

Contents

Foreword

Part I: Introducing the Universe to Your Child

Chapter 1: Parenting: The Buck Stops Here

- What You'll Find in This Book

Chapter 2: Why Now is the Time

Chapter 3: A Child Shall Lead Them

Chapter 4: Yes, Virginia, Everything is Energy

- Real-World Examples to Share With Your Kids

Chapter 5: How the Subconscious Mind Works

Chapter 6: The Law of Attraction

Part II: The Keys to the Universe

Introduction to Part II

Chapter 7: Spirituality: The Key to Renewable Energy

Chapter 8: Meditation: The Key to Clarity

- Benefits of Meditation
- Setting the Stage for Meditation
- Types of Meditation
- Turbo Charging Your Meditation

Chapter 9: Visualization and Affirmations: The Keys to Manifesting

- We're Already Manifesting
- Visualization
- Affirmations
- Putting it All Together
- Feeling and Believing
- Using Neuro-Linguistic Programming (NLP) and
- Neural Linking
- Daily Action Cards

Chapter 10: Gratitude: The Key to Abundance

Chapter 11: Love: The Key to Resonance

- Hearts in Unison
- Love Hertz

Chapter 12: Happiness: The Key to Resilience

Chapter 13: Forgiveness: The Key to Freedom

Part III: Bringing it All Home

Introduction to Part III

Chapter 14: Love: Practice, Act, Live (PAL)

- Practice
- Act
- Live .

Chapter 15: Create a Harmonious House

- Declutter
- Purge
- Repair
- Inspire

Chapter 16: Create a Daily Sanity Routine

Chapter 17: Eliminate Negativity (Especially During Alpha Wave Time)

Chapter 18: Watch Your Language! Stop the Legacy of Limiting Beliefs

Chapter 19: Come from Love

Chapter 20: Create Quality Family Time

Chapter 21: Have an Inspirational Library

Chapter 22: Take it Outside

Chapter 23: Get Physical

Chapter 24: Eat and Drink Healthy

Chapter 25: Create a Kids' Mastermind

Chapter 26: Lead by Example

Chapter 27: Applying the Law of Attraction to the Biggies

- Body Image/Self Image
- Safe Driving
- Alcohol and Drugs
- Sex
- Academics
- Self-Criticism

Before We Part

Appendices

Appendix A: Primed for Success Survey

Appendix B: Affirmations (Sample List)

Appendix C: Creating a Vision Statement

Appendix D: Vision Board Ideas

Appendix E: Daily Action Card format

Reading & Resources

Acknowledgments

End Notes

About the Author