

Michelle A. Payton, Ph.D.

Parenting Psychic Children Radio Interview

with Jillian Maas Backman, host of I.T.'S For You -- www.jillianmaasbackman.com or www.wlkg.com -- 96.1 FM (Lake 961) Lake Geneva, WI/Sundays 9-10am and on-line



Jillian:

You talk about mainstream metaphysical parenting in your books, could you give us an example of experiences with your own children?

Dr. Payton:

Some parents are slapped in the metaphysical face when they have overtly psychic children, and they don't know what to do with that--the seeing dead people thing for instance. But more commonly, many parents don't realize their children's gifts until they step into their own metaphysical power.

As a for instance, one night my youngest child came into my bedroom because she was frightened by the "red monsters in the air." I was pretty thrilled that I could relay to her what I knew about the red lights that I've always seen. For those who haven't gotten a glimpse of these red lights, they remind me of atoms floating in the air. This brought two gifts, it was confirmation for me after all these years, and I was also helping her step into her power. She was being heard at a very young age.

But as a younger mother in my late 20's/early 30's of my two older children, it wasn't as obvious to me that my children had more gifts than met the eye. Partly because I wasn't in that space.



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Jillian:

Are some children connected and others not?

Dr. Payton:

Let me tell you why all children are gifted and why, and how we can help them continue to tap into Universal energy.

First, acknowledging that the brain is very mysterious, there's some basic physiological information that I'll call mainstream that's helpful to know: A 3 year old brain is twice as active as an adult's brain with lots of little wires (much more than you end up with as an adult), but they aren't set in patterns yet.

For a visual, imagine when you take hair out of a brush. It's a big matted hair ball, but you can still see the fine hair strands. But then imagine taking your fingers and pulling the hair apart and tiny hairs become connected making thicker strands. The way dreadlocks might look. There's hair in some spaces and not in others. The initial matted hairball with finer strands is similar to the look of a 3 year old brain, and the pulled apart, dreadlock looking hair with empty space around them is a teenaged brain.

These little ones are experiencing so many many things and not being stifled as much by repetitive patterns and adult rules. This puts them in, a type of exploratory cosmic trance state. By age 11-12 many connections are dropped (called pruning) to create a more powerful and efficient brain. By teenage years—these post children, pre-adults—spend more time reasoning vs. exploring, and laboring to think through situations to define what's right and wrong. So while brain cells are formed by this time, connections and patterns of wiring in the cells develop over time and mature by about age 25.

Then our adult brain has thicker wires with more programmed patterns and is more about visualizing and imagery (remembering in a sense) to get the answers of right or wrong because we have more experiences to pull from.



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Jillian:

Do you have any tips on how to parent these gifted children?

Dr. Payton:

In our metaphysical, psychic, eclectic consciousness community, at times as parents we want to make sense of it all. Have physical proof. I talk a lot about this in my book *Adventures of a Mainstream Metaphysical Mom*, but here are 3 ideas on combining Mainstream information and events with Metaphysical Parenting

1. Listen to children's messages--whether it's through artwork, words, or actions. Sometimes they just blurt phrases out that will rock your world. Children are naturally open metaphysical vessels partially due to their brain development in comparison to an adult, especially in the first 10 years. They can physiologically and metaphysically more easily tap into their conscious, subconscious, superconscious minds and Universal information. And when they notice your interest, they will feel encouraged.
2. When vessel closing messages pop up that may attempt to shame your child into mainstream submission from friends, neighbors, school, television, books... Maybe they discount their intuition or what they're seeing, feed them information immediately that will keep their minds open to possibilities. Even if you don't have answers at the time, just by asking them open-ended questions and nodding your head yes when they tell you what they're seeing, feeling, hearing, smelling, etc is a clear sign of support.
3. Everyone takes on other peoples' energy at times. Even the best practitioners let their guards down from time to time, so it's helpful to train your children to put up energy guards. And if they haven't done this in time, you should provide boundaries so that they can positively recharge if they have taken on negative energy. This protects them mentally and physically. If you want proof on this, just look at the mainstream medical announced statistics on one of the biggest killers in the United States – Stress. Stress is a perception which becomes a reality which then manifests in the physical body.

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Dr. Payton:

So for instance, my Aquarian teenage son is a grocery store cashier and connects with many people, and absorbs a lot of their energy. He takes the money they've been carrying, looks at them eye to eye, and has brief conversations with them. He likes his job, but many times comes home in an overwhelmed or foul mood because of this extended period of psychic exchange. So we had to set some boundaries at home that he shouldn't be touched for a certain amount of time so that he can do some inward regrouping. While an even more helpful way to combat this is by teaching him techniques to block this exchange, as a teenage boy he doesn't always buy in to his mainstream metaphysical mom's theories right away, but he does listen and eventually tests things out on his own terms.

Jillian:

How can people get in contact with you?

Dr. Payton:

You can see all 6 of my books at www.michellepayton.com and there is a free stuff button for you to take advantage of additional information on this and other mind over matter subjects. I also teach teleseminars regularly so check those out, and do phone sessions.

