



HARMONY- BALANCE

Context: This scenario dwells into the complexities of modern family life, highlighting the emotional and logistical strain on dual-working parents struggling to balance careers, childcare, and their relationship amid conflicting expectations.

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

1. How can we manage expectations and responsibilities more equitably between partners when both are feeling overwhelmed?
2. What strategies can help working parents stay emotionally connected with their children and each other despite hectic schedules?
3. How can weekends be restructured to support both rest and family reconnection?

Scenario: **Meera** (Mother), **Rajesh** (Father), **Aanya** (daughter) & **Arav** (son)

Setting: It's Saturday morning and Meera is making tea. Rajesh has just returned from a week-long trip. The kids are still in bed.

The family lives in a suburban neighborhood. Rajesh, the father, works in a travel-based job that keeps him away from home Monday through Friday. Meera, the mother, juggles a full-time office job from 9 to 5 while managing the household and caring for their two children

Meera: You're home. Good. I hope you'll take the kids to their classes today. I need a break.

Rajesh (dropping his suitcase): A break?... Meera, I've been living out of hotel rooms and airports all week. I haven't slept properly.

Meera: And I've been juggling office work, homework, cooking, tantrums, and teacher complaints. Alone. You think I'm sleeping and relaxing here?

Rajesh: I didn't say that. But you knew this job was demanding. I'm doing it for all of us.

Meera: And I'm also doing everything else for all of us! But the kids are slipping, Rajesh. Anaya's math homework is always half-done. Arav's teacher called again; he's not focused in class.

Rajesh (pours himself tea): I know. I read the email. But what do you want me to do? Quit? We can't afford that.

Meera: No, we can't. Not for another year. But we need a plan. This... this blame game isn't helping.

Rajesh: You say 'we' need a plan, but I always end up being wrong.



Meera: That's not fair. I just want us to act like a team. The kids need both of us.

Rajesh, without responding, sits on the sofa, sipping tea. Sound footsteps approach.

Anaya (softly): Can someone help me with my science project today? It's due Monday.

Questions:

1. How do we navigate the tension between individual exhaustion and shared parenting responsibilities, especially when both parents feel equally drained?
2. What strategies have worked (or not worked) in your home for maintaining emotional connection and communication when one parent travels or works long hours?
3. How can we create a more balanced weekend routine that includes rest, reconnection, and family time?
4. What changes could reduce, and balance pressure faced by either parent?

SWAMI SAYS ...

As is the feeling, so is the action. As is the action, so is the result.... At times evil qualities like desire, anger and hatred may arise in you, but they should not be allowed to enter the mind. Once they are refused permission, they will automatically withdraw.

- Sathya Sai Speaks, Vol. 34, Discourse 1, January 2001

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.