



Once upon a time, there was a family with a father, a mother, and two children: Tara (15) and Dinesh (12). When they were younger, they listened well, helped around the house, and were always polite.

But as they got older, Tara began to change.

"Why can't I have a phone?" she asked one day. "Santa in my class is 14 and has one—and I'm 15!" She didn't speak as kindly as she used to.

Tara began copying the behavior of a friend who often talked back to her parents. She became more stubborn, showed less respect, and no longer helped her little brother with homework—something she once enjoyed.

The parents felt sad.

"What should we do?" they wondered. "When we try to talk to her, she doesn't really listen..."

Then Dinesh said, *"Mom, Dad, I know why you're upset—it's about sister, right? I have an idea. Can I tell you?"* They looked at him, surprised, and nodded.

Dinesh said: *"There's a girl in my class who goes to the SSSSB class. She's become very wise and helps others with their problems. Maybe you can talk to someone from the SSSSB class too.*

And... can I also join the SSSSB class? SSSSB gurus teach nearby, and if it rains or it's too cold, I can join online. Can I start next week, please?"

The parents looked at each other and felt hopeful again.

"Of course you can go to the SSSSB classes!" they said with joy.

"Why didn't you tell us this earlier?"

Dinesh replied: *"Because I've been watching how sister is changing, and it makes me sad too. I want to become wiser, so that I can help her—just like she always helped me when I was small."*

Heart-work and Question: If the parents called you for help, what tips and solutions would you give them?