



## Ignite trust in your child.

Values has to be introduced the day a child is born or even before that. A child's growth much depends upon the parents. If parents are on the spiritual path the entire atmosphere and environment for the child is charged with trust, empathy, acceptance and so on which the child learns by spontaneous osmosis.

The law of parenting is that values cannot be taught. The parent is not a teacher or a task-master, they are simple care takers and humble guide. They do not train a child's mind but make the mind learn. They do not impose but show the way by living values. They do not impart knowledge, they help knowledge to take place by neutralizing troubling likes and dislikes. They only throw the light where the knowledge lies and how it can be discovered.

# Punarnava

From flowers to fruits...

Parenting is about learning and growing as a complete parent; it is not about raising a child.

If you have committed yourself to being a parent, you have to be a learner first. You must address, and continue to address your own value system: you have to be true to yourself.

Are you not focusing on your children's choices and actions?

Are you not constantly disciplining them to get them to conform to your wishes?

## Values in Parenting

We value the development of human beings who are free and who are able to give meaning and direction to their life with imagination, a sense of truth, and a feeling of responsibility.

Parenting gives us opportunity after opportunity to practice redefining ourselves by dealing with our ego.

Individual mentoring | Individuals, couples, and family relationships | Family values mentoring | Pre-and Post-marriage mentoring | Spiritual mentoring | Spiritual parenting

Seminars - Workshops - One-on-one - Retreats

*My dear children, you are the reason why I am a valuable parent! Thank you for letting me be associated with you and for sharing my life. Thank you for reflecting myself in you. My every interaction with you is a reflection of how I relate to myself – Thank you very much. It is a privilege to be your parent. I thank you all every day! You have blessed me with the privilege of raising you. Let me do so with humility and mindfulness; it is in your blossoming that I will find the meaning of my existence. Thank you, once again.*



## Discover the beauty of the present and transform your child.

Welcome. This is a practical, meaningful, and mindful learning initiative inspired by Indian philosophy for those seeking a healthy approach to pregnancy, birth, and early childhood parenting.

Our aim is to encourage the natural development of the physical body, agility, physical confidence, and grace, as well as to feel, nurture, and cherish the emerging life, imagination, consciousness, and future thinking abilities of the newborn and to help it flourish without hindrance.

Many children feel that they are empty and non-existent. We parents treat them as our toys; we expect them to reflect what we want them to or what we want to see. We treat children as our possessions, focusing on their success factors – grades, achievements, and so on. From us, they learn to depend on external indicators of success and hence fall flat. When they fail, they feel empty inside. As parents we fail to instill healthy values in them.

The goal of parenting is to raise our children to be in touch with their inner being, not to force them into a mould we've designed for them. When children increasingly order their life for themselves, they grow up to experience satisfaction and joy in what they choose.

With us you transform in your relationship with your children. You learn to deepen your sense of connectivity with your children and direct your children to connect within. Instead of imposing your will onto your children, you learn to build alliances with them. Here, the parent-child relationship is viewed as a two-way street where transformation is deeply and mutually reciprocal.

You feel overwhelmed by your relationship with your children.  
You do not feel a sense of control and balance with your children.  
You learn how to handle conflicts with your children.  
You know the best way to handle your children's needs.  
You discover a sense of purpose in becoming a parent.  
You learn to live your own life separate from your children.

You may have difficulty in understanding how values could be of such help in parenting. The essence of values may be invisible, yet it is there. The invisible wisdom behind the visible creation operates through universal values. There is a crucial need for parents to take up the role of value learners. Values in parenting are not private; they are impersonal and apply to everyone and everything. Therefore, understanding and applying these values is not just a way to help a few parents; it is important for the whole human race. When we, as parents live certain values to make our children live them, all civilization will transform. Love, care, and compassion can become the natural breath and life of all.



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