

*How to Love
your First Born
Son*

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The Sacred Sequence of Children Series

The Birth of a Number One Boy

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Introduction: Understanding the Birth Order System

“I am going to have a baby.” For a first time parent this moment of discovery or confirmation can be engulfed with a myriad of emotions. From joy and wonder to despair and fear, the feeling of impending parenthood for the very first time invariably in tinged with some degree of trepidation. To be a parent is an awesome responsibility. To use our skills, knowledge and wisdom to guide each child through their life is not to be considered lightly or undertaken casually. To do this effectively, respecting the individuality of each child and their life lessons, we need all the tools on offer.

There have been a number of books written on the impact of a child’s birth position discussing the qualities associated with being born first, middle or last. However, each child is an individual and there are many factors that affect them. When seeking to understand the nature and qualities of a specific child the influence of family dynamics should be taken into

consideration. The understanding of family dynamics and the way energy moves through a family is a significant key to knowing children. Denny Johnson, the originator of the Rayid Birth Order, identified that energy flowed through a family in an identifiable binary code. When the first child in the family is a girl she is a manifestation of a specific vibratory quality which is different from that of a first born son. A first born daughter energetically is focused into the world. She is action orientated, physical and creates movement in her family. A first born son manifests a very different way of being in the world. He is typically an inwardly orientated dreamer, an independent thinker who has a remarkable creative mind. The power and influence of the first born child cannot be underestimated. Any further siblings are impacted on by the energetic quality of the eldest child.

The binary code dictates that a second born child will be the energetic opposite of their elder sibling. But what does this mean? If the first born is a boy he manifests the inwardly directed dreamer quality as previously mentioned. A second child born after the first born son will manifest a vastly different energy. The focus of this child is outwardly directed, they are

physically strong and action orientated. The alternating qualities of each child continues with the third being inwardly directed and the fourth outwardly directed and so on.... Recognising the unique qualities of each child in the family assists parents to raise their children with consciousness and with respect of the individual. *The Nature of Birth Order* by Johnson and Cuffe provides a valuable exploration into the qualities of a first born girl and boy up to five siblings born after each.

The patterns that manifest in a family are visible and predictable. However, there are at times situations within families that alter the archetypal manifestation. In this booklet we explore the qualities of a boy born first in the family and how to best assist this child to achieve their potential in life.



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The Natures of a First Born Son

When the first born child is a boy, we welcome into the family a gentle dreamer who is inwardly focused. This child is happy to spend time alone, deep in their own thoughts and vivid imagination. They have a self contained quality, an independence that, as they grow, they will doggedly defend. In other words, a first born boy does not like to be told what to do, they prefer to make their own decisions and choices and if told what to do they will often react with silent rebellion. This child grows strongest when shown respect by his father. Like growing wheat or barley, if you walk all over the field with heavy boots you break the soft tender shoots and crush the creative potential which otherwise would grow to bring a bountiful harvest. So a first born son must be nurtured, supported, but not smothered or downtrodden. To treat this boy with love and respect is to give him wings to fly. To allow his mind to seek out endless possibilities in the far reaches of the universe and bring back to the family an idea, an invention, an understanding that will sustain the family for generations to come.

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How to be a Loving Father to a Number #1 Boy

There are many little ways a father can strengthen his first born son's sense of self and inner confidence.

1. **Encourage his creativity.** This child has an active imagination, help it grow and expand. When you interrupt his creativity (regardless of how bizarre you might consider it) you instil a doubt into your son about his own creative ability.
2. **Allow your son to make decisions for you.** This could be as simple as asking him to choose which pair of socks or tie you should wear to work that day. It is empowering for your son to feel that his father respects him and his opinion. This practice will also strengthen a first born son's ability to make wise decisions for himself as he matures and also to take his creative genius successfully into the world.
3. **Look up.** When talking to your son avoid standing over him or looking down at him.



Any form of perceived intimidation will only illicit a stubborn rebellious response. It is a loving act of a father to both literally and figuratively look up to his first born son. This can be accomplished by ensuring when talking to him that his eye level is above your own. Again this “looking up” to your son increases his feeling of self worth and solidifies his place in the world.

4. **Have no expectations he will follow your pathway.** The first born son rarely follows in his father’s footsteps. He seeks his own path demonstrating his individuality and independence by seemingly deliberately choosing to do the exact opposite to his father.
5. **Treat him gently.** This child responds well to loving gentle touch. They commonly do not enjoy engaging in the rough and tumble of ‘horse play’ with their father or are attracted as they grow to high contact sports.
6. **Respect, respect, respect.** If a father does nothing else but demonstrate daily that he respects his first born son on every level, then he will have given him

the greatest gift in the world as it opens the doorway for this child to walk confidently and bravely through his chosen pathway in life.

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How to be a Loving Mother to a Number #1 Boy

A first born son has the ability to open his mother's heart like no other. Their energetic connection contains a sweetness that few share. He has the ability to show her how much she is capable of giving love, how much she can open her heart to giving. This bond or special connection is strongly tied to the first born son's genetic connection to his mother's side of the family and specifically his maternal grandfather, the mother's father.

When this first born son is young, his relationship to his mother is very easy. Their natural bond ensures there are few difficult times between them. As he grows he normally takes on the role of Mother's protector, her little knight, who will step in to defend her if he sees or perceives she is being "attacked" on any level. This is particularly relevant if the relationship between his parents has deteriorated and is frequented with argument or

fights. When the mother's relationship with her husband or partner has deteriorated, she may often begin to turn to her first born son to be her confidant, her comfort and support. This can be extremely damaging to the child emotionally and will impact on his ability to have healthy relationships when he matures. You may have heard the saying "tied to his mother's apron strings" – this is typical of this situation.

There is no doubt of a mother's love for her first born son. However, if she is committed to his happy and healthy life there are a number of things she can do...

1. Encourage his ability to dream and imagine. A

mother has the ability to open her child's creative imagination. It is recommended that a mother encourage and support her first born son's imagination. If he picks up a colourful stone and says "look Mummy, this stone comes from outer space". Instead of immediately blocking his creativity with denial ask him how it came to be here, what it is made from, what it is used for? Encourage creative games like – if you were a cloud, where would you go, what would you see... these



games increase a first born sons ability to think outside the box and stimulate creative problem solving and invention.

2. **Build his self esteem.** To help your son grow you must build him from the inside out. It is important to acknowledge and praise his creative capacity, his visionary ability and his inventive genius. When a first born son has a strong sense of self his ability to be successful in the world is increased.
3. **Teach your son a simple faith.** A first born son has a natural affinity with a belief in a divine creator. To teach him a simple faith, free from dogmas, and how to close his eyes and go into the silence is giving him an unmeasurable gift.
4. **Give him freedom.** This child needs his mother to love him enough to set aside her own needs for his well being. He would never want to hurt his mother's feelings and so would always be there for her if she requires his assistance or support. Therefore it is the mother who needs to be willing to give this child the freedom he needs, unfettered by emotional shackles, so that he can live and love and form healthy relationships

without the mother creating an energetic “threesome” in his home.

5. **Ritualistically and enthusiastically give him away when he marries.** It is tradition when a woman marries that her father gives her away. It is recommended, due to the emotional closeness of a mother to her first born son, that when he marries she should “give him away”. This symbolic “cutting the cord” is a demonstration of her willingness not to interfere in her son’s relationship and acknowledging that from now on his wife or partner will come first in his priorities.
6. **As his mother do not smother.** A first born son needs space to breath. It is helpful to teach him to be aware of his breath and how to breathe deeply and consciously. This child may be prone to lung associated health issues such as asthma. This often has an emotion-based origin and true healing requires a mother to let go of her tendency to smother with love.
7. **A mother’s focus directs.** Because of the connection between a mother and her first born son is strong, she needs to be aware that what she truly loves, her unspoken desires or her focus becomes a point of

attraction for her son. It is a powerful responsibility to have this much influence. If a mother directs her anger at somebody he will express hate, if the mother gives love he will nurture and if she loves God he will go to God.

It is not always easy to be a first born son in the world. Some are very fragile, like fresh blades of grass seeking out the light of the sun. This child needs to be allowed to unfold in his own time. Do not hurry or push him along it will only create resistance.

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When Pain Creates a Change

Not all relationships are easy. Love may turn to anger and hate, and the only choice for a couple is separation. For a first born son conflict between his parents and especially any aggression by his father towards his mother brings out the protector in him. His love for his mother is such that despite his often small stature he will step between his fighting parents to defend his mother at all cost.

It might be considered that the father leaving this family unit would bring a sense of relief for the first born son. However, the absence of his father propels this child out of his dreams and into a world he is unprepared to face. It may cause him to react with anger, just like a bear awoken from its winter hibernation before the spring has fully arrived. In this situation a first born son may direct his anger and frustration towards his mother.

It is extremely difficult for a mother to see this transformation in her son. Where at one time he loved her gentle hugs and cuddles, now he is openly aggressive towards her.

It is not easy for a single mother to deal with this transformation alone. She may require the support of male friends and family members, sports coaches or counsellors to teach this boy how to handle the fire and energy that has been unleashed within him. Outdoor activities and sport that allow him to direct his energy into useful action is recommended.

No matter how frustrating the first born son has been throughout the day, no matter how aggressive or unkind, he will learn quickly to harness his energy if his mother offers him gentleness and love especially as he is going to sleep at night.

A first born son is extremely sensitive to unexpressed anger, especially in his mother. If his mother has an unresolved pattern of anger with her own mother it moves her into an energetic experience that manifests outwardly with directed anger and a need to control. When this occurs she takes her son energetically with her, resulting in him becoming angry and directing aggression at his mother. If the mother resolves her issues with her own mother it creates a softening and this then transmits through to her son.

In the situation where a mother has had a painful relationship with her own father, it takes her to an inwardly focused, emotional and often painful place. This transgenerational pattern with her father may manifest in her first born son with health issues such as asthma, panic, sleep disorders and digestive problems. As parents, our relationship with our own parents can have physical and emotional impacts on our children. Healing our parental relationships is essential for the health and wellbeing of our children and grandchildren.

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Lovingly Using Language

How we speak to our children makes a big impact on their reactions and responses. Words and the tone of those words have the capacity to build up or tear down. As a parent we should not speak to our children without thinking about the words we are about to say as they can have lifelong effects. However, with a first born son it is not what we say but how we are with him that has the greater impact. It is important to be gentle, caring and most importantly patient. Don't worry too much if he seems unable to focus. This will come, and come more quickly when respected by his father and loved by the gentle heart of his mother.

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Offering Spiritual Guidance

When a first born son is supported by his parents in developing a personal relationship with God it gives him wings to fly.

From the moment of his birth the focus of a first born son is heavenward. Building his relationship with God allows him to

remain humble in his achievements and express gratitude to those who support him on his journey.

A mutual commitment by his parents to a spiritual life opens the sensitivity of this boy. If his mother is at peace he will know an inner sense of peace. This child really responds to an experience of peace.

Teach him to go into the silence, open his heart and pray, asking God to reveal the source of his fears that result in stubbornly independent and self destructive behaviour.

Teach him to breathe... the breath is the source of inspiration; inspiration is the life-force that comes from God.

Remember, our children come from God; we are their caretakers for a brief time.