

KIM MUENCH



WARRIOR WOMAN

IN HER OWN WORDS:

- WHAT SHE'S MOST PROUD OF HERSELF FOR -

I am most proud of myself for continuing to courageously climb the mountain that is slowly, but surely, shifting the parenting paradigm from one of traditional control, to one where we guide our children "hand-in-hand." It feels, at times, lonely and overwhelming...but, then someone reflects, in their words and actions their understanding and excitement for the passion and wisdom you've shared with them, and you know (in your heart) the concept is catching on, one parent at a time! My purpose in life is to help create this shift for healthier family life.

I am also proud that the five people who arrived through me, all wildly and beautifully unique individuals on diverse life paths, come together (never often enough in this mom's eyes) and share a space that's filled with genuine love and respect for one another. To have raised such a diverse group who get along so well, despite their differences, is a gift I treasure.

IN HER OWN WORDS:

- WHAT SHE WOULD TELL HER 16 YEAR OLD SELF -

Take the time to learn about, and stand in, your authentic being rather than to chase after fleeting acceptance from others. Being who YOU are, is the essence of life.

IN MY OWN WORDS:

- WHY MS KIM MUENCH IS A WOMAN WARRIOR ROLE MODEL TO ME-

Kim and I met each other quite serendipitously. I came across a blog post a couple years ago from Real Life Mom. The easy, casual writing style was very appealing to me. I felt like I was eavesdropping on a conversation rather than reading a blog. It was fresh, funny and fabulous. Fast forward to December of 2016. I had found my way to Dr. Shefali's very first weekend Evolve Summit in Long Beach, CA. Friday evening I sat with some people I knew. But on Saturday I was craving some space to soak up all the speakers' wisdom so I sat without my friends towards the back of the room. I smiled at the lady that sat to my right. During the partner exercise we struck up a conversation. She had a warmth and energy that was so comfortable. As we continued to chat through out the rest of the Saturday, I stumbled on the fact that this stranger was Kim Muench, author of Real Life Mom! I was star struck! I shared with Kim my dream of writing a blog one day. From that moment she began to encourage me.

IN MY OWN WORDS:

- WHY MS KIM MUENCH IS A WOMAN WARRIOR ROLE MODEL TO ME (CONTINUED) -

She gave me her card and told me to call if I had questions or got stuck. Well, I did get stuck. Not with the blog, that was still a distant reality, but with my son. My teen son was struggling academically and I needed to talk it through with someone who was practicing Conscious Parenting. I thought back to Kim and how Dr. Shefali had made fun of Kim's copy of The Conscious Parent. It had been highlighted, dog eared and written all over. So much so that Dr. Shefali insisted Kim take a new book home! Kim has an amazing quality of listening with her heart and the warmth is felt through the cell phone. I am forever grateful for her wisdom and experience with the strange species called teens. And it was Kim who encouraged me to finally just Jump In with my blog. She's a giver. She's passionate. She's Real. She's a conscious Parent. She's a Guide. And I am overjoyed to have Kim in my corner on this journey.

you Rock Kim!

stay positive,
Vibha

KIM'S FAVORITE

WOMANTRA:

Don't
Die
Wondering

Dr. Wayne Dyer