

My Dear children, it is with the grace of our thoughts, words and actions that we can transform even the most evil people. In this way we even let go of our fears and resentments so that we do not harbour negativity and hatred ourselves. Let us learn to pray for and forgive those who have been unkind to us. A well directed mind will do us greater service than a wrongly directed mind. When the mind is trained to be focussed and attentive, it gets gradually disciplined and is able to achieve great heights.

All Indian spiritual traditions highlight the importance of controlling the mind through the various rituals. As Revered Mahatria says, "CELEBRATE WE MUST. Only when we learn to celebrate ourselves we will be able to celebrate others. Festivals, birthdays and all such special days are made so that we can ignite the spark of celebration within us. "

We have to transform ourselves once we become aware of this gap of not celebrating. As parents, we play a very important role in guiding our children towards this innate beauty " awareness." The question arises on how it should be done. Children between two and six have a mind which can absorb everything and anything. To the extent we expose them to the right stimuli, they will be able to imbibe them. In the current scenario adults themselves are distracted with a plethora of technical gadgets around them as such they are unable to guide or help their children. With this slowly the ability to be fully aware of the present and for the present situation fades away.

I truly feel that the rich heritage of India is something we all should feel proud about as Indians. More than that it should percolate in the future generations too. This can be done by continuing to follow the traditions which our ancestors have left for us. The magazine iSpark explores and presents in details the contributions India has made to the world through ancient wisdom, food and technology. It is surprising to know that India has had some of the great scientists. They turned every unfavourable situation into a favourable one and demanded most and more from themselves in every aspect.

I would like to narrate a small story to explain what I mean by " being aware of " and " in the present situation."

There was a blacksmith in the kingdom of an opulent King. Once the King decided to pass through his kingdom to oversee the functions of his state. A King is never alone and always has his paraphernalia, subjects around him. As he was passing by all the shopkeepers stopped their work and got up to greet him except the blacksmith. The blacksmith was so engrossed in his work that he had not noticed the king passing by. This made the king and his subjects very angry. On asking him why he had not got up to greet the king. He said he had continued sharpening his tools so that he could serve the king better, oblivious of the external surroundings. The sound of the procession did not even register in his ears. It was hard to believe that someone was unable to hear the tumultuous sound of the kettle drums or the uproar of the crowd mixed with constant trumpets of the elephants. There was indeed something special about the blacksmith and he was duly rewarded by the king for his sincerity in his work.

The learning which we get from this story is one can develop the art of being aware, of concentrating and being in the present situation. This is possible only if we are able to make a conscious choice of focussing all our attention on the task at hand. The problem which the parents have is how to develop this in the children. Believe me parents the only way to do this, is by doing this ourselves. I truly feel meditation does not mean leaving everything in the real world and creating an illusionary world of ours by retiring to a mountain or a secluded place. Amidst all the chaos and noise in the world, the outer noise, we can learn to take charge of our inner noise through meditation. The art of concentrating all our attention on one thing is 'meditation' in the most literal sense. When we are focussing all our energies on one thing we are able to do it most efficiently and with absolute clarity of mind. Likewise when we are cooking we should just cook; when we are with our children, we should just be with our children; when we are serving God, we should just serve Him... This can go on and on in every aspect of our lives.

The mother is the first teacher for the child. On this teacher's day my sincere request to all the mothers is:

" Live your life in such a way that your life itself can be a message to the child. The way you live your life is the way your children will live their lives. So live it to the hilt, demand most and more from yourselves in every aspect and factor divine vibrations into whatever you do. "

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