

A Grandmother's Grace

My grandson is 15 and a special spirit. Due to unfortunate circumstances, including bullying, he has an extremely negative view of the world and a sense of powerlessness to navigate it successfully. I connected him with a therapist, which has not helped. How do I speak my truth about his hopeless perspective without alienating his mother (my daughter) and father? Do you have any suggestions for teen reading or youth groups to help him see things differently?

I know how hard it is to witness a teen you love suffer. I also know the benefits of your love and involvement are in play even if they are not obvious. You must remember he possesses an inner wisdom, and there is a spiritual perfection to his journey.

A certain level of faithful detachment is healthy, even as you advocate for his highest good. Pray for guidance to articulate your desires and concerns in ways that promote unity within the family. The mutual love you and his parents share for this special spirit is the place to begin. Hopeless negativity is distressing for all involved and is a tough layer to pierce with a hurting teen. Being a safe, accepting space — without trying to talk him out of his feelings — is huge. It is also hard. Remind him you will always stand for and appreciate his goodness, worthiness, power and brilliance, even when he cannot see those qualities in himself.

And don't give up on therapy. It takes time to build a trusting rapport. If there is no connection, find someone else specializing in working with teens. Within CSL are classes and coaching sessions offered by experts in spiritual parenting and the philosophy of "Love and Logic."

Youth groups exist at Centers for Spiritual Living around the world and many meet virtually now. Reach out to youth directors to explore safe, inviting ways to involve your grandson. And most importantly, pray for him as you live and love your life fully, thereby being an example of joy and possibilities. God as your grandson knows what It's doing. Trust love. ❀



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