

Nurturing the spirituality of children

Without a doubt, all of us are children of the light. We have all come here as spiritual beings and we exist in this world through a physical experience. No matter how much time we spend here on this planet, we still remain children. There is a child within each and every one of us, and while a part of us grows up through experiencing the world, there is another side of us which remains connected to our spiritual origins. It is through the gaze and innocence of the children in our lives we are reminded of our spiritual origins, the simplicities of life, and our enjoyment and inspiration for life itself.

When each of us is born, we come from the realm of spirit and inhabit this body. We come through without judgment for what is real or not in a factual, logical sense. There isn't a need to question or doubt, for what is experienced at an early age is purely in the moment and is taken in as being what it is for what it is. As we experienced the world and was influenced by it, many of us had forgotten about our own innate and natural spiritual gifts by the time we had reached 8 or 9 years old.

Spend a moment reflecting upon your own early childhood. What were some of your experiences of Spirit? Perhaps you yourself had visions, or had sightings of apparitions, or could sense the feelings of others.

Maybe there was a sense of knowing about your relatives whom you had never met before. What happened when you tried to explain these things to your parents, friends, and family?

It is quite common for young infants and children to experience these things and it isn't a new phenomenon sweeping the world, which is popularised in medical and psychological circles. While it may have some relevance from time to time, the medical labels existing today for these types of things are just not applicable. Remember we are all beautiful beings, each with our own unique talents, gifts, and characteristics, so there should not be the need to label or categorise in the sense of what is seen as not normal by those who write the rules of society.

Children, like each and every one of us, simply want to be themselves—to express themselves, to be heard, noticed, and nurtured. Without the need to judge their behaviours or actions, children simply want to be accepted and feel welcomed throughout their lives. Take the time to listen to the children around you. Notice what they say, notice how they express themselves creatively. Disconnect from the hustle and bustle of the responsibilities of being an adult and connect with the children around you and also the child within you. The spiritual gifts of children are a reflection of the spiritual gifts within you, and by looking at things in this way, it is a reminder about the innocence and purity of a child which keeps the magic of life flowing.



Children are great teachers to the world because they inspire us all to grow from life. Think about the ways they engage with the world and are open in expressing their emotions. For example, a young baby or toddler cries and voices themselves to express their needs. In a physical and spiritual sense, observe a child or your children, and notice how they engage with the world without holding back. They are free of worrying about what others think. Reflecting upon this, think about how you express yourself and how you can connect with the world without reserve.

Talk to other parents about your experiences with your children. While in a traditional sense it is easy for someone to seek the advice of someone who is knowledgeable in child and medical development, keep in mind, there is a different paradigm, a different way of thinking in the contemporary world. With many people becoming more aware of what is actually going on in their own lives and the world within, you will find sharing experiences with other parents will unveil the mysteries of the unknown in terms of spirituality in children. Finding like-minded parents and support groups who enrich your thinking and can guide your learning about you and your children can be very beneficial in understanding and nurturing children in a holistic manner.

Get in touch with your own inner child. Through connecting with the child within you, you are better equipped to engage with the children in your lives. Play, sing, laugh, dance, and imagine. A child's imagination has no limits and neither should yours. A child's imagination is the gateway to worlds beyond worlds. Logical reasoning and conditioning, which has become important in a knowledge-driven world, has led to the diminished and misunderstood perspectives of children and their innate and natural spiritual aspects of life.

Learning to understand children in a spiritual manner empowers you to understand and relate to yourself. Fostering this connection to Spirit equips you and your children with the necessary skills needed to fully embrace life for what it is and to enjoy every moment of it from a place of joy, love, and peace.

Namaste.

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Image by Karen Downey