the tunnels.

- m. As your love for the Big Apple grows, you eventually find out that all the intricacies and complex road networks comes down to that word we are discussing here, “*approaches*”
- n. Now that you have identified and singled out your shortcomings what approaches do you employ to share them with your partner and children. We suggest both partners share their experiences to achieve harmonious communication (one voice) since you will not always be together interacting with the children, that way you are both on the same frequency with a streamlined message.
- o. At that point, you will equally be ready to embrace the suggestion which we position here that, your child is your best teacher, as much as your experiences will serve to embrace that notion in a way that benefits all three partners in that equation, $x+y+z=1$.
- p. Remember the approaches they are there to make your journey smoother and less hectic. Of course, you will run into traffic, that's a constant, but it is not a deterrent and should not be seen as one by the two adults in that equation.

Chapter 3

Your Child is your Best teacher, PRELUDE.

So far, we have carefully sewn together the early stages with the arrival stages and now we progress into the weaving together stages. It is common for us to view our position as parents from an imperial, I am the authority position, and in the process alienating our children's perspective because we believe they just listen to us without opposition.

Sadly, in the real world it never quiet works out that way which is one of the many motivations that inspired me to write this book. The idea in my perspective that informs us that *your child is your best teacher* is derived from the natural process wherein every pregnancy comes with a distinction from the previous ones unless of course it is your first pregnancy.

As a Mother I encourage you to attune your observational, spiritually-induced skills by mentally and physically recording all the pre-natal pangs of routines, mood fluctuations, emotional turbulences, emotional calmness, unusual proclivity to certain foods you probably even never liked by your pregnancy, your attention to detail and so on, until you are able to grasp a reliable picture of who is coming from you to become a part of you.

After you have collated this most precious information, you coalesce it together after your baby's arrival to see if what you observed during your pregnancy will match what you will be dealing with in reality. let us remember that this a fun way to be a serious participant in the future of your children.

As we suggested in the earlier chapters both parents should positively partner together in this exercise as it promotes a non-confrontational unification of purpose. This process should be done in honesty, love and open mind because this is your future. The future of your overall household happiness and stability may very well be found in how you both combine together to figure out this phase of your collective journeys.

STEPS, OR, AS THE POPULAR SAYING GOES, “*BABY STEPS TO YOUR CHILD IS YOUR BEST TEACHER*”

- a. During your pregnancy open a diary or journal where you will carefully document the nuances and behavioral changes we mentioned in the prelude to this chapter. Remember to treat and regard this “notebook” or journal as part and parcel of your household presently and into the future.
- b. It is a part of your future in the event you decide to have a second or third baby then you will have an excellent primary source material to look up to

as your guide for making the minutest distinctions between all your conceptions and up to the joyous time of birth.

- c. Ask your self as your own research expert what you have learned every day. Make out time to meditate in your peace and tranquility the contents of the journal carefully absorbing, familiarizing and mastering each new thing learned. They will always come handy when the challenging times arrive almost immediately the baby starts crying while you are smiling at your bundle of joy (laughter, forgive the pun).
- d. After the baby is born, from learning the baby steps, hand gesticulations and initial inaudible utterances, you begin to arrange the attributes into an intelligible graph. When combined together over time as the baby is growing, you will certainly notice what I will call nuance-differentiation.
- e. As in calculus which most of our high school teachers failed to simplify for us until it became too late because now we hate everything about math, and can't wait to forget we learned it, we implement the opposite of that bad experience in this case.
- f. What then is "*Nuance-Differentiation?*" Nuance differentiation is a term I have coined to assist you with disentangling all the facets from your pre-natal and post-natal observations as found in your handy baby-journal.

- g. First, you group events according to the time of day, day of the week, weather period, your own internal mood, with your observations bearing in mind that all attributes observed bear equal importance and should be held as such.
- h. No special attributions should be associated with each nuance. They are all equal and proportionately distributed along the staircase of your learning curve. You both are the masters of your own creation which you have rightfully agreed to help nurture and grow into unique human examples.
- i. As you group the events together you will quickly learn about discoverable slopes similar to the type we found in the earlier chapters. At this point, you both join together and sift through the trends with the purpose of finding out how and why they seem similar, even if coming from different time frames.
- j. Such time-defying manifestations should help serve as your go-to “buddy” each time the water of your inspiration evaporates and your thirst for elevation and upliftment becomes paramount.
- k. As you read through this journal you will now begin to clearly see why we suggested that your child should indeed be your best teacher and counselor.

Chapter 4

From *Stubborn Mode to Decision Mode*, PRELUDE

It is commonly said that resistance is the progenitor of stubbornness. But in addition we should also realize that stubbornness is a function of continuous resistance in all four corners of reason.

When we intentionally block ourselves from receiving or allowing the current of balanced reason to flow through us then we are described as manifesting resistance as in physics. The process of uncovering the sources and nature of the impulses that helped induce our resistance is described as resistivity in physics.

In this chapter we will delve deeper into *our children's stubborn mode* which all parents are used to. For the first time parents, this chapter is here for you. In our opening we made defined stubbornness, resistance and resistivity. Let us now carefully blend it all together.

In this analogy, we will let our *child's stubborn mode* be equal and proportional to the resistance we defined earlier. Our objective is to next find the resistivity of their stubborn mode and tenaciously transition it to decision mode which allows the return of logical current to flow through his or her decision making endeavors.

In physics, we told that finding resistivity involves uncovering the characteristics of material used to fabricate the wire or component that allowed the process to take

place. Similarly, albeit from a different positional entrance, we need to reach into the wells of your child's complete nuances and extract the materials creating the resistance which we call stubbornness with a view to exposing them to a more beneficial conflict resolution process.

In accepting to be a parent, you unknowingly and unquestionably accepted to be a conflict negotiator and prevention specialist first, in your own home, then in the school environment your child will thrive and finally within the perforations of the social media world he or she will be subtly coaxed into.

How then do we implement the baby steps needed to effectuate the and transition them away from stubborn mode to decision mode, an enormous task, but one that will prove beneficial at the end of the day.

Do not accept that you labored in vain. Failure to try should not be an option to fail. Failing to embrace all the options available from your research journal's entries should remind you that there is virtue in trying.

STEPS, OR, AS THE POPULAR SAYING GOES, "*BABY STEPS TO INITIATE BENEFICIAL DECISION MODE*"

- a. As we have seen, *stubborn mode* if allowed to grow out of control can become a permanent lynchpin for failure, despondency and chaos in the

house hold. We want to avoid and eliminate it at all costs for peace to reign in an unbridled manner.

- b. The first step here is to lay down the stainless-steel pipeline needed to construct a durable communication highway. A highway capable of accommodating all opinions, positions, viewpoints, suggestions, mistakes, hindsight, unjustified exuberance, decisions considered “foolish or unwise” be sure to throw it all in there.
- c. Once you have transparently collated all opinions, let the energy of mediatory and reconciliatory communication begin to flow all around. Find out what he or she did that they are so convinced was right in their eyes. Calmly request that all involved be given a chance to contribute.
- d. Once you have gained your child’s confidence and trust, a germination of openness will magically manifest. Remember, always remain transparent with your own shortcomings and failures because they are watching you and taking their own notes.
- e. Allocate quality time to hear their opinions, concerns and reasons for taking specific actions in their decision process. It is has been established in physics that *action and reaction are equal and opposite*. How can you extract positive advantage for your household implementing this formular?

- f. Once the process of trust is fully integrated, you coat the atmosphere with genuine love and respect for open dialogue on all issues that created the stubborn mode.
- g. Parents please refrain from using the, I am the bully-in-chief paradigm, you will certainly fail and cause them to emotionally isolate you away from their issues. They will create an unseen *wall of Jericho* between you, as parents, and they as children.
- h. They will probably repose more trust in their friends and acquaintances while you languish in the wonder of “*what went wrong*”
- i. The easy part is identifying that you folks are no longer communicating, how do you fix that? By tracing steps found in this chapter backwards from H to A above.
- j. Once you are back on the resolution table, remember your objective is to turn stubborn mode into decision mode. Handle all their mistakes with care and passion.
- k. Appear extremely committed because you are not just raising your child, you are raising a future partner in a fruitful relationship.
- l. You will always learn from each other no matter how minuscule the matter appears at first. All tunnels have openings which can permit the faintest of light rays to enter into the fray or mix and announce their influence.

- m. When you have successfully implemented the protocols suggested here you only now need to allow time for the seed of adjustment to manifest.
- n. You will soon realize that you have been patiently forging and transferring the attributes of a decision maker into your child from day one.
- o. It is not over until you have overcome the overtures in your attempts at mending fences and building the bridges of success and lasting happiness.

Chapter 5

Patience as the Primary Mantra of your Collective Success, PRELUDE

Everything in nature in one way or another must exhibit attributes of patience to not just remain relevant and recognizable but to fulfill their own integral mission.

As huge and mighty as any tree can become, there was a time it was merely a tiny insignificant seed which had to wait patiently in the soil for the right conditions to enable it germinate and burst into visibility as a delicate seedling.

The very subject matter if this book demands incredible patience from the Mother fraught with agonizing pain, a complete physiological modification and of course a nine month mandatory period for the baby to appear.

When we look into the skies during the day we discover that there are mysterious movements in the atmosphere which imposes a mandatory 24 hour patience before we can see the sunrise for a new day.

Even the satisfaction of your hunger requires you to patiently wait on the chef to formulate a dish for you. It is and will remain an inevitable phenomenon for which all humans must abide because no amount of restlessness or chaotic volatility will remove and eliminate the fact that the germination of seed has a waiting period.

Similarly we encourage you to integrate patience as an irremovable member of your travel crew in this journey of family togetherness and child guidance into the future.

A patiently raised child can transform into a dazzling kaleidoscope of astuteness, levelheadedness, integrity, and brilliance. The process of building and retaining this mechanism is part of the primary motivation for this book. We seek to guide and encourage all parents with a desire to improve their current relationships with their children to embrace an alternative view point which can transform their efforts into smiles.

STEPS, OR, AS THE POPULAR SAYING GOES, “*BABY STEPS TO PATIENT UPBRINGING*”

- a. The first step we recommend to establishing a fruitful partnership for problem resolution with your children is patently embracing their challenges and shortcomings regardless of how you feel about them.
- b. Once the issues have been tabled join hands with them and become a patient finder of solution, they will appreciate the honesty of your collaborative efforts.
- c. Remember it is common and habitual for children to exercise their will no matter how naïve it may be, as their way of expressing their freedom.

- d. When you notice this process in action you embrace it, stand aside, patiently observe their resolve and the road they have picked to travel. Study the flow pattern in their decision and seek the most convenient points to interject your suggestions.
- e. Remember, you are a positive participant not necessarily as a parent, reminiscent to when Jesus told his disciples to not call him “master” but to address him a “friend” that way he is able to reveal more spiritual mysteries to them.
- f. You are a friend to your children because the days of imperial domination of the household by the parents who do not care and disregard the viewpoints and errors made by the child are gone and no longer viable.
- g. Every problem has a solution which can be ascertained and implemented through a methodical and careful process of dialogue, suggestions, agreement of strategies, and implementation of the collectively agreed solution to the problem.
- h. It may not always be a free flowing meeting of all minds, however, you can always pause and continue the next day if you perceive a stalemate. The risk of attempting to negotiate through a stalemate can become regrettable and may engender a sense of despondency.

- i. Patiently showing love to your children should not become the avenue for creating emotional dependency. With the presence of emotional dependency you risk positioning the child to become one bereft of logic and symmetry.
- j. Perhaps we should bear in mind that emotional dependency is more clannish when compared to your rational logic. It tends to bleach away the ability of the logical mind to make reasonable assessments and produce balanced solutions.
- k. Therein lies the most challenging aspect of this journey with your beloved children. How do you as parents balance the expression of your love with full conviction while avoiding inducing perplexing emotional dependency?
- l. Perhaps easier said than done? Could be! This is when we have to embrace the realization that our maturity as parents will be crucially important to finding an acceptable balance that will not induce lethal emotional dependency.
- m. Once induced emotional dependency will decimate all your life's work geared towards forging a family unit you will be proud of. As the hand of potter, your shapes will gradually crumble and lack the tonal excellence needed to withstand the test of time.

- n. Patience as a virtue will always be needed help you enunciate the beauty and necessity of finding the right balance between giving all your love to your children and at the same avoiding the inducement of the dreaded emotional dependency.
- o. It perplexes, it saps, it extracts, it crushes, it digs into the pits of isolation and strips your child the ability to develop their own emotional strength to continue the legacy of association with whomever they will choose to love and perhaps pro-create with in the future.

Chapter 6

Calm, Cool, Collected, the power and joy of the 3 CEES, PRELUDE

As you must have found out as parents reading this book today, your patience has been taxed out of existence in uncountable instances and situations. And to make matters even worse when combined with your own personal struggles as a Mother or Father, you only see the shadows of resolution that hazy tunnel.

Now, as an honest seeker of beneficial and balanced remedies you are here within the pages of this book pouring through all the anecdotes and suggestions and pondering within yourself how to blend it all together like the rotation of a high speed juicer or blender.

And yet, the speedy juicer has to stop at the point your fingers push the stop button. You halt the action, examine the mix, taste it to your satisfaction, pour it into a glass or device of your choosing, relish it, imagine the nutrients it can introduce into your body. The repairs of damaged tissues it is capable of inducing and the overall feeling of wellness and joy it will bring to you.

Then you realize that your calm, cool and collected approach to waiting for your body's inscrutable mechanisms of healing and repair was present before you arrived, before your child arrived.

As pointed out in the previous chapters, your patience is the master of your success in this very challenging and difficult journey, although you are of the realization that when you include calmness and level-headedness, discarding agitation and irascible stress, you attain the desired results.

When you are calm, cool and collected, you inspire, when you inspire, you enrich, when you enrich, you grow, when you grow, you manifest, when you manifest, you transform, when you transform, you uplift, when you playback the processes, you smile and cackle like a renewed tree in spring time.

We encourage you to integrate the *3 cees* into your daily regimen no matter how difficult it will be. You will always receive the fruits of the cees you have patiently sewn because energy is neither wasted nor depleted but merely transferred from one medium to the other.

Picture an orchestra with the conductor and his stick waving from side to side, up and down in rhythmic motions as he attempts to combine all the soundwaves coming from the multitude of musicians in front of him. He must not lose it, his task is to blend the cacophony into harmony as it travels into your ears and into your spirit.

He must stay calm, cool, and collected like father of the symphony. For the uncountable hours he spent uniting his group's rhythmic expressions into one

movement, the concert attendees will get to judge his work in less than an hour.

Sounds harsh especially if the audience leave unsatisfied with his work. You, as parents, share very similar attributes with the symphonic conductor of the orchestra. You are the *maestro/maestra* of your home.

STEPS, OR, AS THE POPULAR SAYING GOES, “*BABY STEPS IN YOUR JOURNEY AS THE MAESTRO/MAESTRA*”

- a. It all starts when you summon up the courage and accept your household as similar to an orchestra and that you have been bestowed with the mandatory role as the Maestra, first as the mother who will bring the child to life.
- b. Once the child has arrived, the team work starts right away. The collaboration between the Maestra and the maestro seeks that calm, cool and collected unification process.
- c. All parties involved have agreed to set aside on the sidewalk for a minute their own wants and desires and subsume them into the needs of your child or children as the case may be.
- d. You agree that your household is an orchestra filled with multi-talented and soon to be world class composers (cough, cough, more like chaos-makers/masters) with whom you have align to produce the sort of harmonic composition that transports the soul to immeasurable heights of joy and passion.

- e. Your tasks are not made any easier as you now have to carefully study each of your composers' strengths and unite them into that sought after harmony.
- f. Playing the harmonica isn't that easy after all, we all first hear it, marvel at it, then ignorantly say to ourselves, I can do that!
- g. No, you can't! it requires a whole lot more than saying it to impress your friends.
- h. Presume that the members of your household (orchestra) are always churning out discordant rhythms (ideas, trouble, problems, unfavorable alliances with friends) and now you tasked with re-tuning and fine tuning the chaos into acceptable harmony.
- i. To complicate matters, the rhythm they played during the day is not the same thing they will play at night.
- j. How do you blend the day rhythm with the night rhythm?
- k. You encourage them to release all the rhythmic nuances into one crucible which now makes it easy for you to analyze and sift through the jargon with the objective of making it all discernible and harmonious.
- l. After you have labored through the "sifting" process, you assemble your worthy composers, lyricists, tenors and sopranos to come and hear what you have made from their contributions.

- m. This is your first test-run in front of your familiar audience which is the prelude to your unfamiliar and larger audience (the always judging public)
- n. Your musicians are ready to pounce on you as if you are the one that created the chaos and cacophony in the first place, but remember, stay cool, calm and collected while focusing on the task at hand.
- o. Not only do you wish to entertain the audience, you want to make them better connoisseurs of their own instincts, behaviors and future.
- p. You want to make them responsible members and benevolent participants in our society. Certainly not the easiest of all tasks, but one that is presumably achievable.

Chapter 7

Avoid the trap of “*triangular restrictions*”, PRELUDE

How many times have you seen those bold and unwanted sign that says, “*restricted zone stay away!*” and remained excited? Especially when you thought that you could have just walked into the place do what you came for and off you go.

In this chapter we are interested in the phenomena of self-imposed restrictions in the context of parenting and the effects it can have on not just your ability to be a happy parent but for your child to experience a happy partnership with you in his or her journey.

We want to avoid using self-imposed restrictions to induce a *tug-of-war atmosphere* in which the parents, the children, and social environment are locked in a triangular stalemate from which no one benefits.

What constitutes the triangular restrictions we speak about here? How exactly can they constitute an unexpected dilemma?

Our first definition in our triangle of restrictions includes all the restrictions on our ability to overcome obstacles and achieve goals that we have unwittingly placed on ourselves for reasons we have kept to ourself.

The second definition involves the restrictions others have intentionally placed on your efforts and abilities perhaps due to society's racial prejudices and other notable biases which have been built into the system you find yourself in.

The third arm of this special triangle involves the restrictions you should not have placed on yourself which those around you may have unwittingly picked up on and now using against you to delay your growth and progress.

Now that we defined the *restrictions* let us elaborate on the steps of how to prevent having them as disturbing shadows mirroring our downfall.

STEPS, TO AVOID *INDUCED TRIANGULATION (AKA, STRANGULATION OF CONVICTIONS)* -

- a. The first arm of this triangle is the easiest one to eliminate because it was your internal creation. All you have to do is embrace your inner strength of humility and accept that the nuance which instigated your surrender has now Eliminated your blunder.
- b. Once the blunder has vanished, meditate your upliftment and resurrection into the universe and affirm through your own words that you have freed yourself and desire to move forward in calmness and joy.
- c. Now that you have spoken your relief into being, into the universe, immediately retire your old convictions and begin acting as one renewed

without restrictions and one who has wholesomely rejected failure and inhibitions.

- d. After you have eliminated your self-imposed restrictions your newly embraced outlook will automatically broadcast different energy which those who have imposed the biased restrictions on you will pick and it will cause them to initiate a modification of their acts.
- e. Each step you take towards the elimination of any of the restrictions will trigger steps of modification and eventual elimination of the rest.
- f. Simply put, your concerted efforts to eliminate the first restriction is directly proportional to the subsequent elimination of the rest.
- g. After the complete elimination of the restriction your horizon will automatically broaden and become all-embracing.
- h. Restrictions are related to those acts or endeavors, aspirations, efforts, pursuits, although widely reachable, but have turned elusive due to your embrace of the symptoms we outlined above.
- i. Now that they are gone into oblivion whence they came, rise up with your children and discourage a repetition of this vicious cycle.
- j. You and your children are masters of your own destiny, the maestro/maestra of your lives' symphonies.

Chapter 8

Quietly shut the doors of demarcations, indifference and avoidance, PRELUDE

Doors are quiet a unique concept in the human experience due to their infused mechanical or electrical, as it is in today's digitized world, abilities to hide or reveal.

Why have we chosen this anecdote in this platform? We chose it because of our conviction that the relationship between a parent and a child can be logically compared to the pendulous swings of doors.

If we for a moment mentally compare every baby step taken by our children on their journey from childhood to maturity to the mechanical movements in the hinges of doors, then we see that the palpitations and pangs of human development are similar to the pangs and creaks of doors opening and closing.

Each time we either hold the knob of a door or touch an electronic button to open one, we initiate the completion of a very meticulously thought out process which was designed to express the epitome of privacy.

Privacy of our feelings, privacy of our right to express our feelings, and perhaps the most revered one, which is our inherent right to the privacy of our own self-induced isolation.

On the hand, as with humans, especially children, what we as parents strive for is a functional modality which will prevent our children from shutting the doors of their feelings, motives, and convictions on us, thereby leaving us a cocoon of unpleasant darkness.

We pray and say to ourselves that let not there come a time when that sinking feeling of departure will set in, when we suddenly assume that our babies have shut the door on our faces, either by irrationally and prematurely running away from home and moving with their friends, or in even perhaps a more hostile environment which they are convinced as more tolerant than their parents' homes.

How did their arms reach the door knob? Was it a sudden dive or a carefully executed waiting period? Whatever the case may have been, we as parents should always stay vigilant that way we will be a readily available catalyst to avoid those doors getting permanently shut in our faces and induce a lasting sadness.

STEPS, OR AS THEY SAY BABY STEPS TO KEEP THOSE DOORS OPEN FOR REPAIRS & NEGOTIATION

- a. When your child comes home with a dilemma or issue that needs immediate resolution, please open your door and engage he or she.

- b. The hinges on your door do not require lubrication hence they can be left open at all times for the children to feel they have a direct access to you.
- c. Once you make yourself available that sense of avoidance largely felt all round will disappear and communication will become solidified.
- d. All differences and indifferences are vacated while the focus will be helping your child deal with all difficult social and psychological issues that they were having difficulty with.
- e. The doors of exuberance and jubilation have been opened embrace it with all honesty and dedication as the parents, do not falter because the children are watching you like a reality show.

Chapter 9

A Kaleidoscope of Patient guidance and sharing, a melting pot of happiness

PRELUDE

As already embraced from the beginning, this journey was not going to be an easy walk in the park. It was a permanent walk through the park. Picture your shadows walking through this park daily because it is the park of life.

One that needed patient guidance, attention to detail, unconditional love and support without recriminations and in the end you we are to receive a pot of happiness for our life's work.

If we happen to reposition ourselves and do it over, the backward steps will produce a compatible less distinct sequel that will reveal to us that when truly rationalized, we can described as the hub of intertwining destinies. We being, the parents and the children, of whom we anticipate will faithfully replicate the steps above so that the next generation will not remain askance and in chaos.

In those anticipatory moments when the love between Mother and child seems profoundly entrenched we jubilate. But once the tribulation moments set in, we agitate and isolate because we lacked foundational processes or systems that were purposefully created to assist us pull through such a complex maze.

In the many chaotic moments we should bind tightly together and defeat the complexities because we owe it to ourselves and our posterity. Remember simply because you have overcome one hurdle doesn't mean the yet-to-come ones have vanished.

They will certainly resurface to put you straight to the test of your resilience and tensile strength. How much of what you learned did you retain? We have been told by scientists that when metals BOND TOGETHER they acquire tensile strength.

We have been reliably informed by scientists that, "Tensile strength is the maximum amount of stretching or pulling a metal can withstand before it fails or is permanently damaged." Essentially, tensile strength is the measure of how much tension the metal can resist.

Although our human bodies can in way be compared to metals and machines, we certainly can extrapolate this illustration as comparatively close to our mission in this book. When we bond together with our children our *collective strengths* become amplified and we acquire tremendous tensile strength.

When we loose our bond and togetherness we immediately loose our tensile disposition which is always our glue. How do we as parents stay glued in tensile strength with our children?

STEPS, OR AS THEY SAY BABY STEPS TO STAY BONDED AND RETAIN OUR
TENSILE STRENGTH

- a. The process of bonding together we should realize is more psychological because it seems common that we humans are always rationalizing, evaluating and then eliminating any preexisting love we felt for one another most of the time based on a lingering annoyance, provocation or disappointment.
- b. However, our pets will always love us no matter how horribly we have behaved. They show us the *definition* of unconditional love every day, and yet *we act as though we have never met that word in action*
- c. It is our responsibility to bond unconditionally with our children. If inanimate metals can do it, so can we!
- d. Once we bond, we endeavor to stay bonded regardless of the extent of our children's shortcomings and irritations. Because if we fail to do this, we will crumble like rusty iron left in the rain.
- e. We bond, we share the errors, find viable ways out, then implement the solution and jubilate afterwards.

Chapter 10

RESHAPE INFORMALITY, *Find common ground between the rigidity of formality and the laxity o informality* PRELUDE

As parents we often pride ourselves in recycling what our parents taught us even if they seem untenable and improvident within the current framework we live in. We tend to lean towards adhering and hold onto the rigidity of past axioms and instructions.

Yes, there are instances when that knowledge becomes invaluable and during those times we should certainly apply them especially if they fit the parameters and will bring acceptable resolution. However, if we blindly force an unworkable idea into our resolution/solution systems, then we will certainly run into a cul de sac of disaster.

We should humbly realize that there are aspects of the journeys we took in the past as parents that must now be discarded and replaced with functional solutions which our children are exploring and experiencing in real time. Our cycles of defiance or perhaps refusal to detach from a toxic mindset, if we are humble enough to admit one, will eventually show our children, that, we would rather be dragged along like robots by the rigidity of formality.

This phenomenon is completely counter productive and defeatist in nature. For example, what if your child rejects meat consumption out of their own self-awareness, and you, the parent perhaps is an avowed meat eater, you immediately impose your position and it leads to unnecessary conflict.

In our excursion here, we suggest that you engage the child in a dialogue to discover the sources of his or her position, inform yourself and show your support even if you absolutely oppose them.

The idea is that we have to compromise the essence of our rigidity and turn it into flexibility to usher in a continuously flowing harmony of ideas and positions. It is important for our quest to create that well-balanced child we so crave.

Reshaping informality involves finding a common ground, like a common room, in which all parties are free to bounce their ideas without getting shut down or condemned. The common ground in the final analysis takes the position of the resolution ground on all occasions.

Once we have found a common ground acceptable to all, we then proceed with replacing untenable ideas and axioms that we have embraced and dragged along with us for so long that it almost replaced our shadow.

The time we spent groping for the tiniest of errors in our children but not in us, can now be recycled into extracting solution form the errors rather than just condemn them and banish them into the well of oblivion.

There are some cultures in the word today that believe in their mythologies that they have eyes at the back of their heads. Who are we to disbelief and laugh at them? Perhaps if we sought a more detailed explanation of this belief, we may discover that they were probably making allusions related to other phenomena but using the human head which encapsulates life and death in a literal sense.

Even when we are inundated with uncountable tear-stained faces who are making pleas that we disagree with learn not to brush them off and demean the force that allowed their tear glands to open up and release such a rare liquid.

We reach out, find a common ground between the rigidity of formality and the laxity of informality.

Once the two axioms can harmoniously relate to each other, you have succeeded in creating a well balanced communication pathway, one that you can drive on for so many generations to come.

After your prolonged pain, now embrace your prolonged joy. The foundation has been patiently and meticulously laid with humility and fair consideration of the contributions of all involved.

No one's ideas were left lying on a fallow street accumulating soot and dust. Now we can relax, lay back, unify, integrate, and best of all, in so doing, we uplift each other, one for all, all for one.

END

By

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