



Following Spirituality Despite Family Opposition: A Reflection Tool

Are you concerned about parents, relatives, or friends opposing your choice of the spiritual path as opposed to a conventional family and work life? Do you wonder about the best way to convince them? Use this contemplation tool to figure out some possible ways to communicate your decision. However, you must read the tatvagyan on this topic before using the tool.

How have your parents expressed their concerns about your spiritual activities?

What is the source of their worries, both spoken and unspoken? List these.



What would be your emotional or psychological state if your parents or siblings did not support your spiritual aspirations?

Based on some of the strategies described in the content above, list some things that you believe will work for you to start or continue your discussion with your parents.

Note: If you would like to discuss this activity with us, please feel free to email us at samarpanteam1119@gmail.com. Please give us some time to respond. Thank you.