

Altruism

At 10 p.m., October 1, 1943, The Nazis were to round up and deport 7,500 Danish Jews to the death camps. Non-Jewish Danish citizens, from all walks of life, some only teenagers, risked their lives to rescue all but 481 Jews by boat and by bus. They sneaked them away to safety and freedom in neutral Sweden.

Louis Bulow: Denmark, Rescue of the Danish Jews; www.auschwitz.dk

Altruism is the highest act of selflessness. How many of us could love deeply enough to put our brother and sister first even if it meant giving our life to do so? How many of us have developed our conscience and our courage to the point that we can look fear in the face and do the right thing to help make the world a better place? Developing altruism is about making love stronger...stronger than fear. Remember the heroes of 911's Flight 93.

Steps to Developing Altruism:

- I. Teach love, respect, responsibility, courage and empathy.
 - A. A victim who likes being a victim is selfish and weak.
 1. Don't reinforce victim behavior.
- II. Teach your child to be a giver, not a taker.
 - A. Experience changes the brain.
- III. Grow your child up in a spiritual environment.
 - A. It's not just about believing, but about serving.
 - B. True self-esteem is spiritual. If you act like a child of God, you feel like a child of God.

Home Therapies to Develop Altruism (above and beyond modeling):

1. Treasure or prayer mapping
2. Restitutional mediation
3. Try to prevent getting triggered. How can you show unconditional love when you are angry? Attachment traumatized children feel more comfortable when they have tricked you into being their replacement perpetrator.
4. Filial structured play therapy. The healthier a child is, the more they can structure their own play therapy.
5. Movies and books that provide altruistic role models for children
6. Avoidance of books, movies, computer games, radio stations, and music where violence and selfishness are modeled, instead of altruism. Isn't **Extreme Makeover Home Edition** wonderful?
7. Check out Love and Logic Parenting (www.loveandlogic.com).
8. Strong sitting with power cards
9. Prayer copying.

