

A celestial illustration of a woman and a child. The woman, with long flowing hair and a halo, gazes down at the child. The child, with short hair and closed eyes, has their hands clasped in prayer. They are surrounded by a starry night sky with a crescent moon, swirling golden light, and purple crystalline plants at the bottom.

AMANDA SEARS

THE COSMIC
PARENTING
TOOLKIT

"Your child is not just becoming—they are remembering. Every breath, every gaze, every giggle is a sacred code unfolding. You are the guide, the witness, and the sanctuary for their return."

— Azura'Sol'Orriya

Cosmic Parenting Toolkit

A Soulful Companion for Raising Divine Children

This toolkit was created to offer sacred simplicity—a gentle rhythm of presence, play, and energetic attunement that supports the awakening child and their evolving parent.

Cosmic children are born attuned to higher frequencies, carrying gifts, memories, and codes of light. They feel more, sense more, and need more spaciousness, grounding, and reverence in their early years. This toolkit is here to remind you that parenting doesn't need to be perfect—it just needs to be connected.

Each section includes:

- 16 Daily Rituals for connection and calibration
- 16 Joy-Inspired Play Ideas for movement and bonding
- 16 Soothing Sigils for emotional and energetic support

Whether your child is a newborn wrapped in stardust, a toddler discovering their Earth legs, or a parent rebirthing themselves—this is for you.

Come back to it often.

Let it evolve with you.



16 Daily Rituals for Connection & Calibration

#1 - The Starbreath Pause

A soft breathing ritual. Sit or stand facing your child. Together, take three slow breaths — in through the nose, out through the mouth. On the third exhale, imagine a small star glowing in your heart. Invite your child to imagine theirs too. Breathe again, letting the two stars gently pulse in rhythm.

#2 - The Heart Touch

At any time of day, gently place your hand on your heart and invite your child to do the same. Say out loud: "This is my heart. It speaks in love." Then place your hand on their heart (if welcomed), and let them say the same. This practice creates an energetic attunement and honours emotional awareness.

#3 - The Whispering Tree

Find a tree in your garden, a park, or even in your imagination. Sit beneath it and close your eyes together. Place your hands on the earth. Whisper a feeling, a wish, or a question to the tree. Wait for a feeling or word to arise. This grounds nervous energy and connects to nature's wisdom.

#4 – Light in the Hands

Rub your hands together gently, then hold them just apart. Feel the tingle — that's your light. Let your child try. "Can you feel your light?" You can place this light over the heart, belly, or space around you. A simple energy activation.

#5 – The Still Point

Sit together in silence for 60 seconds. You can ring a bell to begin and end. Place a stone, crystal, or soft toy in the centre between you. Let stillness grow like a pond. A beautiful practice for emotional co-regulation.

#6 – Touchstone of Safety

Hold a special object (crystal, cloth, soft stone) and say together: "This is my calm. I can find it any time." Teach your child to touch it when they feel upset.

#7 – Golden Bubble

Imagine a golden bubble around you and your child. Say, "We are safe. We are held. Only love gets in." Let your child imagine it glowing, sparkling, expanding.

#8 – The Loving Mirror

Take a moment to look into your child's eyes and reflect something true and loving: "I see your courage. I feel your light." Invite them to do the same if they wish.

#9 – Water Blessing

As you drink water or prepare a bath, speak a blessing aloud: "Thank you, water, for helping us feel soft and clear." Let your child join in. Invite them to bless their own water.

#10 – Three Thank Yous

Before bed or after meals, say three things you're thankful for. Let your child say theirs. They can be silly or deep. Gratitude opens the heart and anchors presence.

#11 – The Feather Breath

Pretend to blow a feather in the air. Long, slow exhale. Let the child imagine where it lands — a flower, a star, a dream.

#12 – Earth Hug

Lie down on the earth (or sit with hands on the ground) and say, "Hello Mother Earth. Thank you for holding me." Let your body soften and receive.

#13 – Love Pebble

Keep a tiny stone in a pocket or pouch. Tell your child it's charged with love. When they miss you or need support, they can hold it. Re-bless it together as needed.

#14 – Song of the Day

Sing a little made-up song about the day. It could be silly or soothing: "We played in the sun, we had so much fun..." Let your child join in.

#15 – Gentle Hands

Place your hands on your child's shoulders, head, or back. Speak softly: "I'm here. I love you. You are safe." Let them do the same for you if they like.

#16 – The Light Switch

Pretend to "switch on" your light in the morning by touching your heart, then belly, then crown. Invite your child to turn on their light too. "Ready to shine today?"



16 Joy-Inspired Play Ideas for Movement & Bonding

#1 - The Cloud Dancers

On a sunny or cloudy day, lie outside and find shapes in the clouds together. Let your child describe what they see and make up stories. You can add gentle arm or leg movements to “dance” like the clouds, stretching, swirling, and floating.

#2 - Rainbow Trail

Use coloured scarves, fabric, chalk, or ribbon to create a “rainbow path” through your house or garden. Let your child walk, skip, or crawl along it. Invite them to pick a colour and make a sound or movement to match. Let the colours become a moving story of their own creation.

#3 - Starlight Stretch

Turn down the lights, play soft music, and do gentle stretches together. Reach for the stars, sway like comets, curl like moons. Let your child lead the movement if they wish. This helps regulate energy before bed or after high-stimulation moments.

#4 – Blanket Boat

Sit your child in a blanket and gently drag them across the floor — the sea, the stars, a jungle! Let them guide the story.

#5 – Animal Parade

Choose animals and move like them — slow bear walks, jumping frogs, flying birds. Let your child lead with new creatures.

#6 – Colour Dance

Pick a colour. Move as if you are that colour. How does yellow feel? What does blue do? Try different music to enhance.

#7 – Magic Portal

Create a portal from a sheet, doorway, or chalk circle. Pretend to step into a new world together. What do you see? What do you become?

#8 – Back Drawing Game

Gently draw shapes on your child's back with your finger. Let them guess. Then swap. Great for quiet moments and sensory regulation.

#9 – Sock Puppet Feelings

Use socks to create quick puppets. Act out silly or big feelings with them: "I'm grumpy!" "I'm a giggle monster!" Playfully process emotion.

#10 – Shadow Dance

In a darkened room or with a torch, make shadows on the wall. Dance with them. Create stories. Explore light and form.

#11 – Cosmic Cleanup

Turn cleanup into a mission — “Return the crystals to the sacred cave!” or “Hide the dragons under the mountain!” Make tidying imaginative.

#12 – Nature Treasure Hunt

Go outside and search for “gifts from Earth” — a feather, a stone, a leaf. Create a treasure altar at home.

#13 – Mirror Movement

Face each other. One leads slow movements, the other mirrors. Swap. Builds connection and presence.

#14 – Sound Journey

Use a drum, shaker, bowl, or voice. Make sounds for rain, thunder, stars, animals. Let your child guide the journey.

#15 – Bubble Blessings

Blow bubbles outside. With each one, speak a blessing: “Joy,” “Peace,” “Kindness.” Watch them drift into the sky.

#16 – Dance and Drop

Put on music and dance wildly... then pause and freeze! Great for energy release and laughter.



Soothing Sigil Set

These 16 sigils have been lovingly crafted as sacred allies for parents and caregivers of high-frequency children. Each sigil carries a unique energetic signature, offering gentle support for the emotional, physical, and energetic needs of both child and parent.

From moments of overwhelm to times of deep rest, these symbols serve as silent, compassionate guides—anchoring peace, grounding presence, and illuminating the way through life's emotional tides.

They are reminders that, in the dance of parenting, we are never alone, and the sacred bond between parent and child is eternally supported by the frequencies of divine love.

Use these sigils as tools for emotional regulation, bedtime rituals, energy recalibration, and soulful connection. They can be traced gently on the body, printed and placed in restful spaces, or held close during moments of transition.

May these sigils bring you calm in the chaos, light in the unknown, and a steady, loving presence as you walk this sacred path together.

- 1. Sol'Miri'Na** – The Soothing Starstream
- 2. Kael'Mirah** – The Grounding Embrace
- 3. Ma'Rialla** – The Steadying Flame
- 4. Ori'Vayan** – The Grounding Star
- 5. Sol'Aelra** – The Golden Embrace
- 6. Elarian'Dael** – The Harmonising Flow
- 7. Thael'Rion** – The Anchor of Stillness
- 8. Iri'Saen** – The Light of Inner Trust
- 9. Nael'Arin** – The Shield of Serenity
- 10. Zari'el** – The Harmonising Embrace
- 11. Vaeria'Lun** - The Dreamweaver's Touch
- 12. Myri'Aen** – The Softening Star
- 13. Shael'Mir** – The Anchor of Presence
- 14. Elarian'Thae** – The Dreamweaver's Embrace
- 15. Aurelian'Kai** – The Anchor of Light
- 16. Ilyra'Veen** – The Cradle of Celestial Dreams



Sol'Miri'Na

The Soothing Starstream

*Energetic Sigil of Emotional
Harmony & Stellar Calm*

DESCRIPTION

This sigil is encoded with divine frequencies to assist high-vibrational children and their caregivers in times of overwhelm, emotional waves, or sensory intensity. Sol'Miri'Na acts as a cosmic balm—gently anchoring the child's energy back into the heart, offering peace, soft recalibration, and soothing star-aligned harmony.

HOW TO USE:

Place in a Calm Corner or sacred space

Embed digitally on a child's device or nightlight

Print and place under a pillow, on a wall, or near play areas

Use during transitions, meltdowns, or to settle before sleep

Starstream Activation Ritual:

Trace the sigil and speak calming affirmations

FOR PARENTS:

Create a quiet space with a soft candle or rose quartz

Hold the child in your heart and say:

*"Through the starlight stream, I anchor peace.
Sol'Miri'Na, bring gentle release."*

Trace the sigil mentally or with your finger

Place a hand on your heart or gently
on the child and whisper:

*"You are safe. You are loved.
You are held by the stars."*



Kael'Mirah

The Grounding Embrace

*Energetic Sigil of Stability
and Nervous System Regulation*

DESCRIPTION

Kael'Mirah calls forth the embrace of Gaia herself – warm, patient, steady. It stabilises the child's energy, reconnecting them to the Earth's heartbeat. Ideal for moments of re-entry into the home, after overstimulating environments, or during bedtime to settle and ground. It co-regulates the nervous system and invites a shared breath between parent and child.

HOW TO USE:

Place where your child sleeps or plays

Trace with your finger on their back
during rest or after a tantrum

Whisper the name "Kael'Mirah" while holding
them or placing a hand on their chest or back

Pair with smoky quartz, moss agate,
or black tourmaline for grounding

FOR PARENTS:

Use during family transitions or after
long car rides to help everyone ground

Breathe slowly and deeply while tracing
the sigil, inviting calm and presence



Ma'Rialla

The Steadying Flame

*Energetic Sigil for Emotional
Resilience and Inner Calm*

DESCRIPTION

Ma'Rialla holds the energy of a steady flame—firm yet gentle, glowing but not scorching. It activates grounded leadership, compassion, and clear boundaries. Use this sigil during intense emotional waves, tantrums, or when you as a parent feel pushed beyond your limits. It acts as a beacon of calm amidst chaos, returning the energy field to harmonious flow.

HOW TO USE:

Place hands on your heart and breathe deeply while visualising the sigil

Trace the sigil on the child's back or chest during a meltdown

Use in a calm corner or sacred space for emotional de-escalation

Imagine a golden flame encircling you both, transmuting chaos into calm

FOR PARENTS:

Use when feeling overwhelmed, reminding yourself of your steady inner flame

Pair with golden crystals like citrine or amber for amplified support



Ori'Vayan

The Grounding Star

*Energetic Sigil for
Presence and Stability*

DESCRIPTION

Ori'Vayan anchors the child's energy back into their body and the Earth. It provides a resonance of deep steadiness and luminous grounding, ideal for moments of sensory overload or emotional heightening. It strengthens the root chakra and builds a secure energetic foundation for the child.

HOW TO USE:

Trace on their back, feet,
or heart space while speaking gently

Place the printed image in a calm corner,
under a bed, or near a grounding stone

Use during outside barefoot time for deeper grounding

FOR PARENTS:

Use to calm your own system during
chaotic moments, supporting co-regulation

Incorporate into daily grounding
rituals for family harmony



Sol'Aelra

The Golden Embrace

*Sigil of Sacred Safety
& Loving Containment*

DESCRIPTION

Sol'Aelra calls forth a radiant field of unconditional love, wrapping parent and child in a golden embrace of pure divine comfort. This sigil soothes frayed nerves, calms high emotional tides, and restores a sense of sacred safety within the body and energy field.

HOW TO USE:

Place the sigil nearby during bedtime, snuggles, or moments of emotional need

Trace it gently with your finger while breathing together

Place it over the heart or womb area
for deep comfort and grounding

FOR PARENTS:

Use to remind your child of their
innate safety and belonging

Speak the words:

"You are safe. You are loved. You belong."



Elarian'Dael

The Harmonising Flow

*Sigil of Emotional
Regulation and Balance*

DESCRIPTION

Elarian'Dael is a luminous sigil of harmony, created to restore flow, regulation, and balance in moments of emotional overwhelm or physical dissonance. It gently unknots energetic tension, inviting the child's system back into coherence and the parent's field into calm presence.

HOW TO USE:

Draw or place the sigil nearby during a calming bath, nappy change, or rest time

Visualise it gently flowing over the body like a warm stream

Pair it with flowing music or humming to amplify its effects

FOR PARENTS:

Use this sigil when energy feels jagged or blocked

Breathe deeply while tracing the sigil,
allowing the energy to settle



Thael'Rion

The Anchor of Stillness

*Sigil of Deep Presence
and Inner Quiet*

DESCRIPTION

Thael'Rion anchors your child's energy field into deep stillness and presence. It helps to quiet the inner waters, bringing a calm, grounding presence that helps the nervous system settle.

HOW TO USE:

Place the sigil near your child's resting space or sacred play area

Invite them to place their hands over it or trace its form slowly

Take deep breaths together and whisper:
"Anchor me, anchor me, I am safe and still."

FOR PARENTS:

Use before bed or after busy times to invite deep calm

Turn it into a game for toddlers by gently rocking as the energy settles



Iri'Saen

The Light of Inner Trust

*Sigil of Reassurance,
Decision-Making & Inner Knowing*

DESCRIPTION

Iri'Saen is a radiant beacon for moments when doubt clouds clarity and decisions feel heavy or confusing. It attunes both child and parent to the quiet inner compass that always knows the way. When emotions rise or uncertainty creeps in, Iri'Saen softly illuminates the path within, reconnecting the soul to its innate wisdom and truth.

HOW TO USE:

Place in restful spaces, near decision points (like doors or activity stations)

Use before making choices, during new routines, transitions, or changes

Hold or place near the child during bedtime reflections or quiet time

Trace the sigil while saying:

"I trust myself.

My heart knows the way.

I am always guided."

Incorporate into affirmations or inner guidance rituals

FOR PARENTS:

Use to strengthen your own inner confidence when guiding your child

Encourage your child to trace the sigil when feeling unsure or overwhelmed

Create a calming environment when discussing choices or changes



Nael'Arin

The Shield of Serenity

*Sigil of Protective Calm
and Emotional Fortification*

DESCRIPTION

Nael'Arin acts as a protective shield, creating a calm, safe space for the child's energy. It stabilises the nervous system, reduces anxiety, and reinforces energetic boundaries.

HOW TO USE:

Place on the door to a bedroom
or play space as a protective boundary

Trace over the child's heart
or solar plexus for emotional strength

Use before outings or new experiences for added confidence

FOR PARENTS:

Use when feeling energetically
overwhelmed or emotionally stretched

Speak the words:

"I am safe.

I am strong.

My boundaries are clear."



Zari'el

The Harmonising Embrace

*Sigil of Soothing Unity
and Gentle Balance*

DESCRIPTION

Zari'el carries the frequency of peaceful togetherness. It wraps child and caregiver alike in a cocoon of calm connection when emotions run high or energies feel scattered.

HOW TO USE:

Hold your child in your arms or sit close by

Place your hand over your heart and gently trace the sigil with your eyes or fingers

Breathe together and speak:

"Zari'el, return us to harmony and the love we share."

FOR PARENTS:

Use after sibling conflicts or family tensions to restore unity

Pair with calming music or soft lighting to amplify its effects



Vaeria'Lun

The Dreamweaver's Touch

*Sigil of Sacred Sleep, Deep
Rest & Dreamtime Restoration*

DESCRIPTION

Vaeria'Lun carries the soft, shimmering light of moonlit dreams. It weaves a cocoon of peace, gently calming the nervous system and soothing emotional waves, inviting deep and restful sleep. This sigil is a sacred ally for parents and children alike, creating a space of sacred rest, dream activation, and astral connection. It holds the frequencies of lunar wisdom, quiet reflection, and the gentle embrace of the night.

HOW TO USE:

Place near the bed, under the pillow, or within a dream journal

Trace the sigil in the air above your child before bed or over their heart for deeper calm

Whisper the words:

*"Vaeria'Lun, wrap us in the cradle of dreams,
where peace flows and stars sing."*

Use alongside soft, calming music
or lullabies for amplified effect

Include in bedtime rituals to support dreamtime journeys

FOR PARENTS:

Use when your child struggles to
settle or experiences disturbed sleep

Pair with lavender or chamomile
for a deeply soothing bedtime atmosphere

Create a sacred dream space by combining this sigil
with gentle moonlight or a softly glowing nightlight



Myri'Aen

The Softening Star

*Sigil of Gentle Comfort
and Emotional Ease*

DESCRIPTION

Myri'Aen radiates soft, nurturing energy—a celestial sigil designed to soothe and calm. It is especially useful when young hearts feel overwhelmed or overstimulated.

HOW TO USE:

Gently trace the sigil on your child's hand or arm

Place a printed copy in a quiet corner of their room or play area

Take slow, deep breaths together while focusing on the sigil

FOR PARENTS:

Use when feeling emotionally overwhelmed or in need of softness

Pair with pastel-coloured crystals like rose quartz or amethyst



Shael'Mir

The Anchor of Presence

*Sigil of Grounding, Stillness,
and Embodied Awareness*

DESCRIPTION

Shael'Mir holds the quiet power of the present moment, supporting both parent and child in returning to the breath, the body, and the heartbeat of now.

HOW TO USE:

Place the sigil in your calm space or under a grounding crystal

Trace it gently with your finger during moments of stress

Sit with your child and place their hand gently on the sigil while saying softly:
"We are here. We are safe. We are home."

FOR PARENTS:

Use to ground yourself before responding to challenging situations

Pair with grounding practices like walking barefoot or deep breathing



Elarian'Thae

The Dreamweaver's Embrace

*Sigil of Restful Sleep, Gentle Transitions,
and Nighttime Reconnection*

DESCRIPTION

Elarian'Thae holds a frequency of peaceful surrender, supporting children as they transition from waking life into the dream realms.

HOW TO USE:

Place near the child's sleep space or under their pillow

Trace gently with your finger while speaking soothing words or humming a calming melody

Use during bedtime rituals or quiet moments before rest

FOR PARENTS:

Use to create a peaceful, dream-filled environment

Pair with soft, ambient sounds or gentle lullabies for deeper rest



Aurelian'Kai

The Anchor of Light

*Sigil of Stability, Clarity,
and Deep Grounding*

DESCRIPTION

Aurelian'Kai radiates the stabilising presence of anchored divine light. It is a powerful ally during periods of high energy, emotional intensity, or energetic overwhelm.

HOW TO USE:

Place under a pillow, near the root chakra, or in a quiet corner

Trace the sigil with your finger while breathing deeply

Use during moments of overwhelm
or after intense emotional release

FOR PARENTS:

Use to stabilise your own energy
before reconnecting with your child

Pair with grounding stones like black
tourmaline or hematite for added support



Ilyra'Ven

The Cradle of Celestial Dreams

*Sigil for Deep Rest
and Dreamtime Support*

DESCRIPTION

Ilyra'Ven is a sigil woven from the dream threads of the higher realms, formed in the cradle of starlight and moon-song. It calms restlessness in children, creating a loving cocoon of peace and stillness.

HOW TO USE:

Place near the bed or under the pillow

Trace with your finger over your child's heart, or gently beneath their feet

Whisper: *"Ilyra'Ven, wrap us in the cradle of dreams, where peace flows and stars sing."*

FOR PARENTS:

Use before naps or bedtime to settle your child into deep rest

Pair with soothing lullabies or gentle nightlights to enhance the calming effect

★ Parenting Little Gods: Additional Resources & Sacred Tools ★

To support your journey in conscious parenting, we've lovingly created a series of free and paid resources to deepen your connection, inspire your creativity, and nurture both you and your Little God. Available at: www.searsco.nz/additional-resources

1. Cosmic Parenting Toolkit

A practical and energetic companion for everyday parenting. Includes:

- ★ 16 Daily Rituals for connection and calibration
- ★ 16 Joy-Inspired Play Ideas for movement and bonding
- ★ 16 Soothing Sigils for emotional and energetic support

2. The Stargate Letters: For Parents of Cosmic Kids

A soul-nourishing channeled offering of 7 short letters written for the parents of awakened, sensitive, and galactic children - to inspire remembrance and encouragement on the path.

3. Guided Meditations, Blessings, Affirmations and Rituals

Soulful guided meditations, affirmations, blessings and rituals to support the many stages of parenting, from conception to family harmony.

4. Nature Rituals for Children

Simple, joyful outdoor activities and seasonal practices to deepen your child's connection to nature and natural rhythms.

5. Nourishment Magic: Simple Meals for Babies & Toddlers

Inspired by Oran'Thiel, The Cosmic Culinary Mastery—this recipe guide includes a selection of gentle, energetically aligned meals and snacks.

6. Lullabies for Little Gods

A sacred collection of frequency-infused lullabies for cosmic children.

7. Cosmic Stories for Children

Magical storybooks designed to support divine remembrance in young children. Each story is aligned with emotional intelligence, soul remembrance, and energetic support.

8. New Earth Nursery Rhymes

Playful, poetic whispers for the children of light — weaving wonder, giggles, nature's magic and cosmic truths into joyful verses that awaken the heart and imagination.

9. Parenting Little Gods: Mini Guidebook

A divine and simplified version of Parenting Little Gods that offers calming reminders, intuitive insights, and energetic support for the days you need a breather, a hug, or a spark of remembrance.

10. Digital Storybooks by Luminary Books

Created with love to inspire children to *shine bright and remember their light*.

Youtube: @LuminaryBooks