



Harmony Begins at Home : The Transformative Power of Ghar Sabha

~ Saheli Sheth (Peoria, USA)

I keep a list called “Connections” on my phone's Notes app. It's where I jot down moments when I felt deeply connected to the world, divinity, and people around me. This collection includes memories of laughter, conversations where I felt heard and accepted, and moments of soul-to-soul connections.

As I scrolled through this list, I noticed a pattern: most of these cherished memories involved my parents. This realization made me reflect on the influential role that parents and care givers have in shaping their children's lives.

We can see this impact across a spectrum of experiences, from adults who maintain strong and positive relationships with their parents, to those who are still healing from emotional pain caused by their parents, and everything in between. So, how can parents and care givers cultivate a closer relationship with their children? How did my parents make it onto my list of positive memories?

The answer lies in a simple practice called Ghar Sabha. Ghar Sabha is a weekly gathering where family members connect, share updates about their lives, and offer guidance. It can take a formal setting in front of a home temple at a designated time each week, or it could be informal, like a heartfelt conversation after a satisfying dinner. The time and place are not as important as the connection it fosters.

When parents and care givers commit to participating in Ghar Sabha with their children, it sends many unspoken messages: *“I care about what's going on in your world,” “No matter how busy I am, I make time for you,”* and *“You can always come to me, and I will listen.”* Over time, this regular interaction between parent and child can lead to positive changes in our

brain structures through “neuroplasticity.” Neuroplasticity is the brain's remarkable ability to change and adapt over time. The more we interact positively with our children, the more our brains adapt and become wired for healthy relationships.

In essence, our relationship with our children becomes the blueprint for relationships in their lives. They learn about their worth and how they deserve to be treated by observing our behavior. When children experience their caregivers actively listening to them, honoring their voices, and spending quality time with them, they subconsciously or even consciously learn, *“This is what a healthy relationship looks like.”* By investing meaningful time with our children, we set them up to build fulfilling friendships and healthy romantic relationships in the future.

Sant Bhagwant Sahebada has emphasized that satsang begins at home. Ghar Sabha applies our spirituality within our homes and fosters healthy communication with our children. It can also ease our concerns about what is happening in our children's lives.

An inspiring story shared by a satsangi highlights the transformative impact of Ghar Sabha in his relationship with his eleven-year-old son. Previously, it had been challenging to have open conversations with his shy son, but after starting Ghar Sabha, they had a platform to openly discuss his son's plans, worries, and friendships. This satsangi expressed, *“I feel like I didn't know my son until I started doing Ghar Sabha.”*

Ghar Sabha holds immense potential for promoting harmony and deepening connections within the family. And when we prioritize harmony within our homes, its positive influence radiates to all aspects of our lives. ◆