

Family and Community - We are meant to learn love through our family relations

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We are meant to experience connection and learn how to relate to and love each other through the relationships within our families and our communities. Connection is the energy that is created between us when we feel seen, heard, and valued. Striving for this first in our families creates an environment of acceptance and love where we can learn to give and receive

without criticism or judgement.

By creating a loving family culture, parents give children the opportunity to develop healthy emotions, collaborative skills, empathy and understanding. They can learn the social skills they will need to create a meaningful and even beautiful life no matter what challenges they may face. ***The parent-child connection is the core relationship that rules the world. If it is strong and solid, we have healthy men and women. If it is broken and fragmented, we have a wounded world.***

When we work on this in our family, naturally our communities are healthier. The quality of the relationships with parents and siblings lay the foundation for all future relationships—with classmates and teachers, with co-workers and supervisors, with friends, and future spouse and children.

We also have the opportunity to support and mentor others in our community--a middle school or high school student who is having a tough time with their parents, a college student or young adult living away from home for the first time, a newly married couple navigating their new life together, a new parent adjusting to life with a young child, an older couple who are empty-nesters for the first time or someone grieving the loss of a spouse. Finding a way to show that we care could mean an invitation to have coffee or tea together, sending a text or giving a call, having the couple/individual over for a meal or inviting them to a community or church event.

If we think about it, creating connection and unconditional love in our families and communities is one of our superpowers and a simple way to impact the world around us.

I would like to share about what is happening in my community. I was recently interviewed by Heather Thalheimer about my book on the WholeHearted podcast. Check it out and while you are there, take a look at the other

wonderful podcasts: Meditation Monday, Four Minute Fridays and more.
www.podbean.com/ew/pb-icrpx-12cf40c



My book was also nominated for the 2022 Readers Choice Awards contest by TCK Publishing! If you have read my book and haven't already voted, please consider voting for it at the link below. Scroll down until you see the cover of my book and click on it. If you haven't gotten my book yet, click on the link below to find it on Amazon. It is great for kids of all ages and for grandparents as well.

www.tckpublishing.com/2022-tck-publishing-readers-choice-contest-voting-page/

To purchase my book on Amazon, click here:
tinyurl.com/7-Gifts-to-Give-Your-Child

If you would like to know more about what I offer as a coach, please visit my website: www.coachmyrna.org/ Find out more about Safe Conversations www.coachmyrna.org/safe-conversations.html.

