



"Do you get it?"

Energy Flow – What kind of picture are you painting?

If you don't agree that we are all in a strong energy flow then I would welcome the opportunity to hear why.

I believe we have become trapped in the world where we react to almost everything. We want to be right at all costs. We want to be heard at all times. We can't walk away unless everyone knows we're right. We have become competitive in the safety of our schools, clubs and communities. We are stressing to be at the top. We focus too much on what we don't have rather than what we do. As I have learned "where attention goes, energy flows and results show".

I believe we need to challenge ourselves to become better people. We need to inspire our children to learn, rather than teach them. The example we model for them will greatly affect their lives.

The next time you are at a game think about what kind of energy you are transmitting. If it is negative you can be assured that your child will be affected with it. Their game has nothing, nothing to do with you. Their efforts affect the outcome of the game, not yours. In fact, if you are distracting them you are in essence giving more power to the other team.

Focus is a huge part of hockey and any sport. Give your child the best chance to focus for the duration of the game. Cheer good effort, cheer great plays and cheer good sportsmanship. Remember if you have nothing nice to say – say nothing. Commend good effort and leave the leadership to their peers and their coaches.

It is my belief that the character we model and how we support our children is a mirror to our lives. How you do anything is how you do everything. If you are angry about ice time or coaching then chances are you are angry about life and work. What we project will affect those around us. Are you infecting your child or respecting your child. After all it is them on the ice for practice and games, it is them working hard, and it is their moment.

Inspire your child to be their best rather than finding fault in others.

Slow down, breathe and think.....let the positive energy flow.

Donna Weller
Innate Transmission