

# A Candle of Comfort lit by Sahebada!

~ Saheli Sheth (Peoria, USA)

“Let's begin with an activity today,” said my supervisor, taking a sip of her Starbucks with a warm smile. Around the table, the mental health therapists from our clinic gathered for our weekly meeting, eager to see how it would unfold.

My supervisor asked, “What phrases or reminders do you use to stay centered when working with children?”

We leaned in closer as she continued, “For example, with my 13-year-old daughter, I tell myself 'All kids really want to be good.' If she refuses to do her homework, instead of seeing her as 'disobedient' or 'stubborn,' I try to remember that maybe she just doesn't have the skills or resources at that moment to finish the work. What other helpful perspectives do you keep in mind about kids?”

We all took a moment to reflect, and then the answers came flowing one after another.

A colleague shared, “I remind myself that every single person is always doing the best they can.”

Another therapist added, “A kid's behavior shows me how they're feeling on the inside. So, a kid who is having tantrums may be communicating that they are feeling frustrated, anxious, or overwhelmed inside.”

As we shared, my supervisor listened intently, her smile growing wider. “Wonderful. We can keep these reminders and perspectives in mind when we are with kids, to reconnect to that calm, centered place within us.”

I invite us all to reflect on which personal reminders help us stay centered and calm. Pause and set this article aside. What key points stood out

as most meaningful for you? What other phrases allow you to shift back into a curious, open mindset?

During times of conflict or stress, how can we easily reconnect with these supportive phrases? Could we say them silently to ourselves, set them as a phone background, or find another way to make them readily available?

Later that day, I began wondering about the perspectives Sant Bhagwant Sahebada brings when engaging with youth. Sahebada values fun, play, and quality time, through the stories I've heard from older youth leaders about him playing volleyball, cricket, and cards with them when they were kids. Sahebada also consistently praises each youth's strengths and encourages them to use their talents for seva, bringing the perspective that every child has endless God-given potential.

As for me, my self-reminder is, “We can give the love that we have received.” Sahebada has poured so much profound love into me, allowing me to channel that same love toward my clients. This helps me feel in tune with my most caring, nurturing self - because even if I'm unsure how to help a child through a particular struggle, I sure know how to love them.

I find solace in remembering that my clients will one day exude respect and love if I first give them that unconditional love today. And from whom did I learn this love? I am only able to be a candle of comfort because Sahebada has been the flame that lit me.

May we all take a moment to reflect on the reminders or guiding words that help us reconnect to our inner wisdom when engaging with our children. ◆