



HEALTH AND HAPPINESS- BONDING

CONTEXT: This discussion invites parents to explore how they can intentionally cultivate healthy, trusting relationships with their children.

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

1. How can simple, consistent rituals strengthen the emotional bond between parent and child?
2. What small adjustments can we make in our daily routines to reconnect with our children, even during busy or stressful times?
3. In what ways can incorporating prayer or mindfulness into family life bring a sense of peace, grounding, and shared values?

SCENARIO:- Gayathri (mother), Rupa (daughter), Risha (daughter), Lakshmi (SSE parent)

Every night between 8:00 and 8:30 p.m., Gayathri enters the kids' room. Rupa and Risha, bubbling with excitement, rush to her, knowing it's time for their favorite part of the day.

"Come here, girls," their mother calls gently. "It's story time."

The girls climb onto the bed, cozying up under soft blankets. Gayathri opens a book, and as she begins to read, her voice shifts with each character—bringing the story to life. Rupa listens, eyes wide with wonder, while Risha rests her head on her mother's lap, safe and content.

Their nightly ritual stays the same, though the books change—from fairy tales and fables to science books and encyclopedias. But for a while, that routine was challenged.

A few months ago, Gayathri had been overwhelmed—balancing work, and household responsibilities. Story time started slipping away, often replaced by rushed dinners and tired goodnights.

One evening, during an SSE parent gathering, another mother, Lakshmi, gently noticed Gayathri's fatigue. Over warm tea and shared laughter, Lakshmi shared how nighttime reading had become a peaceful anchor in her own hectic days.

"You don't have to read every night," she said kindly. "But even a few minutes—paired with a simple prayer—can bring so much calm. It's not just for the children; it nourishes us too."

Inspired and supported by her SSE community, Gayathri slowly found her rhythm again. The stories returned, but now, they began with a short prayer: "Om Sai Ram... Thank you for this day. Guide us, protect us, and fill our hearts with love."



The girls would close their eyes briefly, hands folded, before the pages turned.

Each night, these gentle moments deepened their bond—a quiet space filled with faith, love, and the warmth of shared stories. The books entertained, the prayer comforted, and their mother’s presence reminded them that no matter how busy life became, love would always find its way back to them.

SWAMI SAYS ...

The most common source of illness among people today is tension. What is the cause of tension? It is indulgence in excesses of various kinds. Men must learn to moderate the hectic pace of living. Hurry causes worry and worry causes disease.

- SSS, Vol 28, Discourse 16, June 1995

DISCUSSION QUESTIONS:

1. What does a “healthy relationship” with your child look like to you, and how do you work toward building it every day?
2. How do you create a safe space for your child to express their feelings, especially during difficult moments?
3. How does self-reflection and sacrifice help prioritize your relationship with your child?
4. What role does acceptance of situations play in building healthy families?

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 setting aside a few intentional minutes each day to connect with our children—whether through a shared story, a quiet prayer, or a simple conversation—to strengthen our bond and bring calm into our daily lives.