

### What Do You Really Want for Your Children?

Parenting – Interview with Dr. Wayne Dyer by Karen M. Rider  
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An interview with Dr. Wayne Dyer  
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**H**ow often, as a parent or grandparent, do you wonder how capable our children are of guiding themselves to be healthy, self-reliant, resilient and compassionate adults? Dr. Wayne Dyer is a father, psychotherapist, motivational speaker and remarkable teacher for adults and children. He is able to teach young people tangible lessons about the power of intention, how to set goals and deal with challenges, the importance of a positive attitude, and the power of words we say to ourselves.

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### Talking Points

How often do we wonder how capable we are of guiding our children (or grandchildren) to be healthy, self-reliant, resilient and compassionate adults? Dr. Wayne Dyer is a father, psychotherapist, motivational speaker and remarkable teacher for adults and children. He is able to teach young people tangible lessons about the power of intention, how to set goals and deal with challenges, the importance of a positive attitude, and the power of words we say to ourselves.

- We can learn so much by watching babies. Babies didn't come into the world to suffer, be sad or fearful. They aren't trying to be anyone or anything. They have no possessions or goals. They are simply joyful and easily pleased because they are in a constant state of love. What are some things you have learned from your babies?
- When watching our kids play house, what behaviors are they imitating? What is being modeled for them? What can we learn from them about our parenting style and habits? Parenting is the hardest and most rewarding jobs on the planet. "Parents want their children to value themselves, to be self-reliant and independent, to take risks, to be free from stress and anxiety, to live peaceful lives, to celebrate present moments, to value wellness and creativity, and to feel a sense of purpose." (25) We have to model this for them. We have to be able to cultivate our own inner happiness to show them that it's possible.
- Dyer has written a children's book series that conveys important practices and life lessons such as "sharing the good in yourself and seeing the good in others, thinking good thoughts, and taking care of your mind and body." (26)

### Resources

Full references for each article are available at <http://pathwaystofamilywellness.org/references.html>