

Day 21: Reflection on Growth



**A Guide by
Shree's Essencia**

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Day 21: Reflection on Growth

Theme: Reflect on your journey and the shifts in your relationships, particularly how understanding love languages and practicing Nonviolent Communication (NVC) have impacted them.

Story: A Family Reflection

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It was a beautiful **Sunday afternoon** when **Sita** decided to bring the whole family together for a special conversation. She had been reflecting on the changes in her relationships over the past few weeks, especially with the practice of **understanding love languages** and using **Nonviolent Communication (NVC)**. She knew that this was the perfect opportunity to connect with each member of her family, to learn more about their emotional needs, and to strengthen the bonds they had.

Sita gathered **Raj (her husband), Avantika (her daughter), Lalitha and Raghav (her parents), Seema (her best friend), and Urmila (her younger sister)** in the living room. Each person sat comfortably, ready to listen and share. Sita began by expressing her gratitude for the growth they had all experienced as a family.

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“I’ve been thinking a lot about how we communicate with each other,” Sita said with a warm smile.

“I’ve been learning about love languages and practicing Nonviolent Communication (NVC), and I want to know from all of you: How can we connect more deeply and communicate better as a family?”

Raj, who had always been the practical one, leaned forward and shared his thoughts.

“I think I’ve become more aware of how important it is for us to show love in ways that resonate with each person. For me, it’s acts of service. I feel most loved when I can help out, whether it’s taking on extra chores or supporting each other in tasks. But I realize that sometimes I might not always express it in the best way. I want to work on being more open in how I show affection.”

Avantika, who had been eagerly listening, spoke next.

“I’ve been learning about words of affirmation. I love it when you all tell me you’re proud of me, or when you notice the small things I do. It really makes me feel special.

But I also noticed that sometimes, I get frustrated when I don't hear words of encouragement, especially when I'm trying something new. I want to share more about my feelings, and I also want to be more understanding of how you all express love."

Lalitha, Sita's mother, added her perspective with a gentle tone.

"For me, it's quality time. I feel loved when we sit together and talk, or when we just spend time enjoying each other's company. I love when we take moments out of our busy lives to connect. I know we all have our routines, but those little moments are so important to me."

Raghav, Sita's father, nodded thoughtfully.

"I think I need to work on being more present. Sometimes, I get lost in my thoughts and forget to check in with everyone emotionally. But I realize that listening deeply is one of the best ways I can show my love."

Seema, Sita's best friend, chimed in with a smile.

"I think I like receiving gifts. They don't have to be big, but when someone gives me something thoughtful, it makes me feel special. I also want to be better at expressing my love for others too."

Urmila, Sita's younger sister, added her thoughts.

"For me, it's physical touch and quality time. A hug, a pat on the back—it's these simple gestures that remind me I'm cared for. I think we could all benefit from being a little more affectionate in these small ways."

The conversation flowed naturally, with each person reflecting on how they **showed and received love**, and how they had been changing the way they communicated in their relationships.

“I’m so proud of how much we’ve grown together,” Sita said. “By practicing NVC and understanding each other’s love languages, I’ve seen our relationships become stronger. We’re learning how to communicate better, listen with more empathy, and connect in ways that truly matter.”

Reflection

Growth in relationships is not always linear, but as you look back, you can see the small changes adding up. For Sita and her family, understanding each other’s **love languages** and practicing **Nonviolent Communication (NVC)** created a deeper sense of connection and understanding.

Each family member began to see how they could express love in ways that resonated with others, whether through words, actions, or touch. The conversation that day was not just about expressing needs—it was about deepening their **emotional bonds**.

Activity

1. Reflect:

- Take a moment to reflect on how your communication has shifted over the past few weeks.
- Think about how you've used love languages and Nonviolent Communication (NVC) to enhance your relationships with your family, friends, or loved ones.
- How have your bonds grown stronger?

2. Writing:

- Write down your reflections on how these tools have impacted your relationships.
- Notice the areas of growth and areas where you might still want to improve.
- What have you learned from your family's perspectives that you can apply to your own relationships?

Why These Tools Matter?

Understanding **love languages** and practicing **Nonviolent Communication (NVC)** are powerful tools in fostering more **empathetic, loving, and respectful relationships**. These practices help you recognize and honor the emotional needs of others, which ultimately strengthens the bonds you share with your loved ones.

By communicating with clarity and compassion, you invite more understanding and connection into your life.

Closing Thought

Growth in relationships is a journey that takes time, but with each step, you create a more harmonious and loving environment.

Just like Sita and her family, you can continue to reflect on your communication, celebrate the progress you've made, and use tools like love languages and NVC to nurture deeper connections with everyone in your life. Keep listening, learning, and growing together.

Reflection Questions

- How have your communication patterns shifted due to love languages and NVC?
- Have you noticed improvements in your relationships, such as clearer boundaries, deeper empathy, or more meaningful connections?
- Which moments stand out as instances where these tools enhanced your relationships?
- Are there areas where you still feel room for growth?

Reminder:

Each small change in how you communicate can lead to meaningful growth in your relationships. Recognize the progress you've made and keep nurturing your connections with **love, empathy, and understanding.**

Tip:

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Focus on specific instances where you used **love languages or NVC** to make a positive impact on a relationship. These examples will remind you of the powerful effect these tools can have in strengthening your bonds.

Guided by the Bhagavad Gita:

In **Chapter 6, Verse 5**, Krishna emphasizes that **self-reflection** is essential for continuous **spiritual evolution**. Looking back at our journey allows us to see how we have grown, what lessons we have learned, and how we can move forward with greater wisdom and clarity.

Relevance:

Regular **reflection fosters self-awareness, gratitude, and a deeper understanding** of our path. The **Bhagavad Gita** teaches that **growth** is a dynamic process, and by consciously reviewing our progress, we strengthen our commitment to **atma-vikas (soul development)**.

Thank you!

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