

Text series on 'Balsanskar' : Vol. 1

# Virtues and Good Habits

(English)

Compilers

Proponent of the 'Hindu Rashtra'

Sachchidānanda Parabrahman (Dr) Jayant Athavale

H.H. Sandeep Gajanan Alshi



Sanatan Sanstha

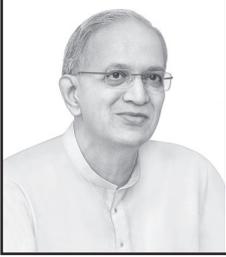
Sanatan's Texts available in various Indian languages

Marathi (344), English (201), Kannada (198), Hindi (195),  
Gujarati (68), Telugu (45), Tamil (43), Bengali (29), Malayalam (24),  
Odia (22), Punjabi (13), Nepali (3) and Assamese (2)

Over 9.596 million copies of 365 Sanatan's Texts as of Feb. 2024

## Introduction to the Compilers

### Brief introduction to the unique mission of Sachchidananda Parabrahman (Dr) Athavale



1. Established 'Sanatan Sanstha' to propagate Spirituality
2. Propounder of 'Gurukrupayoga' for faster God-realisation : By performing spiritual practice as per 'Gurukrupayoga', 127 seekers have become Saints and 1,053 seekers are progressing towards Sainthood as of 20.3.2024.
3. Unique creation of Spiritual texts on various topics such as Deities, spiritual practice, daily conducts, Nation & Dharma, etc.
4. Founder-Editor of Hindu Periodical 'Sanatan Prabhat'
5. Proponent of 'Hindu Rashtra' (Divine Rule) (Year 1998)
6. Uniting Saints, Sects, devout Hindus, patriots and social workers and providing spiritual guidance to them to establish the 'Hindu Rashtra' (Divine Rule)

(For complete introduction, visit - [www.Sanatan.org](http://www.Sanatan.org))

### Assurance of Sachchidananda

#### Parabrahman (Dr) Athavale to seekers

*The gross body has limitations of time and space  
How can I be with everyone, at all times  
Sanatan dharma is my eternal form  
In this form I always exist everywhere*

*Jayant Balaji Athavale*

17.5.1996



## H.H. Sandeep Alshi

H.H. Sandeep Alshi does the final compilation of Sanatan's Texts. He also prepares Prasar material (for example - Sanatan Almanac, leaflets) which bring about awakening on the Nation and help propagate Dharma.

He writes inspiring articles for 'Sanatan Prabhat' Periodicals which provide information on spiritual practice, Nation & Dharma.

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

**The reason for prefixing spiritual title ‘Sachchidananda Parabrahman’ before the Name Paratpar Guru (Dr) Athavale**

As per the instructions of Saptarshi through the medium of Saptarshi Jeevanadipatti, Paratpar Guru (Dr) Athavale is being addressed as Sachchidananda Parabrahman (Dr) Jayant Athavale since 13.7.2022. Before, He was addressed as Param Pujya [His Holiness] and Paratpar Guru in Sanatan’s Texts. He has been addressed accordingly on the cover of this Text and inside the Text wherever required.

❧ Dear Parents ! ❧

## This Text series helps get rid of all child-related worries

A pot gets the shape that a potter gives it. Once baked, its shape cannot be changed. Likewise, we need to take special care to mould a young child's mind. It is difficult to create good *sanskārs* in a grown-up individual.



However, in youngsters the mind is more receptive and hence, it is easier to inculcate good *sanskārs*.

Parents worry about how to find time in their busy schedule at work and make efforts to keep a child away from temptations such as television, cricket, etc. and in addition inculcate good *sanskārs* in the child. The '*Sanskār*' Text series by Sanatan Sanstha provides a solution to this problem. This Text series is a valuable treasure that will make the life of your child blissful.

Nature has bestowed on parents the mission of moulding the mind of their child and sowing the seeds of *sanskārs* in it. Every point in each of the Texts of the '*Sanskār*' series is practically a seed of a good *sanskār*. Hence, parents must make their child read this series. Discuss the points in these Texts with your child. Advise the child to re-read this Text series. Make your child practice the acts mentioned in these Texts. Children love to emulate their parents. Hence, through your conduct and thoughts, set ideals for them; this is our sincere request to all parents. - **Compilers**



## Preface



Today's children are tomorrow's foundation of the country. To be a foundation of the country, the children should be virtuous & ideal; but what is the state of children today ? Most children do not listen to their elders, do not study seriously and make fun of teachers. Many children play cricket or watch TV for hours together. Some children dream of becoming film stars when they grow up and therefore, keep humming film songs.

Some children get into bad company, while some are addicted to tobacco, drugs etc. All these aspects make the children selfish, irritable, obstinate, fickle and even perverted. To prevent all this, it is necessary to inculcate good sub-conscious impressions in children.

The harmful effects of bad *sanskārs*, the importance and benefits of good *sanskārs* and virtues have been given in this Text. Hence, children will be able to understand the difference between good and bad. Due to various aspects described here, such as how children should study, which hobbies they should pursue, how they should behave with teachers and guests at home, etc. they will not only become successful, but also virtuous and ideal in life. This Text also includes aspects such as the desirable outlook that parents should have about certain issues related to children, experiments they should conduct so their children get a first-hand experience of why certain choices are more *sāttvik*. We pray at the Holy feet of Shrī Guru that may this Text be useful in creating a future generation that abides by Dharma and is patriotic. - **Compilers**

