



DISCIPLINE-LOVING DISCIPLINE

CONTEXT: This scenario will focus on managing sibling conflict and reducing family tension through emotional regulation and communication skills.

OBJECTIVES: In this session, parents will explore questions like:

1. How can we help siblings express their needs without blaming or escalating conflict, so everyone feels heard and respected?
2. How can we guide children to balance personal responsibility with empathy for others' needs, especially during shared-space conflicts?
3. How can parents' model "letting go" of control - shifting from forcing compliance to fostering cooperation, trust, and emotional regulation?

SCENARIO: Sujatha (Mother), Mohan (Father), Aarav (son) and Adya (daughter)

The family sits around the dinner table. Adya's weekend art project, with glitter, glue sticks, markers and half-finished sketches, still spills across the living room table.

Aarav: Ugh, I asked Adya twice to clean up her stuff. I need that table for my science project! It's due tomorrow.

Adya: I said I'll do it! Seriously? Is it just some markers and paper?

Sujata: Sweetheart, it's not just a mess. It's the feeling that no one listens. Aarav feels unheard. You feel pushed. Let's pause.

Adya: I *was* going to clean it! But then Dad asked me to help with dinner, and then I got tired, and then Aarav started nagging me.

Aarav: I'm not nagging! I'm trying to finish my project. You've had that table for two days!

Sujatha: Adya, sit down. No one wants any sort of drama here. Let it go.

Adya: Let it go?

Mohan: We're often told to keep pushing, to get things done no matter what. But sometimes, the wiser choice is to let it go for now, Aarav.



Sujatha: Adya, would you be willing to clean up now? We're not forcing you, but it'll help Aarav work on his science project.

Adya: Okay. I'll do it now. Aarav, want to help me sort the markers? Maybe we can make space for both of our projects.

QUESTIONS:

1. How do you help siblings resolve their issues on their own?
2. How can you encourage empathy between siblings without taking sides?
3. In what ways can a simple phrase like "Let it go" become a spiritual reminder in your home?
4. What does "letting go" mean to you in parenting?

SWAMI SAYS ...

Be unattached, be the unfailing source of Love. Therein lies success in spiritual endeavour, the triumph of spiritual discipline.

- Sathya Sai Speaks Vol 11 Discourse 33, October 1971

WRAPPING UP ...

- Facilitator to summarize the highlights from discussions as well as individual reflections [Brief takeaway by facilitator.]
- Reflections- request attendees to share anything that was interesting or intriguing or inspiring. Reflective prompt: *Let's go around and quickly hear from everyone in one or two words, your takeaway from today's Parenting session.*
- Commitment- Let us, as parents, commit to recognizing the difference between wants and needs, and to guiding our children with empathy and wisdom—fostering contentment, cooperation, and shared values over material excess.