



## My Child as a Gemstone

The invitation is to look at your child this week with beginner's mind. As if you had never seen this creature before, with mindful presence. Find a couple of times when you can observe your child and they are not aware you are doing this. Then closely observe, sense and savour, as if this were a gemstone just fallen from Mars. You have never seen something like this before, nor do you know anything about this unique treasure. That means leaving all your typical patterns, thoughts and judgments aside and paying close attention with wonder and curiosity. What can you discover? What do you see when you look closely? What gestures does this being make? How is it moving? What sounds are produced? Reach out and touch the gem, attending to any physical sensations of touch.

### Reflection:

Do you notice anything you have never noticed before when you observe your child in this way?

---

---

---

How is this different from how you typically observe your child?

---

---

---

In what ways could this practice help you and/or your parenting relationship?

---

---

---