

CONTENTS

FOREWORD ix

ACKNOWLEDGMENTS xiii

INTRODUCTION xv

Connections: *Ways we bond with each other and the world* 1

Hopes: *How I wish to serve as your parent* 23

Traditions: *Rituals and history I want to share
(and create) with you* 49

Choices: *How you shape your destiny* 75

Values: *How to treat yourself and others* 101

Lessons: *Life learning I want to share with you* 129

Love: *Cherishing the joy you bring to my life* 153

Purpose: *Fulfilling your dharma (purpose in life)* 177

Miracles: *Realizing the magic and mystery of the universe* 201

Spirit: *Knowing yourself and your true essence* 227