Being Love Book Launch

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**5 Ways to Inspire Your Child to Be an Ambassador of Love**

Dr. Debra Reble

It’s essential that we assist our children in developing inner wisdom, cultivating self-esteem, and following their hearts. We want to encourage our children to seek answers to their spiritual questions from within, be passionate and open-hearted, and trust their experiences. But if we are to shift our consciousness to universal love, we must inspire our children to be ambassadors of love.

 **Cultivating Self-Love and Trust**:

To be a love ambassador, your child must realize that we are all one energy in love. They also need to trust that they are love and loveable just the way they are. By feeling worthy of love, they send out ripples of unconditional love to others and into the world. Their higher vibration elevates the vibration of the world to become a more positive and peaceful place.

Support your child remaining open and trusting that they are connected to a field of divine energy that emanates from them. Through this connection to their source, they stay in touch with their infinite nature as love and consciously plug into this source to create their lives.

**Embracing Vulnerability:**

Being a love ambassador requires your child to be a champion of vulnerability which lays the groundwork for empathy. Science has demonstrated that humanity is united by empathy, a phenomenon that has been observed in children as young as one year of age. The more self-compassionate your child is, the more they can respond to the emotional needs of others. To be empathic toward others, even those who are mean, deceitful, or hurtful, requires that they practice compassionate detachment.

When your child is faced with a person or situation that makes them upset or uncomfortable, model how to pause, open the heart, and experience vulnerability. Instead of avoiding or resisting painful feelings, show them how to lean into these tender places and be present with their feelings. This will deepen their intimacy with themselves and carry over into their relationships.

**Expressing Gratitude:**

Show your child how to live in a constant stream of gratitude. Wake up every morning with a sense of appreciation and a healthy anticipation for what the universe has in store for you and share this with them. Before their little feet even touch the floor, teach them to open their hearts and give thanks for the day in front of them. Tell them that no matter what happens that day, it will be a good day.

Model for your child how to accept life as it comes by not complaining about the little things that happen. Throughout the day, speak gratefully about even the simplest things and suggest they use affirmations such as: “Tell your sister you love her or something you like about her.” Instill a sense of trust that they are abundant and well and to affirm it.

**Showing Compassion and Kindness:**

Encourage your child to love themselves and their fellow beings by showing compassion and kindness. Have them acknowledge others through eye contact or a smile, and show affection to their family members. Demonstrate how people can feel completely seen and heard in their presence. Teach them to listen well, accept others’ points of view, and not to force their ideas upon others with arguments or debates.

Show your child how to take pleasure in giving and receiving. Have them “pay it forward” by doing random acts of kindness for a stranger, giving gifts for no reason, or simply making someone feel good. Inspire them to engage in acts of service by volunteering at a food bank or animal shelter. At home, they can pick up the toys that their sibling left out or ask their mother, “What can I do right now to help you?'”

**Making Conscious Responsible Choices**:

As a love ambassador, let your child know that they are responsible for their vibrational footprint on the planet. Demonstrate how they can become more humanly and environmentally conscious by making choices such as composting, recycling, planting a garden, or rescuing an animal that support and sustain the well-being of our planet and all its inhabitants. Show them how to live consciously by making enlightened choices that aren’t bound by gender, culture, or race and serve themselves as well as others’ highest and greatest good.

Living as an ambassador of love yourself, you inspire your child to express positive energy and a healthy optimism for their future and the future of the world. When you channel love and create what you want in alignment with what is best for yourself, others, and the world, you model for them how they can too. This flow of love then becomes a spiritual path for them that leads to living joyfully, abundantly, and well.

Dr. Debra Reble is the author of [*Being Love: How Loving Yourself Creates Ripples of Transformation in Your Relationships and the World*](http://www.BeingLoveBook.com) now available. For a limited time, you’ll receive over 50 transformational gifts when you purchase a copy of *Being Love.* [www.BeingLoveBook.com](http://www.BeingLoveBook.com)

Consciously merging her practical tools as a psychologist with her intuitive and spiritual gifts, Dr. Debra L. Reble empowers women to connect with their hearts and live authentically through her transformational Soul-Hearted LivingTM program. Debra is the author of Soul-Hearted Partnership: The Ultimate Experience of Love, Passion, and Intimacy, which garnered four book awards including the Eric Hoffer award. A frequent guest contributor to Aspire Magazine and other high-profile blogs, her words of wisdom are embraced by readers around the world. Her popular inspirational podcast, Soul-Hearted Living, airs on iTunes and other platforms and is dedicated to reconnecting women with their hearts.