

# LIVING VALUES

*We, "Our family" will always try our best to say what we mean and mean what we say.*



*We, "Our family" are committed to lead a life style called "Intelligent Living".*



Family faces are the magic mirrors.

A family is the compass that guides us. A family is the inspiration to reach great heights and our comfort when we occasionally falter.

One of the best aspects of being part of a family is that we can encourage one another. We can believe in one another. We can trust one another. We can affirm one another.

Looking at the people who belong to us we see ourselves - our likes and dislikes. Thus, family faces are the great game changers. Feelings of self-worth can flourish only in an atmosphere where individual differences are appreciated, mistakes are tolerated and corrected, communication is open, and rules are flexible - the kind of atmosphere that is found in a family nurtured with values.



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*Learning, Clarifying, Assimilating and Living Family Values.*

Are we part of a healthy family?

It is a gift and an honour to be a member of a healthy family. Indeed, the feelings that we are part of a healthy family are very powerful conditions of the human heart, and these have to be understood. Family units are changing; not only marriage, but every relationship tends to end in separation - disintegration. In most families, people display the full spectrum of emotional immaturity. We do not have to have high educational qualifications to appreciate how difficult and frustrating it is to create and manage a value - creating family environment.

So where is the problem?

*We, "Our family" will value people to the extent they are valuable; they are the ones who would make unbiased, truthful and sincere judgements about our family.*



A healthy family is a garden of different flowers, where minds come together, learn together, love each other, accept each other and grow with a vision of oneness.

Members of a healthy family must engage to build a family with people who cherish trust, equal opportunities, acceptance, love, care and concern; people who can negotiate the storms of discord, distrust and misunderstandings.

A vision of healthy family will be realised by living, Compassion, Accountability, Acceptance, Trust, Commitment and Humbleness.

*We, "Our family" will not do something just because others are doing it nor because someone else told us to do so. We do only what is right!*

We offer to be your family mentor, one that would help your family members to grow with a purpose, and to discover a new meaning for living and leading a life of unlimited family values.

If you are to realise your full family potential, you must fully awaken to life. Being awake to your inner world with all of its beauty is the secret of being truly alive. If you can't be fully awake then the life of the individual and the life of the family becomes an aimless succession of actions and reactions. In such a case, the joyous possibility of family life as spiritual transformation is lost. We call this the practice of putting family values into action and growing together.

*We, "Our family" will not live by other's opinions; we shall freely express our values in our lives.*



Madhuvarshini - the initiative works towards fostering "Family Excellence" by putting values into practice, is your opportunity to identify and eliminate unhealthy family practices.

Madhu, Varsha and Anirudha - members of a healthy family, will assist you and your families to grow with strong family values around all impossibilities. They would bring a change in attitude to see and accept problems in a family as challenges and responsibilities to be lived.

Every participating family discovers an opportunity to build relationships on a strong foundation of values; to learn, clarify, assimilate, and live family values and realise the greater goal of "Oneness". It is an initiative that is synonymous with joy and happiness.

*We, "Our family" will say 'SORRY' to those people we've harmed, knowingly or unknowingly; 'THANK YOU' to those we appreciate, and 'WE LOVE YOU' to all.*

*We, "Our family" will not blame God or anyone for the mistakes we make and obstacles that we face; for every mistake we commit, problems we face and obstacles we surpass are lessons learned and we gain knowledge.*



We deliver our family value initiatives through one-on-one mentoring, family workshops, family retreats and family activities. We inspire hope and faith that you can and will reclaim that lost family environment. It is never too late; we are with you and we never give up. With us you learn to become that change agent who really transforms a family environment.

We personally invite you to undertake the initiative. This is the real gift you would be giving; the legacy you would leave for posterity. You will be leading your family atmosphere whose enriched family members share equal opportunities and grow unconditionally.

*We, "Our family" will not mind what people who don't know us will say as long as we enjoy what we are doing without harming those around us.*

Shruti - Values in pregnancy | Punarnava - Values in parenting | Indradhanush - Values while growing | Sapthapadi - Values in married life | Madhuvarshini - Family values | Uthsava - Growing gracefully with values.

90 minutes workshops - 04 hours workshops - One-on-one family mentoring - Experiential outbound retreats



*With us you learn -*

- To create your own family constitution.
- To spend your time more productively with your family members.
- To build trust and harmony in the family.
- To overcome the tendency to criticize and put one another down.
- To create equal opportunities.
- To build a family environment where people respond to each other.
- To protect the family from unhealthy attitudes.
- To develop a family heritage and culture where future generations will grow with higher purpose.
- To create value in parenting.
- To accept and respect each other.
- To develop a family of love and care.
- To rebuild a family by rebuilding broken relationships.
- To create and maintain a spirit of co-operation and above all, develop a family philosophy and provide workable insights to realize it.
- To inspire the creation of an extraordinary family environment through ordinary insights.