

REALITY KIDS

Failure...the greatest gift!

Why are we so afraid to let our children experience hurt and failure?



I have failed. I have hurt. I have dealt with loss, grief, sadness, anger, frustration, feelings of helplessness and heartache. I am happy to report that I am still alive and thriving. In fact, I am who I am today because of these life experiences. I now understand that these challenging events have actually been blessings in disguise.

Don't get me wrong, I have spent majority of my life being unhappy with, and feeling at the mercy of my life circumstances. I've done my fair share of blaming too. And because it doesn't feel good to blame myself as being the reason for my misery (how could it be, right?), I would go about blaming everyone else, or the world, and even God. It wasn't until my early 30's that I was introduced to another way of seeing my life circumstances. I have Lynne Forrest to thank, for helping guide me towards a more

peaceful and harmonious way of seeing my life circumstances. Lynne gave me [10 Steps to Freedom](#), the tools for happiness. Today, I am still presented with challenges and obstacles - I just choose not to see them as 'bad things' happening 'to me' - and instead I see how they are perfectly designed 'for me', to simply show me how I am out of alignment/harmony with Reality.

Reality is always for me; it's for all of us. And because of Free Will, we get to decide how we choose to experience life. Our thoughts about Reality determine how happy or unhappy we are. Our thoughts create feelings, and our feelings determine the way we react. By choosing our thoughts carefully, we can affect how we feel. For example, let's say that I got a call from Sawyer's (my son) teacher saying how disruptive and distracted he was in class that day.

Here are some unhappy thoughts that might pop up about Sawyer: "He's such a bad kid"... "Why can't he stop acting so immature?"... or I might feel sorry for him and have a blaming thought like, "Why is his teacher always picking on him?". When I believe any of these things, I feel frustrated and angry with Sawyer. I feel unsupported, helpless, unhappy and angry. I feel like a bad mom. I feel shame and anxiety. And from these feelings, I will automatically begin to react in unhappy ways. I might get mad at Sawyer and punish him for being so 'bad'. I might collapse into helplessness and cry - in an attempt to make Sawyer feel bad for what he's done to me...or to get the teacher to see how hard I have it being his mom (the martyr) - rather than her seeing me as a bad mom who can't control her kid. No matter how I choose to react, as long as I'm reacting from one of these unhappy feelings, look at how unkind and unloving I have to be to me and to Sawyer. Instead, I can simply choose to line up with Reality (the truth). The Reality is that Sawyer had an incredible opportunity to meet his teacher's boundaries, and to reap the consequences of his actions. When I understand this simple truth, I no longer have to make the report from his teacher, a 'problem' that I need to fix. As if I could fix it or demand that he be different - that's a set-up for disaster if you ask me. Instead, I get to thank his teacher for her support. I can praise her for the loving boundaries she is setting with him, and holding him accountable when he crosses them. I get to spend the

FAILURE THE GREATEST GIFT (CONTINUED)

rest of my day knowing exactly how loved my son is, by his teacher and by the Universe.

Failure truly is a wonderful gift for our children to encounter along their life path. And what about us grown-ups? Imagine what our lives would be like if we gave ourselves the very same permission to fail in order to reveal a part of us (a belief) that is keeping us from happiness, peace and self-love.

Here is a conversation I had with Sawyer about failing. This kid cracks me up...I so love his willingness to share every detail with the world - there is no shame because he knows there is no such thing as a 'bad kid'.

Me: How do you learn by failing?

Sawyer: By learning the 'hard way' which is actually not so hard,

it's really the 'easy way'. I like to test people's boundaries to see how far I can push their patience.

Me: Why do you do that?

Sawyer: So that in the future I know how far their limits go so the next time I'm in their classroom I know what kinds of behavior will get me in trouble with each individual person.

Me: Have you ever failed?

Sawyer: Of course, many times. Like during the fitness test, I failed the upper body strength part.

Me: How did you handle it?

Sawyer: I think I handled it pretty well actually. I told myself it wasn't a problem and I can get em' next time. Guess I need to workout more on my upper body muscles.

Me: Sawyer, I sure do love your honesty, and the way you see and approach life.

Sawyer: Thank you mom, you are the most loving mom in the world.

Me: Do you have any advice or suggestions about the importance of failing for your friends?

Sawyer: Yes. People think that failing is a big, big problem. But I don't. I think that failing is just a part of life. If you don't fail something, how are you supposed to know what to work on and get better at? God put us on this planet to learn.

Me: Yes, we are here to learn.

About the Author: Danielle Alvarez (Sawyer's mom) is a Conscious Kids Counselor and Educational Director of The Reality Formula for Kids®. For more info visit www.lynneforrest.com/kids

DRAWING OF THE WEEK

ILLUSTRATED & WRITTEN BY REESE JONES

Under the Sea

Hi, my name is Reese and I am 6. This month I colored a picture for my mom of a mermaid on an island. Mermaids are beautiful, they wear pink shells to cover their chichi's, and the scales on their tails are rainbow. I like mermaids because they can talk to every sea creature. I would like to be a mermaid so that I can have a conversation with all the dolphins swimming in the sea. I would like to know what it's like to swim to the bottom of the ocean. I hope you enjoy my picture and that you will have wonderful dreams after you read this newspaper.



GOT MILK?

People around the globe are drinking milk. Milk is actually meant for baby cows to drink, and not good for humans. Humans love to drink milk and eat dairy products. I know they say that dairy can make you stronger and healthier, but they are wrong. People wonder why they have eczema, migraines, stomach problems, and sinus congestion. Well, dairy is the cause of these side effects. I watched a video by Mark Hyman, MD ([click here](#) to watch it yourself) who has done a bunch of research on this topic. Here are his 'Truths About Dairy':

1. Milk doesn't reduce fractures. eating dairy products has never been shown to reduce fracture risk. In fact, according to the Nurses' Health Study dairy may increase risk of fractures by 50 percent!

2. Less dairy, better bones. Countries with lowest rates of dairy and calcium consumption (like those in Africa and Asia) have the lowest rates of osteoporosis.

3. Calcium isn't as bone-protective as we thought. Studies of calcium supplementation have shown no benefit in reducing fracture risk. [Vitamin D](#)

appears to be much more important than calcium in preventing fractures.

4. Calcium may raise cancer risk. Research shows that higher intakes of both calcium and dairy products may increase a man's risk of prostate cancer by 30 to 50 percent.⁽ⁱⁱⁱ⁾ Plus, dairy consumption increases the body's level of [insulin-like growth factor-1](#) (IGF-1) -- a known [cancer](#) promoter.

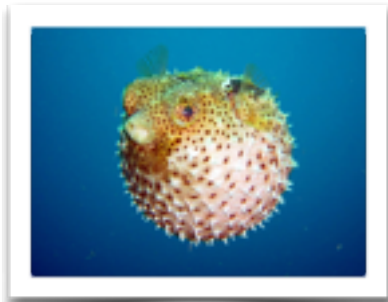
5. Calcium has benefits that dairy doesn't. Calcium supplements, but not dairy products, may reduce the risk of colon cancer.

6. Not everyone can stomach dairy. About 75 percent of the world's population is genetically unable to properly digest milk and other dairy products -- a problem called lactose intolerance.

These are brilliant discoveries. I've been able to experiment with not eating dairy for over 2 years now. I've discovered that when I'm at my dad's house and we eat dairy, I always leave his house with eczema on my arms and legs. At my mom's we don't eat dairy and I never have eczema. Still got milk? I hope you'll experiment with your own body like I did. ■ *by Sawyer Jones*

Source: Huffington Post Healthy Living, May 2010

UNLESS THEY BECOME HAPPY KIDS...HELPLESS BABIES WILL ALWAYS GET BULLIED



I have recently noticed that my little sister, Reese, has been working on not being a Helpless Baby. I've always been able to pounce on her and bully her - it was just so easy to do. Every time I would bully her, she'd whine and scream and act helpless...this made me tease her even more.

A few weeks ago, I was fighting with Reese, and suddenly, instead of whining and being helpless, she stood up tall and in a strong voice she said, "Sawyer

Stop!". She immediately said, "Ok, Sawyer, if you believe that you have to bully me, that's what you believe. But I'm not going to allow it right now."

I replied, "Ok," and got her message loud and clear. Later that night during dinner I started thinking about what had happened and how amazed I was at my sisters words. I told a story about Reese and how she used to be like a minnow, and how I was like a shark. Then I described when Reese said, "Ok, Sawyer, if that's what you believe, that's what you believe," I described her as being a puffer fish, and me as the shark.

When puffer fish are frightened, they expand into a spiky ball of air. So when sharks try to eat them (bully them), they

turn into a ball. When the shark tries to eat them, it can't because it expands into a spiky ball that's hard for them to swallow.

When I try to bully Reese, she fights back and becomes a puffer fish. I, as a shark, respect her fighting back, because she's standing up for herself.

I'm so proud of my little sister for standing up for herself and transforming from a minnow into a puffer fish.

I've learned that helpless babies get bullied unless they become happy kids. The most important thing i've learned is that bullies get bad attention from other people until they become respectful leaders. ■

- by Sawyer Jones

LACROSSE VS. BASEBALL

Interview with a friend...



I had fun interviewing my good friend Christopher Young about Lacrosse, his new favorite sport.

Sawyer: Which do you like better, lacrosse or baseball?

Christopher: Lacrosse

Sawyer: What do you like about lacrosse?

Christopher: I like how you get to hit people. You get to be physical with each other.

Sawyer: Will you ever play baseball again?

Christopher: I probably will sometime in my life, because lacrosse is way advanced at Baylor and McCallie.

Sawyer: Will you teach me how to play lacrosse? Is it hard?

Christopher: Yes I'll teach you and yes it is hard learning how to cradle.

Sawyer: Would you like to come to one of my games, and I can come to one of yours?

Christopher: Ok. Let me know when your next game is and when I get my schedule I tell you.

■ *by Sawyer Jones*

Did you know?

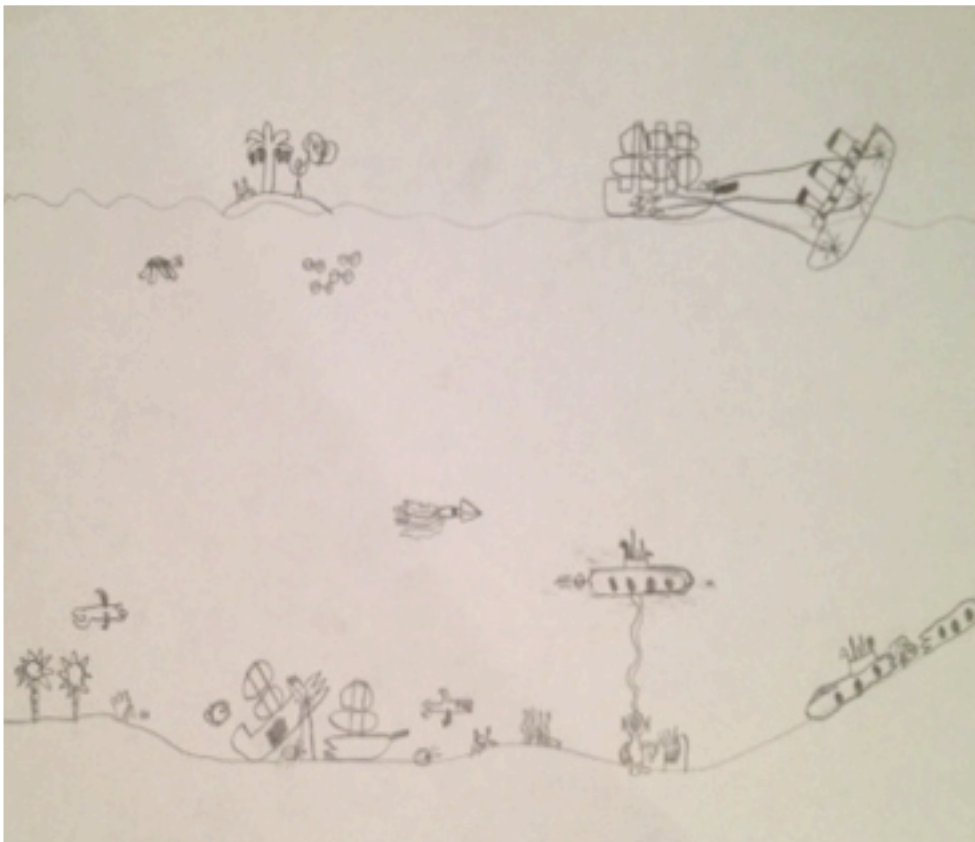
Most people don't know that avocado is a fruit. Well it is, and it is very good for you. Did you know that avocado's can slow down your aging process? Because they are rich in vitamin C, and in vitamin E. And that's not all. Avocados can also help heart disease and cancer.

My mom serves us avocado at least once a day.



HOMEMADE COMICS

BY SAWYER JONES



Contributors

SAWYER JONES



Adventurous, outgoing, loves to share his many ideas and stories with the world (if he could - and he probably will some day).

DANIELLE ALVAREZ



Single mom of two precious children.

Adventurous, loves to travel and is a constant seeker of the Truth - found in Reality. Is that true? Namaste.

REESE JONES



Gentle, kind soul, loves to sing, draw, and create anything that will put a smile on her face - and on your for that matter. Peace.