

Yes-No.....Which Way To Go?

Lyndall's last teaching touched on a fundamental core in our capacity to thrive in this world..."boundaries and limit setting." Rules and limits are a very important and natural part of life. We simply must have them. Without limits and rules our existence would be chaos, our communities would be in disarray, countries would be in a constant state of war. And, so, we learn very young that there are rules, and we must follow them. However, most often parents lack the capacity to make a boundary that is also loving. As a result, there is much confusion in most of us regarding how and when to make an internal limit.

In your childhood there were two simple words that led to our confusion in limit setting ... yes and no. As a little one, we all needed loving limits that helped us to know the guidelines for learning how to understand our feelings and thoughts, control our impulses, follow rules, and meet expectations that would result in keeping us safe and secure and thriving in our families, and communities. Limit setting and internal boundary are some of the most fundamental building blocks to living a balanced healthy life as an adult.

For most of you, your parents knew the importance of setting limits, and having rules, but to establish and maintain those rules consistently was a challenge. There are 4 main parenting styles and each one demonstrates the confusion with setting limits and boundaries.

Authoritarian Parenting:

Authoritarian parents are often thought of as disciplinarians.

- They use a strict discipline style with little negotiation possible. Punishment is common.
- Communication is mostly one way: from parent to child. Rules usually are not explained.
- Parents with this style are typically less nurturing.
- Expectations are high with limited flexibility.

Permissive/Indulgent Parenting

Permissive or Indulgent parents mostly let their children do what they want and offer limited guidance or direction. They are more like friends than parents.

- Their discipline style is the opposite of strict. They have limited or no rules and mostly let children figure problems out on their own.
- Communication is open but these parents let children decide for themselves rather than giving direction.
- Parents in this category tend to be warm and nurturing, but unaware as to why.
- Expectations are typically minimal or not set by these parents.

Uninvolved Parenting

Uninvolved parents give children a lot of freedom and generally stay out of their way. Some parents may make a conscious decision to parent in this way, while others are less interested in parenting or unsure of what to do.

- No particular discipline style is utilized. An uninvolved parent lets a child mostly do what he wants, probably out of a lack of information or caring.
- Communication is limited.
- This group of parents offers little nurturing.

- There are few or no expectations of children.

Authoritative Parenting

Authoritative parents are reasonable and nurturing, and set high, clear expectations. Children with parents who demonstrate this style tend to be self-disciplined and think for themselves. This style is thought to be most beneficial to children.

- Disciplinary rules are clear and the reasons behind them are explained.
- Communication is frequent and appropriate to the child's level of understanding.
- Authoritative parents are nurturing in awareness.
- Expectations and goals are high but stated clearly. Children may have input into goals.

Very, very few humans have the capacity to offer clear and aware authoritative parenting that is healthy and balanced. Even for those that can tend toward clear parenting will of course wax and wane, and so what is most common is that as children we experienced flip-flopping between these parenting styles...sometimes demanding and shaming, and sometimes indulgent and permissive. Can you determine which parenting style was most common in your household while growing up? Can you see how this now plays out in your own internal dynamic as an adult? Let's look more deeply.

The task of reparenting and healing your own difficulty with setting healthy and loving internal and external limits requires that you first "see" what happened as a kid to confuse your understanding of a clear and loving "yes", as well as a clear and loving "no".

Consider these "YES" AND "NO" decisions that are highlighted in today's news.

The South Dakota Governor gave a resounding "YES" to the Sturgis Bike Rally and an emphatic "NO" to the mask mandate. These are very clear examples of an unaware "yes" and an unaware "no". Many of her constituents are overjoyed by her lack of boundary. They revel in that they were able to be defiant to the rest of the country. They were allowed to have fun and misbehave. They justified the decision by saying they were bringing money into the state, that they were showing solidarity with the president. Can you feel the indulgent/permissive parenting style? Can you also feel how uninvolved and unaware she is of the care and needs of the people of her state? Can you feel how she is idealizing some needs, and devaluing other needs? It is well documented that following the Sturgis Bike Rally, the South Dakota positivity rate for coronavirus has been higher than in any other state. As well as being held as a super spreader for the virus in the entire Midwest. This example exemplifies the danger of indulgent, uninvolved parenting style.

As another example, let's look at the college entrance scandal in which several well-known and wealthy families, paid for the entrance exams to be fabricated for their college bound children.

Can you feel the incorrect and unloving "yes" to cheating?

Can you feel the confusion in the family system of what it means to be loving? They held a belief they were above the law and that their child deserved special treatment. Can you also feel that this unloving "yes", held a firm and unloving "no" to teaching their children self-discipline, self-affirmed achievement, and self-acceptance of one's own capacity. The parents had no awareness that what was informing their decision was not "love" for their child, but instead their own need to be "best" from unaware feelings of shame.

Let's now take a look at the border. The "rule" from the president states that we now must make a line in the sand and kick out everyone who doesn't fit the "rule" of who can be in this country. The

rule is made to uphold the superiority of the “ins” and the “outs”. In an effort to follow that “rule,” those that want to belong to the category of the superior, now uphold and allow children to be placed in fenced holdings.....cages. Can you feel the authoritarian/disciplinarian parenting style? Can you feel the lack of love, and the lack of nurturing? Can you feel the attitude of “my way or the highway”?

In an effort to reparent ourselves, we need to identify which type of internal parent we introjected from our childhood and investigate the “yes” and the “no” that you internally rely on. There is an aware “yes” of love, and an unaware “yes” of hate. There is an aware “NO” of love and an unaware “NO” of hate. For those of you that work with Lyndall and I in private sessions or in compassion groups, you are familiar with this topic. We are often the first experience of a clear “yes” and a clear “no”. Very often this is confusing. Very often the love of a clear boundary is so foreign that we will feel you push it back on us, to resist the very love you crave so badly.

In your entering into this course, you are indicating a growing internal awareness to something being amiss in your internal relationship. That makes you further along than 90% of the population. Most will never ask the questions you are asking. Most will never investigate the ways in which we control, indulge, confuse, oppress, and abandon, not only ourselves but in our relationships. This very hurt world is so in need of asking these questions. This is sacred work.

This week investigate the inner relationship you have with “yes” and “no”.

- Do you say “yes” and “no” with boundaries that are controlling and devoid of nurture? (overwork, demand a workout, shame yourself for an error, body-shame yourself when you look in the mirror, do you have rules of “my way or the highway”)
- Do you say “yes” and “no” with a lack of boundaries that indulge your feelings? (can’t get out of bed, live in disarray, eat/drink/shop/sex to feel better, allow yourself to treat people any way you wish when you are in a bad mood)
- Do you say “yes” and “no” using tactics that allow you to ignore your feelings? (lose yourself in tv, use friends/family to get your need for security and approval met, distract yourself from feeling or say your feelings are wrong, allow others to treat you any way they *wish as long as they stay with you, do you put others needs first*)

Begin to contemplate what would it look, sound, feel like, to meet your feelings and needs internally with a clear loving “yes”, and a clear loving “no.”

Examples...

- We often, under times of stress, say “I need a break and then will get a massage, go shopping, eat, etc.” But if given a deeper look can you see that all of these choices done without introspection, leaves the feelings abandoned, ignores the feeling...and so none of these “stress relievers” are aligned logically with the feeling and the need and so are incorrect and unloving use of “yes.” What would it look like to choose a correct yes for your stressful days?
- As winter approaches, I am hearing many people say that they are now stuck in doors all day. And that this “stuckness” is making them feel like they could climb the walls of their home. They have made a determination of “NO” to being outside. Can

you hear the incorrect use of “NO?” Can you feel that this “NO is not aware and aligned with what they are feeling and needing?

Use these examples to feel more deeply into the ways in which you use “YES” and “NO”. Investigate feelings and needs in order to align your “YES” and “NO” more consistently.

Consider how this teaching ties in with Kohlberg first stages of Moral Development

NO! I do not want to
bath and go to bed!



June 2005

The Terrible Twos

I am learning all about duality and
how this world of form
works

Yes	No
Up	Down
Compliant	Defiant
Mom	Dad
Right	Wrong
Good	Bad
Blue	Yellow
Hit	Gentle
Fast	Slow
Come	Go
Wet	Dry
On	Off
Dog	Maggie

YES! I do want to play with water!

