

The Gift of Presence: A Guide for Parents

The Power of Parental Time

One of the greatest services a parent can offer is **time for their children**. It is more valuable than any material gift. Spending time with your child is not just about support – it is a form of love, responsibility, and a **great service to God**. When parents are truly present, they shape their child's character, values, and confidence.

Chapter 17, Verse 15

*anudvega-karam̐ vākyaṁ satyaṁ priya-hitam̐ cha yat
svādhyāyābhyasanam̐ chaiva vāñ-mayaṁ tapa uchyate*

Words that do not cause distress, are truthful, inoffensive, and beneficial, as well as regular recitation of the Vedic scriptures—these are declared as austerity of speech.

అనుద్వేగకరం వాక్యం సత్యం ప్రీయహితం చ యత్ |

స్వాధ్యాయాభ్యాసనం చైవ వాఙ్మయం తప ఉచ్యతే |

ఉద్వేగమును కలిగించనివి, సత్యములు, కోపము పుట్టించనివి, ప్రయోజనకరమైనవి అగు మాటలు మరియు నిత్య వేద

శాస్త్రముల వఠనము - ఇవి వాక్కు సంబంధమైన తపస్సు అని చెప్పబడుతున్నది.

Chapter 17, Verse 16

*manaḥ-prasādaḥ saumyatvaṁ maunam ātma-vinigrahaḥ
bhāva-saṁśuddhir ity etat tapo mānasam uchyate*

Serenity of thought, gentleness, silence, self-control, and purity of purpose—all these are declared as austerity of the mind.

మనఃప్రసాదః సౌమ్యత్వం మౌనమాత్మవినిగ్రహః |

భావసంశుద్ధిరీత్యేతత్ తపో మానసముచ్యతే |

ఆలోచనలో ప్రశాంతత, మృదుత్వము, మౌనము, ఆత్మ-నిగ్రహము మరియు ఉద్దేశ్య పవిత్రత - ఇవన్నీ మనస్సు యొక్క తపస్సు అని పేర్కొనబడినాయి.

These slokas remind parents that their actions, speech, and thoughts directly influence their children. Calmness, patience, and compassion are forms of devotion and a guide for the next generation.

Creating a Calm and Nurturing Environment

A peaceful home helps children grow with focus and confidence. Parents can:

- Be mindful and calm, even during busy times.
- Set positive examples through their behavior.
- Celebrate small wins with genuine encouragement.
- Make family time a priority, not a leftover.

Family time is sacred. Simple daily moments – a shared meal, a short walk, a story at bedtime – strengthen the bond and give children a sense of safety and love.

Simple Mindfulness Exercises for Families

These practices help parents and children stay calm, focused, and connected.

1. 3-Minute Breathing Space

- Sit comfortably. Inhale for 4 seconds, hold for 2 seconds, exhale for 6 seconds.
- Focus on the breath.
- Do this before study or bedtime.

2. Mindful Observation

- Pick an object like a leaf or pen.
- Observe its details for 1-2 minutes.
- Builds attention and calmness.

3. Body Scan

- Close eyes, breathe deeply, mentally relax from head to toe.
- Helps release stress and sleep better.

4. Gratitude Pause

- Think of 3 things to be grateful for.

- Say them aloud or silently.
- Do this together at meals or in the evening.

5. Mindful Walking

- Walk slowly, notice your steps and breath.
- Great for evening family walks.

6. 5-4-3-2-1 Grounding

- 5 things you can see
- 4 things you can touch
- 3 things you can hear
- 2 things you can smell
- 1 thing you are grateful for

7. Family Mindfulness Circle

- Sit together for 5 minutes, breathe quietly.
- Share one positive thought afterward.

Slokas for Children

Bhagavad Gita: Chapter 2, Verse 3

*klaibyaṁ mā sma gamaḥ pārtha naitat tvayyupapadyate
kṣhudraṁ hṛidaya-daurbalyaṁ tyaktvottiṣṭha parantapa*

కైబ్బియం మా స్మ గమః పార్థ నైత్తత్వయ్యుపపద్యతే ।

క్షుద్రం హృదయదౌర్బల్యం త్యక్తోఽత్తిష్ఠ పరంతప ।

Meaning:

Do not yield to weakness, O Arjuna! It does not suit you. Give up this petty faint-heartedness and arise!

Message:

Whenever you feel low or fearful, throw away weakness. Stand up with courage.

Practical Tip:

When fear arises, take a deep breath and tell yourself, “*I am stronger than this.*”

Question: What did Krishna advise Arjuna when he felt weak and afraid?

Answer: To throw away weakness and rise with courage.

Bhagavad Gita: Chapter 6, Verse 5

*uddhared ātmanātmānaṁ nātmānam avasādayet
ātmaiva hyātmano bandhur ātmaiva ripur ātmanaḥ*

ఉద్ధరేదాత్మనాత్మానం నాత్మానమవసాదయేత్ |

ఆత్మైవ హ్యీత్మనో బంధుః ఆత్మైవ రిపురాత్మనః |

Meaning:

One should uplift oneself by one’s own mind and not degrade oneself. The mind alone is the friend of the self and the mind alone is the enemy of the self.

Message:

Your success and growth are in your hands. Master your mind — it can be your best friend or worst enemy.

Practical Tip:

Start your day with one positive thought and one simple goal.

Bhagavad Gita: Chapter 6, Verse 19

*yathā dīpo nivāta-stho neṅgate sopamā smṛitā
yogino yata-chittasya yuñjato yogam ātmanaḥ*

యథా దీపిః నివాతస్థో నేఁగతే సోపమా స్మృతా |

యోగినో యతఃచిత్తస్య యుంజతో యోగమాత్మనః |

Meaning:

Just as a lamp in a windless place does not flicker, so is the mind of a yogi steady in meditation and focus.

Message:

Control your mind. Stay steady and focused in your studies.

Practical Tip:

Use 25-minute focused study sessions, followed by 5-minute breaks.

Bhagavad Gita: Chapter 6, Verse 26

*yato yato nishcharati manaśh chañchalam asthiram
tatas tato niyamyaitad ātmanyeva vaśham nayet*

యతో యతో నిశ్చరతి మనఃశ్చంచలమస్థిరమ్ |

తతస్తతో నియమ్యైతదాత్మన్యేవ వశం నయేత్ |

Meaning:

Wherever the restless mind wanders, one should bring it back and focus it on one's goal.

Message:

Whenever your mind drifts, gently bring it back to your studies.

Practical Tip:

Keep distractions away. If disturbed, close your eyes, take 3 deep breaths, and restart.

Bhagavad Gita: Chapter 2, Verse 47

*karmaṇy-evādhikāras te mā phaleṣhu kadāchana
mā karma-phala-hetur bhūr mā te saṅgo 'stvakarmaṇi*

కర్మణ్యేవాధికారస్త మా ఫలేషు కదాచన ।

మా కర్మఫలహేతుర్భూః మా తే సంగోఽ స్త్వకర్మణి ।

Meaning:

You have the right to perform your actions but not to the fruits. Do not let the outcome be your motive, nor be attached to inaction.

Message:

Focus on sincere effort, not results.

Practical Tip:

Set your daily study targets and focus on completing them.

Question: According to Gita, should you focus on results or effort?

Answer: Focus on effort, not results.

Daily Checklist for Parents

A simple routine helps create consistency at home.

Every Day:

- Spend at least 30 minutes of quality time with your child.
- Speak with calmness and patience.
- Do one mindfulness exercise together.
- Appreciate at least one good thing your child did today.
- Eat at least one meal together without TV or phones.
- Reflect on three things you are grateful for.

Final Thought

Raising a child is not just a duty – it is a **sacred responsibility**. When parents give their time with love, they shape the future of their children and offer a silent prayer through their actions.

Your presence is your greatest gift.

“The best way to teach children is not by words, but by example and love.”

✿ Blessings

May Lord Krishna, the eternal Yogeshwara, bless you with a calm, steady, and focused mind.

May your heart be filled with confidence, discipline, and positivity.

May you achieve success in your studies and life while staying humble, kind, and balanced.

Where there is purity in effort and divinity in thought — there, victory is certain.

🕯️ **Stay steady. Stay sincere. Stay blessed.**

May your future glow beautifully like a lamp in a calm room.

With warm blessings,

— From elders, well-wishers, and the eternal wisdom of Bhagavad Gita.



సర్వం శ్రీకృష్ణార్పణమస్తు

“May everything be humbly offered at the feet of Lord Krishna.”

A perfect way to surrender the effort, the wisdom, and the results to the Lord — as the Gita itself teaches.

- Venkata Ramana @ 63008 40335