

Raising a Dhruva – Parenting Through the Bhagavatam

How to raise emotionally resilient, spiritually empowered children in a modern world — learning from Queen Sunīti and Dhruva Maharaj.

- [#1 Introduction to Dhruva's World](#)
- [#2 The Wound of Words - When a Child's Heart Breaks](#)

#1 Introduction to Dhruva's World

Theme: Parenting in Imperfect Families

Scriptural Reference: Srimad-Bhagavatam Canto 4, Chapter 8, Verses 8-14

📄 Objectives for Parents

- Recognize that **no family is perfect**, yet spiritual growth is possible.
 - Reflect on the **effects of favoritism and emotional neglect** on children.
 - Appreciate **Sunīti's calm, devotional parenting** as a powerful response to trauma.
-

📄 Class Outline (45–60 minutes)

1. Icebreaker Activity: “Silent Scars” (5 mins)

Ask parents to raise their hand or silently reflect:

- “How many of you remember a moment from childhood when you felt overlooked by an adult?”
- “Was it the words that hurt — or the silence?”

This opens the heart and builds empathy with Dhruva's situation.

2. Story + Verse Reading (10–12 mins)

SB 4.8.8-14 Summary:

- King Uttānapāda favored Suruci, neglected Sunīti.

- Dhruva tried to sit on his father's lap but was insulted by Suruci.
- The King said nothing.
- Dhruva fled to his mother, broken but determined.

“ **Insight:** Sometimes, what hurts a child most isn't what was said — it's what wasn't.

3. Group Discussion: “What Would You Do?” (10 mins)

Scenario: Your child is insulted in front of others. You're present. You feel frozen — unsure what to say.

- What would be the right thing to do — spiritually and emotionally?
- Have you ever been in such a situation?

4. Quiz Time (Quick Show of Hands – 5 mins)

Statement: True or False?

1. Dhruva's father scolded Suruci for her harshness. (False)
2. Sunīti encouraged Dhruva to fight back. (False)
3. Suruci told Dhruva he must take another birth to deserve the throne. (True)

5. Emotional Self-Check (3 mins)

“On a scale of 1 to 5, how emotionally safe do you think your child feels with you when they are hurt or rejected?”

Let parents raise fingers silently or note in their journal. No sharing required — it's for honest self-awareness.

6. Parenting Insights (5 mins)

- No family is perfect — Krishna can still work through us.
- Silence in the face of hurt can wound a child deeply.

- ☐ One moment of spiritual redirection can define a child’s destiny.

7. Journaling Prompt (3–4 mins)

Ask parents to write privately in their notebook:

“What is one thing I can do this week to make my child feel seen, safe, and spiritually guided — like Sunīti did for Dhruva?”

8. Home Activity – “Our Family Tree”

Draw a family tree with your child. Place Krishna in the center. Use it to spark a conversation: “How is Krishna present in our family relationships?”

9. Closing Verse & Affirmation

“**SB 4.8.14:** After being insulted and abandoned emotionally, Dhruva turned to his mother — a turning point in his life.

Affirmation: “My child’s pain is not the end of their story. It can become their path to Krishna.”

☐ WhatsApp Summary (Copy-Paste

☐ ISKCON Sunday School - Parenting Track (Week 1)

☐ Raising a Dhruva: Parenting in Imperfect Families

(SB 4.8.8-14)

☐ Dhruva was just 5 when his stepmother crushed his spirit.
And his father stayed silent.

He cried. He ran. But what his mother did next changed his life — and ours.

☐ Parenting Takeaways:

- No family is perfect — Krishna can still work through you.
- Silence can harm. Support your child with truth and bhakti.
- Every child has a divine destiny — don't block it with labels.

☐ Family Activity:

Draw a family tree with Krishna at the center.

Talk about what it means to be part of His family. ♥

□ Quote of the Week:

"My child's pain is not the end of their story. It can become their path to Krishna."

□□ Materials to Prepare

- Printouts of SB 4.8.8-14 (in English or Sanskrit)
- Blank family tree template with Krishna in the center
- Small slips of paper for quiz or reflections (optional)
- A slide or print of the Suruci-Dhruva incident artwork

#2 The Wound of Words – When a Child’s Heart Breaks

Verses: SB 4.8.14-25

Theme: *How to respond when our child is hurt — emotionally, unfairly, deeply.*

Duration: 45-60 minutes

□□ SCRIPTURAL BACKGROUND

In SB 4.8.14-25:

- Dhruva is devastated after being insulted and runs to his mother.
 - Sunīti does not seek revenge or blame.
 - She gives him the highest gift — spiritual direction.
 - This becomes the turning point in Dhruva’s life.
-

□□ LESSON PLAN STRUCTURE (with interactivity)

□□ 1. Opening Activity – “What Do Our Children Remember?” (5 min)

Ask:

“Think of one sentence your parent or teacher said to you as a child...
Something that stayed in your heart — positively or negatively.”

Invite 1-2 to share. Then say:

“Words shape our children’s inner worlds. So what do they hear when they’re hurting?”

□□ 2. Bhagavatam Narrative (10 min)

Read or narrate SB 4.8.14-25:

- Dhruva tells Sunīti what Suruci said.
- Sunīti doesn’t express anger or self-pity.
- She says: *“What Suruci said is true — if you want the throne, you must please the Lord.”*
- She then encourages him to find the Supreme Personality of Godhead.

Insight: *Sunīti didn’t rescue her son emotionally — she released him spiritually.*

□□ 3. Discussion Prompts (10–15 min)

Open Q&A:

- Why didn’t Sunīti contradict Suruci?
- What would a modern parent say in that moment?
- What do we learn about true spiritual parenting here?

Reflection Question (write silently):

“Have I ever tried to solve my child’s pain when I should have shown them a higher purpose?”

□□ 5. Emotional Self-Check: “When My Child Is Hurt...” (5 min)

Ask parents to rate themselves silently:

Statement	Scale (1-5)
-----------	-------------

I listen calmly when my child is upset	<input type="checkbox"/>
I avoid blaming others and help my child see higher solutions	<input type="checkbox"/>
I sometimes overreact emotionally and make it about me	<input type="checkbox"/>

■
Let them reflect quietly.

☐☐ 6. Parenting Takeaways (5 min)

- ☐☐ Your child's **pain** can become their **path** — if guided wisely.
 - ☐☐ **Empowering** a child spiritually is better than emotionally avenging them.
 - ☐☐ Sunīti showed what *spiritual motherhood* looks like: not reactive, but redemptive.
-

☐☐ 7. Family Activity (Take Home)

Title: *My Child's Path to Krishna*

- Give parents a small card to write down:
“When my child is hurt, I will remind them of...”
 - A verse
 - A quality of Krishna
 - A way to respond with devotion

They can stick this on their fridge or altar.

☐ 8. Closing Affirmation

“I may not be able to stop my child from feeling pain —
but I can show them how to grow from it in Krishna consciousness.”