

How Ramya Transformed Her Parenting Journey | Supermom Spotlight | Riddhi Deorah | Parenting Coach

21 MIN · YOUTUBE · [HTTPS://WWW.YOUTUBE.COM/WATCH?V=3A1DUML56LE](https://www.youtube.com/watch?v=3A1DUML56LE)
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SUMMARY

Ramya Reddy, founder of Blissful Parenting, shares her transformative journey from struggling with self-doubt and anxiety as a fitness instructor to becoming a confident parenting coach. Through her involvement in the Easy Parenting Hub, she has experienced significant personal growth, leading to improved relationships and a newfound purpose in helping other mothers.

- Ramya felt overwhelmed and guilty about her parenting before joining the Easy Parenting Hub.*
- She struggled with mental health issues, including suicidal thoughts, and often blamed others for her stress.*
- After learning about parenting techniques, she stopped complaining and began to trust herself more.*
- Ramya recognized the importance of self-care, which helped her regain her calm and composed demeanor.*
- She developed a spiritual connection and started meditating, aiming to pass on cultural values to her children.*
- Ramya unexpectedly became a parenting coach, motivated by her passion for helping children and mothers.*
- Her community of mothers has provided support and friendship, enhancing her personal and professional growth.*
- Ramya's husband has noticed positive changes in her, leading to a healthier relationship between them.*

Speaker 1: Welcome to another episode of Supermom Interview. And today we have with us Ramya Reddy and she's the founder of Blissful Parenting and she's one of my students and it's an absolute honor to have her here. And today I'll be asking Ramya about how her story has evolved over the last year or the last few months of her being a part of the easy parenting hub community. And it is an absolute honor, Ramya, to have you and to see you grow so much over the last few months.

Speaker 1: So Ramya, how are you feeling that you are a part of this interview? How does it feel?

Speaker 2: I feel so grateful ma', am, because I have learned so much from you and today I have this chance to express my gratitude towards you in the form of this. So I am so feeling grateful and I'm so feeling thankful for God for giving me such a wonderful mentor.

Speaker 1: Yes, thank you. Thank you so much Ramya. And, and Ramya, so tell me one thing that how has your life, how was your life before you started learning about parenting and before you got into the easy parenting hub family? How what were you doing and what was like a typical day from your life? What did like a typical day from your life look like?

Speaker 2: So ma', am, before I came to know about this, I was a jumba instructor. So I used to work as a fitness instructor and I used to like wake up, do my chores and be with my child and I was still like self doubt and guilt is all too because I'm working as a fitness instructor. I don't know whether I'm doing perfect for my child. Although like I used to get calls from all the relatives who have become new mothers and they will be asking me all the doubts.

Speaker 2: I used to clarify them, I used to help them and still I used to doubt myself and I used to feel like am I really doing everything for my child that I can. No, always I used to answer myself no. And this is the first thing. Then the second thing is I used to complain a lot. There are certain family issues and I used to complain a lot on my husband. Like whatever happens I used to blame my husband or I used to blame sometimes I used to blame my parents too and I was like complete confusion state.

Speaker 2: And also like I, I can't even express how stressful I am, how anxiety I am. And at a certain times I used to fight with my husband where I used to say that I wanted to die. I mean that I want to do suicide also. That is all happened in my life and all and everything was messed up. And always I used to look for perfectionism as a mother. I never compared my child to other.

Speaker 2: But I used to compare myself with other mothers. And I used to feel like all mothers are doing so much for their child. But I am doing so little. And trust me, ma', am, I have never taken my child to hospital until one year. Unless for vaccine, unless for vaccinations that care I have taken. No any kind of diarrhea kind of things happened. I used to give him full food, like nutritious food, only homemade. I used to make homemade silak and everything.

Speaker 2: Even still I used to complain about myself. I was not satisfied. The thing is, I was not satisfied with myself. So all these things are happening. And suddenly one fine day I got like came to know that I am pregnant with my second child. And trust me ma', am, I fought with my husband that I. I should not say that word but to remove my pregnancy because I can't bear another child. And in that mindset I was.

Speaker 2: And also we are financially a little tight at that time. And by support of my mother and my sister I was able to buckle up and fine, let me. Anyway, I have already came to that. I cannot kill my own child. We have to take before precautions, but not after that. I was like. I used to cry a lot even during pregnancy. Until I came across your video on Mask about your platinum showcase in the month of April.

Speaker 2: That is during my eighth month of pregnancy in April 2023, I came and I was like do I really need to learn? I don't know. Will I get something through this? I don't know. I came very blankly to your showcase, ma'. Am and I told my husband this is what I'm going to do. I want to do much better for my child. And now I'm going. I am pregnant with my second child and I want a two learn parenting.

Speaker 2: That is when I can give much more to my children. So that I have decided. And he was like fine, you can do it. But now you have few weeks down to the delivery date so due date. So he was like okay, fine, you can do it. Just wait little more time. And I waited. And right after I told Kanath that I need you more weeks for the

payment and all because I'm pregnant and all.

Speaker 1: She.

Speaker 2: She was like okay ma', am, no problem. She was so friendly. And you actually accepted my request that after the pregnancy the same amount that you promised me to give it, that you have promised. And I was so grateful. And in the month of October 2023

Speaker 1: when my came for the platinum membership.

Speaker 2: Yes.

Speaker 1: Not gold, diamond.

Speaker 2: Okay no ma', am, no diamond over. I directly jumped into that and I started learning. So before learning this is my journey where I went to even up to suicidal thing and all I was so messed up.

Speaker 1: Amazing. Amazing.

Speaker 2: Yeah.

Speaker 1: So how has it been for you ever since you started learning learning? Like have you seen a lot of shift or what shifts have you seen in yourself ever since I have seen

Speaker 2: three major shifts ma'.

Speaker 1: Am.

Speaker 2: That first thing I stopped complaining. I started to trust myself in a way that even something need to happen. I am able to see the positive side. So one of the example is that like my father in law used to complain about my parenting and all he used to suggest and all I used to get so little tempered and I should shout at my husband but not my father in law. I'm not doing anything with them but I'm doing with my husband.

Speaker 2: And now the same things is repeating. And before I used to shout at my husband. Now fine, they are telling the suggestions no, let it go. They don't know what I'm doing exactly at my home because they are staying in another place and we are staying separately. So they don't know. So let it be. They are assuming they're giving suggestions. Let us take it and just pass it on. That positiveness shift I have seen in my first thing now and second thing is I started to realize that I used to complain to my husband that everything is happening because of me.

Speaker 2: You are the only reason. Before marriage I used to be not like this. I used to be so happy, I used to be so composed, calm. I used to I like true ma', am. Before marriage I never shouted on anything. But after that there is something difference happened but I'm not able to realize and not note that. But after joining your classes I have noted that self care is the thing that is missing in my life.

Speaker 2: Before the joining YA classes I used to not take care of myself. I used to like although I used to be fit and all I can. I don't watch movies for say. I used to not go outside anywhere. I used to sit always at home at all. But before marriage I used to go. I used to chit chat with my friends. I used to go spend time with my other family, relatives and all. But that is not happening.

Speaker 2: And that is why I realized after joining a class how important for a mother to take care of herself first. That is the that makes a big difference that I have learned. Once I started to take care of myself again. I was so calm and composed the way I used to be before marriage. So this is the second major shift, ma'.

Speaker 1: Am.

Speaker 2: And third thing is I started to connect spiritually to my inner self to be exactly to my higher self. I again started meditation. And now I have joined this Mahabharata classes and all to give more up to children. You know, I wanted to inculcate our culture to in this parenting and say this to my clients so that the mothers can help their children who grow culturally to with our rules and all.

Speaker 2: So this is a. These are the three major shifts that I have seen in my life after joining Easy Parenting Hub with you now.

Speaker 1: Right? And how. So how does it feel like to have your own community like blissful parenting hub? Like you started off as a parenting coach and was it always on your plan that you want to be a parenting coach or you just joined for your children and then you know, this happened for you?

Speaker 2: Exactly, ma'. Am. I have no idea that I would become a parenting coach. Truly speaking, ma', am, I never thought of. I never paid for from Easy parenting hug to become a parenting coach. It all happened after yeah. Introduction video that I have seen on your website. There you have mentioned one point that once you have sit with a guru and you have learned from the guru that what we have known we have to let pass on the knowledge.

Speaker 2: Because that knowledge should not get wasted. And also I have seen. I am. I have this thing for children, ma'. Am. I love children allowed spend time with children. And trust me, ma', am, even before marriage there is a kid opposite to our house. And I used to bring him. And I used to make him grow with my family. And still this. I mean even till now he. He will call me Akka. How are you? He will be asking about him.

Speaker 2: We meet occasionally and all. He used to spend time more with me only even around the children.

All the children used to spend time with me. So that thing for my children, for my liking towards children made me take this decision. I wanted to bring change in in their life. But I cannot directly impact them. One way is if I become a parenting coach, I can help mothers bring that change in children. They can help grow them.

Speaker 2: One thing ma', am, I always start to think about this is in my childhood. I used to always think about the negatives before joining. And after joining. I have looked through my childhood differently. Because I used to play freely, ma'. Am. I don't have much toys but I have real friends. I used to go play on the roads freely. There is no such noise, this much pollution.

Speaker 2: Everything is not there. And all these communities are happening now. But at that time we have small houses, independent ones. And we used to come even right after school. We used to go directly to play that how freely we have played and we have enjoyed everything. But today children there is social media that is actually taking them down. You know, even working parents, they were like let. Let them take the. Let us give the mobile to them.

Speaker 2: At least then we can do our work. That is the think they are thinking

Speaker 1: and they are giving mobile so easily.

Speaker 2: But that has moved me so much man that thinking after all that happened only after joining young kids. I used. I have seen my childhood completely in a different way. These all I need my children to have and even all the next generation should have. So that is the thing. One major thinking happened and I was as I wanted to become a parent anyway. I have the source, so why not. Why waste my knowledge just keeping to myself.

Speaker 2: If I share to. If I share, I will be able to spread love to the children indirectly. Maybe not directly, but indirectly. So that is the shift that I have analyzed. And I wanted to become a parenting coach and I started my community that

Speaker 1: is so powerful from being a homemaker. Just going to summarize the whole thing that you shared. Like from being a homemaker who was complaining, who was stressing, fighting, not feeling good about herself, always feeling less about herself to now being somebody who is being able to ignore things very easily. Not taking everything to your head, to your heart, not fighting, not complaining. And now also you know, working as a parenting coach. And you mentioned that you are working for a school, right?

Speaker 2: Yes ma'. Am. I have a. Sorry to not mention. I have just Posted on the WhatsApp and all status that I have become a certified parenting coach. I'm going to help mothers and all. And the school actually is my son goes to that school. They have seen it and they have actually approached me the saying that if we can introduce this at school, even we will have something to change in children as well as the parents that they have mentioned.

Speaker 2: And I was so status they approached you? Yes, yes ma'. Am. The status that I have posted that. That I have become a poor and also all the reels that you have given us all the information I have been posting and through do that they have approached me and I was so grateful that just after two days I started posting. On the third day I was called for that. Wow, that is the great thing. I I always say God that my mentor should be growing so much.

Speaker 2: Only then we can get so much. Because you are such. No, ma', am, the information that you give us, it's not what they are taking from us is really less that I truly feel from my heart, ma'. Am. Because that much information you are giving us, that much support you are giving us. And also the community of the mothers to be mentioned. We have seven, nine people right now. We are practicing to ourselves. We became best friends, although we are from different cities.

Speaker 2: I got some really great friends, ma', am, that I have really like, so heartfully thankful to because as I told you, I never go speak outside and all. But now I am able to share everything. Even if I have little lowness and everything. I just drop a message in our group. Whoever is free at that time, they'll call me. What is happening? Come on, let me know. And we are like every Tuesday we meet, ma', am, we meet on Zoom and one mother takes a session like practice.

Speaker 2: So they'll get utilized, we'll get new information shared. And this all is happening just because

Speaker 1: I joined your community.

Speaker 2: That is why I always great feel grateful. And also I am so thankful for universe for showing me such a good path.

Speaker 1: Thank you. Thank you so much, Ramya, for all that credit. And I want to appreciate you for taking that first step because I truly believe that, you know, change, becoming financially independent, making more money, none of this is difficult. What is difficult is taking that first step. And for you especially, because you directly came into the platinum membership and you know, and also the intent, because I think that your intent is very pure because of which, you know, just like a few reels on Instagram and just that one WhatsApp message, one WhatsApp status that you put and you ended up with a job with a school as a parenting coach.

Speaker 1: I think that is just. It shows how pure your intention is. Because, you know, one of my mentors, Blair, he says that when your intention is right, then the universe will bend backwards to make all the resources available to you. So I think and also the shift that we see, I think it's because of the group energy, the community that, you know, we are building together. And I think that is the biggest gift.

Speaker 1: I think God has given me the gift of you and all the other mothers in the tribe. And I think the shift and the breakthroughs and the transformation is happening because we are working together as a family. So thank you so much, Ramya, and thank you for your time. Thank you for sharing this. It is such a beautiful story

of a beautiful transition. And yeah, you mentioned some big words like suicide and yeah. So I think from that space to coming to this space, I think this is such a beautiful journey and I'm sure only more is waiting for you with this intention.

Speaker 1: Lots of mothers, lots of children are waiting for you. So continue the good work. Do not stop, keep sharing the knowledge and I'm sure it's going to be beautiful. And those of you who are watching this and if you would like to be a part of the community, I've put the links below for the mass the free master class for the platinum showcase. So make sure you join because anything and everything is possible if you trust yourself and if you take that right step, step.

Speaker 1: And like you kept mentioning mentors. I feel for myself also that everything that I am today, I think it is only and only because of my mentors. So we all need mentors and I think that can just make our life so easy, so much better and more intentional. So I think that's beautiful and I'm so, so proud of you Ramya for what you're doing so much. I've seen this beautiful in you and I'm sure that I want to have you back on this interview and I want you to share more wins and more breakthroughs with us.

Speaker 1: So I'm so proud of you. Amazing work that you're doing and I'm sure your husband is also feeling good now that you're not fighting with him

Speaker 2: and he is the one actually seeing them huge shift in me, man. And he also says that he's so thankful to. I'm so thankful to Riddhi ma', am because you have changed and that is actually affecting my and our relationship too. So that is what he has seen and he was so. He always said I am so thankful to. Whenever he feels that there is some fight is going to happen, I was like come. Okay, fine, go.

Speaker 2: And he just said I'm so grateful to him. That is the only thing he mentioned, ma'. Am. So he was like so happy that you know, he always say that I am also so proud of myself that I actually agreed to for you to go for the. I mean to join the easy parenting hub. So I also grateful for. I. I will also tell. Yeah I'm so grateful for you that you have actually paid. So I'm so happy.

Speaker 2: Thank you so much that I only. We are not fighting and our relationship is really like blooming up. Right? Yeah. That is what actually. Yes.

Speaker 1: Amazing. Thank you so much Ramya for your time and may your relationship keep blooming. May you keep traveling. And thank you for sharing those beautiful pictures that you shared with me. It was so heart touching to see those pictures and keep growing and sending you lots of love and deep, deep gratitude.

Speaker 2: Thank you. Thank you so much, ma'. Am.

Speaker 1: It's a pleasure having you. Yes. Thank you. Awesome.