



THE LIGHTS ON EFFECT

The Lights On Effect Part 2 Transcript

Motherhood triggers our limits or our growth potential unlike anything else. Creative change-making mums, you can make a massive impact and it looks even better than we could ever have imagined for ourselves, for our families and for our world.

Change is hard at first, messy in the middle and gorgeous at the end but if we let go of our dreams as mothers, what message are we giving our children? Be average, fit in, conform, play it safe, abandon yourself. We've all got a talent. We've just got to find it, value it and then go all in to play full out through it.

Hello, welcome to my second video in the Lights On Effect series.

What we're going to be looking at is the transformation that is on offer when we really take on board the significance of the role that we as mothers can play in our children's education, in transforming the world to be a better place. Our role as a mother deserves our full attention on personal and professional development and when we can view what we do at that level, and really, really take on board that we want to be inspiring leaders of our families, right? Not micromanagers or not underpaid employees who are running around doing everything and not having any respect. We want to be those inspiring leaders of our families that can absolutely transform our children from being disengaged and switched off to engaged, fired up, absolutely hungry to learn and therefore through the Lights On Effect, making their impact in the world, simply because of who they are being, because you've made your impact in the world, simply because of who you are being.

It is even more important now that we, as the parents, we as the mothers really, really understand what does it mean to learn, today? To flourish, to absolutely shine because they know what it is that they love to do. This is the future of our world. Like we are literally leading this next generation and we have to take responsibility for that to be able to solve some of the, probably the biggest problems that maybe we've ever faced.

And so it's really important that we see this is so much bigger than our children not being engaged in school. This is so not about getting them to do their homework. We can use all of those tools, those techniques and strategies when we have that culture of learning well, and truly embedded in our home.

So are we going to sit back passively and just go, oh God, it's all, it's all really spiralling downhill, or are we going to go, what can we do about it? And when we really look at what we can do, where we can, as mothers really take on the significance mothers of impact, we can bring about the change that we want to see in the world, because we absolutely, um, can lead our children to become the most phenomenal learner.

Because we see the opportunity, not the problem, the opportunity for us to grow. So let's just have a look then at being lights off, really kind of, sort of looking at this being light off, and really looking at it from that sort of field of energy around your body. It contracts it shrinks. And what happens is our focus absolutely narrows.

Yeah, we kind of, we can't see anything else. We can't sit still. We can't learn. We can't create right. We can't collaborate. We can't think expansively. We can't think creatively about how to solve this problem because we have contracted down in survival mode and our brain is now on the lookout for threats.

Okay. When we are feeling rubbish about ourselves as a learner, when we are so bored and unmotivated and maybe even can't take it in anymore because we think what is the point? The world out there does not need me to pass all my GCSE, the world out there needs me to absolutely know who I am to be passionate about something and to truly step into finding my purpose.

Because when we are passionate about something and doing things that we love, we can get into the flow and when we have that combined with a meaningful role in our lives and in the bigger wider world, everything shifts and transforms. So when we are lights off, when our children are lights off, when we as mum's are lights off, we really disconnect and we feel very separate from everything around us, everything around us and everyone, we can become very sort of self centered. It's a scary place to be. When we can think of it as lights off and lights on we don't need to get caught up in thinking heavy thoughts about oh my goodness, right? I'm never going to get out of this. Our lights off moments where our thinking maybe is keeping us safe and we feel we can't do it. And it feels really, really heavy. Those are actually our opportunity for growth. So, again, a very, very different way of looking at mental wellbeing that we don't need to be scared of our lights going out, but we actually can use those moments to really see where the growth opportunity is and the growth opportunity is always to what is the automation that really exists in our mind at that particular time, that has caused us to feel something, to contract them, to go into survival mode and to play it safe, because what happens to our brain it's in a really incoherent state when we are, um, lights off.

That means that we're in scarcity absolutely, you know, our mindset is going to be very weak from a learning perspective because we definitely are not going to take a risk and we're going to be highly analytical looking for everything that is wrong. Maybe we're just a little bit more confrontational. Um, maybe we try and we get a little bit more manipulative to try and get what we want, or we sort of dig in and, you know, we do the fists and we try harder, or maybe we even tune into hope and wishful thinking. Not great strategy for growth, not great strategies for learning, certainly not great strategies for mental wellbeing and absolutely not great strategy for making an impact in the world and really becoming that mother of impact

who ensures that her family is one of the families that contributes to the wellbeing, a better place to be.

And what also happens when we contract down into the lights off state is that we become limited by our past because it's our past thinking that is limiting our present thinking. Now here's what I want to do so you've got a big takeaway from this session tonight is to normalise lights off thinking to no longer be afraid of lights off thinking, but to be very consciously aware that you can use it to learn more about, um, which thoughts are holding you back, sabotaging your progress and limiting your opportunities, creating that glass ceiling over your head, and to grow and shift through them through the rewiring process, using the beautiful neuroplasticity of your brains to really be able to go, Actually, what I'm feeling now is like I'm a rubbish mum but that's not true. Finding that evidence, right? Questioning, is it true? No, it's not! Find all of that evidence and then choose to believe and stack the evidence as to why you are a phenomenal mum.

If you struggle with finding those reasons, that's when you reach out. Whether to me, to a friend or to someone else who is your coach, your mentor, your guide, but you definitely do not accept that as a thought, that is going to stay hardwired in your brain. We really kind of want to normalise that light soft thinking because once we hear it, once we make it, we're consciously aware of it. Now we can grow from it.

The opportunity here again is for us to shift and we can do this really, really quickly. To shift to the lights on state of being. And again, you can tune into what your thoughts are to create those feelings, because your thoughts create the feelings and then from that place, you'll be able to up in the world empowered by your core energy. So I like to think of lights on is like really powered up by our core energy and really tuning into our future potential. When we shift to lights on we're tuning into our future potential, which is totally limitless. There are no boundaries on our future potential only what we place on ourselves from our past thinking.

So you want to be tuning into your future potential. The easiest way to know if a child is receptive and in that moment of like, yes, bring it on, unlimited possibilities unfolding in front of them. Infinite potential opening up to be available to them is because you see it, you see it in their eyes. It is like their lights have come on.

And so again, we don't need any kind of formal heavy professional training and assessments and tests to know if our children are learning, you see it because you can only really learn at your fullest potential. Remember, we're talking in the lights on universe or our exponential potential, because why would we not go for it? You can see that in their eyes, right? Because when you are learning with your lights on, it shows.

So this is a really a new kind of, I guess, a paradigm shift for us to be able to get comfortable in the lights off state of being and recognising it as a growth opportunity. And really learning, and this is the big learning lesson for many parents, to not hang out in that cozy comfort space of victim hood, holding onto those lights off thoughts.

It's very, very enticing. Okay. Because the whole way our brains are designed are to keep us safe. So even though it feels horrible, even though we're thinking really horrible, negative thoughts, we can actually feel really, really safe in that place because we don't have to take

any action. So what you think, what you feel will determine how you act and how you show up in life.

And that will determine, ultimately the impact that you can have in the world. And again, as you do this for your children, that will also, they will see that being role model and they will understand what I think, what I feel determines how I show up in the world. And so then you can start to align your values to really kind of be like, well, do we want to be a family that makes a difference in the world?

Not everybody does. I am looking for those moms who go, no, I do want to be, I love this idea that motherhood, my being a mom could actually be the making of me. If I could harness that and really follow a roadmap that led me to my exponential growth. I love the fact that I would be able to use maybe even the anxiety that I've carried all my life or has maybe been triggered by motherhood, but I could use that to my advantage, to grow and therefore lead my family to be one of those families that absolutely changes the vibration of, of us as human beings.

We don't stay separate and individual in our homes, but we absolutely collaborate with meaning intent and purpose, uh, and where we shift our focus to be creating impact, whether that's within our own communities or simply by showing up differently in the world, we will be having, um, uh, an impact.

In order for you to really take that on board and take it to its fullest kind of, um, narrative unfolding narrative. As I like to think, I really wanna encourage you to sort of think of your family as a team, right? If you're a leader, you've got a team and this is where as you begin to show up, More creatively, because you're going to find the thing that switches your lights on more collaboratively, more open to, um, getting it wrong because you're in, you're learning how to tune into being less lights on.

Then you are going to be able to really do some incredible things, actually. As a team, what if we can get them lit up by learning? If we can get them, absolutely know where their passions lie and tuning into their natural born genius to get to the outcome. You really need to change your thoughts. And that's where it becomes really, really exciting because it isn't about doing more.

Right. So those of you who say to me, I haven't got time. Julia, how long, how many, how much time is this going to take? I, I want to kind of say to you, are you committed? Are you committed? Because it might take you three years to really get to your level of conscious awareness where you can lead your empowered family unit to be absolutely learning how to use lights off moments in life to, um, as their growth opportunity.

But you will get transformational results really, really quickly because we're shifting your thinking. The great thing is again, You're the mother. All right. Um, you potentially are there. My mom's still around. I'm what? 53. She's about to be 83. You are there for a long time when you outsource and try and put your children in a culture of learning, right.

Where they can grow and thrive and all of that, but you don't do anything within your own home that comes to an end at some point. And so this way, really, what is so exciting is you

get to ensure how you walk along that adventure. You know how to do it now, I'm not saying that you need to take your kids out of school and home educate because actually when you do this work, your children who have been maybe disengaged in school absolutely can walk into that exact same school and thrive.

And we have to be brave enough as mothers and courageous enough as mothers to have conversations that change things fast. We have to learn like what's the real problem here? Just as I did with my family 15 years ago, I got hungry to learn because I knew what it felt like to be in a dark, scary place.

And I was not prepared to sit by leaving it for others to solve as I began to see my daughter's mental well-being deteriorate. And I remember thinking like, is this a mental health problem? And I remember saying to myself, I refuse to believe it is because I know, and I have seen her happy, switched on, motivated, and I absolutely know what it is that that gets her lit up, even though those dark moments were there and the anxiety, and then not wanting to go to school.

And I chose to look at the lights on moment. And go, that's the direction of travel that we're going to walk towards. And again, it's really, really important here for us to acknowledge as mothers, no matter what we do, things will happen in our lives, in our children's lives that will throw us a curve ball.

What we need to be doing is having a strategy that when negative things happen when obstacles come their way, when like the rug gets pulled out from under their feet, perhaps that they can come to us, they trust us and that they know that we will listen, that we are connected with them and that we absolutely be there for them.

I want us to really kind of, sort of start to think about the cultural learning in our homes almost as a rhythm scape. The ebb and flow of our thinking of lights on lights off the energy and everything that we're tuning into. And when we start to look at it like that, we can become less concerned when we have periods of kind of quiet and calm, because sometimes that consolidation is needed.

Often parents get worried when it's like, yeah, I know what switches on my child's lights and oh my goodness everything's transformed. And then one thing will happen and it's almost like the parent really sinks because they thought that was it from now on we are like, like the happiest family out there.

It's not about ignoring the lights off. It's not even about worrying about the light off moments. It's about using those as our growth opportunity and really where our attention goes is where our energy flows. So we want to be focused. We want to know where we want to put our intention and we really want to be tuning into intentionality.

I want to just really help you see that the transformation that we're talking about is not from lights off to lights on, and that's where we stay. It's this beautiful kind of flow, ebb and flow between the two and the contrast is needed. We do a lot of mental contrasting inside my programs and we do lots of lights on activations, lots of hanging out also intentionally with lights off feelings so that we get to know where they are within our body.

Um, but it's, it's how we learn to navigate and use the two sides, right. Or the polar opposites, um, and move up and down that dial from lights off to light on that is really going to make the difference for your children. So you really then are able to take your role as a mother to the next level of your own personal and professional development, because you have to know how to walk this walk. You will switch your children off from trusting you if you try and tell them, and they do not see it, role modeled in you. And that's a mistake I see parent after parent, after parent making. They want their children to be bold, courageous, resilient learners. They want them to have that emotional intelligence, that positive intelligence. They want them to be able to absolutely thrive and tap into their passions and find their purpose and live a life of financial freedom doing something they love yet they're not walking that walk. And that's the invitation to you. That's what we do inside lights on, inside of my programme, Becoming Lights On and you know, is to learn how do I walk that walk?

How do I truly truly know what it means to be living, um, a lights on life, learning at my truest potential. Absolutely being comfortable when the lights go off and using that to my advantage and being brave and courageous and courageously vulnerable as we talk about, So that that's the norm within my family.

And when that becomes a norm within your family, within my family, within 10 million families that we can hopefully reach by 2025, the ripple effects of that, or their lights on effects of that is absolutely going to be huge.