



Parenting Culture

CommUnity of Parents for Children



by invoking the best in ourselves.

VIRTUES FOR RELATIONSHIPS

Guided by Shri Vivek

Inspire-Love-Be

VIRTUE 1: AMANITVA (Humility)



INSPIRATION

When we overestimate ourselves we devolve to demand respect and deference, creating great inner and outer unrest. Arrogance makes us hard. Humility makes us adaptable and flexible.



REFLECTION

How can we shift our attitude from demanding respect to being more flexible? Use examples from interactions this week.



NOTES

VIRTUE 2: ADAMBHITVA (Integrity)



INSPIRATION

Tuning our thoughts, words and deeds into unison helps us grow from insecurity to security. When we are honest with ourselves, only then can we evolve from *escaping* living to *learn from* living.



REFLECTION

What are two examples when thoughts and words were aligned this week? What helped contribute to this alignment?



NOTES

VIRTUE 3: AHIMSA *(Sensitivity)*



INSPIRATION

When we desist from expressing our inner conflict, we become more sensitive to those around us. When we are sensitive to others sorrow, then we are not so hard on them. Vedanta teaches us how to be sensitive so as to never hurt without purpose; some circumstances demand injury for the sake of growth.



REFLECTION

What are three ways in which we can be more sensitive towards our children? Use examples from interactions this week.



NOTES

VIRTUE 4: KSHANTI (forgiveness)



INSPIRATION

Forgiveness is for giving. When we renounce mistakes/differences for the sake of maturity/unity there is peace. The greatest source of joy *and* sorrow in our lives is beings; accepting this truth helps us be less dependent on beings and more independent as the Self.



REFLECTION

How will choosing peace in our interactions impact our relationships? Use examples from interactions this week.



NOTES

VIRTUE 5: ARJAVA *(Authenticity)*



INSPIRATION

When we are transparent at all levels, it is an expression of strength, not weakness. We are released from instigating and participating in mind games.



REFLECTION

How do we determine when to be transparent with our children vs. sugarcoat what we teach/tell them?



NOTES

VIRTUE 6: ACHARYA UPASANA

(Dedication)



INSPIRATION

When communities follow one who leads by example (*Acharya*), we are more respectful, resilient and realized. By invoking discipline to invoke vision, we raise ourselves to 'see' what the *Acharya* 'sees'.



REFLECTION

How have the role models whom we have chosen in our life changed our trajectory and our happiness level?



NOTES

VIRTUE 7: SHAUCHA (*Diligence*)



INSPIRATION

When we practice cleanliness in our external environment, it acts as a catalyst for purifying our mind. This purity will extend to to all levels (horizontal integration) and all degrees (vertical integration).



REFLECTION

In what way will a simpler lifestyle lead to higher thinking in daily our lives?



NOTES

VIRTUE 8: STHAIRYA (Commitment)



INSPIRATION

When we want to be established in peace, we must make peace our exclusive pursuit. The focus on this singular purpose will inspire us to learn from each and every interaction, rather than like some and dislike others.



REFLECTION

What do we prioritize instead of peace? In what ways can we shift the focus to peace?



NOTES

VIRTUE 9: ATMA VINIGRAHA *(Direction)*



INSPIRATION

When we engage the body and mind in a higher purpose, the body needs less comfort, the mind needs less compliments. Like a child, the mind cannot be controlled, only engaged, and the body will follow suit.



REFLECTION

In what ways do we let our body and mind control us? What is one change we can make in engaging the mind?



NOTES

VIRTUE 10: INDRIYARTHESHU VAIRAGYA (Contentment)



INSPIRATION

Peace does not result from the pleasures the senses drag to the mind.
When we practice contentment with what we have, we cease to practice craving for what we do not have.



REFLECTION

In what ways are we a slave to our senses? What is one change we can make towards not being controlled by our senses?



NOTES

VIRTUE 11: ANAHANKARA (Surrender)



INSPIRATION

When we let go of the idea 'I do' (*aham karta*), it empowers us to let go of the idea 'I deserve' (*aham bhokta*) and hold on to the idea 'I am Divine' (*aham Brahma*). By acknowledging, accepting, appreciating the countless entities that have contributed to who we are, we will think twice before even using the word 'I'.



REFLECTION

What are some tasks that the idea 'I do' is strongly tied to? What are the factors/people that help you 'do' those tasks?



NOTES

VIRTUE 12: JANMA MRTYU JARA VYADHI DUHKHA DOSHA ANUDARSHANA (Reflectiveness)



INSPIRATION

Living is a terminal condition only when we lack the knowledge that we are Life. When we are fully aware every moment that the nature of the body is to die, we will understand that any fundamental identification with this body *will* create wicked sorrow for oneself and others.



REFLECTION

How would the awareness that our children are Divine playing the role of a human, change our interactions with them?



NOTES

VIRTUE 13: ASAKTI (Independence)



INSPIRATION

When we depend on articles, beings and circumstances, the mind innately develops an *addiction* to articles, *attachment* to beings and *apathy* to circumstances. Conversely, realizing that our happiness is independent of others allows us to engage with compassion towards all and take all situations in stride with mental equanimity.



REFLECTION

What are two things (articles, beings or circumstances) we are most attached to? What can we do to be more independent of them?



NOTES

VIRTUE 14: ANABHISHVANGA PUTRA DARA GRHA ADISHU

(Objectivity)



INSPIRATION

When we have a reflective intellect, we are able to appreciate that the roles and responsibilities of family life empower us to be peaceful *during* family life. We need the objective understanding and awareness that we have been happy *without* family life, so we don't need to give up this freedom in family life.



REFLECTION

How can we adjust our lifestyle and vision to have more enthusiasm and energy when we wake up each morning?



NOTES

VIRTUE 15: NITYA SAMA CHITTATVA ISHTA ANISHTA UPAPATTISHU (*Balance*)



INSPIRATION

When we react to the dualities that are intrinsic to every relationship (getting what we want and getting what we don't want), we become overwhelmed by sorrow. When we work free from expectations for a specific result, we experience greater productivity and satisfaction in all that we do.



REFLECTION

How is our mental balance affected by taking both praise and blame too seriously?



NOTES

VIRTUE 16: MAYI ANANYA YOGENA BHAKTI AVYABHICHARINI

(Devotion)



INSPIRATION

When we make Infinite Joy a priority with conviction, acknowledging that there are simply no other priorities (i.e. not health, not home, not family), we believe that all are Divine and by loving the Divine one loves all.



REFLECTION

What can we do to make the best use of the limited time that we have each day, knowing that Infinite Joy is our only priority?



NOTES

VIRTUE 17: VIVIKTA DESHA SEVITVA

(Solitude)



INSPIRATION

When we consciously, voluntarily, actively, seek out and be in places of minimal external distractions, then distraction and lethargy is shed and a skin of balance, focus and vigilance is revealed.



REFLECTION

What is one way we can increase quietude during our day?



NOTES

VIRTUE 18: ARATI JANA SAMSAADI

(Introversion)



INSPIRATION

When we understand and appreciate that in social gatherings most communication revolves around attraction, judgement and pleasure, we will stop engaging in such activities constantly. As our company, so our thoughts and as our thoughts, so us.



REFLECTION

What impact (before and after) do social gatherings have on our bodies and minds?



NOTES

VIRTUE 19: ADHYATMA JNANA NITYATVA

(Training)



INSPIRATION

When we perpetually practice (serve) living as the Self (i.e. sans lust, sans comparison, sans dependency, etc.) and not just engage in the study of the Self, we rise to our responsibility.



REFLECTION

What one practice can we adopt to improve our living as the Self?



NOTES

VIRTUE 20: TATTVA JNANA ARTHA DARSHANA (Vision)



INSPIRATION

When we shift our fundamental vision of wealth such that the only wealth is of Knowledge of the Spirit, we will never be poor inside or out.



REFLECTION

How do we teach our children that the only wealth is Knowledge of the Spirit, while balancing the need for functional wealth to lead a comfortable life?



NOTES