



HARMONY- CONNECTION

CONTEXT: The discussion aims to highlight how simple, heartfelt spiritual moments can naturally bring family members together, ease everyday tensions, and foster a deeper sense of unity, love, and shared presence in the home

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

1. How can spontaneous spiritual practices, like a child singing a bhajan, become opportunities for meaningful family connection?
2. What role can each family member play in nurturing a home environment that values togetherness, presence, and shared devotion?
3. How can we create space in our daily routines for spiritual moments that uplift and unify the entire family, even amidst busyness and stress?

SCENARIO- Raj (father), Priya (mother), Aarav (son)

The house was unusually quiet on a Saturday afternoon. Aarav with a smile, was seated cross-legged on a small rug in the living room. A handwritten notebook lay open before him, filled with lyrics of the bhajan "*Raghupathe Raghava Rajarama*," carefully penned in his neat handwriting.

Aarav was humming softly, trying to perfect the melody for his Sai Center Aradhana Day program. His clear, innocent voice floated across the house like a gentle breeze. His mother, Priya, who had been attending to a sink full of dishes, paused to listen.

In the next room, Aarav's father, Raj, was hunched over his laptop, catching up on work deadlines. He had barely spoken to Priya all week due to the pressure at work. The melody of bhajan through Aarav's voice distracted him from his work, pulling him out of his whirlwind of thoughts. Curious and moved, Raj walked into the living room and saw his son singing with such pure devotion.

Soon, Aarav's grandmother, who had been napping on her rocking chair, woke up to the sound of her favorite bhajan. A wide smile lit up her face, and she joined Aarav with her own soothing voice, harmonizing effortlessly.

Priya, drying her hands, couldn't resist the pull of her son's practice. She walked into the room, humming softly along, and found herself standing beside Raj.



Gradually, the entire family gathered around Aarav, their voices blending in a spontaneous hum. The simple act of singing together turned into a heartfelt family moment, erasing tensions and rekindling a sense of togetherness.

That evening, the living room glowed not just with the dim light but also with warmth of love and harmony.

SWAMI SAYS ...

Bear in mind four important sayings: Sow an action, reap a tendency, sow a tendency, reap a habit, sow a habit, reap a character, sow a character and reap a destiny. You are the maker of your destiny. You can do or undo it.

- SSS Vol 24, Discourse 27, November 1991.

DISCUSSION QUESTIONS:

1. What emotions did this scenario evoke for you? Did it remind you of any similar experiences in your own life?
2. What spiritual practices could you incorporate into your daily routine to create a sense of harmony in your home?
3. In difficult moments, what strategies do you use to restore calm and balance in your home environment?
4. How important do you think it is to teach children positive habits in order to nurture harmony and peace at home? Can you share how you approach this?

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- As parents, let us commit to creating regular moments for spiritual connection within our family, whether through shared prayers, songs, or simple acts of devotion, to strengthen our bond and nurture a sense of unity and love.