

Kathy Katts

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Why Your Healing is Crucial for Your Children

As parents, we serve as our children's primary and most influential role models. In their infancy, they evaluate our expressions, mirror our words, and absorb the nuances of our voice. Our actions become even more impactful as our children mature, shaping their perception of life.

Our children look to us as their guide post. Parenthood is an ongoing journey; which will shift over time as our children go through the many different developmental stages of their lives.

Reflecting on my role as a parent with children aged 22, 20, and 18, I've realized the simplicity of my children's needs. From my own experience, our children require three fundamental things:

- 1. Survival: Providing shelter, food, and protection.**
- 2. Love: Offering touch, compassion, and support.**
- 3. Guidance: Imparting wisdom, direction, and fostering growth.**

They don't need us to solve all their problems, devise solutions to every issue, or meticulously plan their future. Stressing over the facets of their life which we cannot control does us no good. The caveat is that we, too, needed these three life essentials.

Embedded in survival, love, and guidance is our own healing. As parents, we often don't receive the necessary foundation for physical, mental, and spiritual thriving. When these needs are unmet, we may unknowingly project our deficiencies onto our children, using parenting as a means to alleviate our own pain.

Children of parents in this situation may grow up feeling inadequate, either seeking achievement for parental approval or rebelling against expectations that don't align with their true selves. Unhealed parents perpetuate this unconscious pattern.

If this resonates with you,
know that it's never too late.



Regardless of your children's age, they still observe and model your behavior. Investing in your healing is essential not only for your children but also for humanity as a whole.

The saying "Hurt people, hurt people" holds true. No one intends to hurt their loved ones, but we operate from our current level of consciousness. This is a time for transformative growth.

In my seven years as a practitioner and coach, three foundational practices for self-care and healing have emerged:

Grounding: Consistent self-care practices for the body, mind, and spirit.

Inward Stillness: Quiet, mantra-based meditation to transcend thought, feeling, and sensation.

Reflection: Regularly assessing what is arising, what feels fulfilling, and what can be let go.



Taking responsibility for our healing involves letting go of blame and guilt and showing up in the moment in the best way possible. By doing so, you benefit not only your children but also everyone you encounter. They will thank you and radiate in the light of your healing.

If you or a loved one needs support, check out my programs or schedule a consultation at

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