

Aware Fathers

Fathers are important for families.

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AWARE FATHERS

Fathers need to be a part of the family too. For many families the father often works long hours out of the home and spends little time with his children. The fathers may not even spend enough quality time with the mother let alone providing quality time for the children. Children need more than just the fathers presence.

We see in the universe opposite forces which need each other to exist. Night and day, cold and hot, wet and dry, men and women. In a family situation, there is a strong need to have the energies of both parents available to the children. By having both the male and female energies it creates a balance of forces to help the child grow in a balanced manner.

There is overwhelming evidence of the effects parents have on their children and the health issues caused by negative guidance. I have witnessed how being adopted, not being wanted, lack of compassion, the belief that children should be seen and not heard, repeated invalidation, has impaired the health of our youth. Generation after generation information is passed down through parents to their children. The information which is being passed is often filled with anger, fear, grief, rage, and a host of other emotions which are transmitted from parent to child in an unseen system. Both parents pass on their inherited emotional information just as they pass on the genetic coding for hair color, body size, eye color, and other DNA coding which are passed as the parents unite to make one.

Fathers bring to the family the male energy. This means he is passing on to his children how males handle situations and process their emotions. Many men are programmed or taught not to show emotions for fear of appearing weak. This means they are trained to stuff their emotions. This also means that they do not learn how to process emotions in a healthy manner. The ability to hold the emotions in can later translate into heart disease. For many years we have heard that women often out live men. Men typically succumb to heart attacks, alcoholism, emphysema, and hypertension at an earlier age than women. One of the contributing factors to these ailments is men holding onto or suppressing their emotions.

Men have been taught in our society they need to tough out situations. By brute force of will men can power through almost anything. This programming often leads men to early deaths. Men will typically not seek medical treatment early enough to detect or prevent ailments. This tough thinking prevents them from learning a different way in which to be strong.

By showing their children the side of the male energy that creates strength during difficult times the children have difficulty learning when to use strength and when to honor their emotions or feelings. The attributes of being strong during difficult times and not showing

emotions during a confrontation often are qualities which are not needed in every day life situations.

If we look at women as being the soil in which our children grow then the fathers are the seed bearers. How the seed is made is just as important as what soil it is grown.

Our mind creates thoughts which are translated into energy frequencies. These frequencies are translated into physical responses. If this energy is not released the stored energy can create physical symptoms. Over a period of time if these symptoms are not processed then the symptoms can become physically damaging and even fatal. Harmful energetic patterns held in the body can be transmitted to children through touch, speech, odors, and even at conception.

Men who have not been able to process their emotions in a healthy manner can pass on these emotions to their children even when they are not around. Absence from the children serves to leave a whole in the child's development which allows for other influences to fill the whole.

Fathers who go through a revealing healing process will often note changes in their lives. Relationships with your children and your wife can improve, your health improves, and your ability to see the world around you in a much more positive view improves. You will be able to experience life more fully by being free to share your inner thoughts with those who love you. This sharing builds relationship bonds which improves your health.

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Source: www.acupuncturehealthcaremn.com