

## **Guidance For Life**

*In this reading, a mother is asking for guidance in how to raise her one year old son. What an incredible opportunity for them both! There is discussion of talents, challenges, path, discipline, even diet. Rather than separating this reading into its various topics, we've left it the way it was presented.*

**Paul Solomon Reading 0396 - L - 0313 - MC - 0001, August 5, 1974**

Question 1 : Questions are for ---- born April 23, 1972. What is the purpose of this incarnation for this soul?

Answer 1: Yes we have found the record and the presences well established to understand the purpose for the entry at this time we might best describe as soul growth for the self, individual development rather than for specific purpose as that to be accomplished in interaction with the others. Rather an understanding of self, an assessment of the self and the development of strength and decision making, dealing with earth forces.

All these might be seen as the purpose of incarnation, purpose for entering in this time and anchor for the soul if you will. For this one has entered the several times and dealt on many levels of consciousness, or that is many levels of soul growth. These need be brought in a perspective. Can be done in this time. The dealing will not be so much with fears, thought, abstractions, but dealing with physical laws and understanding practicality. The attitudes will be on such a levels and with such purpose.

Question 2 : What talent should be developed on an intellectual and artistic plane and specific suggestion on how to actively encourage those developments?

Answer 2 : Ability that could be developed will include these two diverse as they might seem. The one mechanics and the understanding of mechanical things. Not only an attitude, but a love for this sort of thing for the time of scientific pursuit in the early lands. Especially the development of such in Atlantis and specifically in regards to moving vehicles, flying vehicles and such. But this time directed the more toward earth, or land vehicles and the purpose.

But an understanding of the mechanics and the operation of machinery and such and could well develop a talent for growing things in earth. It is this that we would encourage the greater as time comes for several reasons, both for the satisfaction and the health of the self and for the health of this planet of this nation. Such need be learned by those in this day. So important, but careful how you encourage it. Let it be an encouraging and not a pushing, for he will easily rebel. This one so determined within the self could easily rebel if it would seem that these are another's designs. Cause to appear as his idea and purpose, but allow, give opportunity that he should become interested in the growth of plants, for this one will have a love of music, not a great deal of talent in such except for the entertainment of self and could be for this.

Question 3: Please specify what foods should be included in his diet and which excluded for his best well being.

Answer 3: There need never be for this one much opportunity given for those foods as tend to increase or titillate the body appetites, for this one will have a tendency toward over indulgence and the satisfaction of appetites. Those things that suggest discipline and good balance in diet should be expressed from the very first with this one. And not so much emphasis on what is eaten as to how much, that is restricting the self, always leaving the self a little less than full. Never over-indulging with that that is only for the pleasure of appetites. Train this one carefully to eat only as a result of need, not for the entertainment of self or for absence of other things you see. These are dangerous.

This one will encounter in the growth as natural tendencies and be warned. But if developed as habit early and respect for these things, not food as entertainment lacking here and there for other things and set an example. Careful here now. This the best portion of the training in the foods, then that balanced. And how would you balance?

So many times it has been said balance by color. There should be an understanding of the colors about you and respect of the spectrum, for the body contains the whole spectrum and if entered into balance will keep the body in balance. Take those foods that are colorful and let them compliment each other, that which is offered in beauty is taken in beauty and assimilated that way and will build the body beautiful.

Then the emphasis ever should be for that body that's growing, that color of growth, of green, that color of balance of green. Then let the majority of the diet be of green and deep green and growing. For the energy ever there should be the red. Then interpret these from that these from that the color would do as much as that the food would do within the body and you will balance the diet well. The same is true of the brown and white in foods often suggests colorless or without value rather than pregnant of light rather absence of color and that you would find in white in most you see.

With exceptions of onions, turnips and such that contain a great deal of iron and the minerals that would be needed, avoid things brown for the most part, for these are that that would be earthy in the stimulation of the appetites, you see. Follow such in the diet and will do well for this one.

Question 4: What vitamins or minerals should be given to him to promote his well being?

Answer 4: Vitamins particularly should come from balance of the foods, and if there is taken by the body those foods in balance that are grown in the locality of the body, living taken from the land about the self not one or two but all those things that the land about the body would grow, all the variety that is possible from the environment about the self.

You will find then the balance needed for that location and for the body therein, not so much of supplements though these well to be taken periodically and if taken then let it be taken in balance forms those of mulein are not so bad for the self. The body has little

discernment of whether a multiple vitamin tablet be organic or inorganic in origin. The acids, the chemicals in themselves as result for the same. Then a good multiple supplement may be taken periodically but not habitually. If these be taken then take for six weeks or so. Leave off for two to four and repeat again for another cycle of six you see. Give the body a rest period and allowing the body to make its own vitamins from the food it has taken. Over use of vitamins will kill the natural ability of the body to extract its own vitamins from the food. Take and will not want this.

Question 5. Should he continue to be cared for by the present for the present by his baby sitter----? Is this a good relationship and are there any karmic ties?

Answer 5: I haven't the records for this one, but from that we see in the pattern of the child himself would seem to be doing very well Karmic ties for sure, and a great deal of love exchanged between the both here. A good relationship as we would see. We do have the records. Was his grandmother in the past. A great deal of love here and well that these are together.

Question 6. What type of education should he be given?

Answer 6: Won't be much you can say about it. This one will make up the mind for the self as he gets a bit older, and that in the formative years could only be given as that best offered. Assist and give attention without a great emphasis on performance in such as grades and standards you see. But rather encourage and participate together in the learning and in the growth. Always show happiness and acceptance of that he can be, giving encouragement but not criticism, for this one will not have tendency to be particularly outstanding in the grades and yet will try. Then the latter education will be along those lines toward that he is inclined and will be well enough for the continuing technical education that he will choose.

Question 7. What health problems or diseases should he guard against?

Answer 7: Those fairly well given. those tendencies in the health will likely if they come at all and not necessary that they should but would be result of over indulgence, you see. The slight tendency toward a weight problem and problems with glandular imbalance and particularly blood sugar and would be from imbalance in the diet. Could be a tendency toward arthritis in later times. All these can be well regulated by sensible diet, not only in content, but in discipline, in rhythm and sensible eating in this time establishing such habits you see.

Question 8: Describe how to best discipline him.

Answer 8. Discipline should be consistent caring, that is a great deal of love and assurance of love, consistently, constantly. Never should discipline take the form of suggestion of displeasure or inadequacy in the sense that this one would be seen, myself as unacceptable discipline should ever be with stress of love and acceptability and understanding of the error. There should never be the pretense as so often is by the

parent that, "I would never be guilty of such a thing." You see. Should ever be done with the understanding of the difficulty and the error and the expression of such.

As to modes, methods, whether physical or such. these so much less important than the attitude with which you live it. Choose the method you will, but allow love to show. And acceptability ever, never condemnation. But state that the purpose of discipline might be seen.

Question 9. Describe how to not spoil him.

Answer 9: Should not be concerned at all. Give all those measures of love and attention that you will. Allow then that the results of the child's own actions be that that would straighten his path. That is, misuse of another should result in that direct to the self . That is striking at others should be rewarded by striking in kind, you see. Or such will be understood by self, and the reaction should be immediate, never delayed so that action is associated with reaction.

Then let the child understand for self that which he does to another will produce the reaction of another towards him. And ever he will understand interaction and Cosmic Law as well. And never will have feelings of persecution from the treatment of others toward the self, but will know that that treatment is direct result of action. In this manner the parents do not separate the self as a separate world, and would not expect different treatment from the world than from the parent. Attempt to be the child's world and the duplicate of that world you can expect to live in. In the discipline, you see, attempt to express and convey those laws of interpersonal relationship in his own world during the growing up. Be not concerned about spoiling.

We are releasing this one for now.

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