How to inculcate good sanskārs in children ?

Preface

Sanskār (Subconscious impression) is multiplication of virtues and division 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 etc. 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 off er *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 an 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* on adults; because it is difficult to change their views. Only their firm 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 child, 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**

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