



We wanted to share this beautiful note sent to us. For all of you amazing parents out there!

So I am listening to Dr. Shefali Tsabary's talk on parenting, on how we can liberate our children by understanding the illusion we have that we can control or fix our children's life, so they will have all success and happiness in life.. what we have not achieved.....

As distant as what she was saying to me, now, as a mom, I could not help but looking back into the change in myself as a new mother years ago. I am Chinese then and a Chinese now, but then I had the mindset of the tiger mother, a very successful parenting story. I saw myself in everything she would do.



But then my daughter happened.... the very presence of her told me that she is her own person, has nothing to do with what I think she is going to become... then, somewhere between me finding Dr. Debra and SolePath, all has changed....

I believe all of us at SolePath know, some more so, some less, that the very thought of us wanting to have a SolePath done is the declaration that we understand that we have a voice of our selfhood, and we want to take control of that self and want to take control of our own life, by knowing who we are and what we can do. This is the gift of SolePath.



And I think parents give their children a voice the moment they have their children's SolePath done. Because they have recognized the equality to be a human in their own children... I cannot say enough how profound this step really is ... and this sets all the changes needed in the relationship between the child and the parent.

We all know how important is it to know our own SolePath.... because know thy self is the foundational principle of enlightenment... but it is equally important to know the SolePath of our loved ones, our colleagues, our friends....



because then we know who they are, we will nourish the light within them... this is how we change our relationships, how we can have long lasting beautiful fulfilling relationships, out of which then the life we want will grow....

Knowing the SolePath's of others, allows us to see the light within them. It is like the Indian saying, Namaste.... like the Navi in Avatar saying, I see You.

**Special thanks to Jessie and her beautiful Chloe,
Full of gratitude, your SolePath team**