

Lesson Plans On Truth

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VALUE: Truth

SUB-VALUE: Faith

AIM: To instill faith in God and explain to the child why it is important to have faith. Also, help the child to develop a positive attitude towards prayer.

AGE LEVEL: Group 1

SILENT SITTING: Jyoti meditation with the standard prescribed commentary

QUOTATION:

“Prayer is the heavenward soaring of the soul on the wings of words”.

-Zorastra

Or

“Faith, Faith, Faith in Ourselves, Faith In God - This is the secret of greatness.”- Swami Vivekananda.

or

Keep faith and patience and your prayers shall be answered.

PRAYER : Vakra Tunda Maha Kaaya

Marina’s Story

Marina’s husband had just passed away from a terminal illness. Their savings had been spent to the last penny trying to save him. She had a fourteen-year-old daughter and an eleven-year-old son. Marina’s world had just crumbled to bits. She had no work experience and was totally a home-bird. Friends and relatives came to console her. Most of them offered, “If there is anything we can do to help, do let us know.”; “You are not alone, we will stand by you.”

A month later, Marina requested one of these friends to help her get a job as a receptionist at a local school. The friend said” Actually Marina, they won’t really listen to anyone. I would have spoken to

the principal for you, but she is not the obliging type...”

A week later Marina applied for a job as a salesgirl at a women’s garment store and asked a relative to put in a word for her. “You see Marina, the owner is my friend no doubt, but you are really not the type, I mean, you have to have a certain personality to look after such a job; but if there is anything else, I’m always willing to help.” This went on... hollow words, meaningless endearments, and lame excuses.

Till one night, Marina broke down. The next instalment for the school fees of her children were due in a fortnight. The house rent was grossly overdue. Her expenses seemed to sour whereas her resources dwindled. She cried her heart out and prayed, “Oh God! Why did you do this to us? How shall I tend to my children? Please help me for I am absolutely alone.” She cried herself to sleep. In her dream she saw God smiling at her and blessing her.

The next morning, she found an advertisement in the newspaper for a walk-in interview to fill the post of a warden in a boarding school. She walked into the interview with the confidence that stems from only God’s presence in you. She was offered the job, provided that she could move into a residence at the hostel premises, for the warden was supposed to be present all day. The school provided free education to the wards of their employees! The school mess would also provide free meals for her wards and herself. With one stroke, all her problems were solved. It is only God who stands by His words, when he asks you to surrender your problems to Him and forget about them. But, if you continue to worry about them, He will not take over. To surrender means to turn your thoughts away from all your problems and leave everything into His hands saying, “Lord, thy will be done.”

When at last you realize that God is all you have left; it is then that God is really all you needed! In one discourse, Swami said, “Sometimes you feel that disasters increase instead of diminishing! Don’t get agitated. Close your eyes and tell me with faith, “Thy will be done. Thou think of it.” And when you thus speak, I even accomplish a miracle when necessary. I always think of you, but I can only help you completely when you rely fully on Me.”

Alternate Story: 1

God’s name will save

Muthu and Raju were fast friends, who always played and studied together. Once when Muthu went to Raju’s house, he noticed that before going to bed Raju was murmuring for a while. He did not understand what and why Raju was murmuring. When he asked about it, Raju said, “I am chanting (repeating) God’s Name for five minutes. I also repeat the Name for five minutes as soon as I wake up.” Muthu was surprised and did not understand why one should just repeat God’s Name. Raju replied, “My mother said that God is always happy and if we repeat His Name, we too, feel happy.”

Next morning, Muthu noticed that Raju chanted for five minutes as soon as he woke up. Raju’s mother too, was chanting while she was making breakfast. Muthu felt that he too, should chant. So, he asked her when and what he should chant. She replied, “Muthu, you can try to chant the name of your favourite Deity. You can also chant when you are scared, for example, when in a dark room or when you are alone, etc., as the God’s Name will protect you.”

In the evening, Muthu's father came to pick him up to visit a circus. Muthu happily went to the circus with his parents and younger brother. They sat on different joyrides, visited many shops and bought many toys and games.

Soon it was night and the children were hungry. So, they went to eat some food in a nearby stall. Somehow, one of the stalls caught fire and in a short time the fire started spreading around.

Muthu and his family started running from the fire. They could see many people around them, panic and run. Muthu's father carried Muthu's younger brother and shouted to Muthu to hold on to his mother's hand. Just as they were about to get out of the fiery stall, someone bumped into Muthu, pushing him backwards. Muthu lost the grip on his mother's hand and fell over. When he stood up, he could see neither of his parents. He was lost and scared.

Somehow, he managed to reach the exit and was noticed by one of the firefighters, who were guiding people to safety. The firefighter asked Muthu where his parents were. Muthu started crying and could not say anything. The firefighter again asked him his name and address, but Muthu was so scared that he could not remember anything.

The firefighter then gently told Muthu to calm down and think. Suddenly, Muthu remembered Raju's mother's words, "God's Name will protect you." He closed his eyes and intensely chanted his favourite Deity name. (Aum Sri Sai Ram). While chanting he could think of nothing else and in a couple of minutes, felt the difference. All his fear was gone and in fact, he was feeling calm, despite being in that situation. When he opened his eyes, he remembered everything and told his name and his father's phone number. In a short time, they were able to locate his parents and Muthu was united with them. As he hugged his mother, Muthu said 'God's Name saved me!'

Moral: Like Muthu, we too may face some difficult situations and can be protected from them by chanting God's Name. But how can we remember to chant when such a situation comes? We will remember to chant in a difficult situation only if we have developed the habit of chanting daily. Thus, like Raju and his mom, we too, can develop this habit by chanting everyday for five or ten minutes immediately after waking up and before going to bed. We can also try to chant God's Name while doing other things like taking a bath, eating, walking, etc.

Alternate Story: 2 Jatila (The Story Of The Boy Gopala) From Balavikas -1 (Sri Sathya

Sai Balavikas -Text book for Balavikas Group 1-pg 41)

Alternate Story: 3

Lady crossing the river by chanting the name of Hari!

There was a very learned brahmana pandit. He was very good in Vedic Rituals and a very respected man.

A young cowherd girl Lakshmi used to bring milk from the other side of the river. She woke early in the morning, bathed the cows and milked them.

She even cooked for her old father and set out to deliver milk. She used to pray that the boatman comes in time so that she can deliver the milk to the brahmana in time.

One day the boatman was late and the cowherd girl was late in bringing the milk. The brahmana requested her to bring the milk before sunrise.

But the next day when she reached the shore, the boatman was not there. Unfortunately she was late again.

The brahmana was very annoyed with her. She explained that she cannot cross the river without the help of the boatman and she takes up the first boat to bring him the milk.

The brahmana proudly told “Do you know how much I have read, how much scholars respect me and now I am disregarded by a mere milk maid.

People cross the ocean of life by chanting the name of Hari and you can't even cross a small river!”

Lakshmi took this seriously in her heart and though I wish Pandit ji had told me this solution earlier.

Next day she reached very early and greeted panditji. He was pretty surprised to see her coming without a boat. He asked her how she managed to come so early.

She innocently replied “*The way you told me panditji, by chanting the name of Hari.*” And walked back over the water and called him to follow.

Panditji followed her but was very careful of his silk dhoti rather than to chant the holy name. Eventually he fell down. The cowherd girl remarked, “oh Panditji you were not thinking of Hari at all”. Now panditji realized that he was proud of learning and had no pure devotion towards the Lord.

Only by pure loving devotion one can achieve the mercy of the supreme Lord.

Moral of the story:

The weeds of ego and fame must be uprooted, otherwise it will show bottle devotion as the Panditji, who had full knowledge of shastras (scriptures) but his faith in the name of God was not there.

But this cowherd uneducated girl had full faith and devotion on the Holy Name and was able to cross the river. Her only aim was to do her duty sincerely and satisfy her master.

Group singing: Gouri Ganesh Uma Ganesh

Group Activity: Work on making your own prayer and sharing it with the class. Let the child explain what he/ she understand when doing prayers daily? Gurus make a follow-up with parents to see if kids are doing their prayers at home.

SUB-VALUE: Faith

AIM: To instill faith in God and in the power of His name. Also help the students develop a positive attitude towards prayer.

AGE LEVEL: Group 1

SILENT SITTING: Jyoti meditation with the standard prescribed commentary

QUOTATION: Teacher choice: Reference – Digest OR other sources

“Faith moves Mountains” -Bible verse

PRAYER:

O Lord, You are my Mother. You are my Father. You are my
Kinsman. You are my Friend. You are my Knowledge (wisdom).
You are my Wealth. You are my All, my God of Gods.

Story: Do you Carry Your Umbrella?

As a drought continued for what seemed an eternity, a small community of farmers was in a quandary as to what to do. Rain was important to keep their crops healthy and sustain the townspeople's way of life. As the problem became more acute, a local pastor called a prayer meeting to ask for rain.

Many people arrived at the church to pray for the needed rain. The pastor greeted most of them as they filed in.

As he walked to the front of the church to officially begin the meeting, he noticed most people were chatting across the aisles and socializing with friends. When he reached the front, his thoughts were on quieting the attendees and starting the meeting.

His eyes scanned the crowd as he asked for quiet. He noticed an eleven-year-old girl sitting quietly in the front row. Her face was beaming with excitement. Next to her, open and ready for use, was a very colorful and extremely large umbrella, much bigger than her in fact.

The little girl's beauty and innocence made the pastor smile as he realized how much faith she possessed. No one else in the congregation had brought an umbrella.

All came to pray for rain. But the little girl had come expecting God to answer.

Alternate Story: 1 Dhruva – Spiritual Science BK. 1.5, or From Balvikas 1(Sri Sathya Sai Balvikas) -Text book for Balvikas Group 1-pg 42

1. What is the aim of life?
2. Who was Dhruva, and why did he go to the forest?
3. Who came to help Dhruva?
4. What did Dhruva ask God?
5. In the end what did Dhruva become?

Alternate Story: 2

Bhakta Prahlad

There once lived a king named Hiranyakashipu Through many years of penance he had acquired a boon that he would not die either during the day or night, either in his house or outside, by assault from either man or animal and by no weapon made of either metal or wood. The boon gave him a lot of power so he lived recklessly and ruled ruthlessly. He had a son called Prahlad, who was a great devotee of Shri Vishnu. He would chant Vishnu's Name all the time and during all his activities.

Hiranyakashipu was very angry with Prahlad's devotion to God and wanted his son to worship no one, but himself. But Prahlad continued in his devotion to Vishnu and his father continued to harass him to change his ways.

Out of his anger at Prahlad's devotion, Hiranyakashipu once had him thrown in boiling oil, but Prahlad came out unscathed! So, another time, Hiranyakashipu had the boy thrown from a cliff, while yet another time, into a fire. But each time, God saved Prahlad from any hurt. This made the king even angrier.

One day, he asked Prahlad, "You say that your God will protect you. Can you show me where He is?" Prahlad said, "God is everywhere." Prahlad was standing next to a pillar, so the king asked, "If your God is everywhere, is He in this pillar?" Prahlad replied, "Yes."

Upon hearing this, the king got very angry and broke the pillar into half. The very next moment, Shri Vishnu emerged from the pillar in the avatar (form) of Narasimha, half human and half lion! It was neither day nor night (twilight time) when this happened. He lifted the king and took him to the threshold of the palace that, they was neither inside nor outside the palace. There he placed the king on his lap and killed him with neither metal nor wood, but his claws!

Moral: God is everywhere. If one chants God's Name with devotion, He saves one in all circumstances.

Alternate Story: 3 -Kabir's pitambara for the lord - From China Katha

Alternate Story: 4 – Valmiki - Balavikas -1 (Sri Sathya Sai Balavikas) -Text book for Baalvikas Group 1-pg 40)

Group singing: Om Namo Bhagavate Vasudevay

Group Activity: see attachments at the end of documents

Life Application: Make small groups of students and choose a prayer and discuss its meaning and significance.

SUB-VALUE: Integrity

AIM: To encourage integrity in all our actions. To learn that integrity (trust) is an important part of building a character and good reputation.

AGE LEVEL: Group 1-3

SILENT SITTING: Jyoti meditation with the standard prescribed commentary

QUOTATION: Teacher choice: Reference – Digest OR other sources
“Honesty to Self is A Ladder to reach The Truth”

PRAYER: “Oh Lord Be in my Mind and my Thinking
Oh Lord Be in My Eyes and in My Seeing
Oh Lord Be in My Ears and in My Hearing
Oh Lord Be in My Mouth and in My Speaking
Oh Lord Be in My Hands and in My Helping
Oh Lord Be in My Heart and in My Loving”

Story: Be Sincere and Generous in Attitude

Do you know the story about the little boy who could see a silver coin in the bottom of his mother’s tall glass jug? He put his hand into the jug, took hold of the coin – and the found he couldn’t get his hand out again! He had to call for his mother, confess what he had been doing and listen as she told him the only way to get his hand free was to open his hand and drop the coin, and then she would tip it out for him.

It’s like many things in life, isn’t it? If we get too possessive with our family and our friends, or if we want our own way all the time, we’re likely to lose all we have. On the other hand, being generous in our attitudes and with our possessions usually has the very opposite effect. There’s a little song, which goes like this:

Love is something if you give it away, You end up having more.

It's just like a magic penny,

Hold it tight and you won't have any; Lend it, spend it, and you'll have so many, They'll roll all over the floor!

Questions:

1. Why did the boy put his hand into the tall glass jug?
2. When did he not pull his hand out of the jug; what did he tell his mother?
3. How did the boy's mother help him to get his hand out of the jug?
4. The advice the mother gave the boy, is similar to many things in life. Can you name two of them?
5. Name the two values that you learned from this lesson.

Alternate Story 1:

DOING THE RIGHT THING

It was break-time at school and Brenda was the last to leave the playground. On her way to the classroom she noticed something lying on the ground - it was a £10 note! Glancing around to see if anyone was in sight, she quickly picked up the note and put it in her pocket. She had had a new computer for her birthday last month and she was anxious to buy some more games for it. The £10 would come in very useful.

Back in class, Brenda looked around and wondered whose money was. But at once she put such thoughts out of her mind, saying to herself, "Finders -keepers; losers - weepers" and she let her thoughts drift back to which game she would buy for the computer. She couldn't wait to get out of school to buy the game.

As soon as the bell rang she was ready to leave. Then she noticed that a boy called James was looking for something.

"Oh, Brenda, a terrible thing has happened. I have been saving my pocket money for weeks to buy a birthday present for my mother. Her birthday is tomorrow.

I have saved £10, but now I can't find it. Please help me look."

Brenda stood still, feeling slightly stunned. She knew James's family was not well off and suddenly she thought how she might feel if she were in his shoes and had lost all her savings. She was in quite a

dilemma. What should she do? To give herself time to think, she told James to look on the floor in the classroom, while she went to look in the corridor outside. She thought of pretending she had just found the money, but realized she would not be able to live with her conscience if she did so.

Suddenly she made up her mind. “James, I found your money in the playground after break and I was going to use it to buy a computer game. I didn’t realize it was yours, or that you had been saving for so long for your Mum’s birthday present. Here it is. I don’t expect you will want to be friends with me now.”

Brenda looked miserably down at her feet for a moment. “But if you do want to be friends,” she added

hopefully. “Would you like me to help you choose the present?”

James was so relieved to have the money for his mother’s present back that he did not think about any wrong to himself and replied happily, “Yes, please, that would be great. Let’s go!”

QUESTIONS:

1. What made Brenda want to keep the money?
2. Why do you think she decided to own up?
3. How did you feel when you heard this story?
4. How may she have felt if she had kept the money and spent it?
5. What might have happened if she had kept the money and her classmates had found out?
6. What should Brenda have done immediately when she found the money?
7. Does the story remind you of anything in your own life?
8. What values does this story teach?

Alternate Story 2: Mahatma Gandhi - Balvikas -1(Sri Sathya Sai Balvikas-Text book

for Balvikas Group 1-pg 39)

This is a little incident which shows that Gandhiji was very honest and truthful even when he was young. When Gandhiji was studying in the school, one day, the Inspector of Schools, Mr. Giles, came to Gandhiji's school. He read out five English words to the class and asked the boys to write them down. Gandhiji wrote four words correctly, but he could not spell the fifth word 'Kettle'. Seeing Gandhiji's hesitation, the teacher made a sign behind the Inspector's back that he should =the five words correctly;

Gandiji wrote only four. After the Inspector left, the teacher felt very small but Gandhi was so good that he respected him as before.

Alternate Story 3: Honest old Abe - Divine stories Volume 1- Group 1 & 2 Balavikas Pg 34

Alternate Story4: Pythius and Damon by James Baldwin

A young man whose name was Pythius had done something which the tyrant Dionysius did not like. For this offense he was dragged to prison, and a day was set when he should be put to death. His home was far away, and he wanted very much to see his father and mother and friends before he died. "Only give me leave to go home and say good-by to those whom I love," he said, "and then I will come back and give up my life."

The tyrant laughed at him. "How can I know that you will keep your promise?" he said. "You only want to cheat me and save your-self."

Then a young man whose name was Da-mon spoke and said,--"O king! put me in prison in place of my friend Pyth-i-as, and let him go to his own country to put his affairs in order, and to bid his friends fare-well. I know that he will come back as he promised, for he is a man who has never broken his word. But if he is not here on the day which you have set, then I will die in his stead."

The tyrant was sur-prised that anybody should make such an offer. He at last agreed to let Pythias go, and gave orders that the young man Damon should be shut up in prison.

Time passed, and by and by the day drew near which had been set for Pythias to die; and he had not come back. The tyrant ordered the jailer to keep close watch upon Damon, and not let him escape. But Damon did not try to escape. He still had faith in the truth and honor of his friend. He said, "If Pythias does not come back in time, it will not be his fault. It will be because he is hindered against his will."

At last the day came, and then the very hour. Damon was ready to die. His trust in his friend was as firm as ever; and he said that he did not grieve at having to suffer for one whom he loved so much.

Then the jailer came to lead him to his death; but at the same moment Pythias stood in the door. He had been delayed by storms and ship- wreck, and he had feared that he was too late. He greeted Damon kindly, and then gave himself into the hands of the jailer. He was happy because he thought that he had come in time, even though it was at the last moment.

The tyrant was not so bad but that he could see good in others. He felt that men who loved and trusted each other, as did Damon and Pythias, ought not to suffer un-just-ly. And so he set them both free.

"I would give all my wealth to have one such friend," he said.

Group singing: Guru Deva Sharanam Deva

Group Activity: It is attached at the end of the documents

Life Application: Make a list of sentences which begin "I hope....." Include some hopes for yourself, family, friends, school and the world.

SUB-VALUE: Sincerity in Prayer

AIM: To emphasize that sincerity and faith are essential and important. Sincerity in prayers provides such benefits as not coming to understand oneself, but promotes virtuous ideals and personal character growth.

AGE LEVEL: Group 1-3

SILENT SITTING: Jyoti meditation with the standard prescribed commentary

QUOTATION: Teacher choice: Reference – Digest OR other sources

God is ocean of mercy- Devotion is the easiest way to win his grace.

- Baba

PRAYER: Karaagre Vasate Lakshmi

Alternate Story 1:

Story of Adi Shankaracharya

The father of Shankara was a regular worshiper of Devi Rajarajeshwari for many years. He used to offer milk every day to the Goddess. Every day after finishing puja and offering milk to the Goddess, he used to distribute remaining milk to his wife, son and others as prasadam.

One day when Shankara was barely 5 years old, his father had to visit a neighbouring village. He told the boy, “Son! Your mother cannot perform the worship which I do. You better do the worship today.” After his father left, Shankara filled a tumbler with milk, placed it before the image of the Goddess Rajarajeshwari and prayed: “Mother! Accept this offering of milk.” He kept on praying to the Goddess. When he found that the milk remained untouched, he became very sad. He cried: “Mother! What crime have I committed? When my father offered the milk you took it. But when I am offering, you are not taking.” He was in a deep distress. He was thinking whether there was any lapse on his part, he became desperate. He declared in agony: “Mother! If you do not take the milk I shall end my life. I would have dishonoured my father. If I cannot please my parents, what is the use in my living?”

Shankara prayed intensely to the Goddess in great agony. Moved by the naive prayers of the boy, Rajarajeshwari appeared before Him. She told him: “Child, Be happy. I am immensely pleased with your devotion. I shall drink the milk.” So saying, she drank all the milk in the tumbler. The boy was aghast to see that the whole tumbler was empty. He again cried: “O! Mother! If you drink all the milk, what is left

for distributing as prasadam? My mother will think that I have drunk all the milk, I have to give her prasadam. My father used to give some milk as prasadam also. So, please restore some of the milk in the tumbler.” “How can the milk once consumed be brought back?” the Goddess told the boy that it is impossible to bring back the milk that has been consumed. The boy was in deep distress again. He thought within himself: “I will get a bad name from my mother.” He prayed, “Mother please give at least a little quantity of milk.” Responding to the prayers of the young boy the Goddess drew milk from her breast and gave it to the boy. It was the sacred power of the milk which enabled Shankara in later years to master all the scriptures and earn lasting fame as a great spiritual leader revered by all.

Alternate Story: 2 Markandeya - Balvikas -1 (Sri Sathya Sai Balvikas) -Text book for Balvikas Group 1-pg 44

Alternate Story: 3

The Grace of God

Long, long, ago, there lived in Paris a juggler, Francis by name. His tricks, magic and jugglery pleased children, young and old alike. And when, at the end of a performance, he took his hat around, they would fill it with coins to make him happy. At the end of the day, Francis would go to Virgin Mary’s Church and thank Her for giving him his daily bread.

One evening, Francis saw in the Church some monks kneeling and loudly offering prayers to Virgin Mary. This holy sight made his simple and pure heart overflow with love for Her. He looked up and said in a sad tone, “Alas! I don’t know these prayers. How can I please you my Mother Mary?”

But his pure heart soon showed him the way. He patiently waited till all the monks left the church. When all was quiet, he slowly entered the church and closed its big doors so that none might disturb him.

Francis took out of his bag of knives, glass plates, lead balls and many other things and started his favorite jugglery. Now and then, he would cry aloud with joy, “Does this juggling please you, Mother Mary?”

One of the monks, who lived close by heard these strange sounds and came running to the church. Seeing the big doors closed, he peeped through the large keyhole of the door. What did the monk see? Francis stood with his head on the ground and legs up in the air. With both his feet, he was turning around and throwing up two big lead-balls, one after the other. He was joyfully asking Virgin Mary, “How do you like this Mother Mary?” Just then, one of the heavy lead balls slipped from his feet and fell down hitting his forehead hard. Francis fainted and lay still on the ground.

The monk saw all through the keyhole but did not know what to do. Just at that time, he saw a big flash of light inside. Out of the light, Virgin Mary appeared and came down the steps of the altar. Coming close to Francis, She knelt down and wiped the sweat on his fore-head with the silken lace of Her robe. By the time the monk opened the door, Virgin Mary had vanished.

“Blessed are the pure in heart” said the monk. “Because they win the Grace of God”

Group singing: Jai Durga Lakshmi Saraswathi

Group Activity: What do you do in your daily life to show that God is everything to you (drawing or tell).

Life Application:

Be thankful to little thing that parents/ siblings / friends do to you or vice versa and see them as a blessing from God.

Keep a notebook for a week. Be honest with yourself and write down on a daily basis, all the prayers or good things you have said or done and allow kids to express how they feel.

Sub-Value: Truthfulness

AIM: To realize that steadfastness in speaking the truth has its own rewards. The quality of being honest and not telling any lies. To learn that being truthful in one's daily accomplishments and relationships is the way to happiness and achievements.

AGE LEVEL: Group 2

SILENT SITTING: Jyoti meditation with the standard prescribed commentary

QUOTATION: Teacher choice: Reference – Digest OR other sources

Truth always triumphs – Satyameva Jayate

PRAYER: "Oh Lord, The Tasks Of This Day Whose Burden I Placed On You This Morning Are Over.
It Was You Who Made Me Walk, Talk, Think, And Act.
I Therefore Place At Thy Feet All My Words, Thoughts And Deeds.
My Task Is Done, Receive Me.
I Am Coming Back To You".

Story: The Empty Pot

By royal proclamation, the Emperor of China announced a contest to decide the next heir to the throne. The Emperor was old and had no son, and because he had been a plant-lover for years, he declared that any boy who wanted to be king should come to the palace to receive one royal seed. Whichever boy could show the best results within six months would win the contest and become the next to wear the crown.

You can imagine the excitement! Every boy in China fancied himself likely to win. Parents of boys who were talented at growing plants imagined living in splendor at the palace. On the day the seeds were to be handed out, thick crowds of hopeful boys thronged the palace. Each boy returned home with one precious possibility in his palm.

And so, it was with the boy Jun. He was already considered the best gardener in the village. His neighbors fought over the melons, bok choy, and snow peas that flourished from his garden. Anyone looking for Jun would probably find him bobbing between his rows, pulling out new weeds, moving one sapling over to catch more morning sun, transplanting another to the shade. Jun carefully carried the Emperor's seed home, sealing it securely in his hands so it wouldn't fall, but not so tightly that it might crush.

At home, he spread the bottom of a flower pot with large stones, covered the stones with pebbles, then, filled the pot with rich black moist soil. He pressed the seed about an inch below the surface and covered it with light

soil. Over the next few days Jun, along with every boy he knew and hundreds he did not know, watered his pot every day and watched for the telltale unfurling of the first leaf as it burst through the surface.

Cheun was the first boy in Jun's village to announce that his seed was sprouting through the soil, and his announcement was met with whoops of excitement and congratulations. He bragged that he would surely be the next emperor and practiced his royal skills by bossing around the younger, adoring children. Manchu was the next boy whose tiny plant had emerged from his pot, then, it was Wong. Jun was puzzled - none of these boys could grow plants as well as he! But Jun's seed did not grow.

Soon sprouts emerged from pots all over the village. Boys moved their plants outside so the baby leaves could bask in the warmth of the sun. They built stone fences around their pots and zealously guarded them from mischievous children who might accidentally - or not so accidentally - topple them over. Soon, dozens of sprouts in pots throughout Jun's village were stretching out their first leaves. But Jun's seed did not grow.

He was confused with his empty pot - what was wrong? Jun carefully repotted his seed into a new pot with the very best and richest black loam from his garden. He crumbled every ball of soil into tiny particles. He gently pressed in the seed, and kept the top moist and watched the pot every day. Still Jun's seed did not grow.

Strong, powerful stalks soon emerged from the pots cared for by other boys in Jun's village. Jun was thrown into despair. The other boys laughed at him and started to mockingly say "as empty as Jun's pot" if there were no treats in their pockets, or if they had just finished their bowls of rice. Jun repotted his plant yet again, this time sprinkling dried fish throughout the soil as fertilizer. Even so, his seed did not grow.

Six months passed. The day approached when the boys were supposed to bring their plants to the palace for judging. Cheun, Manchu, Wong and hundreds of other boys cleaned their pots till they shone, gently wiped the great leaves till the green veins glistened, and prepared themselves by dressing in their finest clothes.

Some mothers or fathers walked alongside their son to hold the plant upright as he carried the pot to the palace, to keep the plant from tipping over.

"What will I do?" wailed Jun to his parents as he gazed out the window at the other boys joyfully preparing their triumphant return to the palace. "My seed wouldn't grow! My pot is empty!" "You did the best you could," said his father, shaking his head. Added his mother, "Jun, just bring the emperor your pot," said his mother, "it was the best you could do." Shame-faced, Jun carried his empty pot on the road to the palace, while gleeful boys carrying pots tottering with huge plants strode to his right and left.

At the palace, all the boys lined up in rows with their blossoming plants and awaited judgment. The Emperor, wrapped in his richly embroidered silk robe, strode down the line of hopeful entrants, viewing each plant with a frown. When he came to Jun, he scowled even more and said, "What is this? You brought me an empty pot?"

It was all Jun could do to keep from crying. "If you please, Your Majesty," said Jun, "I tried my best. I planted your seed with the best soil I could find, I kept it moist and watched it every day. When the seed didn't grow, I repotted it in new soil, and I even repotted it again. But it just didn't grow. I'm sorry." Jun hung his head.

"Hmm," said the Emperor. Turning so everyone could hear he thundered, "I don't know where all these other boys got their seeds. There is no way anything could grow from the seeds we passed out for the contest, because those seeds had all been cooked!"

And he smiled at Jun.

Discussion Questions

1. What would you have done, if you believed that the one who grew the best wheat plant would become the future king?
2. What did the other boys do wrong? Why? (*Cheating, deceiving, lying*)
3. Do you think the boys who cheated were normally honest? (*Probably most of the time*)
4. Why did they cheat this time? (*Afraid, lots to gain, didn't expect to get caught.*)
5. What helped Jun to make the decision to do the right thing, although he had so much to lose? (*His parents*)
6. Who encouraged him to cheat? (Friends) What sort of influence do you have on your friends?
7. What does it mean to 'Stand Alone?' (*Being the only one to choose what's right.*) How can standing alone benefit us?

Moral:

If you plant honesty, you will reap trust.

If you plant goodness, you will reap friends.

If you plant humility, you will reap greatness.

If you plant perseverance, you will reap contentment

If you plant consideration, you will reap perspective.

If you work hard, you will reap success.

If you plant forgiveness, you will reap reconciliation.

So, be careful what you plant now; it will determine what you will reap later.

Group Activity:

In small groups discuss:

1. What it means to be truthful.
2. Why we should always speak the truth
3. Reason why I sometimes find it difficult to be truthful

Group Singing:

“Love Is My Form”

Application:

Children are asked to monitor being truthful with themselves, family, friends, etc. during the week.

1. Know yourself and your intentions. To be honest with someone else, we must know ourselves.
2. Make your actions match your words.
3. Be sincere about your reactions.
4. Be open to feedback.

SUB-VALUE: Honesty

AIM: To understand that honesty has its own rewards. To learn that honesty and fair play are important to good behaviour and human relationships.

AGE LEVEL: Group 1

SILENT SITTING: Jyoti meditation with the standard prescribed commentary

QUOTATION: Teacher choice: Reference – Digest OR other sources

Honesty is the Best Policy

PRAYER: Gayatri Mantra

Story: Honesty is the Best Policy

One day after breakfast around 10:00 am, two friends went to a Video Arcade in a Mall and spent all their pocket money playing games. On their way home in the late afternoon the boys passed by a convenience store. They saw some candy bars in the window. They went inside and checked their pockets but there was no money. It had all been spent on games. They wanted the chocolate bars. They were hungry. They had not eaten anything since breakfast. While the store owner was serving some other customer, they picked up a chocolate bar each and walked out unnoticed by the store owner.

They opened the bars and as they were going to eat them, one of the boys suddenly stopped and looked at the other. He felt guilty for having stolen the chocolate bar. He told his friend that he had to go back to the store and return it as he could not eat something that was not paid for. But they had no money. Both agreed and went back to return the chocolate bars.

The store owner was first angry at them but then he was pleased at their honesty. He gave them one chocolate bar to share, as a reward for their honesty.

This story suggests that honesty and truth are the best policies. We should not make our lives complicated by telling lies as one lie leads to another lie and yet another one until we get caught up in a web of lies and we are unable to get out.

Group Activity:

Fill in the blanks:

1. Two friends went to a Video Arcade and spent all their _____
_____.
2. One boy felt _____ about having to steal a chocolate bar.
3. The shopkeeper gave them one chocolate bar to share as a _____ for their honesty.
4. Give another word for honesty _____.
5. This story suggests that _____ and _____ are the best policies.

Alternate Story: 1

Honesty is the Best Policy ; The wood cutter and the Axe

Long ago, there lived a woodcutter in a small village. He was sincere in his work and very honest. Every day, he set out into the nearby forest to cut trees. He brought the woods back into the village and sold them out to a merchant and earned his money. He earned just about enough to make a living, but he was satisfied with his simple living.

One day, while cutting a tree near a river, his axe slipped out of his hand and fell into the river. The river was so deep, he could not even think of retrieving it on his own. He only had one axe which went into the river. He became very worried thinking how he will be able to earn his living now! He was very sad and prayed to the Goddess. He prayed sincerely so the Goddess appeared in front of him and asked, "What is the problem, my son?" The woodcutter explained the problem and requested the Goddess to get his axe back.

The Goddess put her hand deep into the river and took out a silver axe and asked, "Is this your axe?" The Woodcutter looked at the axe and said "No". So the Goddess put her hand back deep into the water again and showed a golden axe and asked, "Is this your axe?" The woodcutter looked at the axe and said "No". The Goddess said, "Take a look again Son, this is a very valuable golden axe, are you sure this is not yours?" The woodcutter said, "No, It's not mine. I can't cut the trees with a golden axe. It's not useful for me".

The Goddess smiled and finally put her hand into the water again and took out his iron axe and asked, "Is this your axe?" To this, the woodcutter said, "Yes! This is mine! Thank you!" The Goddess was very impressed with his honesty, so she gave him his iron axe and also other two axes as a reward for his honesty.

Moral: Always be honest. Honesty is always rewarded.

Post Discussion

1. What was the woodman doing on the riverbank?
2. What did the Goddess do?
3. Which of the three axes did the woodman claim?
4. What was his reward for being truthful?
5. Do you think The Goddess was testing the woodman? If so, for what purpose?
6. How did you feel when the golden axe was given to the woodman?

Alternate Story: 2

Honesty of Vincent, the Painter

There was a painter by name Vincent in a village. He was very honest in doing his job and charged his customers a very reasonable amount. The villagers were poor and paid him less. He accepted whatever they gave and did a good job of painting. Sometimes, he will go hungry, as he did not get enough money. One day, a rich businessman came to the village in his beautiful coach with his family. He had a house like a palace in the village and he had a boat. He had asked Vincent to come for some work. On his way to the businessman's house Vincent was met by his friend Tom. Tom advised him to charge more money from the businessman, as he was rich and can pay Vincent, whatever he charges. Vincent said, he would charge whatever he would charge for the work, because he was honest.

When Vincent met the businessman, he told him that the caretaker of the boat is away and asked Vincent, if he can paint the boat the same day. He asked him what he would charge. Vincent said 4 pieces of copper (pennies). The businessman paid the money. Vincent purchased the paint and started his work. He found a hole in the middle of the boat. He repaired it and painted the boat, without eating his food. When the businessman saw the good painting work of Vincent, he paid him 4 pieces of silver. The next day, the businessman sent his wife and son into the boat for a ride with an experienced rower.

When the caretaker of the boat returned and knew about it, she said that the boat had a hole and would sink. The businessman was worried and ran to the river with the caretaker and shouted to call his family back. But they did not return for a while. He started crying. After some time, the boat returned safely. The rower said there was no hole in the boat.

The businessman thought for a while and recognized that Vincent would have repaired the hole. He called Vincent and paid him a bag full of gold as reward for his honesty and hard work.

Alternate Story: 3 Honesty- Balavikas -1 (Sri Sathya Sai Balavikas) -Text
book for Balvikas Group 1-pg **30**

Group Singing: Neela Megha Shymala Rupa Gopala

Group Activity: It is attached at the end of the document.

Life Application: Make a list of questions and write down with honesty:

1. How do I act?
2. Do I tell the truth?
3. Do I help others?

SUB-VALUE: Adherence to Truth

AIM: To understand that learning to speak truth is a first and vital step in the formation of a strong character. Without the acknowledgement of truth there can never be any true wisdom. When one recognizes truth then you can find answers.

AGE LEVEL: Group 1-3

SILENT SITTING: Jyoti meditation with the standard prescribed commentary

QUOTATION: Teacher choice: Reference – Digest OR other sources

“It is Truth, Truth alone. That is, one’s real friend, relative”. - Baba

PRAYER: Asatoma Sat Gamaya

Story: King Sathyavratha

There was a king called Sathyavrathan, in ancient times. He was named so because Truth was his way of Life, his Goal and his Guide. He derived great joy through the strict adherence to Truth. One day, a few hours before dawn, during the Brahma muhurtha (the Time dedicated for meditation on God) he proceeded alone through the Lion Gate of his Fort, in order to have a holy dip in the sea, for the Day was a holy one marked out in the calendar as sacred for such ceremonial baths.

While he was passing through the Gate, he saw a fair maiden with a halo of splendour going out. Curious to know who she was and why she was making her exit at that early hour, he accosted her. She replied that she was the Goddess of riches, Dhana Laxmi. “I have stayed for a long time here, now, I desire a change. I do not stay in one place long”. Sathyavratha told her, “Go! Go! I do not object or obstruct.” Presently, a charming masculine figure was seen quietly going out through the Lion Gate. The King asked him who he was and what his errand was on which he was leaving. He replied, “I am Charity; when Dhana Lakshmi has left what do I stay here for?” The king allowed him to leave, and he moved on.

Within a few moments, another charming person was going through. The King found that he was Sadachara, representing “Goodness in Social Behaviour.” How can good relations be sustained without riches and the quality of generosity?” he asked. “I am leaving, because the two are here no more,” he explained. The king agreed; and he moved on. So too, the next emigrant, Fame, lamented the

disappearance of the other three, and wanted to leave. The King let him go. He said, “How can Fame survive the absence of Riches, Charity, and Happy Social Life?” and the King felt he was right.

Meanwhile a person with overwhelming splendour came into the gate from the Fort, with intention to leave the City. When asked who he was, he said, “I am truthful.” At this the King pleaded with him to stay in the City, the Kingdom, the Palace and the Homes of the people. He said that if he leaves, the loss would be irreparable, and life would not be worthwhile. At this, Truth decided to stay. And fame, returned to the Fort in a trice, for Truth is enough basis for Fame to flourish. And Sadachara, returned and grew. So too Charity and Riches came back and established themselves in the kingdom. All the others were delighted to share the Glory of Sathya (Truth). (Sathya Sai Speaks, Vol. 9)

Questions:

1. Why did they name the king SATYAVRATHA?
2. When do you have a Holy dip in the sea?
3. Who was the first lady who left the Palace?
4. Who is SADACHARA?
5. Who was the third person who wanted to leave the Palace?
6. What are the other qualities that will flourish if you maintain Truth?

Story: 2 - A vision of God -Divine stories Volume 1 (Group 1 & 2 Balavikas) pg85

Or

Truth wins the grace of God -Stories for children - Part 2

Story: 3 - Truth Is God -Balavikas -1(Sri Sathya Sai Balavikas) Text book for Balavikas- pg31

Story: 4 - The boy Who cried Wolf (Aesop’s Fables)

Story: 5 Truth & courage

When George was a small boy he lived on a farm with his family. His father had an orchard of fine fruit trees. He had planted a cherry tree and had told everyone to be careful and not harm it while it was growing.

One day, little George was gifted a new hatchet. He was very excited and wanted to try it out. So he started cutting and chopping anything that he saw. In his excitement, he so chopped down the cherry tree without realizing it. Soon enough, his father found the cherry tree cut down and was very angry. He

demanded to know who had done it, but no one knew anything about it.

Finally, he asked George. George trembled with fear but decided that he should not lie. He gathered his courage and said, 'I did it with my hatchet'. His father asked, 'But why did you cut the tree when I had told you to be extra careful with it?'

"I was playing with the hatchet and I did not think." I am extremely sorry, father. I will always think before I act." Although George V#39's father was sorry to lose his cherry tree, he was glad that George was brave enough to tell the truth and to take responsibility for his actions. He said I am happy that you told the truth. Truth is a quality of God. You must always practice it. George never forgot his father's words.

Group Singing:

It is sung to the nursery rhyme tune, "This old man"

God is Love, God is truth,
God gives Peace for us to share.
God is with us everyday,
In your heart his Love will stay.

Sathya Sai, He is truth,
He shares Love and Peace with you,
Keep Lord Sai within your heart,
And from you he'll never part

Group Activity: It is attached at the end of the document

Life Application:

Practice and write in a notebook.

1. Speaking the truth at all times.
2. Doing the right thing.
3. Distinguish between right/wrong. Encourage children to share with parents and in class with other kids

SUB-VALUE: Conscience

AIM: To encourage children in telling the truth, even though we may think it is safe to tell a lie. The inner voice of what is right or wrong in one's conduct or motives is important to understand, so one can decide on the right action. Students should be able to identify and understand the right and wrong values.

AGE LEVEL: Group 1

SILENT SITTING: Jyoti meditation with the standard prescribed commentary

QUOTATION:

The body is just a water bubble. The mind is like a mad monkey. Do not follow either the body or the mind. Follow the Conscience. It is above the mind. It is permanent. It is the voice of God, the voice of unchanging truth inside you.

(Sathya Sai Baba)

PRAYER:

Thus I am born

This is a prayer written by Sai Baba.

He says to Rise every day, sit on the bed, and say this prayer before starting the day.

Then remember this pledge throughout the day:

Thus I am born

Make me speak soft, sweet words;

Make me behave comfortingly to all;

Let me do deeds that shower happiness on all,

And form ideas in my mind that are beneficial to all.

May this day be made worthwhile by thy service.

- Sathya Sai Baba

Story:

The Four Knows

We have often heard it said that the greatest mistake is to be found out. When I hear about some illegal deeds, I think of the story of the “Four Knows”.

When a Chinese nobleman was offered a bribe, the man who offered it said, “It is dark and no one will know.”

However, the nobleman said in surprise, “No-one will know? Why, Heaven will know. Earth will know. You will know. I will know.”

In memory of this man’s honesty, his house became known as “The Home of the Four Knows”.

(The Friendship Book)

Group Activity:

Act this story out with a scene in the school playground.

Group Activity

Can be role play or discussed in groups.

Scenario 1

Pretend you are in a store and there is a candy bar that you really, really want. You don’t have money and your mom might say she won’t buy it, but you still want it really badly. You reach for it and slip it into your pocket without anyone seeing.

How did you feel when you pictured that? Did your mind say something like, “That’s stealing. You shouldn’t take things without paying for them.”? Or did you feel really uncomfortable and worry about what would happen (consequences) if you took the candy? That’s your conscience!

How could you define conscience in this situation? Your conscience is the thought and the feeling that helps you remember that stealing is wrong.

Scenario 2

You are going to the grocery store with your mom when you see an old man walking down the sidewalk. He’s carrying a bag of groceries and some of the items fall out. He doesn’t seem to notice he’s lost the items.

How did you feel when you pictured that? Did your mind say something like, “You should pick up the items and give them to him?” Did you feel good in your heart about being able to help someone in need? That’s your conscience too!

In this situation, you can make this definition: a conscience is there to help you make good choices as well as keep you from making bad choices. It's the feeling that you are doing the right thing or the wrong thing.

Use these guidelines in deciding what's the right thing to do:

Some decisions you make aren't terribly important. For example, you might decide to have chocolate ice cream instead of vanilla. But other decisions may involve a choice between right and wrong, and sometimes it's not easy to know what to do. Whenever you aren't sure what's the right thing to do, stop and think! **Ask yourself these questions:**

- What does my conscience—that “little voice” inside my head—say about it?
- Could it hurt anyone—including me?
- Is it fair?
- Would it violate the Golden Rule? (How would I feel if somebody did it to me?)
- Have I ever been told that it's wrong?
- Deep down, how do I feel about it?
- How will I feel about myself later if I do it?
- What would adults I respect say about it?

If you still can't decide, talk it over with someone you trust and respect.

Group Singing:

<https://www.hymnal.net/en/hymn/c/143>

1 I have my very own conscience;
It's deep inside of me.
Sometimes there are things
That I want to do,
But my conscience doesn't agree.

My conscience says, “no!”
My conscience says, “no!”
My conscience says, “no, no, no no!”
My conscience says, “no!”
My conscience says, “no!”
My conscience says, “no!”

2 My mother baked some cookies,
She said I could have two.
But when she said I could have two,
Guess what I wanted to do (take 3!)

3 My baseball broke a window,
But no one saw it hit.
I tried so hard to tell myself,

This was something I shouldn't admit.

But my conscience says, "yes!"
My conscience says, "yes!"
It's always better to confess.
My conscience says, "yes!"
My conscience says, "yes!"
My conscience says, "yes!"

4 I saw my friend in trouble,
He asked if I would help.
But I didn't want to bother,
I said something to do for myself.

But my conscience says, "yes!"
My conscience says, "yes!"
My conscience says, "yes, you, yes, yes!"
My conscience says, "yes!"
My conscience says, "yes!"

Another Song:

WE ARE LEARNING HUMAN VALUES, ONE BY ONE (By Carole Alderman)

We are learning human values,
One by one,
We are learning to be truthful
To ev'ryone.
We will speak truth to each other,
Mother, father, sister, brother.
We will never tell a lie
To anyone.

(Suggested tune: Coming round the mountain)

Life Application

Think and write down one good thought every day.

SUB-VALUE: Finding Value

AIM: To realize that everything has some value. So be aware about it.

AGE LEVEL: Group 2

SILENT SITTING: Jyoti meditation with the standard prescribed commentary

QUOTATION: Teacher choice: Reference – Digest OR other sources

“There is nothing useless in life; everything has its own value.” Arun Purang

PRAYER:

Oh, Lord! Take my Love and let it flow in fullness of devotion to Thee.

Oh, Lord, Take my hands and let them work incessantly for Thee.

Oh, Lord, take my Soul and let it be Merged in One with Thee.

Oh, Lord, take my mind and thoughts, and let them be in tune with Thee.

Oh, Lord, take my everything and let me be an Instrument to work.

STORY: EVERYTHING HAS ITS VALUE

Mr. Ford was out walking with his grandson one day when the boy picked up a coin from the path, looked at it and then threw it down again, remarking that it wasn't worth much.

“Wait a minute,” said Ford, and he took a dollar bill from his notecase. “This bill may seem of more value, but in some circumstance the coin is of much more worth. For instance, I can use the coin to pry open a bottle cap, I can use it to turn a screw if I am without a screwdriver, or I can place it underneath a table leg to level the table.”

The boy learned an important lesson that day – never to write off something as worthless. It can apply to so many things: the smile and greeting that can develop into a lasting friendship; the decision to take up a new hobby that can lead to all sorts of possibilities; the impulse to step out in an entirely new direction. All things which at the time may seem quite unimportant, but which are later found to have had an important influence on our lives.

Questions:

1. What is the meaning of the story?
2. What are the three things that you can do with an extra coin?
3. Name a few things that you consider unimportant, which later turned out to be of importance.

Story

Another story to add to this sub value is:

“Useless or Useful” – Book “Sunrays for Tuesday” Page 191

Group Singing:

Remind Me My Lord (3), Who I Am

I Am Om, I Am Om, Eternal Om

Through this Life of Distraction and of Illusion, Remind Me My Lord, Who I Am

I AM Truth, I Am Peace, Divine Bliss

Ananda Svaroopaa, Hey Prema Svaroopaa, Remind Me MY Lord Who I Am

I AM Love, I Am Love, Pure Love

Group Activity 1

Truth Mobile: Ask the children to write the word TRUTH and then write any words related to Truth on a poster board. These can be threaded on string to make a Truth mobile. Some examples can integrity, love, respect, honesty.

Group Activity 2

Pinocchio's Arm: A Lie Detector Test

(This activity brought to you in partnership with Science Buddies)

Materials

- Volunteer(s)
- Paper and pen or pencil
- If your volunteer(s) are much taller than you, you will need a stable stool or chair on which to stand. If the difference is relatively small, the first or second step of a stair will help. The goal is to have your shoulders at the same level as the shoulders of your volunteer.

Preparation

- Inform your volunteer that you would like to test a particular lie detector and need to collect a little information from the volunteer to do so.
- Ask your volunteer to complete the following sentences three times, filling in something different each time. "I strongly dislike ..." Write down the answers or draw a picture of it so you remember what it was.
- Repeat the previous step with the following sentence: "I really like ..."

Procedure

- Have the volunteer stand facing you, a few feet away. If you are much shorter than your volunteer, then raise yourself up on a stair, stool or chair so your shoulders are approximately level with the shoulders of your volunteer.
- Have your volunteer extend his or her arm straight out in front, palm facing down so the whole arm is at shoulder level. Tell the volunteer you are going to have him or her say a few phrases, that you will push the arm down and you would like him or her to try to keep the arm up.
- Extend your arm straight out and place your hand, palm down, over the volunteer's hand and wrist.
- Ask the volunteer to say the following sentence three times in a row: "I really like ..." where you fill in the blank with the first item your volunteer mentioned in the list she or he really likes, so that this is a truth for your volunteer to say out loud. As the volunteer says the sentences, press down on the volunteer's arm and apply a steady, constant pressure. You do not need to press it all the way down; you just want to get an idea of how hard you need to push to get the arm to move down. *Is it easy or hard to get the arm down?*
- Repeat the previous two steps, replacing the sentence with "I really like to vomit." This phrase is a lie for the volunteer because nausea is universally an unpleasant experience. *Is it easier, similar or harder to press the arm down compared to when the person was telling the truth (previous step)? In other words, was it easier or harder for your volunteer to perform the task of holding up his or her arm?*
- Repeat the previous steps, filling in the stated likes or dislikes of your volunteer and rate each time how much resistance you feel, or how difficult it is to get the arm to lower. *Can you see a pattern? Is it easier, similar or harder to get the arm down when your volunteer is telling a truth compared to when your volunteer is telling a lie?*
- **Extra:** *Can you also detect specific body language revealing a lie?* Pay attention to facial expressions, the pitch of the voice, hand movements and breathing rate. *Do any of these change when the volunteer tells a lie compared to when the volunteer tells the truth? Why would this be so?*
- **Extra:** Test several volunteers. *Does the lie detector work better on some volunteers than others?*
- **Extra:** If you feel the lie detector works, test if it passes the "blind" test. In this case, do not tell the volunteer you are testing a lie detector. Instead, only ask the volunteer to perform the task of holding his or her arm up while you push on it and ask the volunteer to tell a few truths and lies that they are okay revealing later whether or not they were truths. *Were you able to distinguish the truths from the lies?*

Observations and Results

You probably felt that it was easier for you to push the arm down when the volunteer was telling a lie compared to when the volunteer was telling the truth. This is what is expected; the volunteer will likely have a harder time fulfilling a physical task while telling a lie.

Neuroscientists have discovered that the brain works harder when it is telling a lie than when it is telling a truth. They found that just four parts are active during truth-telling, whereas seven parts are active during lying. This difference in brain states makes it harder for volunteers to perform a small physical task while telling a lie. As a result, your volunteers had a harder time performing well on the task to hold their arm up while their brains were busy telling a lie, compared to when their brains were engaged in telling the truth.

Life Application:

Students make a chart to be honest with themselves, family, and friends. Be honest in their thoughts, words and deeds.

Golden Rules:

Here is the list of Golden Rules. (They may not always be easy to follow, but it's well worth trying)

Forget	each kindness that you do as soon as you have done it;
Forget	the praise that falls to you the moment you have won it;
Forget	the slander that you hear before you can repeat it;
Forget	each slight, each spite, each sneer, wherever you may meet it'

Remember	good deeds done to you, whatever be their measure;
Remember	praise by others won and pass it on with pleasure;
Remember	every promise made and keep it to the letter;
Remember	those who lend you aid and be grateful debtors.

SUB-VALUE: Honesty

AIM: To understand that honesty has its own rewards. Telling lies hurts ourselves as well as others in subtle, but very real ways. To learn that honesty is important to good behaviour and human relationships.

AGE LEVEL: Group 1-2

SILENT SITTING: Jyoti meditation with the standard prescribed commentary

QUOTATION: "Do good and God will bless you. Do evil and you will displease Him"
Sai Baba of Shirdi

PRAYER:

Asatho Maa Sad Gamaya
Thamaso Maa Jyothir Gamaya
Mrithyor Maa Amritam Gamaya
Aum Shanthi, Shanthi, Shanthi

Meaning:

Lead me from untruth to truth
Lead me from darkness to light
Lead me from death to immortality

Story: Honest Man's Reward

Prashad Shiddu is a 35-year-old man who lives on social assistance. He has three children to care for. One morning, when he was walking down a street in his village, he found a wallet lying on the ground. When he opened it, he found three thousand dollars in cash and also a card with an address. He was so happy because he thought he could buy food, toys, clothes and candies for his children.

On his way home, he suddenly remembered what his mother used to tell him when he was young. "Don't covet other people's wealth; be honest. Honesty is always rewarded". Prashad changed his mind and decided to return the wallet to the owner. He found the address on a card in the wallet.

The wallet and the money belonged to a man who had been saving it to buy a wheelchair for

his challenged mother. When Prashad returned the wallet, the owner was touched by his honesty and sincerity. The owner decided to reward Prashad with five hundred dollars. Thus, he was rewarded for his honesty.

Questions:

1. Which one of following describes an honest action?
 - a. To possess \$3000 which does not belong to you.
 - b. To return \$3000 and receive a reward of \$500.00.
2. Underline the correct answer.
Prashad took the money that he found in the wallet to buy clothes and candies for his children.
True False
3. What made Prashad change his mind?
4. The money belonged to a man who was saving it for:
 - a. shopping
 - b. buying a wheelchair for his challenged parent
 - c. a vacation for his family
5. What was Prashad rewarded for?

Story

Another story to add:

“Honesty Still Counts” from “Sunrays for Thursday” page 49

Group Activity 1

Work in groups of 3 to 4 students. Make up a song on honesty. Can use the tune of a nursery rhyme. 4-10 lines in length (depending on age of students).

Group Activity 2

Prepare a set of cards that describes honest situations such as informing a store owner that you received too much change. Prepare another set that describes dishonest actions such as lying to a parent. A player draws a card when they approach a snake or a ladder. If the child pulls a "dishonest" card when he's at the top of a snake, he must go down, but can't descend if he draws an "honesty" card. Similarly, if she gets an "honesty" card at the foot of a ladder, she can go up, but not if she draws a "dishonest" card.

Group Singing:

Sathya Dharma Shanthi Prema Swaroopa
Prashanthi Nilaya Deva

Rama Ho, Krishna Ho, Sai Rama Deva (2X)

Shiva Shakti Swaroopa Baba

Hey Deena Palana Baba (2X)

Hey Prashanti Nilaya Baba

Hey Poorna Avathar Baba

Allah Ho, Maula Ho, Sai Rama Deva (2X)

Meaning: Hey Divine Lord of Puttaparthi,
You are the embodiment of Truth, Righteousness, Peace and Love.
You are Rama, Krishna; You are the personification of the power of Shiva.
You protect the meek and the humble.
You are the Poornavathaara (Incarnation) residing at Prashanti Nilayam.
O Divine Sai, You are Allah, the compassionate One.

Life Application:

Write a small incident where you were honest and felt good about telling the truth even though you would get into trouble for being honest.

SUB-VALUE: Honesty

AIM: To show that honesty pays. To explain and understand why honesty is the best policy?
How do we feel when someone has lied to us?

AGE LEVEL: Group 1-2

SILENT SITTING: Jyoti meditation with the standard prescribed commentary

QUOTATION: Teacher choice: Reference – Digest OR other sources

Give truth (Sathya) the first place in your thought, word and deed. or
Have faith that Truth will save you in the long run; stick to it, regardless of what might befall. For if you are true, the sense of guilt will not gnaw your insides and cause pain. It is cowardice that makes you hide the truth; it is hatred that sharpens the edge of falsehood. Be bold, and there is no need for a lie.(SSS vol 1)

OR “Honesty is the best policy “.

PRAYER:

Morning prayer:

Oh Lord! I awake now from sleep.

I am determined to carry out all my work this day as offering to Thee,

With Thee ever present before my mind's eye.

Make my thoughts, words, and deeds sacred and pure.

Let me hurt no one and let no one hurt me.

Direct and guide me this day, Dear Lord.

Story: The Honest Boy

Rama was a twelve-year-old boy who attended Bal Vikas classes regularly. Not only did he attend the classes, but he also practiced what he had learned.

One day he had to travel by train to go to his aunt's house. A Chinese gentleman was sitting next to him in the train. When the train stopped at a subway station, the Chinese gentleman got down and Rama noticed that he had left behind a small briefcase. Rama really got very worried since he did not know how to notify the gentleman about his briefcase. Before he could decide

what to do, the train doors closed.

Rama took the briefcase and got off at the next subway station. He went straight up to a T. T. C. officer to show him the briefcase and describe the owner. The officer wrote the name and telephone number of Rama. Rama went home and told his parents what he had done that day. His father said that he had done the proper thing.

Many months passed by and Rama had forgotten all about the briefcase incident. One day he received a letter from Hong Kong. He was surprised to read the contents of the letter. The Chinese gentleman who had lost the brief case had written a letter from Hong Kong. In the letter, the gentleman mentioned that the brief case contained his travel documents and if not for Rama's honesty, his son would not be alive today. He said that his son was seriously ill and that he was planning to travel to Hong Kong the following day. As a result of his disturbed thoughts, he had completely forgotten to take the briefcase with him. Thanks to Rama's honest actions, the Chinese man was able to travel back to Hong Kong and take his child to a specialist who was able to cure his son's disease. Inside the letter the gentleman also enclosed a reward of a thousand dollars. He also invited Rama to Hong Kong to visit his son who was recovering from a deadly disease.

Rama and his parents were very happy that such a small honest act had saved a life and brought happiness to an entire family.

Seek no evil, see what is good.
Talk no evil, talk what is good.
Do no evil, do what is good.
Hear no evil, hear what is good.
This is the way to GOD.

Questions:

1. If you found a briefcase what would you have done?
2. What did Rama do when he found the briefcase in the train?
3. Underline the correct answer.
Rama's father was very disappointed, because Rama did not do the right thing.
True False
4. What did the Chinese gentleman write in the letter to Rama?

Story- Mahatma Gandhi

Mohan was very shy. As soon as the school bell rang, he collected his books and hurried home. Other boys chatted and stopped on the way; some to play, others to eat, but Mohan always went straight home. He was afraid that the boys might stop him and make fun of him.

One day, the Inspector of Schools, Mr Giles, came to Mohan's school. He read out five English words to the class and asked the boys to write them down. Mohan wrote four words correctly, but he could not spell the fifth word 'Kettle'. Seeing Mohan's hesitation, the teacher made a sign behind the Inspector's

back that he should copy the word from his neighbour's slate. But Mohan ignored his signs. The other boys wrote all the five words correctly; Mohan wrote only four.

After the Inspector left, the teacher scolded him. "I told you to copy from your neighbour," he said angrily. "Couldn't you even do that correctly?" Everyone laughed.

As he went home that evening, Mohan was not unhappy. He knew he had done the right thing. What made him sad was that his teacher should have asked him to cheat.

Learning

Honesty is the best policy. Cheating and being dishonest will not take one far in life. From young the habit of speaking the truth and honesty should be inculcated in children. Those who are honest are peaceful and happy.

Group Singing:

Sathya Dharma Shanti Prema Sabko Deejo
Sathya Dharma Shanti Prema Swaroop Ap Hai
Sathya Dharma Shanti Prema Jeevan Ka Marma Hai
Gurudev Gurudev Gurudev Gurudev (2X)

Meaning: O Lord (Sai) give us truth, righteousness, peace and love. You are, in fact, the embodiment of these. These are the pillars of life itself, O Guru.

Group Activity 1:

Button Game to teach honesty

Children sit in a circle with their hands in front of them, palms together. One child (who is "it") sits in the middle of the circle with their eyes closed face down. The teacher takes the button and goes around the circle to every child placing their hands inside the children's hands. In one of the child's hands they drop the button- but continue around the circle so that no one knows who has the button except the teacher and the child who has the button. Then all the children say, "button, button, who has the button?" The child ("it") must guess who has the button. They have 3 turns to guess. If they cannot guess then the child who has the button is "it". The person who has the button must be honest that they have the button when the person who is "it" guesses correctly.

Variation:

This honesty game will help students understand why honesty is generally the best policy" by trying to guess who's lying. Students will compete to see if they can tell who is lying.

1. Have students sit in a circle and close their eyes.
2. Once all eyes are closed choose one student to walk around the circle for a bit and have them tap a student on the shoulder to let them know to open their eyes.
3. They will then place a button in that student's hand.
4. Next they will turn around and count to fifteen.
5. In that time, the student with the button has the option of walking around the circle and choosing a new student to give the button to or keeping it to themselves.

6. After fifteen seconds, have the original student stand in the center of the circle and ask each student "Button, button who's got the button?"
7. Each student will have to say no, they don't have the button.
8. If the liar is correctly guessed, then the standing student wins. If not then the rest of the class wins.
In closing - Can anyone else feel the energy of "distrust" that is now in this room? We've all been looking at each other, asking, "Who's the liar??" It doesn't feel great, does it? But if everyone always told the truth, we would not have to worry about who was being dishonest!

Group Activity 2:

In small groups discuss and write down:

Six advantages of being honest are...

Six disadvantages of telling a lie are ...

Three reasons why I sometimes find it difficult to be honest ...

Life Application:

Practice this whole week to keep the promises you make to your family members, teachers and friends. Write down each time you fail to keep a promise and how you feel.

SUB-VALUE: Honesty

AIM: To learn that dishonesty has consequences. When you make a choice to speak the truth you earn a good reputation.

AGE LEVEL: Group 1

SILENT SITTING: Jyoti meditation with the standard prescribed commentary

QUOTATION: Teacher choice: Reference – Digest OR other sources
Honesty is the best policy – Benjamin Franklin

PRAYER:
Sai Gayathri

**Om Saayeeshwarya vidhmahe,
Sathya dhevaaya dheemahi,
thannahssarvah prachodayaath**

Meaning:

We know that Sai is the Supreme Divinity incarnate.
We meditate on this God of Truth.
May this Almighty Personality lead us on the path of total liberation.

Story: Dishonesty Never Pays

Mark was nine years old and he told an occasional lie. He liked to sell things. He would collect his old toys to sell and lots of people would come by to buy his toys. People would usually ask, “Are these toys new?” and Mark would reply, “Yes”.

Then after a while, many people would return with the toys because they had been broken. They would demand their money back and Mark would say that he would fix them and needed a week to do so. People would then be back in a week to find that their toys were not fixed. Mark always said that he needed one more day. Each time the lie got bigger and bigger.

One day after Mark had finished selling the toys, a man sprinkled a liquid potion on Mark's head. Mark thought it was nothing to worry about. His head started to burn and then suddenly a magician appeared in Mark's room. The Magician said to Mark, "I will help you if you would stop lying because you hurt people when you lie." Mark did not believe him and did not agree to stop. The magician then said, "I will curse you."

The next day when Mark went home something happened that made Mark understand what could happen if he should keep on lying. Some people were trying to kill him. Suddenly the magician appeared and said to Mark, "Have you learned not to lie?" and Mark said "Yes".

From that day Mark did not lie.

Questions:

1. Was Mark an honest boy?
2. How did Mark make money?
3. What was the lie Mark told the people?
4. What did the magician tell Mark?
5. What is the lesson you learn from this story?

Story:

Dishonesty Never Pays

Once upon a time, there was a Selfish Man. He liked everything to be his own. He could not share his belongings with anyone, not even his friends or the poor.

One day, the man lost thirty gold coins. He went to his friend's house and told him how he lost his gold coins. His friend was a kind man.

As his friend's daughter was coming from an errand, she found thirty gold coins, when she arrived home, she told her father what she had found. The girl's father told her that the gold coins belonged to his friend and he sent for him. When the selfish man arrived, he told him how his daughter had found his thirty gold coins and handed them to him.

After counting the gold coins the man said that ten of them were missing and had been taken by the girl as he had forty gold coins. He further commented that he will recover the remaining amount from him (the girl's father). But the father refused.

The man left the gold coins and went to the court and informed the judge there about what had taken place between him and the girl's father.

The judge sent for the girl and her father, and when they arrived asked the girl how many gold coins she found. She replied with thirty gold coins.

The Judge then asked the selfish man how many gold coins did he lose and he answered forty gold coins.

The judge then told the man that the gold coins did not belong to him because the girl found thirty and not forty as he claimed to have lost and then told the girl to take the gold coins and that if anybody is looking for them he will send for the girl.

The judge told the man that if anybody reports that they have found forty gold coins he will send for him. It was then that the man confessed that he lied and that he lost thirty gold coins but the judge did not listen to him.

This story teaches us to be always honest as dishonesty never pays.

Group Activity 1

Write down a short statement on a piece of paper, such as "Monkeys like to eat bananas." Fold it up, and hand it to a child. Instruct her to rewrite the statement on another piece of paper, but she has to change one word of the sentence. For example, she could write, "Monkeys like to eat cabbage." She must then pass the note to the person next to her, who repeats the process. Once everyone has had a turn rewriting the sentence, recite the original sentence. Then, take the final written version and read that to them as well. The two versions will likely be very different from each other. Explain to them that the game is similar to when we tell a lie, even if it is a small lie. The next person who hears it may change it, even if only slightly, when they retell it, and so on. Relay to them that this is how big lies can be created and could result in hurting someone's feelings, which is why it is important to always be truthful.

Group Activity 2

Role Play

1. You are not supposed to play with a ball in the house. Your parents have gone out. You start playing with a ball and break your mom's precious china doll.....
2. Homework assignment is very difficult. You ask your father to help you with it. Next day none of the children have done it right; only yours is all perfect. Teacher praises you as a bright student.....

Group Singing:

Sathyam Jnanam Anantham Brahma
Sathyam Brahma
Jnanam Brahma
Anantham Brahma

Meaning: True knowing boundless God.

Life Application

Honesty: Get Real!

A time when I was not honest was: _____

I told myself it was okay to be dishonest because: _____

When I am dishonest, I feel:

The next time I catch myself making an excuse for being dishonest I will:

Think: _____

Feel: _____

Do:

Multiple Choice Questions (Group 2):

What do you think?

(Choose only one item, either a, b, or c)

1. What is the meaning of Veda?

- a. Truth
- b. Yajur
- c. Knowledge

2. How many Vedas are there?

- a. Five
- b. Three

c. Four

3. Which is called the Panchama Veda?

- a. Koran
 - b. Mahabharata
 - c. Bible
-

4. How many Puranas are there?
 - a. Ten
 - b. Twenty
 - c. Eighteen

5. Which Avatar is called the Poorna Avatar?
 - a. Krishna
 - b. Ravana
 - c. Sita

6. What are the four pillars of Baba's Philosophy?
 - a. Dharma, Artha, Kama, Moksha
 - b. Sathya, Dharma, Santhi, Prema
 - c. Rig, Yajur, Sama, Atharva

7. Who was the father of Sai Baba?
 - a. Mohan Das
 - b. Pedda Venkappa Raju
 - c. Gandhi

8. Who was the mother of Sai Baba?
 - a. Saraswathy
 - b. Parvathy
 - c. Easwaramma

9. Who was the father of Lord Krishna?
 - a. Rama
 - b. Vasudeva
 - c. Brahma

10. Who was the mother of Lord Krishna?
 - a. Sita
 - b. Kosala
 - c. Devaki

11. What do you mean by Trimurti?

- a. Three faces
- b. Brahma, Vishnu, Maheswara
- c. Lord Nanak

12. Who is the founder of Buddhism?

- a. Christ
- b. Lord Rama
- c. Lord Buddha

13. Be Good, See Good, Do Good?

- a. This is the healthy way
- b. To live happily
- c. This is the way to God

14. Seva is the _____

- a. Good Duty
- b. Best Sadhana
- c. Nice work

15. Start the day with Love, fill the day with Love, _____

- a. Do the work well
- b. Well Done
- c. End the day with Love

16. Start early, drive slowly, _____

- a. Can drive quickly
- b. Reach safely
- c. Do it slowly

17. Name the scripture of Christianity?

- a. Bible
- b. Koran
- c. Trileptal

18. What does the emblem of Sri Sathya Sai Organization stand for?

- a. Unity of People
- b. Unity of Faith/Religions

c. Unity of Colours

19. Why do we chant Suprabhatham?

- a. To have pleasure
- b. To listen
- c. To awaken the Lord within us

20. What is the festival on which we offer our respects to our teacher or Guru?

- a. Guru Poornima
- b. Ramayan
- c. Narayana Seva

SUB-VALUE: Truthfulness

(as depicted in THE THIRUKKURAL)

AIM: To know what Thirukkural says about Truth. Truth cannot change or cease to be. Learning to be truthful is a first and a vital step in the formation of a strong character.

AGE LEVEL: Group 3

SILENT SITTING: Jyoti meditation with the standard prescribed commentary

QUOTATION: Make truth and righteousness the basis of your life. If you want to earn a good name in this physical world, your actions should also be good.

PRAYER: Asato Mā Sadgamaya
Tamasomā Jyotir Gamaya
Mrityormāamritam Gamaya
Om śhānti śhānti śhāntiḥ

Group Singing:

Sathya Jnanam Ananatham Brahma
Sathyam Brahma
Jnanam Brahma
Anantham Brahma

Story: The Kural

The Kural, called Thirukkural, comprising 1,330 couplets, deals with the first three of the four purusharthas, the supreme aims of life – dharma (virtue), artha (wealth), kama (love), and moksha (salvation). However, Valluvar, the author of Thirukkural, omitted moksha from the Kural because (it has been suggested) if the maxims laid down for the attainment of the first three goals were followed diligently, salvation would follow automatically.

The name Thirukkural comprises two parts, thiru and kural. Thiru corresponds to the Sanskrit Sri and means “sacred, excellent, beautiful”. Kural may be explained as something which is “short, concise, a bridged”. It is applied as a literary term to “a metrical line of two feet, or a distich or couplet of short lines, the first of four and second of three feet”.

The Kural was among the earliest of the Tamil classics to be translated by the Christian missionaries, both Catholic and Protestant. The great attraction of the Kural especially for the missionaries was its ethical content. Its first chapter is in praise of God, but the praise is universal in content and thus could apply to any God. The Kural’s concern is primarily with the world.

Valluvar was a famous poet. His metaphors came as naturally as the sunrise, fresh and artless. The Thirukkural consists of the following verses describing the importance of practicing truth:

Truthfulness may be described as utterance
Wholly devoid of ill.

Even a lie is truthful
If it does unsullied good.

Lie not against your conscience
Lest it burn you.

Not false to one's own conscience one will reign
In all the world's consciousness

Truthfulness in thought and word
Outweighs penance and charity.

Nothing can equal truthfulness
In getting fame and other virtues.

To be unfailingly true
Is to be unfailing in other virtues.

Water ensures external purity
And truthfulness shows the internal

All lights are not lights: to the wise
The only light is truth.

In all the gospels we have read we have found
Nothing held higher than truthfulness.

Quiz (Group 3):

1. What is the basis of Guru Sadhana?
2. What are the five techniques in teaching?
3. What is E.H.V.?
4. Do you know the meaning of Guru?
5. What are the rules of good health?
6. What are the five human values?
7. What are the five basic human values?

8. What are the five components of the Bal-Vikas course?
9. Where can we see Baba's Sarvadharmas?
10. What is religion?
11. What are Sai Baba Bridges made of?
12. What is Baba's message about different religions?
13. What are the major religions?
14. What are the common features of all religions?
15. What is So-Ham?
16. What are the 3 angels of Bal-Vikas class?
17. What are the three D's of life?
18. What are the four F's of life?
19. What are the four S's of life?
20. What are the four L's of life?
21. Could you tell the meaning of W.A.T.C.H.?
22. Where can you hear God's voice?
23. How should we spend the whole day or what is the way to God?
24. Who was the mother of Baba?
25. Who was the father of Baba?

Answers (Quiz – Group 3):

1. Love
2. a) Silent sitting – Meditation
b) Prayers
c) Group singing
d) Story telling
e) Group activity or role playing
3. Education in Human values
4. One, who teaches
5. a) Be Good
b) Be Joyful

- c) Be Bold
- d) Be Honest
- e) Be Temperate
- f) Be Patient

6. a) Sathya
b) Dharma
c) Shanthi
d) Prema
e) Ahimsa

7. a) Truth == == => T.
b) Right Conduct == == => R.C.
c) Love == == => L
d) Peace == == => P
e) Non-Violence == == => N.V.

8. a) Prayers
b) Group singing
c) Story telling (study of lives of great men and scriptures)
d) Group activities
e) Silent sitting

9. We can see in His Emblem

10. A bridge between humanity and divinity

11. Steel == == => Truth
Cement == == => Righteousness
Sand == == => Peace
Water == == => Love

12. Develop brotherly feeling with all,

God is One
Love is One
Truth is One
So, Love is only one
religion Love is God

13. a) Hinduism
b) Christianity
c) Buddhism
d) Islam
e) Zoroastrianism
f) Confucianism
g) Sikhism
h) Jainism

- 14. a) Truth
- b) Righteousness
- c) Peace
- d) Love

15. He and I are One

16. _____ Child _____
 | |
 Guru Parent
 Child, Guru, Parent
 One cannot exist without the other.

17. Duty, Devotion, Discipline

- 18. a) Follow the Master
- b) Face the Devil
- c) Fight to the end
- d) Finish the game

- 19. a) Self-Confidence
- b) Self-Satisfaction
- c) Self-Sacrifice
- d) Self-Realization

20. Life is Love – Share it
 Life is Dream – Realize it
 Life is Challenge – Meet it
 Life is Game – Play it

21. Watch Your Words -
 Your Action - Your
 Thoughts - Your
 Character - Your
 Heart -

22. In the depth of Silence alone, God's voice can be heard.

23. Start the day with Love,
 Spend the day with Love,
 Fill the day with Love,
 End the day with Love,
 This is the way to God.

24. Easwaramma

25. Pedda Venkappa Raju

SUB-VALUE: Truthfulness

Aim: To learn that being truthful is one's daily accomplishments and is the way to happiness and is a part of building a good character.

Quotation: "It is cowardice that makes you conceal the truth"

Silent sitting: Jyoti meditation with the standard prescribed commentary

Alternate Story:

The Honest Man

Once upon a time there lived a young man named Ali who never told a lie. Everyone had heard of Ali, even those who lived in villages and cities far from his. This talent of his was unusual. Most people lied, at least once in a while. Some people told whopping tales, and some people simply told white lies. But Ali swore that he had never once told a lie.

When the king learned of Ali's boast, he wished to see him, of course. He ordered his servants to bring Ali to the palace. "It is impossible that there is a man who has never lied," the king said.

When Ali appeared before him, the king looked him up and down, and he saw only an ordinary man. He had no star upon his forehead. He did not have a faraway look in his eyes. He did not appear to be particularly special in any way. After the king had studied him thoroughly, he said, "Is it true what they say about you?"

"I'm not sure I know what you mean," Ali said, for although he imagined the king was speaking of the fact that he had never lied, he could not be certain. The king was flustered for a moment, but he said, "Your honesty. Is it true what people say about you?"

"What do they say?" Ali asked.

"Is it true that you have never lied?" the king asked.

"This is true," Ali answered, honestly.

"And tell me, son," the king said. "Do you plan to lie in the future?"

"I do not," said Ali. And once again, he was telling the truth. He had no plans to lie.

"You will never lie in your whole life?" the king asked.

"I never will," Ali said. It was true that he had pledged his life never to lie, and in this he was confident he would succeed.

The king loved a challenge, and Ali presented just that. "A lie is a tricky thing, Ali," the king said. "It can slip out of your mouth with ease. You will have to be very careful."

"So I shall," Ali said. "I plan to be very careful."

"I wish you luck," the king said, and with those words he bid Ali farewell. A few days passed, but the king could not stop thinking of the man who never lied. It was impossible, he was certain. He was sure he could trick Ali into a lie, and so he thought for a long time and called Ali back to the palace.

By now word had spread of Ali's appearance at the palace, and so a great crowd followed Ali to the palace gates.

When the king saw the crowd, he stepped outside.

"Ali," he said, "please follow me to the stable." And so Ali followed the king, and the crowd followed Ali.

In the stable, the king found his horse saddled and ready as he had commanded his servants to prepare it.

He strode to his horse, mounted it and looked down at Ali.

"Ali, I would like you to go to the Royal Garden and tell the queen I am going off to visit my poor old father. Tell her I shall return tomorrow for lunch. Tell her I shall arrive at noon and I want her to prepare a meal. You shall join us at the table."

Ali bowed to the king. "I am your willing messenger," he said.

"Off with you, then," the king said, and so Ali set off for the garden, leaving the king and the crowd behind.

As soon as Ali was out of sight, the king dismounted and burst out laughing. "I shall not go visiting anyone today," he announced to all who had gathered. "Soon Ali will tell a lie to the queen. He will tell her I have gone to see my father, but as you all are my witnesses, I am standing here and shall not leave the palace grounds. Tomorrow at lunch we shall prove that Ali has indeed told a lie."

Ali arrived at the garden and found the queen tending her roses. Ali bowed and said, "Your highness, the king asked me to tell you he has gone to visit his father. He has asked me to tell you he shall return tomorrow. If you wish, your highness, you may prepare a meal for noon. But you may wish not to. The king may return tomorrow, but he may not."

The queen stared at Ali, perplexed. "Explain yourself, young man," she said impatiently. "Will the king be here tomorrow, or won't he? Do not bother me with riddles."

"These are no riddles," Ali answered, honestly. "In truth, I cannot say. I saw the king mount his horse, and he said he was going to see his father. But he may not have done so. He may return tomorrow, or he may not. I cannot tell you with any certainty."

The queen was impressed with the young man's honesty, though she did not know what would happen. She understood that she must simply be patient and wait and see, just as Ali must.

The next day everyone in the village followed the king as he walked to the garden where, once again, the queen was tending her roses.

"Good queen!" the king called when he saw her. "The young man who people say never lies told you a lie yesterday."

The crowd let out a cheer, and the king laughed heartily.

"And what was that lie?" asked the queen.

"He told you I went to see my father and that I would return today," the king replied.

The queen shook her head. "No," she said. "He repeated your words, but told me only what

he knew to be true, dear husband."

From that day on, the king and queen and all the villagers understood that an honest man speaks only of what he sees with his own eyes.

Life Application:

Make a note of at least two incidents when you managed to tell the truth even though it would have been easy to tell a lie. Share it with your class.

Group Activity: Role play on the two life application incidents.

SUB-VALUE: Truth

AIM: To inculcate the belief that God is Truth. Students should be aware God is omnipresent and omniscient. Teaching the students that uttering truth is easy. Indulging in falsehood is a difficult path.

AGE LEVEL: Group 3

SILENT SITTING: Jyoti meditation with the standard prescribed commentary

QUOTATION: Names and forms may vary, but the principle of Divinity is one and the same in all. That principle of Divinity is truth.

PRAYER: Om Purnnam-Adah Purnnam-Idam Purnnaat-Purnnam-Udacyate
Purnnashya Purnnam-Aadaaya Purnnam-Eva-vashissyate ||
Om Shaantih Shaantih Shaantih ||

Group Singing:

Make me an instrument of Your Peace!
Where there is hatred, let me sow Love;
Where there is injury, Pardon;
Where there is discord, Unity;
Where there is doubt, Faith;
Where there is error, Truth;
Where there is despair, Hope;
Where there is sadness, Joy;
Where there is darkness, Light.

O Divine Master! Grant that I may not seek
To be consoled, as to console;
To be understood, as to understand;
To be loved, as to love.

For it is in giving that we receive,
It is in pardoning that we are pardoned,
It is in dying that we are born to Eternal Life.

Story: Truth is God

Love of truth has been one among the many noble qualities of great men. Even in their childhood, they believed that their truthfulness pleased God. This love of truth in their early age gave them strength and courage in their later life to fight evil in the world. This is the valuable message we get from the lives of saints like Swami Vivekananda and great patriots like Lokmanya Tilak. Even in their childhood, they loved and respected Truth as much as they loved and respected God Himself.

Swami Vivekananda was known in his school days as Narendra Datta. Even as a child, he made his parents feel proud of him by his truthfulness and courage. He would never utter a false word nor fail to confess when he committed a mistake.

One day his teacher was conducting an oral examination in Geography. The students answered

the questions by turns, asked by the teacher. It was now the turn of a student sitting on a bench near Narendra. The teacher asked the student a difficult question, which he answered with some fear and hesitation. At once, the teacher shouted, "What? Is this your knowledge of Geography? You don't listen to what I teach you in the class nor do you study at home". Raising the cane in his hand, he added angrily, "Stretch you hand".

Before the cane came down on the student's palm, Narendra stood up and boldly said, "Sir, please don't cane him. He is right. His answer is correct." The whole class was stunned. The teacher then turned his angry eyes on Narendra and shouted, "You wish to teach me Geography! Come, stretch your hand." Even as he stretched his hand and the teacher started caning him, Narendra continued to repeat his words, "Sir, his answer is correct." Then when he was crying in pain, he said in a very appealing tone, "Sir, please refer to the geography book. I have spoken the truth."

The word "truth" touched the teacher's heart. Even then, hoping to prove that Narendra was wrong, he opened the geography book. Slowly, he started reading the page on which the full answer to the question asked was given. All the boys who were anxiously watching the teacher saw his face turn pale as he read the page. Coming close to the two students, the teacher said, "I am sorry. I misunderstood his answer. What he said was correct". Then turning to Narendra, he said, "My dear boy, I admire your courage and love of truth. You are an ideal student." On hearing these words, all the pain in the caned palm vanished because Narendra felt happy that truth had won the battle.

It was this love of truth that made Narendra later on go to Shri Ramakrishna Paramahansa to learn from him the truth about God and His creation. When he became Swami Vivekanada, he worked hard to spread this truth throughout the world, so that men might become wiser and lead a happier life.

Questions:

1. What gave strength and courage to Narendra to save his friend from being caned by the teacher?
2. What made the teacher stop caning Narendra?
3. a) Have you at any time been hurt or punished for speaking the truth?
b) Have you at any time been made happy for speaking the truth? Describe your experience in detail

Life Application: List some ways in which you kept your word or was trusted by your friends and siblings.

SUB-VALUE: Thoughtful Deeds

AIM: To become aware of the kindness of others and cultivate the same in you. To enable the student to understand that it is important to identify the needs of others and satisfy/fulfil this need.

AGE LEVEL: Group 3

SILENT SITTING: Jyoti meditation with the standard prescribed commentary

QUOTATION: The heart which houses kindness is the temple of God.

PRAYER: Om Saha Nau-Avatu | Saha Nau Bhunaktu | Saha Viiryam Karavaavahai | Tejasvi Nau-Adhiitam-Astu Maa Vidvissaavahai | Om Shaantih Shaantih Shaantih ||

Group Singing: We are one in love forever shining like the sun

Giving is love's nature, the same in everyone

We are one in love forever shining like the sun

With our hands in service we can touch the Lord

Giving to others we receive love's blessing

Love ... Love ... Love... Love is like the sun

Shining shining love omnipresent

We are one love shining (Sung to the tune of "Bolo Bolo Sab Mil Bolo Om Nama Shivaya").

Story: Thoughtful Deeds to Make Others Happy!

When I was traveling a particularly dull stretch of motorway, I was surprised to see a great patch of lupines growing along the bank – pink, blue, white, purple – and they looked very lovely, too. I am aware that their seeds are wind-borne and their fruits can pop up in the most unlikely places, but it was clear that these Russell lupines were not there by accident. Somebody had deliberately created a “surprise garden” to brighten the view for passers-by.

I may never pass that way again, yet it reminds me that round every corner there are examples of things done lovingly and unselfishly for the benefit of the others- voluntary work with children, the elderly and the handicapped; those who delight us with music in church and brass bands; those who are always ready to give us their time when we most need it.

I am sure we can all make our own list of “blessings” received from others.

Alternate Story1 :

On the way back from work every evening, more often than not there would be a homeless man standing at the exit of the freeway. He looked to be in his late 40's but was probably a lot younger. He had shoulder length straight black hair and a short beard, and he was of average stature. His eyes were what struck me the most about him, they were brown and they had a sparkle. Like an inside light that was beaming out of his eyes. His eyes, I thought, represented the man in general. People say they can tell a lot from a person's eyes. It was certainly true in his case. He always waved at every car, he was always happy and smiling and sometimes

almost dancing.

Every day after work I would remember to gather any spare change, and put it aside to give to him if I saw him. A feeling of joy would come over me every time I saw him, as I came off the ramp. He had that effect.

I'd quickly roll down my window and give him the coins. Occasionally the red light would be on for a minute and we would ask each other about our day. His answer would always be the same, "I'm blessed!"

I knew what his answer was going to be every time, yet I would still ask. It amazed me that even in his situation of being homeless he was so positive, and his answer would remind me of how blessed I was. A single mother of four amazing kids, with a place to call home and with a job to provide for my kids.

Then one day I was called into my boss's office and was told that I was being laid off due to the economy. A feeling of worry engulfed me, and for the rest of that day all I could think of was "how am I going to provide for my kids, how am I going to pay rent, what am I going to do?"

Needless to say that on my way home that day I was very sad and upset. I didn't remember to look for my spare change and keep it ready like I usually did. I wasn't feeling the joy as I got off the ramp where the homeless man would be. Yet there he was as always, as I turned the ramp. He set his eyes on me, while still smiling and waving at others. I'd hoped to catch the green light, but I missed it. While I was waiting for the red light to turn, he strolled over to my car. He had a big smile. He looked me straight in the eyes and said "today I will give you a dollar". He then reached into his pocket and pulled out a dollar bill. I was blown away. I burst into tears. I wanted to jump out of my car and hug him!

You see that day he gave me more than a dollar bill, he taught me a valuable lesson. No matter what material things are taken from you, no one can take away your choice to be joyful. My ride home was smooth sailing, I had lost my job, had no savings, but I knew I was blessed!

Every time I'm faced with challenges, I think of the homeless man's valuable lesson and remember that I am blessed.

Alternate Story2 :

Louis was the kind of kid whose favourite activity was lying about staring at the ceiling, or sitting quietly in front of the TV. He knew his parents didn't like that he spent so much time like that, but he liked the comfort of that kind of life and, after all, he wasn't doing badly at school ...

One day, while out hiking, Louis sat down to rest for a while and the next thing he knew, he had lost the rest of the group. But right at that moment, while getting to his feet, he was stunned to see a little dwarf walking quickly through the trees. The dwarf seemed so angry, grumbling and moaning, that he didn't realise that a huge boulder was rolling down the hill towards him. And

but for the reflexes of Louis, who jumped in to save the dwarf, the little guy would have been crushed.

After recovering from the shock, the dwarf was so grateful that he insisted he take Louis to show him one of the dwarves' secret places.

So off they went through the mountains and arrived at a small clearing. In the middle of the clearing there appeared to be a well.

- "This is a magic well,"

explained the dwarf.

- "Every so often some wonderful gifts come out of it, and whoever is here at the time can use them and enjoy them."

Louis didn't know whether to believe this story, but at that same moment a really cool bicycle appeared from out of the well.

- "Can I keep it?"

Louis asked.

- "Sure, it's all yours! Enjoy it!"

Louis went over and spent a long time looking at the bike, really excited by it. Finally, he got on to try it out.

But not for long, because without any warning, the bike disappeared, and Louis' backside hit the dirt. He would have been really angry with the dwarf, had it not been for the fact that the costume of his favourite superhero had just come out of the well, complete with all the accessories. Again, Louis spent a long time inspecting everything about the costume. And again, just after he had dressed himself in it and started playing, the gift disappeared.

And so it continued. Before his eyes came a procession of all the things Louis liked, but not a single one of them stuck around for very long. At first he was angry because he wanted to keep everything to take home, but realising that this wouldn't be possible, he contented himself with enjoying each of the wonders provided by the well, until he could do so no longer.

He sat down and had a rest with his friend the dwarf, and the dwarf explained that the well had always worked this way, constantly making wonderful gifts, and those gifts always disappeared shortly afterwards. And he told Louis how everyone ended up accepting that the well was better that way, offering something new every time.

Time passed so quickly that, before they knew it, everyone was out looking for Louis. Hearing their shouts, the dwarf ran away, and only had time to say:

- "I can't let them see me, and neither can I allow you to remember where this place is. But lest you forget me I'll present you with a gift."

He handed Louis a small parcel, and before disappearing the dwarf said:

- "It's a miniature copy of the well, but it's just as magical. Learn to look at it in the right way, and it will provide you with great joy. Goodbye, and thanks for saving me!"

With all the commotion that ensued after he was found in the woods, Louis forgot about the gift until a few days later. He decided to open it in his room, as if it were a secret, only to discover that the gift was a simple clock with a picture of Louis playing near the well.

- "The dwarf was kidding me," he thought

- "I knew it would have been too much to get a real copy of that well."

So Louis sat back on the bed to practice his speciality of whiling away the time. However, when the hand of the clock had turned five minutes, a small glow came out of the clock, and the picture of Louis happily playing burst into a thousand pieces, which came back together to form the image of a child looking lonely and bored. The same happened another five minutes later, and every time five more minutes had passed without Louis having done anything.

Louis began to understand. What if the gifts from the well were the minutes themselves? Was that what the dwarf had been talking about when he said Louis needed to learn how to look at the gift properly?

That way Louis would have everything: time cannot stop, and therefore you have to really make sure you enjoy the gifts you're given when they come, because once they go they're gone for good and will never return.

Then he thought about the minutes he had been given in life, so many of them spent watching television or lying in his room, and those minutes would never return! And he realised that, as with gifts from the well, you had to start enjoying them right away.

And ever since that day it was as though there were two or three Louis' in the house. Wherever he was, he learned to open his eyes and to discover in every moment what a fantastic gift he had been given by the well of time. And in this way he learned to read books he would never have read, play games he never would have played, make friends he never would have made, and learning lessons he never would have learned ...He learned to see everything around him as a gift, a gift to be enjoyed to the maximum. And even when watching TV now, it seemed like he watched it with more interest, because he was no longer willing to waste any of the gifts given by the magic well of time.

Alternate Story 3:

A lady worked at a meat distribution factory. One day, when she finished with her work schedule, she went into the meat cold room (Freezer) to inspect something, but in a moment of misfortune, the door closed and she was locked inside with no help in sight. Although she screamed and knocked with all her might, her cries went unheard as no one could hear her. Most of the workers had already gone, and outside the cold room it's impossible to hear what was going on inside. Five hours later, whilst she was at the verge of death, the security guard of the factory eventually opened the door. She was miraculously saved from dying that day. When she later asked the security guard how he had come to open the door, which wasn't his usual work routine, this was his explanation: "I've been working in this factory for 35 years. Hundreds of workers come in and out every day, but you're one of the few who greet me in the morning and say goodbye to me every evening when leaving after work. Many treat me as if I'm invisible. Today, as you reported for work, like all other days, you greeted me in your simple manner 'Hello'. But this evening after working hours, I curiously observed that I had not heard your "Bye, see you tomorrow". Hence, I decided to check around the factory. I look forward to your 'hi' and 'bye' every day because they remind me that I am someone. By not hearing your farewell today, I knew something had happened. That's why I was searching everywhere for you."

Be humble, love and respect those around you. Try to have an impact on people who cross your path every day with your sweet words, you never know what tomorrow will bring.

Questions:

1. Name two of the examples that the story relates to as "BLESSINGS".
2. List two things that you feel are "BLESSINGS" you received from others.
3. Name a few things you can do which would be "BLESSINGS" to someone else.

I'M BLESSED!

4. A FRIEND handed me an anonymous poem from which I quote these moving lines:
Today upon a bus I saw a lovely girl with golden hair; I envied her – she seemed so gay – and wished I were as fair, When suddenly she rose to leave, I saw her hobble down the aisle; She had one foot and wore a crutch, but as she passed, a smile.
Oh, God, forgive me when I whine; I have two feet ... the world is mine! And then I stopped to buy some sweets.

The lad who served them had such charm, I talked with him.

He said to me; “It’s nice to talk to folks like you.” “You see,” he said, “I’m blind.” Oh, God, forgive me when I whine; I have two eyes ... the world is mine!

With feet to take me where I’d go, With eyes to see the sunset glow.

Oh, God, forgive me when I whine; I’m blessed indeed – the world is mine!

Strategies to practise Kindness Or Life Applications:

1. Prepare a list of possible acts of kindness depending on our circumstances, e.g. young adults, children, etc. For example:

- Young adult: give up your seat in the bus to those in need.
- Children: help around the home and take care of younger siblings.

2. Be committed and dedicated. Inspiration doesn’t always come before one acts, it sometimes comes after one acts. So don’t give up, don’t get ‘bored’. Believe in “They will become Godly when they have God in their hearts.” ---Riaz Ahmed Gohar Shahi

“Let there be kindness in your face, in your eyes, in your smile, in the warmth of your greeting ... Don’t only give your care, but give your heart as well.” --- Mother Teresa

3. Don’t judge who deserves your kindness and who doesn’t. You really don’t know. Judging others does not make you kind; it makes you judgmental.

4. Practice one act of kindness in thought, word and deed each day.

In thought: say a private prayer for someone or have a good thought for/about someone, especially someone you may not like.

In word: say something kind or be helpful.

In deed: lend a helping hand to the mother struggling with a child and stroller up some stairs or help someone junior to you in a task he/she must complete. You may or may not make a difference to their lives, but you’ll make a difference to your life.

5. Don’t expect any gratitude – that’s a bondage you can live without. Be kind because you are kind.

6. Notice your feelings when you are kind and when you are not. Check if you:

- felt good the first time, and the 10th time, and the 100th time
- felt happy for the recipient
- felt good when thanked or gratitude shown ... or it didn’t matter

- felt thankful for the opportunity – imagine climbing the ladder on a board game
- got bored after a while and lost interest in the spiritual

Remember your kindness will transform you and allow you to earn the grace of God.

7. Constantly reflect on your R.A.C.K. After a little time, see if:

- your kindness was really random, i.e. to anyone in need
- is becoming a habit
- you experience joy in doing something kind everyday

It may help to keep a list, review it after one week and then reflect on how you could do better.

Group Activity:

Students enquire about the needs of any Home that they have selected to volunteer their services. Once the needs have been identified, the students should provide those particular needs. Children's Home-games, textbooks, storybooks or stationery.

SUB-VALUE: Honesty

AIM: To realize that honesty brings its own rewards. To learn why honesty is important to good behaviour and good relationships. Untruth in speech can destroy our peace of mind.

AGE LEVEL: Group 1

SILENT SITTING: Jyoti meditation with the standard prescribed commentary

QUOTATION: You must welcome tests because it gives you confidence and it ensures promotion.

PRAYER : Om Bhadram Karnnebhih Shrnnyaama Devaah |
Bhadram Pashyema-Akssabhir-Yajatraah |
Sthirair-Anggais-Tussttuvaamsas-Tanuubhih |
Vyashema Deva-Hitam Yad-Aayuh |

Group Singing: Divine Mother Soham, You and I are one
Shirdi Baba Soham, You and I are one
Jesus Christ Soham, You and I are one
Shiva, Shiva Soham, You and I are one
Brahma Brahma Soham, You and I are one
Allah Allah Soham, You and I are one
Buddha Buddha Soham, You and I are one
Sathya Sai Soham, You and I are one

Story: Truthfulness is Always Rewarded

Once there lived a woodcutter who was very poor but honest. Every day he would go to the forest, cut down trees, and sell the firewood in the town. With that money he maintained his family. One day he was chopping wood on the banks of a river when suddenly the axe slipped from his hand and fell into the river. He was very upset, because he was poor and had no money to buy another axe. He sat on the bank of the river and wept.

After some time there arose a beautiful Goddess from the middle of the river. She asked him, “Why are you crying?”

Shedding tears, the woodcutter replied, “My axe has fallen into the river.” The goddess smiled. She dived into the water and came up with a golden axe in her hand. She asked him, “Is this yours?” The poor man said, “No, it is not mine”. She again dived and came out with a silver axe. She asked him again, “Is this yours?” The poor man said, “No, even this is not mine”. A third time she dived and came out with an iron axe. The old man leaped with joy and said, “Yes, yes, this is mine!” The Goddess was so pleased with his truthfulness and honesty that she gave him all the three axes.

The next morning, the woodcutter showed his three axes to his neighbour and told him what had happened. Now the neighbour was a greedy man, and immediately went to the forest. He sat near the same tree and flung his axe wilfully into the water. Then he sat on the bank of the river and began to weep loudly.

The Goddess appeared before him. She bought him a golden axe. The man said, “Yes mother. But two more axes are still in the water, one of silver and other of iron. Kindly give me all the three.” The Goddess became angry at his dishonesty and greed. She dived back into and disappeared. So the greedy man didn’t get the gold or silver axe and even lost his own iron axe too.

Questions:

Put a check mark against the correct answer:

1. What were the special characteristics of the wood cutter?
 - a) He was a crook ()
 - b) He was a dishonest man ()
 - c) He was a truthful man ()
2. How did he maintain his family?
 - a) He cheated other people and earned money ()
 - b) He had lots of lands ()
 - c) He earned money by cutting firewood in the forest and selling in the town ()
3. Why did the Goddess give all the three axes to him?
 - a) The woodcutter wanted all the axes ()
 - b) The Goddess was pleased with his honesty and truthfulness ()
4. What happened to the greedy man?
 - a) He got back all three axes ()
 - b) He lost even his iron axe ()
5. What is the moral of this story?
 - a) To show love ()
 - b) To be hardworking ()
 - c) To be truthful ()

The Significance of Truth

Man is Sathyam, Sivam and Sundaram – Truth, Goodness and Beauty. It is the very nature of man to follow the path of Truth. His involvement in falsehood, ugliness and weakness diminishes and destroys the Divinity that he is. He has but to realize and practice the truth in thought, word and actions. Truth is the very basis of existence, man has to know the Truth which will make him strong and sturdy and free him from the evil bonds of lust, hatred, anger, greed, pride, and attachment. But man must first control and suppress the animal tendencies and strive for inculcation of human qualities of Truth, Peace, Love, Right Conduct, Compassion and Fortitude because “Man’s capacity, his nature, his talents are all ancient possessions.”

Sathya is derived from the Sanskrit Sat, which means True Being. Truth when applied to the needs of daily life means one thing, while it is another when the objective world is understood through the senses, or intellect or intuitive experience. It also denotes the genuine nature of a substance of a person. “Truth in fact, is the current, that passing through the wire of Righteousness, animates all creation in the bulb of Peace or Fortitude, and this sheds the illumination of Love, declares Sai Baba. This universal and eternal energy is Truth.

Pursuit of Truth is one of the hall -marks of Sai Teaching. It is the most important aim of life. With increasing manifestation of perfection inherent in man, there is increasing realization of Truth. Truth is in perfect accord with reality; it is a spiritual aspect which does not change under any circumstance. It is neither the body nor the senses; neither the mind nor the intellect. Instead, it is the very nature of man; it is Divinity within everyone.

While emphasizing the significance of Truth, Baba says, “Man is endowed with two special gifts: Viveka (the faculty of reasoning) and Vijnana (faculty of analysis and synthesis). Use these gifts for discovering the Truth of yourself, which is the Truth of everyone else, of everything else. All countries are born and sustained by this search; all get the warmth from the same sun; all ‘bodies’ are inspired by the same Divine Principle; all are urged by the same inner motivator. The Vedas are the earliest testaments of the victory of man over himself, his discovery of the underlying unity in all creation and his pulsating contact with the Truth that unifies. Baba wants man to come to grips with the Truth, to establish himself firmly with the foundation of Truth, in order to tread the righteous path, live in peace and shower on and share with entire mankind Blissful Love. Without attaining Truth, man will continue to be denied the Grace of God today, tomorrow and forever.

In order for man to realize and attain Truth, it is incumbent on him to have proper knowledge about himself, the universe, the purpose of his life, and above all about God.

“This Jnana (knowledge) is not an attribute of the Universal Absolute (Parama – Atma); it is Param –Atma itself. The Upanishads declare; “Satyam Jnanam Anantham Brahman” (Truth, Wisdom, Eternity – is Brahman). Jnana is the fulfilment, it is the goal, the consummation” – Sai Baba.

Two kinds of knowledge – secular and sacred are being imparted at the institutions of learning set up by Baba. Man has first to seek and gather information to achieve transformation in thoughts and actions.

One can understand Truth in many ways. One is by memorizing what saints or seers have said about their experience of divinity within themselves. Baba reminds us “the lives of Divine Personages, sages, and seers that men read, if not taken as tonics to improve mental health, as signposts for life’s tortuous journey, are mere tales, that tickle the fancy. The wise man finds in them beacons in the darkness”.

Committing to memory, maybe in the form of reciting a sloka, or stanza in a mantra, or a bhajan. By constant repetition the slokas get refined and sharpened, which results in the clear reflection of the Truth.

Questions:

1. What is Truth?
2. What destroys the Divinity that man is?
3. What should man give up and what should he strive for?
4. What is the spiritual aspect which does not change under any circumstances?
5. What are the two special gifts man is endowed with and what does Baba say about it?

6. What happens when man does not attain Truth?
7. What are the two kinds of knowledge imparted in Baba's schools of learning?
8. What is Baba's opinion in the clear reflection of Truth?

Life Application: Write two incidents about yourself when you decided to be honest and spoke the truth.



"A child should always say the truth and speak when he is spoken to, and behave mannerly at school and at home.
At least as far as he is able"

Alternate Story if required:

Pearls of Devotion – 108 Names, Story on Astothram: “Om Sri Sai Swaroopaya Namaha”

Swami Stories

One day, at Puttaparthi Baba was talking to devotees seated around him, making jokes and laughing. A devotee from Madras was struck with a novel idea. He wanted to take a photograph of Bhagawan sitting in the chair with a smiling face. He took out the camera from the bag. Baba rose up from his chair and asked for the camera. Taking the camera in His hand, Baba called for the devotee to stand behind Swami’s seat; He also said He would click the camera Himself. Two devotees who had come from Telangana did not like this idea, because they did not want to have a photo without Swami in it. Sri Kasturi (formerly Editor, Sanathana Sarathi) who was in that group assured them that would not happen when Baba takes a photograph. His seat will not be empty. Baba also acknowledged this statement. Before the camera was clicked, Kasturi kept his hands on the chair, but Baba told him not to, so he obeyed. After clicking the camera, baba handed it over, saying” Careful, I am in that picture.” What a wonder, when the prints reached Kasturi, he saw Baba seated centrally, with everybody else by his side.

Alternate Story Alexander the great.

Legend has it that Alexander III of Greece, commonly known as Alexander the Great, sent one of his messengers to invite the quiet yogi Dandini for a discourse and discussion on philosophy. After conquering the world at the cost of countless lives, he was making rapid progress in his territorial coups. He had heard a great deal about this yogi. Dandini, however, turned down the invitation and chose to stay back in his hermitage in the woods. Alexander didn’t take it too kindly. But, being a pupil of none other than the brilliant Aristotle, he well knew that mystics and philosophers could rarely be lured or coerced.

He sent his helmsman, Onesicritus, to invite Dandini one more time who praised the yogi lavishly and offered him gifts. When Dandini didn’t change his stance, Onesicritus threatened him saying Alexander had ordered his beheading should the orders of the emperor be disobeyed. Dandini refused all gifts, remained unmoved, and said he had no fear of death. Onesicritus couldn’t muster the courage to kill him, and, instead, paid his respects to the yogi and went back to report the incident.

Livid at being rejected by a forest-dweller, Alexander decided to teach Dandini a lesson. As he, along with his marshal and the royal entourage, made way into the deeper forests, a sense of calm began to engulf him. His anger took a backseat as soon as he looked into Dandini’s piercing eyes but when the sage did not get up to welcome him, he was furious once again.

“How dared you refuse my gifts?” Alexander asked him sternly.

“They were smeared in blood.”

There was something in Dandini’s voice, a chilling truth, a fearless conviction that shook Alexander from within. Yet, he wasn’t prepared to let his expressions betray his feelings in front of his men. Alexander dismounted his horse and stood tall before the sage who was sitting calmly.

“Do you know who I am?” Alexander roared.

“I don’t think you know who you are.”

This ticked off Alexander who took yogi’s cryptic answers as an insult. Pulling out his shining sword, he raised it in the air and brought it close to Dandini’s neck.

“I am Alexander, the world conqueror,” he shouted. “You are sitting on my land. Surrender or I’ll kill you”

“Your land?” Dandini chuckled as he cut him off. “The land belongs to no one, O King!”

“Before you, there were others who claimed it as theirs,” he continued. “After you, there’ll be others who will say it’s theirs. All creation belongs to the creator alone, Alexander. And no one has any right to destroy what they haven’t created. You have blood on your hands, O Emperor. You may have a temporary claim on the land, but you have permanent scars on your soul.”

Alexander lowered his sword and adjusted his posture uncomfortably. Signaling his men to wait at a distance, he cleared his throat.

“The whole world is mine, Dandini,” Alexander exclaimed. “History will remember me as the mightiest king! My men can die for me!”

“What good is your ambition or their remembrance, O King? You drown yourself in alcohol every evening so you may forget about your sins. These men who surround you, they are tired of you. They’ll give up on you one day very soon.”

“Besides,” Dandini continued, “what will you do with the world? All you need is two yards. Two yards long and two yards deep. That’s all that will belong to you ultimately.”

Deeply moved, Alexander put his sword back, bobbed before Dandini and left immediately.

Barely a few months had passed when his army mutinied bringing an abrupt end to his campaign in India. Three years later, Alexander died at the age of thirty-three in Babylon.

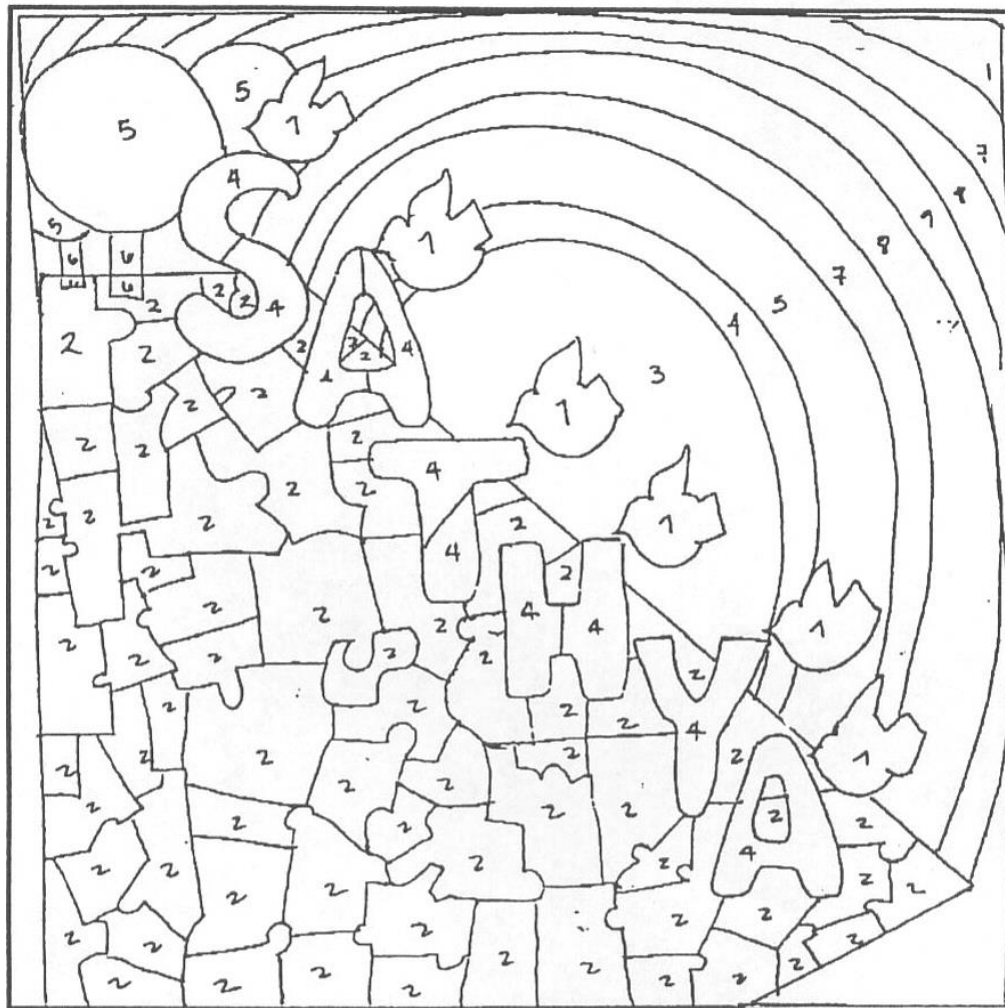
Though he conquered large parts of the world, he could not take with him even an iota of property that he accumulated. He had to leave this world with empty hands. In order to demonstrate this truth to the world, he instructed his ministers to take his dead body in a procession through the streets of his capital keeping both his hands in a raised position pointing to the sky. When the ministers were curious to know the reason for this strange request from the Emperor, Alexander replied, “I have conquered several countries and accumulated great wealth. There is a vast army under my control. Yet, none is accompanying me at the time of my leaving this mortal body. I am going with empty hands. This truth has to be demonstrated to all people.” We may acquire a lot of wealth and deposit in the banks or

lend it to others for interest. Yet, we cannot take even a handful of earth along with us at the time of leaving our body. Nothing of this world comes along with us.

Group Activity: See the attachments.

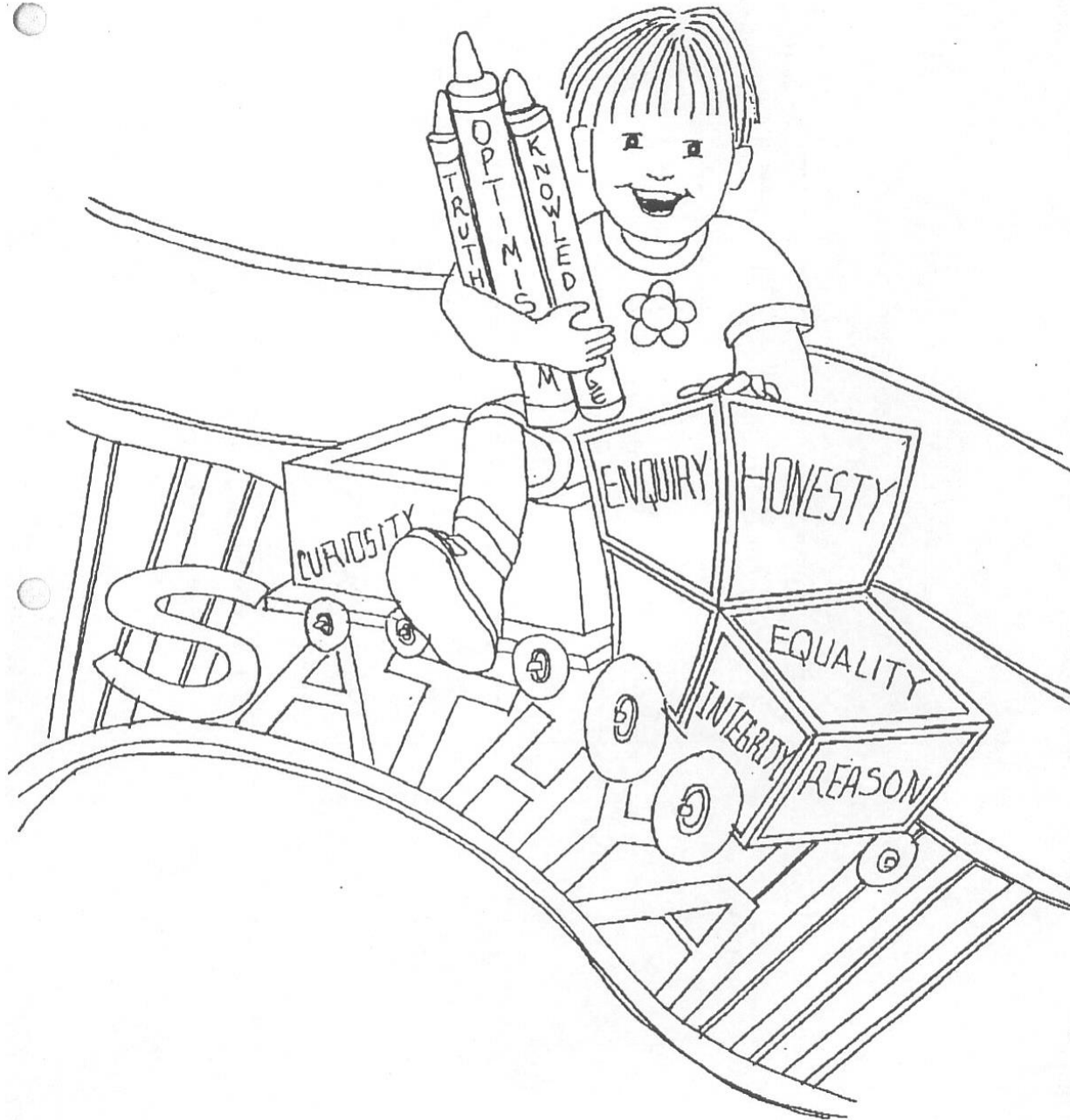
Life Application: Let each student in the class recite the one mantra from the 108 Names, story of ASHTOTHARAM.

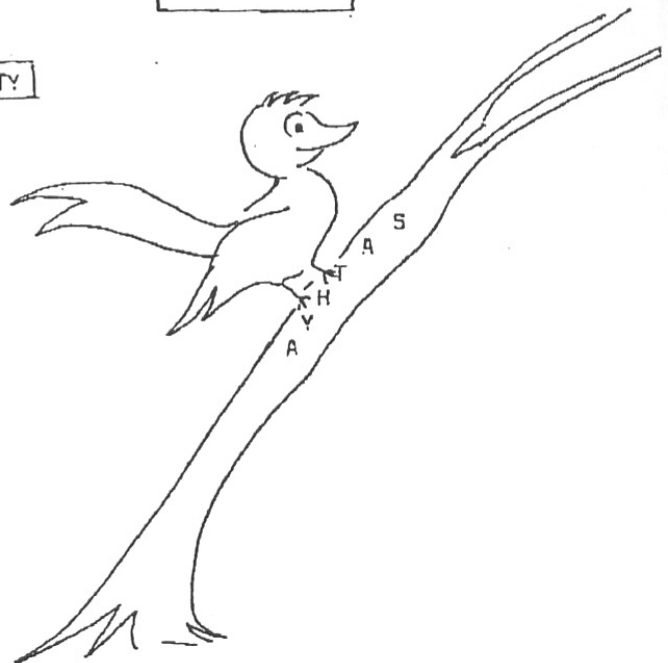
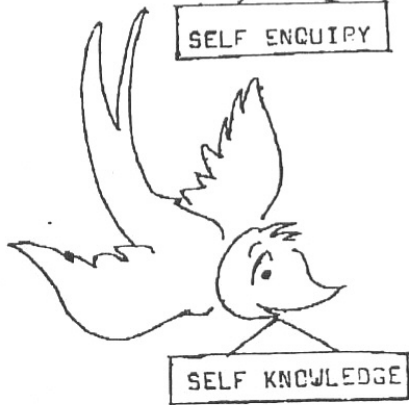
Fill the drawing using the colors key



1. Blue
2. Green
3. Yellow
4. Pink
5. Dark Green
6. Brown
7. Violet
8. Red
9. Orange

A Journey to Truth





Word Search PUZZLE II

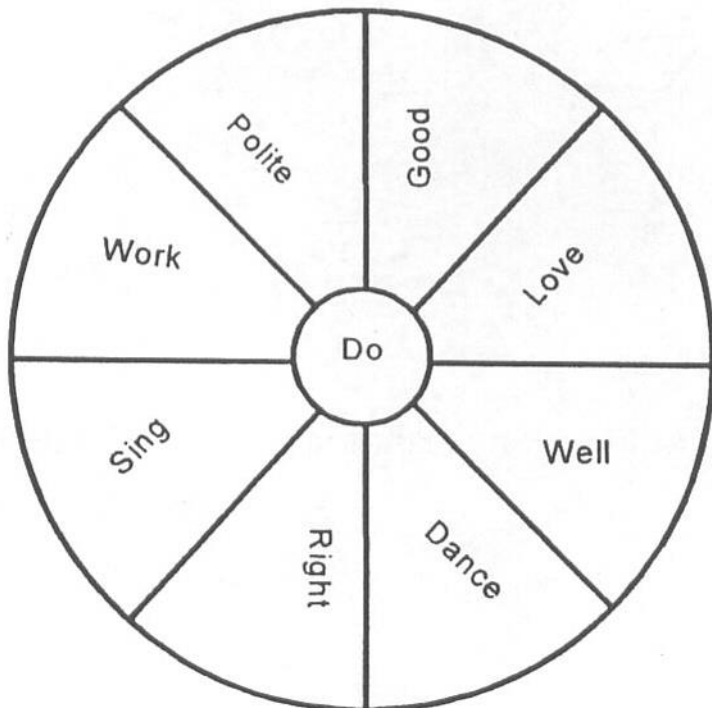
Make 6 to 7 sentences from the puzzle

L	S	A	Y	S	B	M
S	O	S	A	I	R	E
M	I	V	M	Y	E	S
Y	S	B	E	B	A	S
L	I	F	E	I	T	A
F	O	O	D	S	H	G
T	R	U	T	H	M	E
B	L	I	S	S	Y	S
F	O	R	M	G	O	D

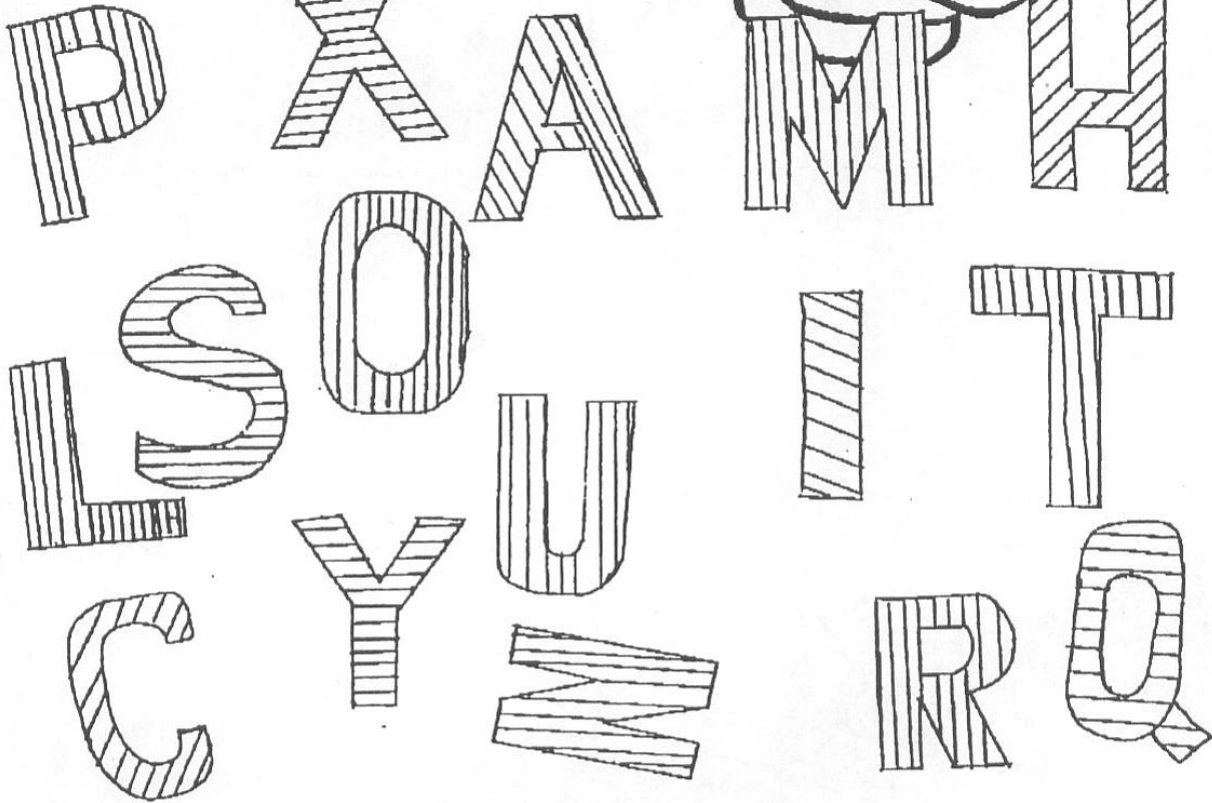
Puzzle 2 Answers are:

1. Sai say's
2. Love is my form -
3. Truth is my breath
4. Bliss is my food
5. My life is my message
6. God is love
7. Love is God

Make Phrases



puzzles



Can you find out the letters that spell SATHYA and OPTIMISM

Make Phrases



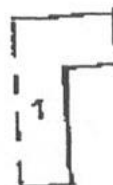
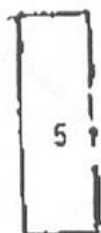
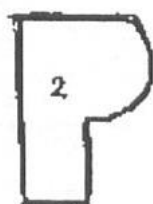


"Never say lies so that you will keep the good values of truth with you"

Make Phrases



CAN YOU MATCH UP THE LETTERS AND FIND OUT THE RIGHT WORD



JUNMBLE I

Word Scrambled Game

Unscramble thest ten jumbles, one letter per Box, to form ten Words

MIASW

--	--	--	--	--

WTAHC

--	--	--	--	--

IVIDEN

--	--	--	--	--	--

HARTE

--	--	--	--	--

DIONEVOT

--	--	--	--	--	--	--	--

ATCNIO

--	--	--	--	--	--

DTUY

--	--	--	--

WOMISD

--	--	--	--	--	--

TUHTR

--	--	--	--	--

SSIFEESL

--	--	--	--	--	--	--	--

LFIE

--	--	--	--

SRVECEI

--	--	--	--	--	--	--

FIATH

--	--	--	--	--

HABAGAVN

--	--	--	--	--	--	--	--

Soup of Letters I

Find the word related to TRUTH and its 11 Subvalues

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

Answers to Soup of Letters 1

1. Self enquiry
2. Self Knowledge
3. Discrimination
4. Reason
5. Curiosity
6. Optimism
7. Self Analysis
8. Integrity
9. Honesty
10. Sathya
11. Truthfulness

Word Search PUZZLE III

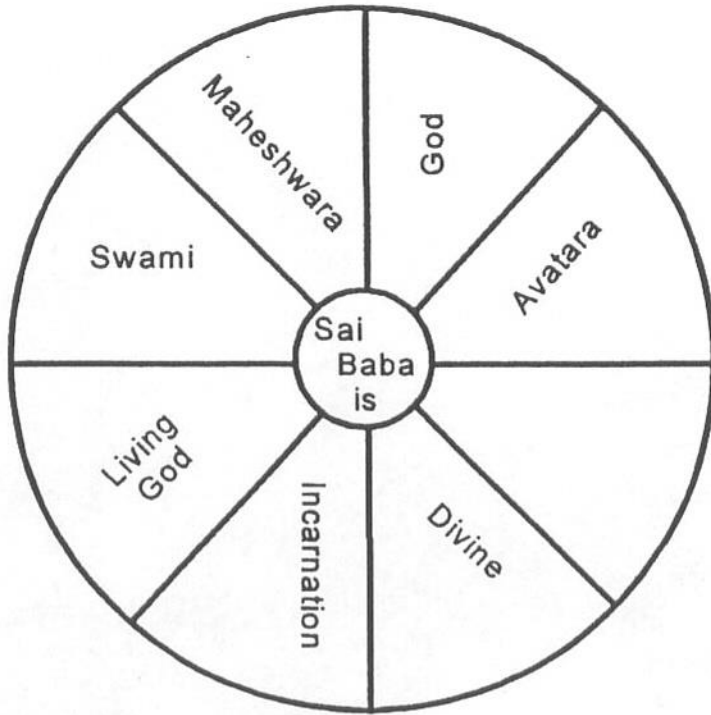
Make ten statements of Swami

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

Puzzle 3 Answers are:

1. Love is my form
2. Truth is my breath
3. Bless is my food
4. My life is my message
5. Love all, Serve all
6. Serice to man is serice to God
7. Start the day with love, fill the day with love, end the day with love.
8. See good, be good, do good, act good, say good, speak truth and tell truth.
9. God is love
10. Love is God

Make Phrases



JUNMBLE II

Word Scrambled Game

Unscramble the ten jumbles, one letter per Box, to form ten Words

LVOE

--	--	--	--

DRAHAM

--	--	--	--	--	--

GARET

--	--	--	--	--	--

HMAUN

--	--	--	--	--

AIMASH

--	--	--	--	--	--

HNEOSTY

--	--	--	--	--	--	--

EACEP

--	--	--	--	--	--

SANITH

--	--	--	--	--	--	--

STHAYA

--	--	--	--	--	--	--

VLUESA

--	--	--	--	--	--	--

SEREV

--	--	--	--	--	--

PMERA

--	--	--	--	--	--

HLEP

--	--	--	--

OGD

--	--	--
