

More Adventures
of a
Mainstream
Metaphysical Mom

Finding Peace While
Raising Teens, Building a Community, and
Consciously Following-Through

M. A. Payton
Author of *Healing What's Real*,
Birth Mix Patterns and "Soul"utions.

The Left Side
Asheville, North Carolina

Contents

I. Introduction	13
40-Something Aches and Pains, Enlightenment and Consciousness.	13
II. Raising a Family and Conscious Thinking	17
Physiology of a Teenage Brain – Not Fully Developed until 25?! How much can I take?	19
Believing in “God”.	20
Keeping the Family Fiber in Place when Lying is the Status Quo	23
My Teenagers’ Protest – Everyone Lies!	24
Sometimes it’s the “Shoot First and Ask Questions Later” Parenting Style	26
Having Fun while Being Accountable – Where’s the Balance?.	29
Have you ever been at the end of your Relationship Rope?	31
Adults being Self-Absorbed – Is that Enlightened Behavior?	34
So the Theory is All Experiences Encourage Growth – Really? When?	36
Crystal and Indigo Kids – Are We Creating an Enlightened and Non-Enlightened Hierarchy for Children Now?.	38
Yep, I Can Be Bitter About the Parenting Experience	41
Can You Give Too Much Information?	43
Teen Talks in New Age Language – Missed that Mark	46
Are Liberals Capable of Establishing Rules with their Children?	49

More Mainstream Metaphysical Mom

When Teen Friends Think You're Cool
 – Flattering but..... 52

Helping Others Feel like Insiders..... 55

Can Teenagers Have Consciences?
 When Do They Grow Them?..... 57

Kids Leaving the Nest
 – All Talk without the Pocketbook..... 60

Sharing Your Space - Proceed with Caution..... 62

Addictive Behavior – Some May Be Blessings..... 66

When You are Blatantly Lied to
 – Finding Your Happy Place..... 67

What if You're Not In Charge, but Should Step Up?..... 70

Breaking up Emotional Storm Clouds –
 Activities that Encourage Others to Talk..... 72

Manifestation Training Ground –
 NLP, Visualization and Deadlines..... 74

A Little Lie Doesn't Hurt Anyone?..... 76

Being Transparent – the Truth, the Whole Truth
 and Nothing but the Truth?..... 78

Messages Getting You Through Your Bad Day..... 81

Big Memories with Simple Gatherings..... 83

Framing a Clear Reality with Personal Contracts..... 85

When Children Die..... 88

I'm Liberal, but I'm Not All That Cool –
 Hipping Up to Get 10% Communication..... 90

Establishing a "Love Network"..... 92

Bringing the Worst Out in Each Other..... 95

Clearing the Way for Adulthood and
 Opening the First Door to Empty Nesting..... 97

Becoming a Mainstream Metaphysical Parole Officer..... 99

Ancestor Studies – Grounding in
 Who We Are in This Lifetime..... 104

Seeding Traditions – Creating Strong Connections..... 107

Top 10 Teen Success Tips..... 109

III Building a Community and Conscious Thinking 113

 Are Liberals the Only Group that Gets Abortions? 114

 The Apocalypse or “US” Awakening? 118

 Perceiving Safe and Secure = Safe and Secure. 120

 When Obama was Elected President – Who in
 His/Her Right Mind Would Want that Job? 123

 Forcing Your Life Choices on Those You Love
 – Is that Fair? 126

 Prepping for Change – Is There Such a Thing
 or Are We Just Bracing Ourselves? 130

 Clarifying Agreements –
 Sometimes “Your Word” Isn’t Enough 132

 Paying Attention to “the Signs” –
 Being an Energy Hypochondriac 139

 Good and Evil – Sweet and Sour 141

 Free Will – A Bit of Buddhism, a Pinch of Christianity,
 a Dash of Paganism, a Sprinkle of the Kabala, and
 a Bunch of Intuitive Faith. 143

 Women supporting Women –
 When to Fish and When to Cut Bait 145

IV. Achieving Health and Conscious Thinking 149

 Healthy Options and the Right to Choose 150

 Doing your Best Then Bowing Out Gracefully 158

 A Rebel Tired of the Cause. 161

 Integrative Medicine and Practices in a
 Mainstream Pharmaceutical Country 163

 When is it Time to Live our Lives?
 What Tools Can We Use to Define “Live?” 167

V. Following-Through and Conscious Thinking 171

 Guided Follow-Through as a Child 172

 When It’s Clear that Others Want to See You Fail
 and Bitter Pill Follow-Through 173

 What You Want in Life using Conscious and
 Subconscious Follow-Through. 175

More Mainstream Metaphysical Mom

Quieting the Mind using Self-Hypnosis Follow-Through . 177
Getting to a Happy Place with Childish Follow-Through . 180
Clarifying Intentions with
 Relaxed State Follow-Through. 181
Financial Freedom with Less Money and Disciplined
 Follow-Through 183
But I Can Help You! Hands-Off Follow-Through 185
The Art of Understanding Others Follow-Through 186
The Generation Gap and
 Sensitivity Training Follow-Through 189
Saving Future Resources and
 Conservation Follow-Through. 193
Integrative Energy and
 Middle Class Follow-Through. 201
Understanding the Universal Language and
 World Peace Follow-Through 204
Clearing Negativity with
 Energy Management Follow-Through. 206
Clearing Nervous Jitters and Emotional Management
 Follow-Through 210
Lessons During My Haircut Nine Years After 9/11 and
 Finding Teachers Follow-Through 212
Who Do You “Talk” to and
 Higher Self Follow-Through 214
V. Ompossibilities. 217
 The Death of a Salesman Eulogy: At Peace with the
 Learning that Came from an Abusive Childhood 217
About the Author 221
 Mainstream and Metaphysical Living 222