

SPIRITUAL PSYCHOLOGY AND CHILD EMPOWERMENT

SPACE

Foundation For Insight has masterminded within the community of light workers to lead by example. We are offering Spiritual Psychology and Child Empowerment with practices that will assist your child to understand their life lessons and develop future leaders. This educational class will provide tools about personal power.

The material contain concepts from the book "*Spiritual Psychology*" written by Steve Rother. The book is not channeled information. The content of the class is structured in respect of the teachings of Steve & Barbara Rother because of their passion for spiritual empowerment.

More and more it is apparent that self-empowerment is imperative especially in a child's development. Unfortunately, there is very little that each of us can do to protect a child from their life experience. Your child will learn about self and how they can responsibly respond. How they can take negative energy to produce a positive result. We have added tools that will provide information for children to easily access. Our intention is to provide the *space* for your child to express their emotions and feelings of who they are without judgment.

Spiritual Psychology and Child Empowerment (SPACE) will be delivered through games for a cellular experience. Once a child has felt what it is like to stand in their truth, they will gain the confidence from whatever they absorb. They increase their esteem as they define their boundaries. All in support for use in their every day life.

SPACE is combined with educational exercises supporting individual discoveries as they expand their perspective about them self. Each child will walk away with a tool(s) to aide them in their life lessons and allowing better communication with their family and friends.

All information shared is confidential unless a child requests intervention. Each household is accountable in assisting their child to practice the exercises they learned about SELF and have a win/win relationship.

Our SPACE leaders are here to understand SELF and use what they learn. If your child wishes to share his/her experience with you it will be of their choice. The facilitators and volunteers will not share the exercises or details but only share the experience. SPACE staff will not take your child's power away by disrespecting confidentiality without permission. Please NOTE that if there is a concern, we will bring this attention to the parent.

Meet the Staff

"*Charmaine Lee*" Paliotta, co-founder of Foundation For Insight, LLC became passionate about helping people (Human Souls) many years ago. It was her years of experience that motivated her to find tools or practices to support a person's journey to find SELF. She taught teens through sound and music using hula to channel love. This only enticed her to keep searching for more. No longer was it a passion or a desire. What she discovered was the healing she gained while taking this ride.

Charmaine Lee adds to her repertoire years of education through personal & professional trainings that supported part of her vision. Her inspiration became clear while she worked for PSI Seminars and volunteered for years in the PSI Basic for Kids and Teen Leadership Coaching. She then branched off to find more practices that she can implement to produce results by taking responsibility and action in the choices they make. The dream came true as the Director of YES to Youth and Leadership In Training programs with YMCA of Southern Nevada.

"*Jon Carl*" Olson, co-founder and Director of Operations of Foundation For Insight, LLC. His interest in working with children as a counselor was in the late 1970's at Junior High and Senior High Camps. Since then he has worked with value clarification and other techniques to guide pre-teens and teens with their insights. This is where he developed the ability to coach teens.

Jon Carl's commitment to children has aided them in their next step. The discoveries they made were pertinent to their

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self-growth as he gave direction to look within, to find focus and find their truth with their voice. He volunteered his time at the YMCA with teens and outreach participants ranging from 11-16 years old. He volunteered in personally coaching one-on-one families in team building, the value of team and open communication.

Jon Carl continued his studies in personal growth for himself, which he continues to utilize with children and adults. He has a Bachelors of Science in Business Administration, a Doctorate of Metaphysics and is an ordained OverLight Metaphysician.

Jon Carl has studied with various personal/professional growth companies, such as, Landmark Education, Forum, PSI Seminars, and Masterpeace Foundation. He encompasses a soft, gentle guidance for empowerment with love and practices for leadership of self.

“*Mark William*” Skomal, Public Relations and Communications for Foundation For Insight, LLC. Mark William is passionate in working with children. He is currently teaching 9-10 year olds at a private school in Las Vegas, NV. His background is in coaching teens through goal setting techniques and personal development.

He was Program Coordinator for the YMCA of Southern Nevada where he participated in developing and supervising outreach programs in high-risk areas of Las Vegas and North Las Vegas; joined in collaboration as co-founder of Foundation For Insight with The City of Las Vegas to implement federal granting promoting youth programs and safe environments; assisted families in high-risk areas in providing after-school programs and distributing resources for the disadvantaged. As holding a B.A. in Philosophy, Mark William considers his greatest learning and achievements through hands-on experiences, through which creating results in personal and professional growth provides greater enthusiasm in providing re-duplicatable tools for others' passions, successes, and accomplishments.

Volunteers

Volunteers of SPACE will consist of those who have completed Spiritual Psychology as an OverLight Facilitator (with the exception of a *Unlocking the Inner Mirror*). Everyone learns something during this program. In each group there will be an adult (18+) involved. Feel free to ask questions about their experience.

Stop-Look-Listen as your child takes on their own life as a human soul living within all the dimensions. Academically, mentally, emotionally and spiritually they stand in their truth to live in wealth and with prosperity.

On the last day we ask all parents, relatives and friends of family to participate in the last exercise. We do need confirmation of how many will attend due to space. Most importantly, each child is imprinted with memories of their experience of what they learned.

Thank you for entrusting your leader to learn more about SELF and how for always supporting them to be the best they can be.

Welcome to SPACE. The following is a curriculum of objectives we intend to create. This will be about your child's opportunity to lead SELF responsibly through taking their personal power. They learn by experience and can take the tools for them to practice with you at home. The home is a safe environment and supports them to use it amongst their peers and with others.

Art of Mastery

Objective: Each child will understand their personal power and how to not give it away. Personal Power is imperative to know that they can do anything. Master how to hold their power no matter

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how they go through life. This is with constant practice (repetition) and clarity of choice.

Synergy Flow Wheel

Objective: We are here on the planet to live our life with our power. The flow of life is comprised of a total human model. The end result is to allow their choice to be positive and with their own power. This will allow them to recognize their self-esteem and confidence.

They will learn that there is a balance in life. Not everything will be the way they expect it or to assume how it is suppose to look like, thus, not taking it personally. The balance is a knowing of their Point of Reference. That through their choices for the physical, mental, emotional and spiritual, it is standing in their point of reference. That being in the middle is taking their power, not surrendering or sitting on the fence. They are the only one who can choose to make a choice. NO right or wrong wherever they place self. It is just where they are today.

Agreements (Contracts)

Objective: Understand the choices they make is of their own “free” will. Choose in or Choose out! This is a commitment to take action. When there is doubt and fear they know they still have a choice. They can negotiate agreements through communication. Not looking at past or future for the answers. To make choices that is win/win. They are accountable of their action. Broken agreements with no responsibility can hurt. Show the importance of communication and to find a resolution by not reacting in a negative way. Respond in a win/win agreement by doing their best to BE HERE NOW instead of reacting to the past.

PLAYshop–Visualization

Objective: Understand what energy is when they create their safe place. In the PLAYshop they can make pictures, create tools for healing, a place to play, or what their own visual looks like. It allows them to use their imagination. They form trust with SELF that they can accomplish anything. If it doesn't come out they way it was imagined it isn't their fault. That they can only do their **best** which is enough.

Energy Stamps

Objective: Create understanding of the positive or negative experiences they have learned about SELF and/or environment. A better understanding of how some things can be changed. Who is in control of how they feel about it? And there are situations in life they *cannot* change. They can only accept and work in harmony with it. Being able to understand how to take a negative and make it positive even when in conflict with their belief systems or struggle within their socio-ethnic environment.

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Energy Matrix

Objective: Create understanding on how they can take negative experiences and make them positive. There are times they will not have control. They will have a better picture of things that cannot be changed. How they can work it with and with time there may be change. It is through constant practice that can make the change or to accept they way it is and learns to master how to be in balance with it.

Acceptance (Self-Esteem, Self Acceptance)

Objective: Each child gains own power and not give it away. The end result is to bring the BEST of who they are by accepting the imperfections. It is with the imperfection and perfection is who they are. That they understand that when they make a mistake, it is a choice that can be changed. How to accept accountability? Who is responsible for the action they take? Who is responsible if they feel bad about self?

Change (Adaptation)

Objective: The child will experience clear or subjective communication forming open communication. The result would be cooperation and compromise. To see another way of working as a team, be more aware, and change thought process to find a flow with others or with their peers. How change can affect the whole team, group, family or friends. Their environment can be changed (adaptation) if they don't agree with it and how to flow if they have no control over what is happening. They have the ability to change a negative to a win/win result that can be fun.

Creation

Objective: To think is to create. Show them examples on how they are the only ones who create the picture. How thoughts attract how they are feeling. Sometimes they can't change the environment, but they can change how they react to it. Their confidence and determination creates what they want for the good of all mankind. They can have what they want without hurting anyone intentionally. To think and respond differently when there are times they don't always get what we want.

Communication

Objective: Children sometimes give away their power. Often times it is because of their communication. They experience how to trust SELF and the consequences they pay when they do hold back. Build an understanding of communication introducing them to the three ways of communication.

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Definition

Objective: Understanding what is a boundary. If there is unwanted energy then they are in control in defining what is safe. When they are amongst family or friends how they create a boundary through an agreement with them. Teach how to trust what they feel and be responsible. When they do not take responsibility that they blame or justify their story.

Trust

Objective: Understand what trust means subjectively and intuitively. To trust SELF and to pay attention when they know they feel something is positive or negative. Determine what the difference is between trust and when they give their power away allowing someone else to create for them. To take action to trust Self when they communicate with their peers and parents. Trust begins from within.

Harmony (Charity)

Objective: Each child will learn and know the difference of how they give and take with others and especially to themselves. This is the harmony within. Many children struggle with their feelings inside. They do not know how to express. Unless they know this about self, they will hold back when interacting with others or they will react to hurt someone.

To see their result of how they respect self. Practice how to honor SELF with acceptance of who they are. It begins first with giving to self and to recognize when they take from self when they do not trust self.

TRUTH

Objective: Each child is responsible to stand up for who they are. In taking responsibility, they are not suppressed or repressed from being in truth. Teach each one how to take their power; not through anger, aggression or being a bully. The result of truth is to see where they place themselves. How do they change the thought process responsibly?

Integrity

Objective: The child will be presented with an interactive, group exercise, by which they will experience and discover Integrity (Honesty) in how they speak, think, feel, and act. Understand how they can be accountable for their actions and choose back in. When there are broken agreements it is not being in their power and not being in truth of their word. They may have a strong belief system that causes them to be confused with integrity.

To allow a safe place where they recognize their experience. Life is not always fair. How do they handle the integrity of someone else by what they say, acted, and what they felt and

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thought. They are not accountable for the action of another person. This is a tool to discover self so that child feels empowered and remains in their power.

Being

Objective: The child will be presented with an exercise to show the completeness and wholeness of SELF as an individual. They are unique human beings. Through their own self-portrait (picture or thought of self) they know they are perfect/imperfect in every way.

Their discovery of talents and skills does not have to match another person. Only connect with the truth about self by being responsible. That through self-expression they can achieve goals and not deny who they are. They will be encouraged to identify the different aspects of their feelings and expressions, and to step back to see themselves as a whole being.

Present the concept through their own eyes on how they draw themselves. In Being that it is not what they do, what they feel, nor what they have. Being is experiencing the wholeness in the reality that they are and have always been complete, and that everything they need is already within who they are.

Love

Objective: The child will be presented with an exercise to reflect Love. It is easier for a child to give love and will do anything to get it. To recognize it first begins with self. Loving who they are and not by what others say, assume or expect. Love is to accept self with all the good and the flaws.

To understand their positive qualities and fulfillments of success, and accept the truth in the person they are. They will experience qualities of themselves through their own eyes and responsibly through the eyes of others.

Love is their Point of Reference. They are the essence of only love. That the habits and behaviors they learned can be changed because it is not who they are.

Present the concept that Love comes from within and radiates outwards. An example is that when a plant grows from the ground up; a star radiates from within and shines outwards. Love is the source of all life, and it is experienced in feelings as confidence in people. Love allows others to feel safe, allows others to encourage others to be themselves, make mistakes, and be accepted for who they are. To shine Love to others, one must allow love to shine within themselves.

Grace

Objective: To teach each child what it feels like to be in harmony with self. Understanding the

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connection to all that exists. They will be guided through a meditation using the four elements as they feel this connection. This is a way for them to be creative and allow them to be in their safe place.

The end result is for each child to experience what they feel by trusting self, communicate what they see, think and feel. To discover the difference between emotions and feelings and it is okay; it isn't a sign of weakness.

(Note: If we see any area of concern, we will work with them and share it with you.) They will be guided to go in and heal it or change the picture through the PLAYshop.

Parents or those of influence and support in their growth will have an opportunity to share in this exercise by clearly stating: "My experience of you is....."

Listed are the references for further education for parents, guardians, caretakers, etc. to research.

"Spiritual Psychology" by Steve Rother

Mastering Alchemy by Jim Self

PSI World Seminars by Thomas Wilhite

PSI Seminars Basic for Kids

YMCA Outreach curriculum

YMCA "Yes-to-Youth" curriculum

YMCA "Leadership In Training"

S.O.U.L. Institute, Inc, Esperanza

Discovering Your Inner Child by Shakti Gawain See: Hal Stone, Phd. And Sidra Stone Phd.

"Never Good Enough" by Monica Ramirez Basco, PhD

Mind Dynamics by Alexander Everett

"Self Esteem, The ultimate program for self-help" by Matthew McKay, PhD and Patrick Fanning

"The Power of Talking Out Loud to Yourself" by Bill Wayne

"Love Yourself, Heal Your Life" by Louise L. Hay

"Positive Personality Profiles" by Robert A. Rohm, Ph.D

Las Vegas Metropolitan Police Department (LVMPD) D.A.R.E. Program

TIP (Trauma Intervention Program) of Las Vegas