

Elizabeth M. Lykins, Author and Spiritual Coach, Says Parents Who Nurture Spirituality Raise More Grounded Adults

Elizabeth M. Lykins says spiritually connected parents can help children develop the self-awareness and sense of identity they need to navigate life

LOS ANGELES, CA, UNITED STATES, August 13, 2026 /EINPresswire.com/ -- Child-rearing is one of the most profound and formative experiences in a person's life. [Elizabeth M. Lykins](#), spiritual guide, author, and coach, believes motherhood offers parents a unique opportunity to deepen their own spiritual awareness while laying the foundation for how their children will navigate the world. Lykins says parents who nurture spirituality in their children can help them become stronger, more independent individuals with a deep sense of self and an understanding of their own inner guidance.



Elizabeth M. Lykins

"Parents have to be grounded within themselves before they can teach their children how to be grounded," says Lykins. "You cannot teach a child to look within if you are constantly looking outside of yourself for the answers."

Her perspective comes as conversations around motherhood increasingly recognize the profound internal changes that can accompany becoming a parent. A recent Woman Alive article, "[The Hidden Spiritual Shift Every New Mum Experiences](#)," explores how motherhood can prompt women to reconsider their identity, purpose and spirituality as they adjust to the responsibility of raising a child. Read the Woman Alive article

For Lykins, that spiritual awakening should not simply be a personal experience for the parent. It can become part of how a child is raised.

"I believe parents should teach their children to be in tune with their feelings," says Lykins. "When a person reaches their teenage and adolescent years, their peers become important to them, oftentimes more important than their parents. Teenagers must be in tune with themselves and understand who they are to overcome those influential people."

Teen drug and substance use remains a significant concern, according to national statistics. For Lykins, this is precisely why parents must focus on more than monitoring their children's behavior. They must help children develop the self-awareness, values and spiritual connection needed to make sound decisions when parents are not there to guide them.

"Parents cannot be with their children every moment of every day," says Lykins. "What they can do is help their children develop an inner compass that stays with them when no one else is around."

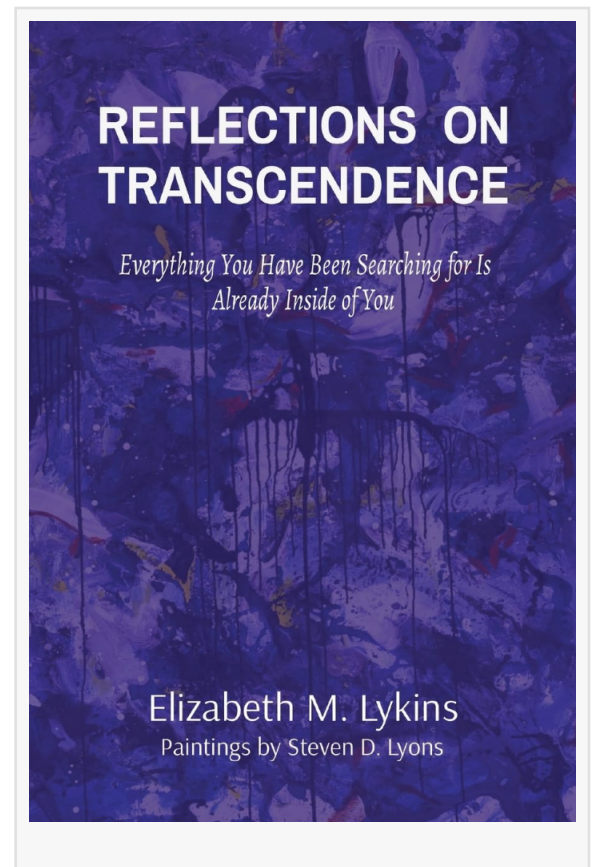
At the heart of Lykins' philosophy is a message that can be challenging for busy parents: Children cannot be expected to develop a strong spiritual connection if their parents are unwilling to develop one themselves.

"Children need parents who are willing to do their own inner work," says Lykins. "If parents are disconnected from themselves, how can they expect their children to understand who they are? We have to teach children to listen to themselves, but first we have to learn to listen to ourselves."

Through her coaching services and her book, [Reflections on Transcendence: Everything You Have Been Searching for Is Already Inside of You](#), Lykins encourages individuals to explore their inner lives and reconnect with the wisdom they already possess.

"Everything you need is already inside of you," concludes Lykins. "When parents learn that, they can share that knowledge with their children and help create a future generation of spiritually grounded individuals who know themselves, trust their inner guidance, and understand that they don't have to look outside of themselves to find their worth or direction."

About Elizabeth M. Lykins



Elizabeth M. Lykins is a spiritual guide, author and coach whose work focuses on helping individuals reconnect with their inner wisdom and spiritual selves. Through her coaching services and her book, *Reflections on Transcendence*, Lykins encourages people to look within, develop greater self-awareness, and recognize the resources they already carry. Her work emphasizes the importance of spiritual connection, personal awareness, and intentional living as individuals navigate life's challenges.

To learn more, visit: <https://www.amagnificentmetamorphosis.com/>

Elizabeth M. Lykins is available for interviews.

Amanda Kent
Boundless Media USA
+1 313 403 5636
[email us here](#)

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