Megan de Beyer

Awakening Purpose Through Parenting

YOUR FAMILY RESET

Are we living past each other?
Are we ever really available?
Do we rush over conversations and end up talking over, or around each other?
Or in an uncensored vomit of complaints?
Or maybe we are down to just transaction speak.
I think anxiety, overload, no time or emotional denial does that to us.
We all know by now that sympathetic dominace, or so called fight/flight/freeze keeps us in survival mode.
And survival mode interrupts real connection.

Here are some examples

A FRIEND AND ME TEXTING EACH OTHER WHILE DOING OTHER TASKS:

"checking in- see u later?"

"Don't feel up to much. Can't make it."

" What's up?"

" sis has more chemo"

"shit sorry- my brother totally bed bound now"

"what a crazy year- how YOU?"

"Normal list bla bla, energies are so off!- my garden flooded and I had to dig a rough canal in the middle of the night- what more?.!"

" at least your roof didn't leak!!!"

"lol-shit this year!"

" I read that healing can be fun- when?"

"ja, im just gonna try sleeping. That would be fun"

THEN LATER, WITH THREE MUCH YOUNGER FRIENDS WITH TEENS ON A WHATSAPP GROUP (VOICE NOTES AND TEXTS)

"Sky is too cool for school. Comes home, sauntering, practicing that side smirk smile, I know it coz the Elvis look is back. Now there's no speak at all".

"At least he plays sport!. My daughter, is always lounging, phone in hand, surfing without moving- obviously I mean scrolling social media. Why does she always sigh when I come near? WTF? and today said: " I need a yellow bikini". I'm like is that the only thought you have right now? Have you seen the news? Do you think the Middle East worries about yellow!!"

" Ja, Teens don't care-there's no middle ground anywhere-I'm talking about home. Arg sorry- didn't mean to jab at the very real suffering...the future is so damn lousy for our teens...arg.

" Not going there - at least I can depend on the sound of Jeff making another work call. Life goes on. Can you hear him? And can you hear me cutting the veg?"

" Hey, What do we do about ChatGPT?" " I say:" It's staying, growing. It's amazing tech."
" But no ones going to learn a thing. Tim won't ever develop his brain."

"We have to go with it- time limiting is the only way."
(I feel a bit bored suddenly).
Then I say: "How long do you think you can be on HRT- bioavailable creams?"
"What?"

So instead I say: "Where you for Christmas?"

Yip, we really are not moving beyond a ramble, yet underneath we are all desperate to really connect. To be there for each other. But there is information overload and complicated news, or traumatic happenings everywhere. I think it's easy to get swept up in overwhelm or simply shut down. Everything is described as trauma, and every wellness person is posting about trauma remedies. Even that feels distracting, or 'work', or too much to be responsible for. And for parents it's obvious that teens are scattered, and feel disconnected. We need to get back to basics. I suggest from the feet up. We need to be more embodied. Be in our bodies. That helps and that's real.

Or else it's suppertime again, and Who IS that person sitting at the dining table across from me? What happened to my youngest this year? Where am I really, in all of it?

HERE IS MY HELPFUL MESSAGE

Pause. Really look around the room you are in. Take your time. Do it now.
Look at the floor, the ceiling, the objects you know so well.
Gaze out the window. Breathe. Let your eyes linger on something you like, or maybe love. Soften your gaze. Drop down to your heart. Let that object, art, flower or tree remind you of your inner life.
Notice any shifts in your breath, saliva, body. Now move a little. Sway, shrug, stretch- do it now! And soften your felt tension. Mock a yawn with a full body stretch. Fake it until you make it. Coming back into your body, your heart, your sensations.
Sigh out loud. Now, take off your shoes, ground, bounce or do a yoga stretch.

Notice how these simple somatic practices move you out of stuck tension, or politeness, or chatter, or automatic, everyday problem solving.
This movement into an embodied experience, the direct experience of the space you are in, or the actual day you are in, is invaluable for your family's spiritual health. As a parent, it's only once you are more centered, embodied and grounded that you can set an example of being present.
Simply by being in your body.
Only now can you breathe in for 5 and out for 5, and actually register that it feels good and that you have been holding your breath all day!
From here you can create a neutral, non-challenging space where all the family members can – without fear of judgment – express their feelings or talk about real stuff.

Here is a useful exercise. Do it with heart.

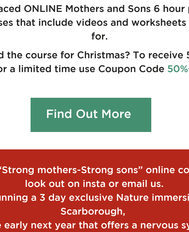
Try this simple end-of-year exercise (It can be written or spoken)

Think of it as a kind of family co-regulation. Or a recalibration or RESET.
Ask everyone to imagine their future self. No matter how bizarre. No censoring.
Teens can burst any parent's bubble I know, but go with it.

The story you WISH you could tell
Complete this sentence:
"When I sit down for Christmas lunch, this is the story I would like to tell about my year. AND this is the story I would like to tell about us as a family... "

There are no right or wrong answers; the idea is to offer an unchallenging space where you can be honest and to lean into each other and clear the way for some new positives for 2024.
It can even remain a written exercise!
There's lots in these stories that may surprise you (I didn't know you felt that way).
Some of it might astonish you (I didn't realise you wanted to try that new course).
Some of it might impress you (I didn't know you'd done so well with that hobby).
Some of it will be enlightening
(I didn't realise you had an issue with the way we do things as a family).

Remember: strong bonds are built over time.
THE MORE WE LEAN into each other and believe in the good within the other, the more we can TRUST, and build a strong sense of BELONGING!



My book is still available and I'm delighted to write in a copy or sign it if you want to give it as a gift.

I have a self paced ONLINE Mothers and Sons 6 hour programme with TEACHABLE courses that include videos and worksheets that you can sign up for.

Gift a friend the course for Christmas? To receive 50% discount for a limited time use Coupon Code 50%GIF

Find Out More

There will be a "Strong mothers-Strong sons" online course next year- look out on insta or email us.
Finally I'm running a 3 day exclusive Nature immersion retreat in Scarborough,
Western Cape early next year that offers a nervous system RESET.
I will send out details and post on my insta. So join my insta