

PARENT'S

GUIDE TO BELLA SANTINI IN THE LAND
OF EVERLASTING CHANGE

Emotional
Resilience

Tips for Parents

Themes for
discussion



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Parent's Guide

This guide is provided for parents and teachers to help you understand and support children in the quest toward emotional self-mastery.

Each book of the Bella Santini series is written to let children know they hold magic inside, the magic of love. We must teach our children to love themselves, not in terms of high self-esteem, but in genuinely valuing their bodies, thoughts, and emotions. We also must teach them to love others, for love can cast out fear

Fred McFeely Rogers of Mister Roger's Neighborhood television show said, "Love isn't a state of perfect caring. It is an active noun like struggle. To love someone is to strive to accept that person exactly the way he or she is, right here and now."

When a child can see a way to love someone with whom they struggle, they benefit by letting go of resistance. This work can be difficult when the child is faced with constant bullying or ridicule. By creating an environment where the child can understand the interaction from a higher perspective, the child can find a way to respond while setting a boundary and taking control of their role in the interaction. New perspectives are taught to help children shift out of victim mentality and manage their emotional lives.

The book series delves into situations including child abandonment, sibling rivalry, bullying, and the struggle between good and evil. Themes include stepping into your personal power, remembering the magic we all have within, and the healing power of love.

Parents and teachers need to be aware that their statements, said at times of stress, can be turned into a "rule for living" by a child. "You'll never make it as a writer, stick with what you know . . . ; or, "Nobody makes money with art; you should be a lawyer." Statements made with the intention of "helping" the child succeed, may have the unintended consequences of crushing the child's dreams.

The Talmud states: "We do not see things as they are. We see things as we are. Statements such as, "You'll never make it as a writer, stick with what you know . . . " illuminates the filters through which the speaker views the world. The child does not have the same filters; they may see opportunities we cannot see nor understand. It is essential we allow the child to express their creativity and feelings; allow them to try and to possibly fail, allow them to learn difficult lessons. What if, just what if, they actually succeed?

Themes in Bella Santini in The Land of Everlasting Change

Sibling Rivalry

In human families, sibling rivalry is often a result of children competing for a parent's love and attention. Jealousy and competition are cited as the leading causes of this type of rivalry. Sometimes the conflict comes because of the different energy levels—one child may want peace and quiet, while the other craves excitement. Siblings spend more time together than with anyone else, and the relationships can be complicated.

In the Fae world's royal family, Ginekei and Tatiana were both showered with love from their parents. Their interactions are tainted by jealousy, with Ginekei feeling the unfairness of the hierarchical royal succession system. Ginekei was consumed by jealousy and let the energy of that emotion control her actions. Ginekei stepped away from the Fae concepts of love and service and began to seek power and control. Her quest for power knew no bounds; she even planned to murder her niece to secure her ascent to the throne.

In the human realm, sibling rivalry is a way kids learn social interaction rules and social structures. Parents can help the situation by teaching their children to value family harmony, hold respect for others, be present and listen from their heart, handle conflict positively, and positively experience and express their emotions.

Bullying

Hurt people hurt people. Many bullies come from homes in which they were abused, but not all bullies had an abusive childhood. Children are born innocent; those who choose to promote fear and exert control learn these behaviors at some point in their young lives.

Bullying is a way for a child to exert control over other children. In many situations, bullies will target those they deem to be inferior, whether it is because they are different, shy, weaker, or expressive.

The underlying energy behind bullying is fear. Underneath any effort to control another person is the energy of fear. According to goodtherapy.org, "Control is typically a reaction to the fear of losing control. People who struggle with the need to be in control often fear being at the mercy of others, and this fear may stem from traumatic events that left them feeling helpless and vulnerable. As a result, they may crave control in disproportionate and unhealthy ways."

Novaq is the bully at Yelimoon School. He believes only "pure" fairies belong in the kingdom. He learned this belief from his father and his grandfather. Novaq's campaigns to eliminate Bella and stop Shibohna's magic are the means by which he bullies the other characters.

Novaq chooses his victims; he does not attack fairies he deems to be stronger than he is. Internal strength is a deterrent to bullies. You can help your children build internal strength by teaching them how to manage their feelings. This is done by becoming aware of the feeling, acknowledging the feeling, and accepting the energy of the feeling. Sending love to their body area in which they feel the feeling will also build internal strength.

Passages detailing Novaq's behaviors are a good place for parents or teachers to stop to talk about bullying. This discussion allows a child to reveal what they have experienced and allows the adult to listen, and perhaps share a story from their childhood. Being vulnerable with your child will deepen the parent-child bond by expressing an understanding of the feelings resulting from being bullied.

It can be damaging when you tell your child to ignore bullying. As a child, Mister Rogers was told to ignore the bullies. He grew up to teach children to feel their feelings because he understood the power of words. Words carry vibrations; spoken words have energy. Say out loud, "I love me." Feel the feelings the words bring. Now say out loud, "I love me, yes . . ." Feel how that feels. Now say out loud, "I love me, but . . ." Notice there is a difference in the feelings brought up by the phrases, with the last one bringing a drop in vibration and energy. Once you feel the difference in the energy caused by these simple words, you can imagine the power of the words being thrown at your child.

Telling a child to ignore the words that resonate through their cells can be damaging. The best suggestion I discovered in my research was by Dr. Tim Jordan on his website Bullies beware! Your words no longer hurt me—Dr. Tim Jordan. It is worth reading. (<https://drtimjordan.com/2016/09/bullies-beware-words-no-longer-hurt>) He suggests we tell our kids to replace the charged words flung at them with the word "tomato." Imagine someone saying, "You are such an (insert curse)." Now, think the word tomato to replace the curse word. It's laughable, and it's been proven to work!

The charged words used by bullies to make their victims feel intimidation and unworthiness carry special weight when the victim attaches their identity to the words. A child may have heard the bully's words before from others, making it easy for them to attach it to their identity.

Replacing a charged word with the word tomato can help. A child knows they are not a vegetable, so they will not identify with that word. Silly? You bet. But . . . it works!

Control

Novaq's father seeks to turn his son into a copy of himself, expecting his son to embrace his concepts and perspectives. There is no room in the father's heart to see that his son could have his own thoughts, his own life, if only his father would let go.

This type of parental controlling behavior can happen in human families to different degrees. A child might believe his parents tried to mold him or her into who the parent believes the child should be, as in Novaq's case. The parent may excuse their behavior, stating, "I was trying to keep you safe, to teach you what you need to be to be a success in life." The parent

may not realize their perspective and definition of success may not be the perspective or definition of success to their children.

Parental controlling behavior may be mild, such as expecting the child will think the same thoughts as the parent. The role of a parent is to guide their children. Most of the Fae parents seek to guide, counsel, and support their children. They understand each child is an individual expression of God's love. Each child has unique gifts, which grow when they are allowed to express their unique identity. Each child has their own thoughts; it is the parents' responsibility to help the child gently shift thoughts which do not serve the child for the highest good.

Parents can ask the question: What is the motivation behind their desire to control their child? If it is to fulfill a role the parent wished they had fulfilled as a child, the motivation is self-serving and does not consider the child's needs nor desires. Many parents wish to expand the child's horizons. Take into account and motivate for the child's best interests, which may be different than yours.

Enabling and Over Giving

Novaq's mother seeks to balance her husband's control through smothering her child. She over gives, treating her son as if giving him everything will soothe his, and perhaps her, inner wounds. She enables him, permitting him to misbehave, never willing to correct him. His mother's behavior does not balance his father's control; it adds another layer of toxicity the child must overcome to become a well-balanced adult.

Some human parents seek to make up for their inattention through gift-giving. Over giving does not make the child feel loved, for they can feel the remoteness of their parent's feelings. Most children would gladly shun a gift if they received some of their parents' undivided attention instead. In today's busy world, many parents multitask while being with their children. What if the parent chose to offer undivided attention with their children instead of that multitasking? What if they put down their phone and spent time with their children instead?

Children need parental attention, guidance, and support. They need to be allowed to be the person they are; within the structures of the world in which they live. If a child is encouraged to behave in destructive ways, their behavior does not serve them, nor does it serve the world. It is a parent's role to guide the child into participating in the larger picture, as distinct from "me, me, me me." A child must learn to love and respect themselves, as well as others.

Bigotry

Novaq comes by his bigotry through his patriarchal family line. Prejudice is based on fear for what is different. Skin color, size, gender, race, nationality; there is a long list of what people fear in others.

Sometimes the fear is about keeping things "the same." If you are blue and move into my neighborhood of purple people, what new things will you bring in? Will it change my community?

Instead of embracing the new, seeing the possibilities for growth, there is a tendency for some people to fear the unknown.

No matter where they live in the world, people are people. Skin color, race, gender identity, religion—at the heart-to-heart level, none of these matter. The great majority of people want to experience love, want their kids to prosper, want to be safe, and want to be happy.

Children would benefit from knowing bigotry is a mirror for the person pushing that agenda, showing they have an underlying fear about the topic. For Novaq, his family desired only “pure” fairies to be in the kingdom. Based on the illusion of separation, this feeling takes on the idea that we are a threat to each other because of artificial borderlines of states and countries drawn by men seeking to control.

Teach your children to look into the eyes of others, and see their humanity. To honestly look deeply into another’s eyes is to see the light of God within them. When we can connect heart-to-heart, and the idea of separation and fear seems far-fetched.