

**Om Sairam!**

*This Newsletter consists of articles/thoughts from the SSE children in the Raleigh, NC Sathya Sai Center. We would like to dedicate this collection at the lotus feet of our very dear Swami on the special occasion of Easwaramma Day 2016. Hope the children's work impress the readers and we all continue to learn, grow and contribute to the society by practicing the Sathya Sai teachings.*

# SAI SAMARPAN



SSE RALEIGH NC SAI CENTER  
SPRING 2016

*The boys and girls of Bal Vikas should begin at their homes by showing respect for their parents, brothers and sisters. This should be the first step. The second step is to respect, those in the neighborhood. We should also respect those that come as guests to our homes. Gradually in this manner, we should be able to spread our care to the rest of the village, going on to the whole district, and eventually to the country as a whole.*

*(Divine Discourse - 2 Mar 1974)*

I recently joined the go green group at our center. At first, I was not that enthusiastic about the group. Then, in SSE class, we learned about service to nature. We also talked about doing service as a routine activity: weekly, daily, or in every moment of our lives. We talked about how doing service is the same as helping ourselves. I realized that a way I could do service to nature is through the go green group. So far, this group has helped me see the larger impact of service not just in our community, but globally. This impact can be seen with service to nature, because if there is pollution in our community, it will travel and affect other communities as well. Through this group, I was able to realize how service has a global impact and a positive effect on myself.

*-Sai Anjali*

*Our country has been known as the treasure house of spiritual knowledge. In such a country, today, unfortunately injustice, hatred and jealousy are showing their ugly head. I am hoping that you boys and girls of the Bal Vikas, will grow into such citizens who will re-establish Santhi, Prema and Dharma in this country.*

*(Bal Vikas Conference Divine discourse - 22 Nov 1975)*



## 5 values starting with Truth

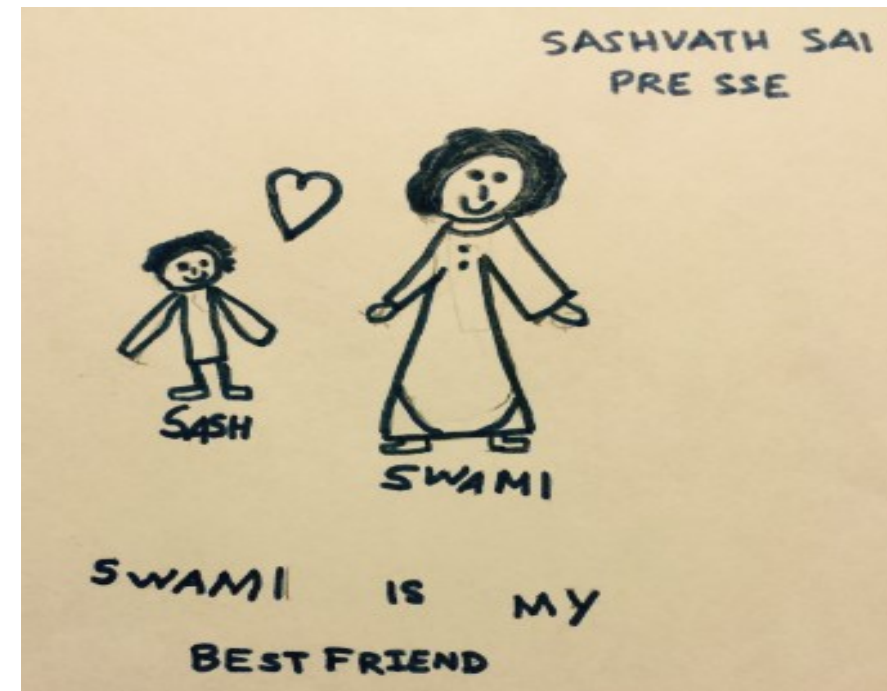
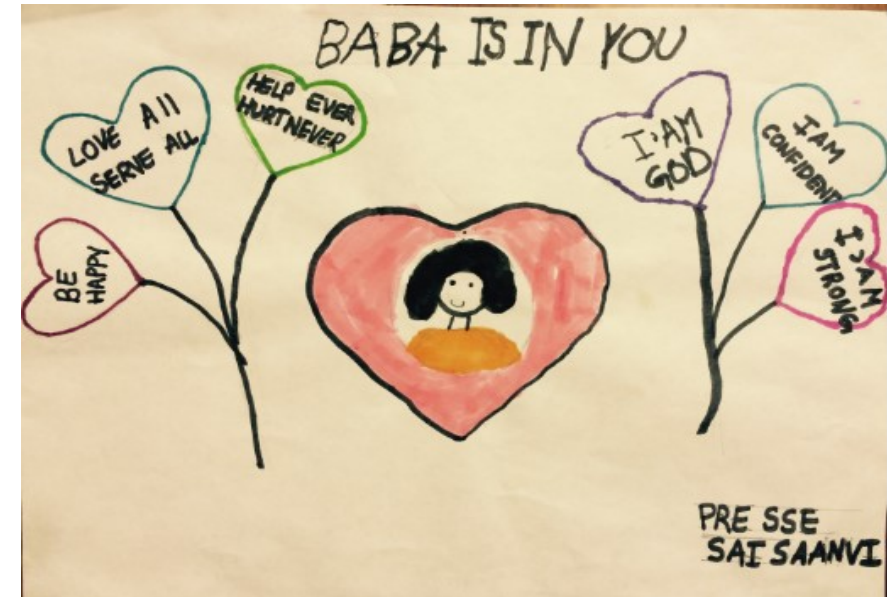
For my SSE Sai Samarpan I would like to talk about how SSE has changed me every year I attend. SSE has changed me in so many ways. When I first entered balavikas I did not know what to expect at all. Once I entered I learned so many things like the 5 values, discipline and much more. Each year in Balavikas I became more disciplined, I had started to learn much more and in depth in these; topics. For example It started off from first just learning the 5 values all the way to applying them in my daily life every day. Whenever I'm in a tough situation I used to always rush myself through and sometimes take the bad decision. With Balavikas I now think to myself will swami like what I choose. As the years pass on in Balavikas I feel like I have a stronger connection with swami and his teaching taught through this Balivikas. Peace, Truth, Non Violence, right conduct, love were the 5 value I was taught, When I first entered Balivikas I thought each was different and it would be tough to follow each value so I decided to just stick to one value which was truth. When I decided to follow truth as my main value I realized that all the values follow, for example if I use truth then love, non violence , peace, and right conduct automatically follow. This made me a better person, without Balavikas I honesty don't know where I would be and I have to thank swami for being able to learn in Balavikas.

*-Ashwin Srikanth*

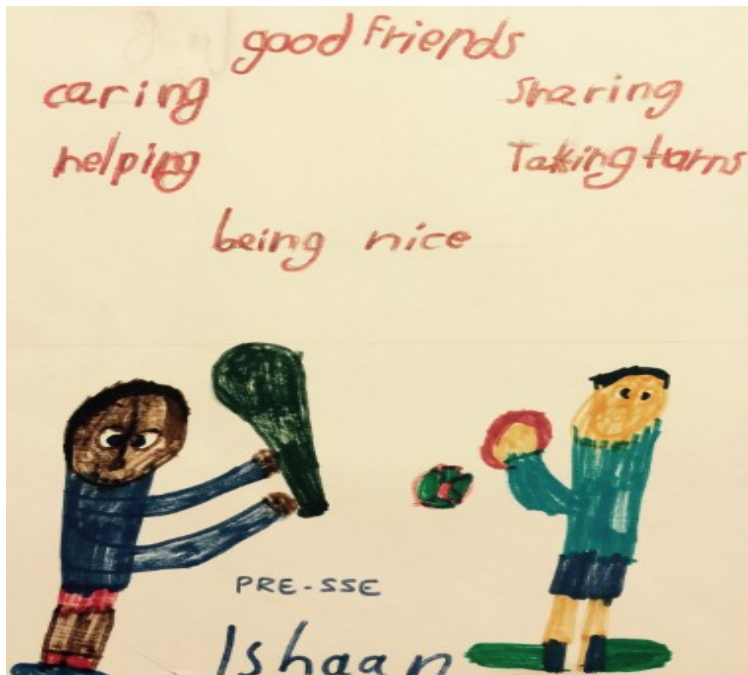
Sakhyam is one of the 9 paths to God. Sakhyam is to be friends with God and follow him. When using Sakhyam, you are befriending God and trusting him with everything and anything that is holding you back. One example of Sakhyam is Arjuna befriending Krishna. Arjuna trusted Krishna in every way and because of that, Krishna helped him on his way. When Arjuna befriended Krishna, God was in his physical form. Now, you have to befriend the God that is inside you and not the God that is on your altar or the sculpture of god outside out of your house. You need to trust him and tell him all your troubles so that he can get you out of them. That is basically what Sakhyam is. I use this on a daily basis. Before a test, I ask him to help me if I get stuck on the test, and He helps me like a study buddy. In the end, He helps me get almost all the answers correct. That is how I have used Sakhyam on a daily basis.

*-Pranav Krishna Kumar*

## Articles by Group 0 Kids







This year is my last year in SSE, this may seem sad because it's the end of my Sai spiritual education but I believe endings should not be bad. They just mean that something else is about to begin. I spent 9 years of my life here and from what I know I will use for the rest of my life. To be completely honest I was never excited to come to class every Sunday, I felt it was more of a chore rather than something that will benefit me. I figured that it wasn't nearly as important as my everyday life. But one day I realized, This class was fixing me up for my everyday life, I was learning how to be a better person. Now that I think about it, me not wanting to go to class made me patient, going to classes every year. I learned that you have to have respect for yourself before, people will. Also that manners are a necessary part of every personality. So that means, respect for ourselves guides our morals, respect for others guides our manners. Everything is connected. This is what I learned in this class this is what I will carry with me for the rest of my life, everything is connected and everyone is the same, respect means manners and endings mean new beginnings.

*-Allison Rahaman*

### **Plants can sense your vibes...**

In class this year, we learned how the positive/negative energy you create has a visible effect on water. Since over 70% of our bodies are water, we should watch the thoughts we have and make sure they're positive. This reminded me of an article I once read where they described an experiment that was done with bean plants. There were two plants who received the same amount of water, sunlight, and necessities, except that one plant received thoughts of love daily. After seven days, the love plant was several inches taller and much stronger than the normal plant. Even several weeks after the experiment (nothing had been done to either plant after the experiment), the love plant had grown even taller and the normal plant had withered and died. This teaches us that the vibes that you give off can even have an impact on inert things -if thoughts can impact plants, they can surely impact humans!

*-Raga Dasana*

## Dasyam: Doing Service to Mankind to Reach God

Swami calls us Prema Swarupa, which is literally translated to “embodiment of love”. We should live our life in those terms, “Love is the source, path, and destination”. For this, Swami has given us 9 different steps in order to reach this, called the Nava Vidha Bhakthi. Each step takes a different approach to live our life in righteous and spiritual terms so we can reach the highest step to god. In my opinion, I believe the most significant value is Dasyam, which means to be a servant of god. There are many ways of interpreting this and applying it to daily life. There are many significant symbols of dasyam in modern heroes as well as protagonists in mythology. One contemporary idol in this world is Mother Teresa. She dedicated her whole life in serving the lives of others, just like Swami says, “Service to man is service to god”. Hanuman demonstrated the true meaning of dasyam to Rama in the Ramayana. He followed the footsteps of Rama, and manifested the true context of a friend. Hanuman served Rama in an extremely altruistic way and was always there for him. In today’s world, it can be a challenge to keep up a spiritual schedule to reach god and live with a modern outlook. One line I got from a play that I found very appropriate for this is, “Social Networking connects you to the internet, but meditation and prayers can connect you to the inner-net”. This is important so we can reach the next level and avoid the cycle of rebirth. In addition to be a server of god, there are four steps to assist every person to achieve your material and spiritual goals. The first call of action is Dhruthi. This shows that you have the willpower to proceed with your aim and overcome all hurdles in your pathway. Next is Drishti. This is when you have an objective set in your mind and have a vision for it. To achieve your focus, you need knowledge and understanding of what is required of your target. This is called Mathi. Daksham is the capacity and purpose you have to reach your vision. As reaching your intent in this birth is extremely important, so is serving the world around. The best way of demonstrating dasyam is to do service with no expectation; do service full-heartedly to humanity and you have reached god.

*-Manasi*

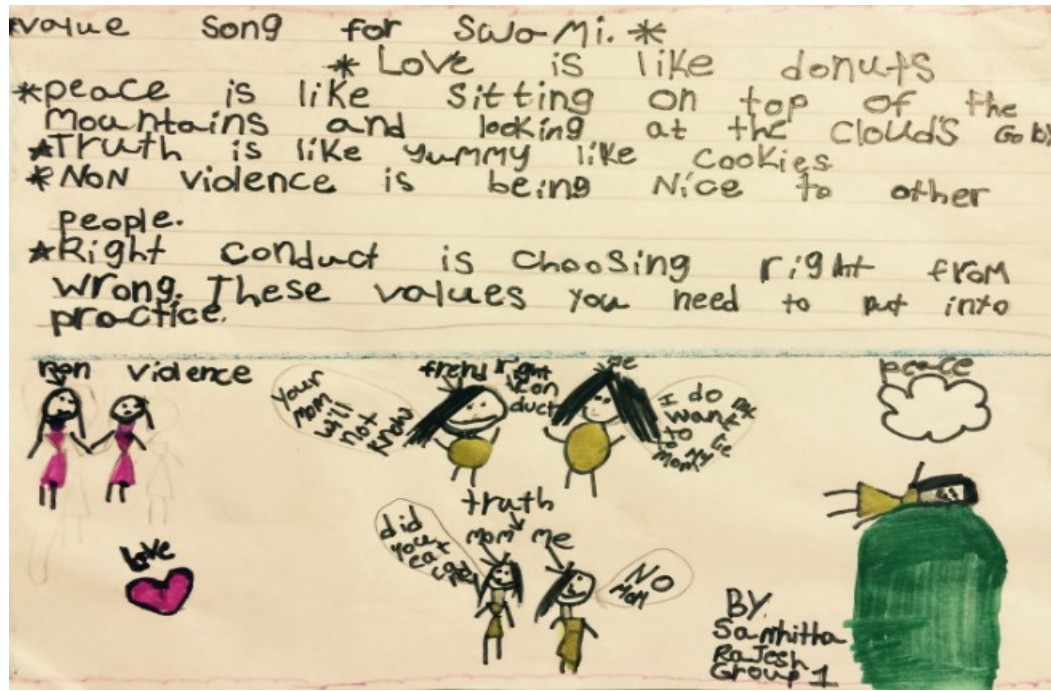


*Sathya is what I teach;  
Dharma is the way I live;  
Shanthi is the mark of My personality;  
Prema is my very Nature.*

*-Swami*



# Articles by Group 1 Kids



Much of the reason for my doubt lied with a particular observation. Since young childhood, I became receptive to the fact that many self-described devotees took part in spiritual and religious worship solely for personal benefit. I was taught, however, that prayer exclusively recited for selfish motives is an incorrect form of worship. How is it possible, I asked myself, for so many people to blatantly “defy” holy scriptures and the Lord remain silent in response? Gradually, I began seeking more and more faults in religious systems and personal flaws in Sai devotees as justification for my growing skepticism. With time, I reached a point where I had accumulated enough unreasonable “evidence” to cloud myself away from the light of spirituality. I shared my thoughts with no one, aware that doing so would distance me from those who believed. Each week, I would force myself to travel forty miles and sit for two and a half hours engaged in Bal Vikas and bhajans with feigned interest. I witnessed myself viewing the entire ordeal as pointless and a waste of valuable time that could instead be spent on my academic interests. As fate would have it, I would require much more than personal motivation to remove the obstacles shielding me from Swami’s radiance.

One certain Sunday, I sat in Balvikas expecting the normal class procedure. However, Swami had other plans, for it was announced that we would have two guest speakers present to the class instead. For one and a half hour, I was completely engrossed in the conversation. The vestiges of uncertainty were clearing themselves from my mind as I listened to the speakers’ discussions of the importance of Swami’s love. As my parents and I drove home that night, tears of understanding and relief began to accumulate. The clouds were clearing, and a sense of freedom for realizing the power of the ultimate had finally dawned.

Months later, my relationship with Swami has been completely transformed. That is not to say that I am completely without doubt, for those moments still arise, but the realization that Swami had not neglected me though I had done so to him renders me a firm believer. In these months, I have also come to realize that there is truly no such thing as “selfish worship” unless it is at the expense of others. A devotee is not any less of one if he or she asks for guidance in today’s hectic world. Now, I can confidently call Sai Baba my friend and my guru - not just one or the other. As I project my dreams into the future, I rest assured that Swami will assist me every step of the way and that my success is not limited to my abilities when I am one with all that is.

-Surasya Guduru



I love Balavikas because we learn lots of things about Swami and we also get to read stories about Swami when he was young. My favorite part was reading about Swami choosing the right from the wrong. I also love when we play the Sairam game. We also get to learn new things about Swami when we are reading stories about him. I also get to write facts about Swami when we are reading stories about him. I am also learning Swami’s values and put them to practice.

-Siri Rahaman

# Articles by Group 3 Kids

## Help Ever, Hurt Never

The values and teachings in Balvikas have taught me a lot about being a better person. I have learned the most in life from this one value that I have been hoping for. Even when it came to helping a woman carry some groceries to her car. When I did this I felt quite happy with myself what I had done and the joy that was in that elderly woman's eyes had also helped me realize swami's true message. This had helped me learn about how much you should help an important cause that is really easy to accomplish like this. Many people need the help that swami has wanted us to give. This service was small, but changed my views of the world. When I help them, the sense of happiness that I felt was incredible. These small services, though they may seem like nothing can be a lot for the other person. I have done many helpful things to people that have been less fortunate than myself and never thought that much of it, though. I plan to continue this and care much more about my service towards Sai. I believe that this one of the most important of the values to add to your routine in your life. After all of this work that I did outside of Balvikas, I hope that I can continue inside of Balvikas and in the world, years from now.

*-Neeradh Surapureddi*

Like sunlight breaking through an overcast sky, Swami's love has illuminated the plains of my heart with an unparalleled glory. After months of doubt and uninterest, I allowed myself to fully surrender to the one whom we call 'Sai Baba'. I had never before considered Swami a friend, for the concept of God playing such a casual role in one's life did not seem possible. It is only now, after regretted disbelief, I realize that friendship with God is not only possible but inevitable to a devotee with unwavering devotion.

I really enjoy going to SSE class. We do a lot of fun things there. SSE class is so much fun, because we get to read cool stories about people who have problems and how they fix them. After we read them, we have to guess what the moral of the story is. We also get to do cool experiments. One experiment was to get two small oranges. Peel one orange. Then put the two oranges on the table. Fill a big glass with water, and put it on the table. Get the oranges, and put them in the water. Then you'll see the one that does have skin floating and the one that doesn't is on the bottom. Now think the skin as values. The orange that has skin floats because it has values. The orange that doesn't have skin sinks, because it has no values.

I also like SSE class, because the teachers are really nice. They speak softly and do not yell. They bring snacks and prizes that you have to earn. If you do your homework, your name will be put in the Compliments Jar. Mrs. Vanita puts names on popsicle sticks and pulls out two boys' and two girls' names from the jar. Those students get to get a prize from the prize box. We get to play games like Sai Ram. Each student gets in a circle and says a particular word. Every time after the last word is said, the next player says Sai Ram and sits down. The last person standing is the winner.

The activity I like the most was performing plays. The plays were about the 5 D's: Discrimination, Determination, Duty, Discipline, and Devotion. The best play was the one where I get to play characters like the teacher and Ramakrishna Paramhansa. I enjoyed being Ramakrishna in the play "Devotion", because my name is in his name. In this story, the leg of a God broke off and the person who owned it didn't know what to do. Should she throw it away, or get a new one? Ramakrishna solved her problem by showing her that devotion was more important than having something new. The lesson is to never see God as a rock or clay, but as a presence of life. In the other play, "Determination", students were supposed to bring a tomato to school for every person they hate. The next week, the person who had the most tomatoes was covering his nose, because the tomatoes were stinking. The teacher told them that the stink was due to rotten tomatoes. The tomatoes are like each person you hate. The hatred makes the stink. The more people you hate, the more stink. My favorite was the teacher's story, because it comes with a twist at the end. Everyone brought at least one tomato. That was interesting to me.

Finally, this experience changed me by teaching me what the values are, and the 5 Ds. This is why I liked writing this essay. I would like to take a class like this again in the future.

*-Krishna Kasuganti*

**SWAMI'S QUOTES IN CODE: Find Swami's quotes by cracking the code.**

1. >\$#@ [ >> X@\*#@ [ >>
2. (@>2 @#@\* ( =\*& ^@#@\*
3. &\*=&( )X &(@ ][X)X \$? \*)!(&@\$=X^@XX
4. ]@ !\$\$ { , { \$ !\$\$ { [ ^ { X @ @ !\$\$ {
5. ]@ X)%2>@ [ ^ { X ) ^ } @ \* @
6. X&[ / { @ & @ \* % ) ^ @ { [ ^ { / \$ = 4 ) >> X = } } @ @ {

A=[	H=(	O=\$	V=#
B=]	I=)	P=2	W=4
C=}	J=~	Q=+	X=6
D={	K=<	R=*	Y=/
E=@	L=>	S=X	Z=;
F=?	M=%	T=&	
G=!	N=^	U==	

Answers on  
page 10

*-Vishwajith Venkatesh*

**My First Year at SSE**

This year I learnt a lot of the things. I learnt the 5 D's and values. I learned about Swami too. I like how my teachers taught me more about Swami. I like how my teachers made games to go with the five values and D's. SSE taught me to do good things and not to do bad things. I enjoyed the winter seva for hats and scarves.

*-Sairaghav Mahesh*





*Where there is FAITH;*

*There is LOVE;*

*Where there is LOVE;*

*There is PEACE;*



*Where there is PEACE;*

*There is GOD;*

*Where there is GOD;*

*There is BLISS.*

### **Ceiling on Desires**

Ceiling on desires is putting a stop on your desires. For example, if you want lots of toys you got to put a stop to it. It is kind of like putting a ceiling on your house otherwise your house will go on and on and on and will be so big that you would not know where the bathrooms are. The best way to practice ceiling on desires is to ask yourself whether what you want to buy is a want or a need. For example, when I go to the store and feel like buying something, I ask myself if it is a need or a want and I will buy it if I need it otherwise I won't. Desires aren't bad but excess desires leads to greed and greed leads to fall.

*-Prateek Kumar*

Welcome everybody! My name is Srinath Jayaraman. I am in SSE group 1 and it is so fun! In my SSE class we play the Sairam Game. The Sairam Game has lots of values in it.

Right now in my SSE class we are talking about Right Conduct/Right Action. When you think about right conduct, you should think about the 5D's. The 5D's are: Discipline, Devotion, Discrimination, Determination, and Duty.

In my class, we would read a story on one of the 5D's. If we were reading a story called, "How bear was kind" and if it is on Discipline, then we would write Discipline and "How bear was kind" on the board. Then we would write Dharma (Sanskrit) and Right Conduct (English). Then each and every person would read one word and when the last word comes, the next person would have to say "Sairam" and sit down. We would keep doing this until there are only two people. Then one person gets to win. The class would do a silent cheer for the person who won. Then the person who won would sit down. This is why I think SSE Group I is so fun.

*-Srinath Jayaraman*

I offer my humble Pranams at the Lotus feet of our dear Lord.

We have been learning about Swami's Divine Messages and the ones that I have been most influenced by are Love all, Serve all, Help ever, hurt never and Service to humanity is Service to God.

Swami has been a great role model and has practiced "Love all, serve all". This has been demonstrated through the the Narayana Seva, hospital project, water project, mother and child health, and free education. This shows Swami's love for one and all through service.

Swami has been kind to every living being and always helped and never hurt anyone. Swami's compassion and kindness was witnessed by every living being; Humans, animals, insects, and plants.

Mother Teresa has been a very good role model and has practiced "Service to Humanity, is service to God". This has been demonstrated through feeding and helping the poor.

This year I have learned a lot about Swami and what he has done to man-kind and I hope that I continue this journey of learning about Swami.

*-Kaavya Raman*

#### **Answers to Swami's quotes in code**

1. Love all, serve all.
2. Help ever, hurt never
3. Truth is the basis of righteousness.
4. Be good, do good and see good.
5. Be simple and sincere.
6. Stay determined and you will succeed.

*The end of knowledge is wisdom*  
*The end of culture is perfection*  
*The end of wisdom is freedom*  
*The end of education is character.*





*Children's minds are innocent and pure.  
 Each child is a white marble for the  
 teacher and the parents to mould into an  
 image of God, a bud to be helped to blos-  
 som in all its Divine glory so that it be-  
 comes a worthy offering to God.*

## Word Search

Y P U E K Z F X D N N O B C N  
 N A V A Z O X E S O A H D O V  
 Y O L Y F X V P J I F G I S X  
 L K N R U O E J S T C T S E R  
 B H S V T P Z V J A A B C S G  
 J H T I I O O F T N M C I X D  
 A R O U Z O V O I I I J P R E  
 E N Y Z R P L M L M Y S L G Z  
 X F Y X R T R E R I I J I T N  
 A U V H V E H T N R K B N Y G  
 L W F F T I G F A C V A E T F  
 H I Z E K X C B M S E C R U I  
 S I D N K C Y T Q I U R F D G  
 X R I G H T C O N D U C T P Y  
 D L C E C A E P P B I M H L C

DETERMINATION

DEVOTION

DISCIPLINE

DISCRIMINATION

DUTY

LOVE

NONVIOLENCE

PEACE

RIGHT CONDUCT

TRUTH

*-Sajith Gogineni*



# Articles by Group 2 Kids

## The Five Values and How I Follow Them

The five values are Truth, Right Conduct, Love, Peace and Non Violence.

I follow the value Truth by always not lying and keeping my word. An example is, if I broke something in my house instead of hiding it from my parents I would tell them and try to help fix my mistake.

Right Conduct is the next value, I follow Right Conduct by acting good even when others aren't watching. An example of Right Conduct is, if your teacher leaves the room instead of acting bad because he/she isn't there you should behave nicely.

The next value is Love, I follow Love by caring for others and helping others when they need it. An example of following Love is, if somebody gets hurt try to help them.

I follow the value Peace by always being calm even if somebody is making me mad. An example of showing Peace is, if someone is trying to make you mad instead of getting mad and acting crazy you should just take a deep breath and stay calm.

The next value is Non Violence, I follow Non Violence by not physically or mentally harming others even if they hurt you. For example if someone in your school punched you instead of punching them back try to resolve the problem. These are the five values and how I follow them.

*-Suved Gogineni*

Swami is the creator of the world  
 And he loves everyone  
 I love to say Sairam  
 Response can affect someone  
 Always try being nice  
 Mother earth deserves to be treated better

*-Anjana Krishnan*

## Word Search

t	o	n	w	e	E	o	u	t	x	n	n
l	o	n	s	a	T	h	y	a	t	o	O
t	x	m	s	i	B	a	b	i	a	i	N
i	g	l	a	w	N	k	a	t	o	a	V
w	h	r	o	m	I	e	b	n	a	s	I
i	v	i	o	v	E	t	a	j	s	n	O
a	t	c	y	m	E	r	w	z	d	o	L
s	a	x	m	v	Y	e	p	e	a	c	E
n	o	t	r	u	T	h	n	b	o	g	N
d	l	e	c	z	O	l	m	o	g	o	C
p	s	n	k	e	E	a	s	w	h	l	E
r	i	g	h	t	C	o	n	d	u	c	T
r	r	y	m	s	J	f	e	j	a	p	V

Nonviolence  
 Right conduct  
 Peace  
 Love  
 Truth  
 Sai  
 Baba  
 Prema  
 Serve  
 Sathya

*-Ranjani Sathyan*

## Scramble puzzle of Five Values

1. HURTT
2. EAPCE
3. EOVL
4. TGHRI CTNUODC
5. NNOIENOCVLE

*-Krishna Katuru*



Sairam. My name is Praneil Sai Kumar. I'm attending SSE Group 2 in the Raleigh Sai Center. I would like to talk about the 5 D's, which are discrimination, determination, duty, discipline, and devotion.

Discrimination is choosing between right and wrong. And I always do what is right. If I do my homework, that is right. If I break my glasses, that is wrong. So I always try to remember not to make that mistake again and that is an example of discrimination.

Determination is whatever it takes for me to achieve my goal. For example, having good days in school is helping me achieve my goal so I can get what I want. Having bad days in school is not helping me achieve my goal at all.

Duty is carrying out one's responsibilities. As a student, my responsibility is to respect my parents, do my homework, study well, and have good days in school. Discipline is to follow directions and to respect my parents, my teachers, and my friends. For example, when my mom asks me to do my homework, I go and do it. I follow my mom's directions. When Ms. Barnes who is my teacher, helps me with my homework, I don't get upset. I follow what she says and listen to her. When my friend Adarsh asks me to sit with him at lunch in school, I don't say, "No, go away." I go and sit with him.

Devotion is being sincere to God and completely trusting that he will help me. For example, I ask Baba to help me do good and focus and pay attention in school. I also ask Baba to help me do well in tests so that I get good grades and he has helped me so far and I know he is always going to, in the future as well.

In the end, I would like to say that those are the 5 D's. I will continue to follow the 5 D's.

*-Praneil Sai Kumar*

My experience in SSE has brought me all the way to group 2! My favorite subject was "Ceiling on Desires". From that I learnt that you can't have everything you want because your parents don't have enough money. Plus, the more you have, the more responsibilities you have. I learnt that from the story, "The Old Woman Who lives in a Shoe". An old woman wanted to have a bigger home because she was living in a shoe. From the shoe to a box to a cupboard to a shed to a small stone house to a bigger house and finally a mansion! As the house got bigger, the more responsibilities the old woman had. Finally she went back to her small little shoe. The more desires you have, the more responsibilities you have and you need the strength to do it all. From this I hope you won't have too many desires. A few is fine with me!

## Sai Word Search

B	P	L	O	V	E	F	B	O	M
R	U	R	E	M	A	L	P	S	D
I	T	K	N	I	S	W	A	M	I
G	T	D	C	P	H	O	N	D	S
H	A	P	P	Y	W	N	X	A	S
T	P	R	A	S	A	D	I	B	A
C	A	T	E	H	R	E	O	A	U
O	R	I	M	A	A	R	U	T	Y
N	T	E	A	N	M	F	S	A	I
D	H	N	N	T	M	U	A	H	B
U	I	C	H	H	A	N	I	I	H
C	U	E	S	I	D	S	R	M	A
T	R	U	T	H	Q	S	A	S	J
S	E	R	V	I	C	E	M	A	A
V	H	I	B	H	U	T	H	I	N

Love	Right Conduct	Swami	Sairam	Sai
Eashwaramma	Bhajan	Peace	Happy	Anxious
Truth	Shanthy	Vhibuthi	Service	Puttaparthi
Prema	Bright	Prasad	Fun	SSE

*-Akshaya Rajesh*

This is my first year in balvikas as a student. I belong to SSE Group 2. Initially going to balvikas was not that interesting but after a month it changed a lot and I noticed its impact on my life, it made me feel good and a little more focused in class than usual. I look for opportunities to help others especially in my school. We also have fun activities like the time where we had to be creative and write a positive thing that you need practice on and decorate it with anything we want. One time we had to write down two positive things and write them five times a day, but it was worth it. It made a positive change in my life. Sometimes the teacher makes us watch a video about the five values which are: Sathya (truth), Dharma (right conduct), Shanti (peace), Prema (Love) and Ahimsa ( non-violence). Recently we read a story with a moral "Ceiling on Desires", I liked it a lot and it also taught me to keep a check on my wants. Also it has made me more responsible, I wake up early and do my work without reminders from my parents. I am more excited and eager to know what I will learn in my next year.

***-Ashvik***

Pranam at the lotus feet of Sathya Sai Baba. My journey at SSE in RTP has only been for four months, however, my journey with Swami has been going on since I was a baby. My entire family has been devoted to Swami and has been following His teachings. I began SSE, known as Balavikas in India, at the age of 6, but it was only for a short time since my parents and I had to move to the U.S. For the past 4 years I have learned the teachings of Swami in a small way at home, as there was no SSE center close to home. Since after my move here did I get proper SSE education. My four years in SSE have been great and full of fun!

Teachings at SSE has immensely improved me in many ways. Writing my affirmations everyday have helped me respect my parents and manage my time well. When I want to buy something, I first think about whether it is a need or a want and the cost associated with it which helps me seal my desires. I also have learned to save energy and preserve the 5 divine resources. All of the above were taught to me in different ways at SSE. I love SSE and the learning environment of it. It is even more fun with the activities planned by my gurus. I give them my thanks for their support toward me. Thank you Hitha ma'am, Jalaja ma'am, and Adithi ma'am for all your hard work! This year has been a great experience for me as my first year in RTP's SSE group. Thank you for this great opportunity! Sai-ram!!

***-Diya Ganesh***

## **Values**

I have learned a lot in my years of SSE Group 1 and Group 2 and SSE has really impacted my life to become a better human being. The five values have impacted and changed my life by helping me at school, home and other places.

Love is about caring for my friends, families, teachers and the people I know and don't know. Love has helped me not compare with other people. I have learnt that comparing is really wrong and it takes all your good thoughts out and it has all your negative thoughts you never want. I have learned to love my family members and just because they scold me does not mean that they do not love me. It just means that they are mad at me because I did something wrong. I have also learned that love is very important to the people you know like your friends, families, and teachers. They love you and many other people in the world don't have people like that for them. A story I have about showing love: In Guatemala in a school named Coleigh Hope, when I was in 1<sup>st</sup> grade, our class helped them get school supplies so that all the students could get the things needed for learning. We loved that and best of all, we had a very fun time.

Non-violence is not hurting anybody physically or mentally. When I was young, I used to fight with my sister because she said mean stuff about me, but what I learned in group 2 changed the whole thing. It taught me that instead of using violence, I should talk to her and tell her how I feel. That actually really helped me.

Truth is harder to do than the other values. It is hard to tell the truth all the time. Truth is honesty and not lying. Once at school, I broke my friend's eraser and I blamed it on somebody else. When she found out I broke it, she did not talk for a few days but then we started talking.

Peace is being calm and not tensed, like when you do prayers you are peaceful and concentrated. In group 2 we have learned multiple prayers like the light meditation and thumb meditation.

I have also learned about right conduct and it means to do the correct thing and being respectable. In school we had an award for doing the right thing when nobody is watching. I got an award for that in the school.

I have learnt a lot in SSE and the values all connect the values and are very important!

***-Shreya Bansal***



## **Peace**

Peace is a very important human value. If we didn't have peace in the world, the world would be chaos. Many people would do violent things. Some famous people who were peaceful are Mahatma Gandhi, Nelson Mandela and Martin Luther King Jr.

*-Rama Varanasi*

One day in SSE our teacher told us a story about patience. One day a man was walking across the road when a freight truck came and hit him. He lost his legs so he was in the hospital for two years! He accepted that he lost his legs and stayed very calm and patient, because he was waiting for them to give him mechanical legs. He worked out his two arms a lot. He always was calm. Later on he got legs to walk and was happy again. His patience and his calmness payed off.

I am working on being patient and calm after hearing this story. I want to be able to accept my mistakes and take feedback and use it to make my mistake not happen again.

*-Pranav Dasana*

## **Time and Love**

The story that was read to us on October 18, **Time and Love** changed me. What touched me most was when just as Love was about to give up, the elder, Time, came in and volunteered to take Love to another island. The moral is to respect your elders and younger ones, no matter their age. I try to use this moral in my everyday life from the moment I wake up to the moment I go to sleep. I believe that Swami is in everybody and anybody who walks up to me and gives me advice. I will say thank you and try to use the advice they gave me. This year I have learned about the vices and virtues. I am trying to keep out the vices and bring virtues. I will continue to learn more things like this.

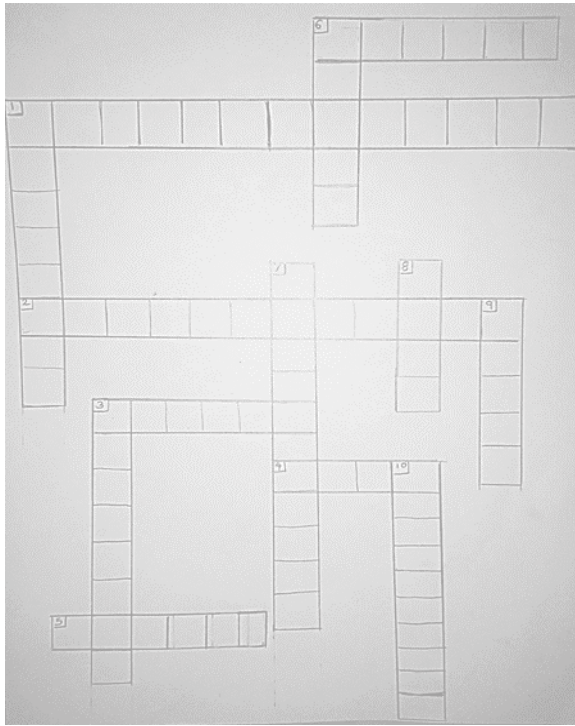
*-Smrithi Murali*

First of all, I would like to thank Swami for giving me the opportunity to practice all the five human values. In those five values, I had picked love and truth. I am trying to practice every day and every time. Since these are the values that I practiced every day, I would like to share one of my school incidents. When I was in third grade, I went to a field trip from my school to a museum with all my classmates. In that museum trip, in short, there was an antique big bell. However, my thumb got inside the bell while we were playing with friends and one of my classmates accidentally pulled the bell's rod. My thumb got badly hurt. I was in so much pain and felt like I almost lost my thumb. I had to leave from there and went to a doctor right away with my parents. It took me approximately several weeks to be healed. With Swami's grace, I had the strength to forgive my friend's mistake and bear the pain without any issues. I came to know that how much patience and love that I had built up inside me after practicing these human values. I pray and thank to Swami for showering his blessings and love on me and everybody.

*-Kanusa*

Sai Ram, Group 2 is very fun. One of my most favorite stories is the old woman who lived in a shoe. The story was about an old woman who was happy, but then one day her cousin and her cousin's friend came. They showed their big houses, which made her want one too. So the old woman moved again and again until she found out that she could not handle it. Hence, she went back to the shoe and lived happily ever after. This story taught me that I should be satisfied with what I have, and put a ceiling on my desires. It also taught me that I don't need to have things my friends have. A way that you can use to figure out what you need and want is making a chart. We did this in class and it helped me realize that there are some things I need and some things I don't need. Our desires usually start with comparing ourselves to someone else's. I often times compare myself with my friends, but now I realize that instead, me and my friends can exchange, rather than wasting money. And often times I don't play with it for too long, and that is also a waste of money. Swami says a discontented man is as bad as lost; there is no limit to a man's desires. So from now on I will try to put a ceiling on my desires.

*-Samhitha Sridhar*



**Across**

- Swami is \_\_\_\_\_ also known as \_\_\_\_\_
- The five D's follow one important value which is \_\_\_\_\_
- Sathya Sai Baba is the reincarnation of \_\_\_\_\_ Sai Baba
- \_\_\_\_\_ all, serve all
- Peace, truth, love, right conduct and non-violence are the five \_\_\_\_\_
- \_\_\_\_\_ is a place where Sathya Sai Baba lived

**Down**

- Swami always believes in \_\_\_\_\_ to God and others
- We all need to maintain a \_\_\_\_\_ diary
- Another word for Shanti is \_\_\_\_\_
- Self practice of being harmless to oneself and others is \_\_\_\_\_
- When we meditate, we always start with three \_\_\_\_\_
- Swami always says that honesty is the best policy. Another synonym for honesty is \_\_\_\_\_
- Sathya Sai Baba's mother is \_\_\_\_\_

-Harini Sivaraman

