Deep Saxena

If you want a child to listen to you, you have to earn it. You can't demand it! That is Sadhguru Jaggi Vasudev's mantra for parenting. "If your child is not listening to you, ask yourself why is it so. The problem arises when parents feel that children belong to them. The truth is that they have come through you. If you think they are your property and you can beat them, shake them. After a point, they will not listen to you and they should not," warns Sadhguru.

He was talking at a session Mystic Morning with Sadhguru at a city hotel on Friday. Replying to an educationist's query on creating balance in the family, he says that the new generation always surprises you. "We need to understand that every new generation does things that we couldn't dream of. That's the whole point of having a new generation. So, if you want children to listen to you, you should make yourself wise and joyful. But the fact is that they look at you and don't want to be like you," he says.

Sadhguru asks parents to be pals with their kids. "As parents, observe them and see if you can be like them. Above all, stop being a boss and be a good friend. You should enjoy the privilege of being a parent."

He gives an example of his daughter when she was 13 and asked him to teach something. "I said this is all you have to know: Never look up to anybody. Not even me. And never look down on anybody. Look at things as they are." Sadhguru concludes by saying, "Kids are not supposed to listen to parents. Instead it's the parents who need to listen to their children. You can certainly try and create an atmosphere in which your child can blossom."

As parents, observe them and see if you can be like them. Above all, stop being a boss and be a good friend.

SADHGURU JAGGI VASUDEV, ACTOR

Earlier, he talked about mysticism and inner engineering. "Taking out a pigeon from the pocket is no mysticism. It's about discovering the inner self." He talked about internal and external sufferings and the power of meditation and gave a session on the latter.

Sadhguru connected well with the large gathering through his witty one-liners and humorous examples taken from daily life which were hugely applauded by the audience.

The event was organised by Confederation of Indian Industry - Young Indians (CII-YI) Lucknow chapter.