

**Child development - Vol. 10 : Inculcating
sanskārs is a spiritual practice by itself - 2**

How to inculcate good Sanskārs in children ?

(English)

Authors

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(‘Sainthood’ or ‘Stage of a Guru’denotes 70-79 % spiritual level,
‘Stage of a Sadguru’denotes 80-89 %, ‘Stage of a Paratpar Guru’
denotes 90% and above, whereas ‘God’ denotes 100% spiritual level.)

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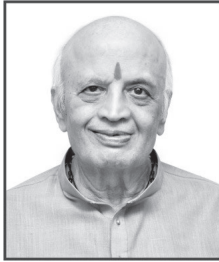


Sanatan Sanstha

Sanatan’s Texts on Parenting

Read, put into practice and become ideal parents !

Introduction to Authors



Sanatan Sanstha's Sadguru, Doctor & Vaidyacharya Vasant Balaji Athavale

[M.D. (Paediatrics), D.C.H., F.A.M.S.]

Sadguru (Dr) Vasant Balaji Athavale was a renowned Paediatrician. He founded the Paediatrics Department in 1959 in Lokmanya Tilak Mahanagarpalika Hospital, Mumbai. He was Professor and Head of this Department from 1960 to 1990. He was the Chairman of the 'International Conference on Alternative Medicine' in Bangkok in 1980. In 1996, He received the international honour for the 'Best author of books on Ayurveda'. In 2001 and in 2012 respectively, He was honoured with the 'Lifetime Achievement Award' in an International conference on 'Ayurveda and Hepatic Disorders' and by the Indian Academy of Paediatrics.

1. The journey from being a seeker to becoming a disciple

A. Selflessness and the attitude of sacrifice, which are essential for spiritual practice : He started noting down higher level philosophical thoughts on Spirituality in 1980. He toiled day and night to create a vast treasure of knowledge on Spirituality. Very altruistically, He donated this treasure to Sanatan Sanstha in 1990, soon after it was established. This sacrifice, before He became a Saint, indicates the level of His spiritual practice and seekership. Due to His writings, Sanatan's Texts are now becoming inclusive in the true sense.

B. In 2004, He became a disciple of Sachchidananda Parabrahman (Dr) Athavale (A great Saint who is also His younger brother and the Founder of Sanatan Sanstha, the world-renowned spiritual organisation).

2. Attaining Sainthood

On 16.12.2012, He reached Sainthood due to His spiritual emotion, intense yearning, inquisitive nature and humility.

A. He attained Sainthood by performing spiritual practice through various Paths of Spirituality : Every person performs spiritual practice as per some path of Spirituality, becomes introverted, progresses spiritually and thus moves towards Sainthood. However, Dr Vasant Athavale attained Sainthood by performing spiritual practice as per Karmayoga (Path of action) by serving His patients, Jnanyoga (Path of knowledge) by writing Texts, Bhaktiyoga (Path of devotion) and Gurukrupayoga (Path of Guru's grace).

3. Active in seva for Sanatan's mission until His last breath

He kept performing satseva for Sanatan's mission until His last breath. When He came to know of Divine particles found in Sanatan's Ashram, He inquisitively studied the subject, contemplated on how to conduct research on this topic from a scientific perspective and gave His own suggestions.

He renounced His body on 9.11.2013 at the age of 80.

Dr Kamlesh Vasant Athavale

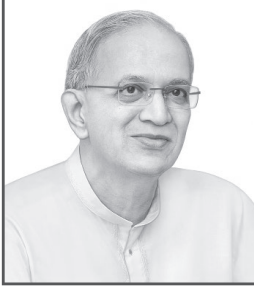
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The co-author, Dr Kamlesh V Athavale, is the son of Sadguru (Dr) VB Athavale. He has achieved success in examinations of M.D. (Paediatrics), D.N.B., M.N.A.M.S. (India) and F.A.A.P. (Paediatrics and Neonatology, USA). He is working as a Neonatologist at the Duke University Medical Centre (USA). He is also Director of Neonatology at Nash General Hospital.

Brief introduction to the unique mission of Sachchidananda Parabrahman (Dr) Athavale, Founder of Sanatan Sanstha



1. Established 'Sanatan Sanstha' to propagate Spirituality.
2. Proponent of 'Hindu Rashtra' (Divine Rule) ^(Note) and commencement of its mission (Year 1998).
3. Propounder of 'Gurukrupayoga' for faster God-realisation : By performing spiritual practice as per 'Gurukrupayoga', 127 seekers have become Saints and 1,058 seekers are progressing towards Sainthood as of 15.05.2024.
4. Creation of unique Spiritual texts on various topics.
5. Research on spiritual remedies for physical, psychological distress and that caused by negative energies.
6. Research using scientific instruments on religious rituals and events that are beyond the comprehension of the intellect.
7. Presenting the research conducted on sattvik Art-forms.
8. Founder-Editor of fiery Hindu Periodical 'Sanatan Prabhat'.
9. Uniting and guiding Saints, Sects, devout Hindus, etc. so as to establish the 'Hindu Rashtra'.
10. Recognising the coming dreadful times, guiding and preparing Texts to protect lives.
11. Honoured at the French Senate with 'Bharat Gaurav Award' for His exceptional contribution to the global spread of Indian culture and civilisation (5.6.2024)

(Note : हीनञ्च दूषयत्येव हिन्दुरित्युच्यते प्रिये ।, meaning - One who eliminates the inferior *Raja-Tama* components in himself is a Hindu. A Nation of such *sattvik* people is called 'Hindu Rashtra'.)

(For complete introduction, visit - www.Sanatan.org)

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Note : For non-English & spiritual words used repeatedly in this Text, please see Glossary at the end of the text.



Preface



Sanskār or subconscious impression, is the multiplication of virtues and the subtraction of defects. Creating *sanskārs* means inculcating good habits and eliminating bad ones. Good *sanskārs* are created in children by making them offer *namaskār* or obeisance to parents every day, teaching them not to criticise others and so on. However, what is the most ideal way to instil these virtues in them ? It can be ingrained in the children not through lectures, narrating stories or giving enticements of sweets, but through our own actions. If an 8-year-old child is told to offer *namaskār* to his parents daily, he will do it only for a few days and then refuse to comply even if its significance is explained to him. There is only one way to make your child virtuous and, for example, offer *namaskār* to elders. It is only when you offer *namaskār* to all the elders in your family, that the child will emulate you in action, without even telling him to offer *namaskār* to his elders. He will observe that his parents are offering *namaskār* to his grandparents and he will want to imitate them. In this way, the act will be performed without uttering a word.

It is not required to teach a child how to abuse; but a *sanskār* of chanting God's Name has to be inculcated in the child. For this, it is important that all the members in the family chant.

The younger the child, the easier it is to create *sanskārs* within him or her. If the parents have the habit of offering *namaskār* to the child's grandparents every day, then for a 2-year-old, this becomes a part of his nature. When a guest comes home, he will immediately rush to offer *namaskār* and





will remind his parents that they had forgotten to do so but he did not !

It is difficult to create *sanskārs* in adults because it is difficult to change their views. Only their own firm resolve or resolve can eliminate their defects or enhance virtues.

Children love to imitate, and without your knowledge, they copy your walk, talk, laughter, temper, and every little action. This is precisely why parents need to monitor themselves constantly to ensure that their actions, speech and thoughts are virtuous. This means parents have to create good *sanskārs* on themselves. If you behave ideally in front of your children, there will be no need to make separate efforts to create *sanskārs* in them.

Sanskārs are mainly made on the subconscious mind. They increase the *sāttvik* (*Sattva* predominant) state of the mind by increasing the *Sattva* component in it. When the mind achieves thoughtlessness or is in the zero state, then the necessity to create *sanskārs* stops. This is because the mind of the individual on whom the *sanskārs* have to be made, does not exist. With it, the *sanskārs* of many births get wiped out. Now, the Universal intellect carries out all this person's worldly matters. All its actions are automatically enriched 100% with *sanskārs*. - **Authors**



Filling PDR chart

Read Sanatan's Text on
**Overcome personality
 defects and inculcate virtues**