

Lesson Plans On Love

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LESSON PLAN - 1

Sub-Value: Caring

AIM: To encourage a spirit of caring and sharing it bring happiness and make us feel good and special.

AGE LEVEL: Group 2-3

SILENT SITTING: Silent sitting for 2-3 minutes with Jyoti meditation.

QUOTATION:

1. There is no discipline equal to service to smother the ego and fill the heart with genuine joy
- SAI BABA
2. We can't help everyone but everyone can help someone
-Ronald Reagan

Introduction

Caring implies concern for safety and prosperity. Caring is an offspring of love. Unless we love someone, we will not care for their well- being or feelings. We see that a mother cares very much for her child. She will clean the baby, change its diapers, and get up at two o'clock to feed the baby. If the baby is not feeling well, she will spend all her free time available taking care of it.

The degree of care increases with the degree of love. The same woman will not care as much about someone else's child. We observe that brothers and sisters, when they are young, care for each other also. But unfortunately, when they grow up, the love which is in them for each other is replaced with greed and 'My-ness'. With greed getting stronger, caring for others becomes less because greed gives birth to jealousy, anger and hatred. Most of us only care for those who are near and dear to us. But we have shining examples of people who care for the well-being of everybody. The more love one has, the more one is capable of caring. If your heart is full of love, then you will care for the well- being of the whole universe. Reverend Dr. Martin Luther King Jr. himself was very well educated, respected and lived a comfortable life, but African Americans were, on the whole, very oppressed. They were without any civil rights.

Majority of them were poorly educated and were living hand to mouth. Seeing the plight of his people, Dr. King gave up his comforts and struggled hard to gain civil rights for all Americans. He fought for affirmative action programs in education, jobs and housing so that Blacks and other minorities would have a better chance to succeed in the U.S. During the struggle for the betterment of his people, he was assassinated. He was fully aware that attempts would be made on his life, but his love for his people was greater than his love for his own life.

We see in our society teenagers killing the elderly and defenseless for money or even just for fun. Teenagers rob children of their lunch money, designer shoes and jackets. Unfortunately, these are not very rare occurrences. We all know that these are very bad acts, so why do

people commit them? Obviously, it is because they do not have control over their minds.

Baba tells us, "Above all begin the cultivation of the virtues. This is even more important than scholarship and brings us real bliss. Treat others as your own people, and even if you cannot do them any good, desist from doing them any injury. Burn the lamp of love in your heart, and the nocturnal birds of greed and envy will fly away, unable to bear the light of love."

If we start nurturing the good thoughts and feelings right from childhood, then we will be caring and generous people instead of being selfish and greedy. If we want to change the society in which we live, then we first have to change ourselves. By our own behavior we can influence others to change their behaviors also. Baba has told us to serve God by serving Man, in whom God is installed in the heart. The only reward we can expect for our service is the happiness we see on the face of the recipient. Baba further says, "Even if there is no expression of thanks; even if you are received with cold silence or shrug of dislike, carry on for it is your nature to be giving and forgiving." There was one such person in Calcutta, India, who was doing that - mother Teresa. She had literally become a mother to the destitute people of Calcutta, irrespective of their color, creed or religion. Wherever she saw pain and misery, her heart went out, and she did everything in her power to help that person. She would carry that person from the streets to her house, clean him, feed him, and take care of him until he is well. She did not distinguish between what was hers and what was not. To her, all were the children of the same God. She did not expect anything in return. That is caring. That is love. If we have compassion for the unfortunate, then we can become caring and generous.

Story: Darryl Hale

Darryl Hale looks like the caring grandmotherly woman that she is. But instead of tending to just her own family, Darryl looks after total strangers. One day in March 1982 she read a story in the Los Angeles Times about a seven year old girl's leg being broken by a hit and run driver. She said to a friend at work that it would be nice if they could take something to the little girl in the hospital. She had two dolls at home so she took them with her. At the hospital, a nurse told them that the family of the little girl was very poor and that the whole family lived in a one-bedroom apartment. Darryl decided to help the family. Darryl was working at First Interstate Services, a huge data processing company in Los-Angeles. She spread word about the destitute family among the immediate co – workers and collected 18 cartons of food, clothing and toys. Darryl and her helpers needed transportation for their gifts, so she called the reporter who had written the story in the paper. He had some friends in the police department. Capt. Frank Piersol and his men drove Darryl to the little girl's family. Coming back from the little girl's house, Capt. Piersol told Darryl about another little girl. This little girl was attacked and was very much traumatized. Her parents were not relating to her. Darryl came to know that the little girl liked Snoopy. So she bought a Snoopy and a new dress and with a friend, went to the little girl's house. At first, the girl would not talk, but when she saw Snoopy, she became a little friendlier. Darryl kept going to the girl's house and spent time with her. Slowly, the girl started recovering from her trauma. If there is love in our heart, we can all find ways to help the unfortunate. Baba always says "The hand that helps are holier than the lips that pray."

Discussion:

1. Explain the statement: The degree of care increases with the degree of love.

2. What are some of the causes of less caring among brothers and sisters in many families?
3. How did Dr. Martin Luther King show he cared?
4. With what attitude should we serve others? Provide examples from Mother Teresa's life.
5. How can we follow Darryl Hale's example in our community?
6. What can you do to show caring among (a) your friends (b) Your family members?

Video- A story about caring -https://www.youtube.com/watch?v=fCat7OWyA_g

Group Singing:

Jaya Sai Guru Deva Sai Guru Deva
Guru Seva Bina Nirvana Nahi Jaya Sai Guru Deva
Tumhi Ho Matha Pitha Tumhi Ho Sai Guru Deva
Sathya Swaroopaa Raha Dikhao Sai Guru Deva
Guru Seva Bina Nirvana Nahi Jaya Sai Guru Deva

Group Activity-

In groups, discuss

1. Ways you can show caring at school, home and outside and present them to the class
2. Why should we care for others?
3. How will you show that you care for the environment?

Life Application-Write down one way of caring for others which you will practice at home and share your experience in the next class.

Conclusion

Swami Says:

See in everyone the Lord Himself moving in that form. Do not talk evil of others; see only good in them. Welcome every chance to help others, to console others and to encourage others along the spiritual path.

LESSON PLAN - 2

Sub-Value: Devotion

AIM: To know the qualities of love, loyalty for a person or activity is devotion

AGE LEVEL: Group 2-3

SILENT SITTING: Teacher choice: silent sitting for 2-3 minutes OR Visualization of peaceful scene OR Jyoti meditation Or Soham meditation

QUOTATION:

1. Devotion doesn't consist in wearing an ochre cloth, organizing festivals, performing ritual sacrifices, shaving the hair, carrying water pot or rod, matting the hair, etc. Instead, the characteristics of devotion are a pure mind (anahat-karana), uninterrupted (whatever one may be doing) contemplation on God, the feeling that everything is the Lord's creation and therefore One, non-attachment to sense objects, the embracement of all in equal love, and dedication to true speech. **-Sri Sathya Sai Baba in Prema Vahini.**

2. Ananya bhakti (one pointed devotion) is the highest form of worship, done in a spirit of complete surrender to the divine and dedicating all actions to the service of the divine. This is the easiest path to salvation. **-Sri Sathya Sai Baba**

Introduction

We all claim that we love someone or something. A mother loves her child, a friend loves his friend, a wife loves her husband, a devotee loves his God, etc. But in all our so-called love, there is expectation of some sort of return. We love others for them, but for ourselves. In all these affections, there is attachment – bondage. As a matter of fact, 'I' and 'My' is very much involved in this love. 'I' love 'My' friend or mother, etc. When there is duality (that is, separateness) then I do not have the realization that I am also him or her. I love others not out of divine love, but only because I get something out of it. When I have lost all hope of getting back the expected pleasure, then I stop loving. In the Bhagavad Gita, Lord Krishna has shown Arjuna the path to achieve Divine Love in our heart. The path is Vishishtadvaita – a path of devotion. Devotion means total surrender to the Lord. What do we mean by total surrender? When is it possible? Total surrender means that there is no more 'I'. There is no more 'doership'. All my actions become His actions. All the achievements and failures become His achievements and failures. That does not mean that I stop working, but I work as His instrument. I should have firm faith that He is acting through me. Then I will not be proud of my achievements and I will not be sad about my failures. Devotion does not mean going to Temple or Church or sitting in front of a picture or statue of God and worshipping it with flowers, fruits, incense and lights. If I want to be educated, only having books, paper, pens and computers will not make me a learned person. I will have to study hard and understand all my subjects. Books and papers are essential, but they are just the tools. Similarly, Worshipping God with flowers and lights is just the first step. Baba has told us in his discourses: "The loving of God is not just a pose; it is a series of little acts directed by an attitude of reverence for the divinity of all beings.

Do not make loud proclamations of Truth. Show by your conduct that you attach value to truth and that you are guided by it. If you live accordingly, even if you do not attend the temple ritual or worship regularly, you can secure God's grace."

First, we need to change the attitude with which we see the world; how we interact with people and other beings around us. Baba has said "Do not blame others by pointing out their faults. You will find on self-examination that the defects you see in others are in you. When you correct yourself, the world becomes correct. "In the Srimad Bhagavatam, Lord Krishna has asked Uddhava, his devotee, to cultivate and practice the following qualities so that he can be a true devotee:

1. Unwillingness to hurt anyone or anything either by thought, speech, or action.
2. Speaking the Truth always.
3. Not stealing that which belongs to others.
4. Not becoming extremely attached to anyone or anything.
5. Feeling ashamed to do actions that are unworthy. Shame even to think of such things.
6. Firm faith in the existence of a High Power.
7. Moderation in the pleasures of the body and senses
8. Not talking unnecessarily and wasting time and words in the company of beings who are only driven towards the world of pleasure.
9. To be firm in your words, action and convictions
10. Forgiveness – generosity of heart to forgive those who have hurt you in different ways.

There is a Sanskrit Sloka, the translation of which is: "O Lord, You are my mother. You are my father. You are my brother, my kinsman, my wealth. O God, You are my everything." For our understanding, we can interpret it as O lord, I see you in my mother, my father, my brother, etc. God is omnipresent. That means that he is present everywhere and in every being. He is present in people we love and respect as people he does not like. How do we see God in everybody? We can start by seeing only goodness in everyone. We should concentrate only on the goodness or good qualities of the people we meet, and not dwell on the bad qualities they may or may not have. We should be like the honeybee. When the honeybee is searching for nectar, it does not look at the thorns or leaves or branches, but only seeks out the flower with nectar, concentrates on the flower and goes straight for the nectar. It does not bother itself with anything else. Similarly, if we see only sweetness or goodness in people, then we will start seeing God in everyone. That is the beginning of true devotion. If this world is His creation, how can we see ugliness in it? How can we see anything but him in everything and everywhere?

Story: Namdeva

A long time ago in India in the state of Maharashtra, there lived a saintly man named Namdeva. He was very poor. He was not very learned in a bookish way, but he was very wise. He was a true devotee of Lord Vittala. He always used to pray to Vittala and sing songs about Lord Vittala's glory. He was very kind and full of love. He was always willing to do his best to help others without expecting anything in return. One day after working the whole day, he returned home to his small hut. After a bath, he started preparing his meal. He had only enough flour to make one roti (flat bread). As it was a very hot day, he decided to sit outside and eat his roti. After sitting down, he remembered that he had forgotten his ghee (clarified butter) inside. So, leaving his roti in the plate, he went inside to get the ghee. When he came out with the ghee in a small container, he saw a stray dog, which was nearby running away with his roti. When

Namdeva saw that he started running after the dog with a pot of ghee in his hand. When he came close to the dog, he said

"O Vittala, please wait. The roti is very dry. Please allow me to spread some ghee and then you can eat it."

Saying so, he poured the ghee from the pot onto the roti. Seeing that the dog was now eating roti with the ghee on it, he became very happy and started dancing and singing the Lord's glory. He saw only Vittala in that dog. For him, the whole universe was nothing but his beloved Lord Vittala. In one of his famous songs, he describes that "All the holy places are Vittala. All the workplaces are Vittala, God is Vittala, the act of worship is Vittala. My noble teacher is Vittala, my father, mother, brother, sister is Vittala. All creation is Vittala. I have found my Vittala; now I have no fear of birth or death or time. Everything and everywhere there is Vittala."

Group Singing:

Prema Mudita Manase Kaho Ram Ram Ram

Group Activity:

In groups act out the story of Saint Namdev followed by group discussion

Discussion:

1. What is the meaning of devotion?
2. What is surrender?
3. How can devotion be shown without attending church or temple services?
4. List ten qualities that Lord Krishna described as the qualities of a true devotee.
5. What is the significance of the prayer: O Lord, You are Mother....."?
6. How do we see God in everybody? What lessons can we learn from the honeybee?
7. Why is Namdeva a true devotee?
8. As a student, how can you practice devotion?

Life Application:

Write down one way in which you will practice devotion to God over the next week and note it down in your journal.

Students write poems/ personal experience which drew them closer to God.

Home Work:

Of the various types of devotion, remembrance of the name (nama-smarana) is best. In the Kali era (yuga), For next class present a story of one of the following saints which illustrates their devotion to God. Jayadeva, Gouranga, Tyagaraja ,Kabir, Tukaram Mirabai , Ramadas, Dhruva, Prahalad

Conclusion: You tube video showing Swami's letter on who is a true Sai Bhakta

<https://www.youtube.com/watch?v=IkKKfCyVyBU>

Swami on Devotion

Devotion is not wearing an ochre cloth or organising festivals or performing ritual sacrifices or shaving the hair or carrying water pot or rod or matting the hair, etc. The Lord will never judge you at any time on the basis of the religion or caste you belong or the precepts you traditionally follow. The real characteristics of true devotion are:

- (1) Having a pure mind (anthah-karana)
- (2) Uninterrupted contemplation on God, whatever be your profession in daily living
- (3) The feeling that everything is the Lord's creation and therefore One
- (4) Acceptance of all with equal love
- (5) Non-attachment to sense objects, and
- (6) Practicing true speech. Whoever you are, in whatever condition you may be, if you do not give room for dispiritedness, if you have no fear at all, and if you remember the Lord with unshaken faith and without any ulterior motive, all your suffering and sorrow will surely fall away!

- Prema Vahini, Ch 61

LESSON PLAN – 3

Sub-Value: Compassion

AIM: Each child will learn about compassion and how to express it. To make each child learn that all acts of charity/service must be carried out with love and compassion

AGE LEVEL: Group 2-3

SILENT SITTING: Teacher choice: silent sitting for 2-3 minutes OR Visualization of a peaceful scene OR Jyoti meditation

QUOTATION:

1. Compassion towards all creatures is the greatest virtue; willful injury to any creature is the worst vice. **-Baba**

2. One without compassion is a demon (danva). One with compassion is man (manava). With compassion and love, you can achieve anything. **-Baba**

Introduction

What is said about Compassion?

Compassion is when love is mobile and flows. Personal love is when love is not mobile but remains fixed on husband, wife, child, mother, father, brothers, etc. The joy one gets while promoting another's joy is incomparable. Your heart must melt in compassion when the eye sees another person suffering. That is the sign of a pure individual. The dull individual will be indifferent; he is too dull, too bovine to be affected. The passionate man will rush to punish the person who caused the suffering and might even forget to relieve the misery of the person affected! Callousness is the root cause of all the cruelty that defaces the divine Nature of man, in all the lands on the earth. Cultivate comradeship with the good; develop compassion for the distressed; foster the feeling of elation for the happy and prosperous; and deepen indifference towards the evil-minded. This is the ancient well – tried prescription for a calm, peaceful life. Love lives by giving and forgiving; Self lives by getting and forgetting. Love leads to expansion; hatred leads to contraction.

Story: 1

How St. Francis freed some doves

Long, long ago, in a small town in Italy, lived a boy named Francis Bernadone. His parents were very wealthy and Francis had everything he needed and more. The boy thought he would like to be a knight and go to war and have a horse and a sword. But Francis had a good and compassionate heart, and when he saw the suffering that was brought to people, he did not want to have anything to do with violence. As he grew up and saw how people had no compassion for the poor and the sick, he changed his mind about the kind of life he wanted to live. He gave away all his fine possessions and left his father's home to live as the poorest of the poor. He wanted to follow the example of Christ who also owned nothing and wanted only to serve and love others. St. Francis's heart shone with love and even the animals felt the power of his love. Once, in a village Siena, a boy caught several turtledoves in a snare, and he was carrying them alive to the market to sell them. But St. Francis, who was always very kind and compassionate, especially towards gentle animals and little birds, was moved by love on seeing the doves. He said to the boy who was carrying the doves: "Good boy, please give me those doves so that such innocent birds will not fall into the hands of cruel men who will kill them." The boy saw the kindness shining in his eyes and felt the love that St. Francis had in his heart; so he gave the birds to him. When the kind St. Francis had gathered them to his bosom, he began to talk to them in a very gentle way, saying: "My simple and innocent sister Doves, why did you let yourselves be caught? I want to rescue you from death and make nests for you where you can lay your eggs." St. Francis took them with him and made a nest for all of them. The doves settled in the nests made by St. Francis and laid their eggs and their young grew among the monks. They were so tame and familiar with St. Francis and the other monks that they seemed as if they had always been raised by them. They did not leave until St. Francis gave them permission, with his blessing.

Story: 2

Mother Easwamma

Easwamma, The Chosen Mother.

Mother Easwamma too had such noble desires. As Sai's glory began to spread far and wide, she Sathya Sai Speaks, Volume 33 108 108 came to Me one day and said, "Swami, I am pained to see small children of our village walking all the way to Bukkapatnam to attend school. Please construct a small school." Conforming to her wish, I established a small school. After some time, she wanted a small hospital also to be established here. She said she could not bear to see the mothers taking the trouble of carrying their children to Bukkapatnam for medical treatment. Accordingly, I got a small hospital built. The small school that I established has become a big university today. The small hospital that I constructed has become a Super Specialty Hospital (cheers). These mighty tasks could be accomplished as a result of the Sathya Sankalpa (noble wish) of Mother Easwamma and Nitya Sankalpa (Divine Will) of Sai. Her last wish was to provide drinking water to the village. She pointed out that the women had to take

great pains to draw water from deep wells, which had almost dried up. I immediately provided drinking water to the village. Now under Sri Sathya Sai water Supply Project, I have provided drinking water to the entire district of Anantapur. (From SathyaSai Speaks Volume 34)

Story: 3

Droupadi's Compassion

During the Mahabharata war, on a certain night, Aswatthama, the son of Dronacharya, slaughtered the Pandava children while they were asleep. Arjuna took a vow that he would behead Aswatthama. He told Droupadi that she could anoint herself with his blood as an act of revenge. He tracked down Aswatthama, tied him with ropes and dragged him before Droupadi. Will any mother forgive the one who has mercilessly slaughtered her children? But what did Droupadi do? Instead of cursing the evil doer, she fell at the feet of Aswatthama and said: It is at the feet of your father, Dronacharya, that my husbands have learnt all that they know. Being the son of Dronacharya, was it proper for you to kill my children? How could you have the heart to kill them, who were unarmed, young, quietly asleep, were not having any grudge against you, and were not contemplating any harm to you? (Telugu Poem) Consumed with fury, Arjuna was about to attack Aswatthama. Droupadi raised her hand and asked him not to kill him. She said: Oh Partha! It is not righteous to kill a person who is afraid or has lost courage, who is asleep or intoxicated, who seeks refuge or is a female. You should not kill Aswatthama, for he is your preceptor's son. (Telugu Poem) Sathya Sai Speaks, Volume 33 115 115. She said, "Arjuna, today I am crying over the death of my children. If you kill Aswatthama, just imagine what would be the plight of his mother! One should never cause grief to a mother. So, restrain yourself from killing him." But having taken the vow, Arjuna was bent upon killing him. She stood in front of Aswatthama and stopped Arjuna from going towards him. Bhima could not bear to see this. Exploding with anger, he roared: "Do not release him but kill him. If you do not do that, I myself will hammer his head with my powerful fist." Droupadi pleaded with him to forgive him: "Forgiveness is the highest virtue. It is the truth, righteousness, nonviolence. It is the heaven and everything in all the worlds." (Telugu Poem) Though the Pandavas were highly virtuous and brave, the spirit of compassion that Droupadi possessed was not found in them.

Discussion:

Pre:

1. Read quotations to children.
2. Explain the meaning of the words like 'vice,' etc.
3. Ask the children to explain in their own words the meaning of the quotation.

Post:

1. Why was St. Francis compassionate to the doves?
2. What did St. Francis do with his fine possessions? Why?
3. After St. Francis rescued the doves what did he do for them?

4. Did you ever find a hurt or helpless bird? What did you do?
5. Why did the doves stay with the monks after they were rescued?

Group Activity:

Ask the children to draw St. Francis holding the dove (As they imagine it was.)

Poem:

Love the Good you seen in All Lydia Worth and Ernst Krohr.

Love the good you see in All Love is gentle, Love is sweet. Love has willing hands and feet.

Love your work and Love your play. Love the goodness of each day.

Love the birds and Love the flowers, Love the fresh, sweet morning hours. Always Love to do your part.

Then you'll have a Happy Heart.

Group Singing:

Giving and Forgiving

<https://www.youtube.com/watch?v=h1Lu5ud>

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Life Application:

1. Note down one action plan that you will follow next week
2. Make a small gift to take to a hospital/seniors home as a part of family visit and write down how you feel after you made this offering .

Suggestions-

a) Feed Birds during the winter months when food is in short supply. You can help to feed the birds in your neighborhood. The simplest way is to save bread and baked goods that are being neglected by the family. Then, crumble them up and place them on the ground where the birds can reach.

b) Adopt a tree on your street. A healthy tree brings welcome shade to a street in the summer time. Unfortunately, due to lack of care many trees are in bad health. You can adopt a tree and take care of it by watering it regularly, removing garbage, weeds, etc.

LESSON PLAN - 4

Sub-Value: Friendship

AIM: To encourage a spirit of true friendship and to learn important aspects of friendship which help us form and keep relationships.

AGE LEVEL: Group 2-3

SILENT SITTING: Teacher choice: Silent sitting for 2-3 minutes OR Visualization of a peaceful scene OR Jyoti Meditation

QUOTATION:

1. Love God and make friendship with Him, and you are bound to be successful in all your endeavours. **-Sri Sathya Sai Baba**

2. The eternal nature of Divine Love, which is blemishless, selfless, and pure, alone stands the test of true friendship. When you enjoy the proximity of such a friend, you will be free from fear even in the face of insurmountable difficulties **-Sri Sathya Sai Baba**

Prayer:

Tvameva matha cha pitha tvameva , tvameva bandhuscha sakha tvameva,
Tvameva vidya dravinam tvameva, tvameva sarvam mama deva deva.

Introduction

One of the many forms of love is friendship. 'Friendship is the expression of unshakable love; love that is noble, pure, free from desire and egoism.' The basic foundation for

friendship is mutual trust, love, respect, caring and sharing. When we talk about 'friends', we tend to think of them as individuals belonging to the same age, group or sex. There is a tendency to think that a friend is an outsider, not from one's own family. Once we realize the meaning of a true friend, it will be clear as to why these comments are mere fallacies and we will be able to recognize friendships with our own brothers, sisters and teachers.

Friendship knows no boundaries. "Friendship must bind two hearts and affect both of them beneficially, whatever may happen to either: loss or gain, pain or pleasure, good fortune or bad. The bond must survive all the blows of fate and be unaffected by time, place and circumstances. Each must correct the other; each must welcome criticism and comment from the other; for each knows that they come from sympathy and love." A friend is someone who rejoices in our happiness, shares in our grief, encourages us in our

endeavor, trusts us whole-heartedly and appreciates our strengths. In a true friendship, there will be meeting of minds in the areas of basic principles or ideals of life. This does

not mean that a person who favors the Montreal Canadians cannot be a friend of someone who favors the Edmonton Oilers. It means that a friendship cannot last long between an honest person and a dishonest person. If the friendship did start, one of three things may happen to the relationship. The first possibility is that the friendship will terminate once two individuals realize how apart their attitudes in life are. The second possibility is that the dishonest person may change for the better. And the third and the worst possibility is that the honest person may follow the dishonest person and become dishonest. As you can see from these scenarios "Man always becomes good or bad by the company he keeps." This is the reason why we have to make sure that we choose the right type of friend. As Baba says, 'Learn the ABC. Avoid Bad Company. Always Be Careful'. We should be praying to God to bless us with the discrimination needed to distinguish between the good men and the bad. We should use the intellect given to us for such discrimination as well. In fact, people judge us by the friends we keep and therefore the saying 'Show me your friends and I will tell you who you are' came into existence. True friendship cannot be developed overnight. One has to understand the qualities of the person before developing the bond. It has to be developed gradually and carefully. Like any relationship, it gets stronger as you nourish it and put effort into it. If the friendship is formed with the intention of achieving a definite objective, it will last only as long as there is an objective to reach for. It will not be a permanent and true friendship. Also, bear in mind that it is not important to have many friends. It is the quality of the friendship that counts and not the quantity. In the story of Mahabharata, we see the combination of weakness and the strengths of friendship. The bond between Karna and Duryodhana has been described as a unique friendship. Karna was loyal to Duryodhana till the end. He resisted the temptation of joining Pandavas when he was given the opportunity. He fought on the side of Duryodhana till the end against his own brothers who would have accepted Karna as their king, if they had known of the relationship. He willingly sacrificed his life for Duryodhana. He was the embodiment of loyalty. On the other side of the coin, Karna showed blind loyalty towards Duryodhana. He did not use his discrimination to correct Duryodhana when he was on the wrong track. He could have avoided the calamity that befell Duryodhana. He felt that he was obligated to support his friend no matter how wrong he was. Given that Duryodhana did adore and respect Karna, perhaps he would have listened to Karna, had Karna tried to reason with him. At the spiritual level, true friendship has been given high importance even in our ancient scriptures. God is seen in the form of a father, mother, relative and a friend.

**'Thwameva Mathaa cha Pitha thwameva
thwameva Badhuscha Sakha Thwameva'**

Baba's teachings are also in the same direction. He asks us to treat Him like a friend, confide in Him like one would in a friend. He wants us to be a Radha or a Meera or a Jayadeva. He wants us to aspire to that blessed status of friend. He can be our constant companion sharing all our pains and pleasures and at the same time guiding us in the correct path. What relationship can be simpler to develop with God

than friendship? And, with His friendship, how can we ever go wrong?

Story: The Lion King

This is the story of 'Lion King', a popular cartoon movie. Mufasa is the Lion King of the Serengeti area called 'The Pride Land'. He is popular in the animal kingdom as he is a kind hearted and an effective leader. He has good influence on Simba, his infant son. Mufasa plays with him, and teaches him the delicate balance in life. He reprimands Simba when he visits the Hyenas 'cave along with his friend Nala, risking both of their lives. Mufasa also teaches Simba that 'to be brave is not looking specifically for trouble'. He assures him that it is okay to be afraid at times. Simba respects his father and feels that this father is 'his pal.' Scar is Mufasa's brother, who is cunning, but not brave. He wants to grab the kingdom with trickery and conspires with the Hyenas (born enemies of the lions) to make his dream come true. He tries to get Mufasa and his young cub Simba killed. He succeeds in getting Mufasa killed in an accident and makes Simba feel guilty of causing the death of his father and encourages him to run away. Simba is saved from death by a warthog called Pumbaa and a meerkat called Timon who becomes his

friends. In the meantime, with the help of hyenas, Scar controls the kingdom and under scar's reign, the forest deteriorates. The Lion clan is very unhappy under Scar's leadership. Nala, a childhood cub friend of Simba, runs away from the forest looking to find some sort of help and runs in to Simba. She tells him of the disaster that had befallen Simba's clan and requests Simba to confront Scar. At the same time, Rafiki, the baboon friend of Mufasa comes to know of Simba's survival and comes looking for him. He convinces Simba of his responsibility and duty towards the lion clan and also helps him to accept the reality of the situation. He also advises him to concentrate on the present instead of dwelling on the past events. Simba returns to recover his rightful kingdom. Simba's friends come along with him to provide support even though the devastated land does not seem to deserve the fight and they themselves are not strong enough to face foes like Hyenas and Scar.

Scar tries various means to retain his leadership. He tries to blame Simba for his father's death hoping that the lion kingdom will avenge Mufasa's death. Once the attempt fails, he tries to become friendly with Simba. He turns his back on the hyenas, who he once identified as his friends and used to secure the Kingdom. Now, 'his friends' have become his 'enemies'. In the struggle that follows, the hyenas kill Scar as soon as they realize his true colour and the lion kingdom is happy to have Simba as their appropriate leader.

Group Activity:

1. Identify various types of friendship that exist in the story and their corresponding strengths and weaknesses.
2. Which of the friendship(s) is true and lasting? And why?
3. Why did the Hyenas kill the scar who was meant to be their friend?

Group Singing: Rama Hare Sai Krishna Hare

<https://www.youtube.com/watch?v=rUSAI2FJNhI>

LESSON PLAN - 5

Sub-Value: Helpfulness

AIM: To encourage a spirit of caring and helpfulness and to learn that being caring and helpfulness in one's daily accomplishments and relationships is the way to happiness and achievements.

AGE LEVEL: Group 2-3

SILENT SITTING: Jyothi meditation

QUOTATION:

1. Love is selflessness and self is lovelessness- **Baba**
2. All service should be regarded as an offering to God, and every opportunity to serve should be welcomed as a gift from God. When service is done in this spirit, it will lead to self- realization. **Sathya Sai Baba**
3. Selfless service alone gives the needed strength and courage to awaken the sleeping humanity in one's heart.-**Baba**

Introduction

"God is Love and can be won only through the cultivation and exercise of Love. He cannot be trapped by any trick. He grants His Grace only when His commands are followed, to love all and serve all. When you love all and serve all, you are serving yourself most, yourself whom you love most". The quality of service cannot be measured by the amount of dollars you give out for a cause or the amount of time you put in a cause unless there is love attached to it. Definition of service depends on the needs of the receiver. Sometimes the needs are recognized by the receiver and sometimes they are not. Therefore it will be a good idea to remember certain guidelines when providing service so that the benefits of the service can be fully realized and not wasted. It should not be performed to satisfy one's ego and destroy another person's self- respect. For example, while you are playing with other children, your friend mispronounces a word. Before you try to correct her pronunciation, you should determine if she would be offended by your action at that moment. You may be better off correcting her at a later time when you two are alone.

The help you give should be appropriate. For example, your friend needs help with her homework. You should help her to do the work and not do the work yourself even though it may be easier for you to do so. Unless she does her homework on her own, she may not learn the subject matter and it will hinder her progress with her studies. It is important to

realize one's ability to perform the service. For example, a sick person can be given medication only by the qualified physician or a nurse, etc. We do not rush to find any medication from our medicine unit and give it to the sick person. If we do without knowledge about medication, we will only be harming the person instead of helping. One should also perform the service silently; it need not be publicized. It is said that what one hand does should not even be known to the other hand and the service should be selfless. One should not expect praise or reward. In fact, we should be thanking God for giving us the opportunity to serve. If one feels that he is forced to help, it is better not to help. When service is done naturally with love, it will lead to contentment and pleasure. We can see this feeling when we try to help a child who is learning to walk. The child does not ask for help and we do not expect an acknowledgement from the child when we do help. We do not interfere in her development and we give the hand only when the baby really needs it. This is the attitude and feeling we should try to get with everyone we serve.

Help need not be on a grand scale. One need not throw wealth to render service if one cannot afford it. Sometimes, the service could even be a smile. How often have we seen that when we are down for one reason or other, a small gesture or even a smile makes us cheerful? That was the exact service that was needed at that moment. As Baba says, 'No service is mean or low'.

When we see a person needing help, it is not up to us to judge whether a person deserves our help or not. If you feel he needs help and it is within your means to help, you should take action even if that person has harmed you before. While helping, one should always remember that it is done within our means. One should be reasonable and realistic in helping others. If there is

an exam and your friend forgot her book at school, there is no point in you giving away your book to her and thereby making a sacrifice. On the other hand, what you would do, is to study jointly will help her and will keep you out of trouble as well. We need to use our discrimination in order to be on the right path. It is important to realize that self-help is the first step towards 'service' and that 'Charity begins at home'.

When helping, we cannot impose our values on the receiver. For example, pretend you are helping the neighbour by taking care of her child when the mother is away. The mother has prepared the food for the child. When the child is hungry and you are about to feed the child, you notice that it contains meat. Your role at that moment is to help that child by giving the food prepared by the mother and not impose on the child your ideas of vegetarianism by serving the child something vegetarian. The child may not relish the food and will go hungry. When we talk about helping, it does not stop with human beings; it should also be extended to animals as well as plants. Everyone should realize the value of service. Baba says, "Service springs out of love and scatters Love in profusion. It plants a seed on a stone and is delighted to see it sprout. Plant it with Love, and the seed will discover Love inside the stone and draw substance there- from". By helping others, we are helping God in others. Service is a good deed and it will be rewarded whether we expect a reward or not. In fact, the pleasure we get when we help others is a reward in

itself. When real service is practiced, it will wipe out ego and let you attain the eternal bliss, 'Ananda'. Baba says, "Train yourself to serve God by serving man, in whom there is God installed in the heart. Convince yourselves that the seva of man is worship of God." Our ancient scriptures also emphasize "Manava seva is Madhava Seva" and hands that serve are holier than lips that pray".

Discussion:

How can children start helping others within their means?

- Start with self-help. Learn to do basic duties on your own without expecting help from the parents in such tasks as making up the bed, packing lunch, doing homework without reminders etc.
- Play with younger children thereby helping the younger children and the parents. Do it with happiness.
- Help parents at home with regular chores.

- Give up your seat in the bus or metro for the elderly, sick or pregnant ladies.
- Mend the library books at the Centre or at school
- Carry the school bags if a student is injured or needs help due to physical disability.
- Ask if a disabled person needs help before deciding to help
- Help in taking care of pets and houseplants.

Story 1: The Story of Terry Fox

Terry Fox was born in Manitoba and grew up in British Columbia. From childhood he was average in everything except in determination. He loved basketball. Although he was not very talented, he earned his place in the basketball team by sheer determination. After high school, he enrolled to study kinesiology, the study of human movement. The same year, he was diagnosed as having a rare bone cancer and his right leg was amputated. This was a big blow to Terry and his family and friends. However, after the initial shock, Terry amazed all around him by his positive attitude. When his coach showed him an article about a one-legged man, Dick Traum, who had run in the New York Marathon, he decided that he would run across Canada. While he was undergoing treatment the idea of 'running across Canada' grew and acquired a new purpose. Terry was deeply moved by the suffering and courage of other cancer patients he came across. He transformed the idea of 'Marathon of challenge' to a 'Marathon of Hope' to raise funds for cancer research. His goal was to raise one million dollars. As he began his biggest challenge in 1980, the 'Marathon of Hope' was gathering momentum. Many people across Canada various ages and beliefs were moved by the extraordinary determination of Terry and began their own participation in the event according to their abilities. Terry's friend Doug and his brother stayed with Terry supporting him during the run. Big companies like Ford and Imperial oil helped him with a proper van and gas for the trip. Children donated their allowances and even the inmates of a penitentiary raised \$900 by washing cars. Sports and Political celebrities gave all the boost they could, for Terry's morale and to the cause. Along with the support Terry got, he had to take criticisms from some who felt that he was being unrealistic and egotistical in taking up such a challenge. However, there were miles and miles of lonely roads Terry had to cover on his own without support from the public. Finally, his personal 'Marathon of Hope' came to an end in Ontario when the cancer started affecting his lungs. Terry had raised over 2 million dollars. Though his personal run ended, the fund-raising continued, as Terry had hoped and a nation-wide telecast was

arranged in the honour of Terry Fox and total raised was close to 25 million dollars. Congratulatory letters poured for Terry from far and wide and Terry lost his life to cancer in 1981.

September 13 has been designated as 'Terry Fox – Marathon of Hope day' in the honour of Terry Fox and on that day, many Canadians walk, run or jog to raise funds for cancer research. Inspired by his extraordinary effort, the service he started is continuing even after his death. The biggest service Terry had done for humanity is in raising the consciousness of so many Canadians towards human suffering. His service has now become multi-fold. The value of facing a challenge – Ann Donegan Johnson

Discussion:

1. There is a reaction to every action. What type of reaction do you see in this story as far as the idea of service goes?
2. How did the 'Marathon of Challenge' become 'Marathon of Hope'?
3. Even criminals are moved by selfless service and pure love. Comment
4. Some people felt that Terry, with his disability, was going beyond his means. If he did, what was the driving force behind that?
5. One can say that Terry used his weakness as his strength since a normal person may not be able to accomplish what Terry had accomplished. Does the story encourage you or discourage you from doing selfless service?
6. Do you feel that in order to serve, you should be part of a big process like Terry Fox was involved in?
7. Comment on how this story relates to helping

Other stories-

1. Greta Thunberg
2. Craig Kielburger
3. Ryan Hreljac
4. Mother Teresa
5. Malala Yousufzai
6. Abraham Lincoln
7. Rick Hansen
8. Mahatma Gandhi
9. Jesus Christ

Group Activity-

1. Debate-Hands that serve are holier than lips that pray
2. Think of scenarios that bring about qualities of service, caring and helpfulness at home, school, or elsewhere and act them out.

Group Singing:

Jaya Sai Guru Deva Sai Guru Deva
Guru Seva Bina Nirvana Nahi Jaya Sai Guru
Deva Tumhi Ho Matha Pitha Tumhi Ho Sai
Guru Deva Sathya Swaroopa Raha Dikhao
Sai Guru Deva Guru Seva Bina Nirvana Nahi
Jaya Sai Guru Deva

Life Application:

Write a note of at least on two occasions when you managed to tell the truth about helping someone. Share this in your next class.

LESSON PLAN - 6

Sub-Value: Inner Happiness

AIM: To appreciate why inner happiness is worth striving for and to appreciate and become aware of feelings about joy and sorrow. Learn to have empathy for others.

AGE LEVEL: Group 2-3

PRAYERS:

- 3 AUMS
- Vakratunda mahakaya surya koti samarprabha
- Gurur Brahma Gurur Vishnu
- Aum Sahana Vavatu Sahanau Bhunaktu

SILENT SITTING: Silent sitting 2-3 minutes Jyoti Meditation with standard prescribed commentary.

QUOTATION: Teacher choice- Reference – The Digest

Happiness doesn't come from attaining luxuries. It comes from attaining Inner peace.

-Anonymous

Open the gates of
wisdom, Tear the veil of
ignorance. Enter the
abode of Divine Bliss,
Rest in peace forever. **Sathya Sai Baba**

(Note for Gurus: Introduction, Study Guide and Conclusion is only for Group 3)

Introduction

The question arises, why should we want inner happiness as compared to outer happiness? The answer is that inner happiness is the only lasting happiness and in effect the only real type of happiness. How many times have we wanted some object or event to happen and told ourselves, "If I get it I would be the happiest person in the world, I would never want anything else!" Yet, not long after our attention has shifted to something else and what we thought was the most important thing in the world for us is soon totally neglected.

We can see this in the world of the rich and famous. They go on acquiring acquisition

after acquisition going for bigger objects each time; some even go as far as having their own personal zoo. What are they looking for when they do this? Happiness! Are they finding it in acquiring these objects? No! Otherwise their acquisitions would stop. Unfortunately, they don't realize that happiness cannot be found on the outside and therefore their life is constantly full of anxiety. It is full of anxiety because they do desperately want that happiness and they cannot find it. The most distressing part of all this is that some do realize that happiness cannot be found in material objects; but they falsely believe that drugs and alcohol will give them this happiness that they are looking for. Of the few that realize that happiness cannot be found through drugs and alcohol, there are some who turn to suicide. All of this, for what? For happiness!

Study Guide

The key now is to find out how we can attain true happiness. We now understand that it cannot

be found in the outside world. As for the rich and famous, though they seem to be happy, we just have to look at the problems they have with their marriages, drugs, alcohol, suicides and their understanding quest for bizarre acquisitions. They are probably the most unhappy people in the world. Their lives are really so full of unhappiness and misery! Now if happiness cannot be found in the outside world where can we find it? The answer is within! Inner happiness! What must we do to find this inner happiness? To answer this question properly we must understand what gives us unhappiness. We will list the main reasons:

1. When we don't get something that we want.
2. When somebody doesn't act towards us in the way we would like them to.
3. When events don't turn out in a way that we expected.

Examine the reasons and find the key words in them. They are, 'want', 'would like'. And 'expect'; all these desires and desires are the cause of all our unhappiness. It was easy to make

this last statement about desires but we must understand them to find the happiness that we are looking for. We will therefore examine each one:

1. When we don't get something that we want:

First of all, why do we want something that we don't have? Because we think it will give us happiness. Therefore, the key for this desire is to realize that the object will not give us happiness. Remember the last time that we acquired something and look at it now and ask yourself, "Do I consider this object as important as I did when I didn't have it?"

Nineteen times out of twenty the answer will be a big NO! So then, if the object will not really give us the happiness that we expect from it, do we really need it? The answer here is also a big NO! We must understand that we are influenced by so much publicity that wants us to believe that we need so many things to be happy, but we now know that it's not true. Let us curtail our desires for wanting things knowing that only by shrinking our desires will our happiness grow! Picture yourself lying under the sun on a soft green

carpet of grass and not wanting anything and being very, very happy. Very happy because you have found the happiness that was always inside of us! Understanding is one of the keys to gaining happiness.

2. When somebody doesn't act towards us in the way we would like them to:

Here we must understand that quite often we expect people to think and act like ourselves. Why should we? On the outside, we are all different; we have different levels of intelligence, we have different ideas, different problems, different upbringing and different cultures. We must ask ourselves, "Is it worth getting frustrated and anxious over something which the other person does not have much control over?" In effect, the other person may not have control over acting a particular way since it may have to do with the way they were brought up. She must therefore be patient and tolerant in trying to understand others. Patience is one of the keys to happiness and together with previously discussed "keys" we now have two keys, patience and understanding.

3. When events don't turn out in a way that we expected. Another cause of anxiety is when things don't turn out the way I would like. Examples are like when our grades in school turn out lower than we expected, or plans must be cancelled for some unforeseen reason, or we don't manage to get the summer job, which we desired, or, we don't get accepted in the college of our choice. Sometimes it's because we didn't try our best but there are other times when we did try our best but nevertheless got unsatisfactory results. Why is this so? There is an answer to this question but not many people are ready to accept the answer. The answer is that all the challenges in life are only there to help us advance in life. It is exactly like exams in school; they are difficult and challenging but necessary to be that way since it is the only way that the authorities can be sure that we are ready to advance to the next level. If we refuse to follow the authorities' standards such as the pass level, the date of exam and the material covered, we can never pass the exam. However, if we accept their standards and work to achieve them then we stand the chance of succeeding. Therefore, in life also we must surrender to the will of the higher authority. He knows what type of test, the time and the level of difficulty in order to what we will succeed with more ease at the next level of life. Just the fact being allowed to write the exam is a privilege in itself. If we don't pass we must rewrite the test until we succeed. In life also, we must pass through challenges and difficulties until we master them. Some may ask the question, "Why must we surrender". We must surrender because only when we are free from anxiety, will we be able to concentrate our efforts on mastering the subject matter. When we are free from anxiety, everything is seen and understood in a different light; our potential will be at the maximum. All challenges and difficulties will not be so anymore, they will be a pleasure.

Conclusion:

We now have the three keys: understanding, patience and surrender. It takes the three keys together to open the lock to get to the treasure INNER HAPPINESS. A wise man taught that the happiest person in the world was the one with no desires. That is because when you are

content you have no anxiety. We must understand that we cannot depend on objects, people and events to make us happy. We must be patient in the process and at some point in time to come to the realization that there is "Someone" in charge who has our best interests in mind. That "Someone", is God, by whichever name we call Him. It is important to note here that amongst the treasure of inner happiness there is also a very precious key. This key leads us to another treasure, "LOVE". When we are at peace with the treasure with the inner happiness, we understand desires and their roots, we understand our fellow human beings and we understand the Supreme Being, GOD. Anxiety exists no more! Therefore, when there is no more anxiety, what is there room for? There is room for nothing but love, precious, sweet, love. How can we exhibit anything but love when we have INNER HAPPINESS!

Story: 1

Three wishes of Mother Easwamma (How Swami fulfilled that, not only to Puttaparthi but to the entire world)

Story: 2

A Mother's Three Ornaments

There lived a young man with his widowed mother. Once they were invited to a marriage party in a rich man's house both attended it. The young man noticed that while all the ladies were wearing glittering jewellery, his mother looked very simple without a single piece of jewellery on herself. The thought bothered him a lot. Lovingly he said, "Ma! Now I am earning reasonably good money. It is my wish to purchase some jewellery for you. Shall I buy from the shop or shall I call the jeweler to our house so that you can explain to him your choice of jewels?" The mother smiled, and fondly putting her hand on his head, replied that she is content with all that she has, and that she needs nothing more. But the son persisted! At last she agreed and said, "Dear son! For a long time I have cherished three ornaments. But I know that these are not easy to make". The son's face lit up, "At last you have opened your heart. Why did you keep it a secret all these years? Please let me know what your wishes are!"

After a pause, and with concern and affection the mother said, "My son! Every day I see small children of our town travel a long distance to attend the school in the next town. To open a school here in this town would be my first ornament from you. A free medical centre in our town is the second ornament I would love to get from you. My third wish is to see an orphanage opened in our town for the orphaned and handicapped children." Looking at his mother with great admiration and immense love, the great son of the great mother got up, looked humbly at the mother and said, "Ma, from today, I will utilize all my wealth, and physical and intellectual prowess, to offer you these "Three Ornaments". Bless

me, my dear mother!"

Discussion:

1. What were the ladies at the marriage party dependent on for happiness?
2. Name some events that would make them lose this particular happiness, which they had.
3. Did the son have inner happiness? Why?
4. In the end, it seems that the son always did have inner happiness. Why would this be so?
5. The mother did have inner happiness. Explain what was behind her attitude that brought out this inner happiness. What were her motivations not to desire jewellery?
6. What advantage is there to have an attitude such as the mother's?
7. Would any of you like to have detachment such as the mother's? Why?

Group Activity Suggestions:

- Discuss the value of meditation & yoga as a way of calming the mind and finding inner peace
- Do a practice breathing exercise by asking them to take their pulse rates and then follow up with a series of relaxing breathing exercises and then take the pulse rate again.

This would be a real and tangible way to "prove" an aspect of inner peace--the pulse slows and our calm body and mind are at peace--is an idea they could connect to.

Life Application:

Make a "smiley" badge at home for each member of your family and ask for their help to make it. Choose one day when you will banish all grumbles and unhappy face and Smile by wearing the badge.

LESSON PLAN - 7

Sub-Value: Kindness

AIM: To teach the advantages of being kind and to understand how kindness can conquer anger, cruelty and hatred.

AGE LEVEL: Group 2-3

PRAYERS:

- 3 AUMS
- Vakratunda mahakaya surya koti samarprabha
- Gurur Brahma Gurur Vishnu
- Aum Sahana Vavatu Sahanau Bhunaktu

SILENT SITTING: Teacher choice: Silent sitting 2-3 minutes OR Visualization of a peaceful scene **OR** Jyoti meditation

QUOTATION:

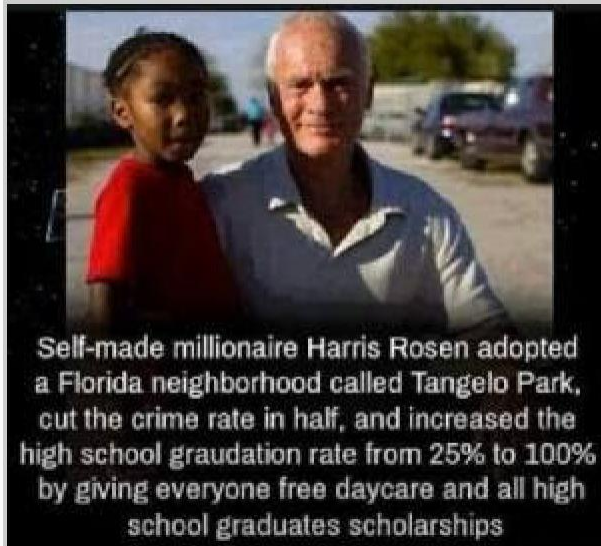
“The very word human or humane is used to denote kindness.” – **Sathya Sai Baba**

“Kindness is a language which the deaf can hear and the blind can see.” - **Mark Twain**

“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**

Story: 1



Harris Rosen with a young girl in Tangelo Park.

The purpose of our human life is to help others as best we can. Research indicates that those who consistently help other people experience less stress, enjoy higher levels of mental health, feel more connected to your spirit, feel more grateful for what you have and less invested in the 'rat race' that causes stress for so many of us. Religion begins with an obliging nature. Happiness begins from the moment we do something for others. I cannot see why on earth we are born if not to help others. Okay, there are times when we can't always do our best, but when we do, it is like a light going on.

I remember a sweet story from Sathya Sai Baba that dealt with this very topic. The story goes like this: A married couple asked him, what was the most important piece of advice he could offer. He replied. "To serve, it does not matter what your station is in life, as long as you help others. It does not matter what career you have, what house you live in, large or small, none of these material gifts matter. All that matters is how much you have loved and how much you have shared."

There are many times when people need our kindness and at other times we need kindness from others. To withdraw kindness from another person is like turning off the light."

Group Activity:

R.A.K- Random Acts of Kindness

Kids can maintain a journal about RAK and they show kindness in their everyday life. For example: Helping mom with the chores, open the door for the elderly people.

Story: 2

Kindness brings friendship

Once upon a time, there lived a very unhappy farmer. He was very rich and had all the material things he desired but he was never content, for he didn't have a single friend. He never had anyone to laugh with him when he was happy; he never had anyone to talk to when he had something interesting to say; and he never had anyone to share his sorrow when he was sad. All the villagers stayed away from him for he was a mean and grumpy man. One day, as he was sitting alone and having his supper, he heard a knock on the door, he saw a thin, poor-looking man before him. "Please Sir," the man said. "I have no food to eat and I am very hungry. If you could give me something to eat tonight, I shall repay you as soon as I can." The farmer, who had no kindness in his heart, was not able to sympathize with the poor man. "How dare you disturb my meal to beg from me," he thundered. Angrily, he scolded the poor man and returned to his supper, leaving the poor man empty-handed. A few days later, the farmer decided to go for a walk in the woods. He did not know the woods very well, but since he had no one to go with him, he had to go by himself. The farmer walked deeper and deeper into the woods and soon, it grew dark. To his dismay, the farmer was unable to find his way home. Suddenly, a very dim light caught his eye. As he drew nearer, he saw that it was the light of a candle from the window of a small cabin. "It is too dark for me to find my way home," thought the farmer. "I will pay the owner of this cabin for shelter and return home in the morning." The farmer knocked on the door and a man answered. Since the light was dim, the farmer did not recognize the man. But the man recognized the farmer. "If you could give me shelter tonight," the farmer began, "I shall pay you a large amount of money". "That will not be necessary," the kind man replied, "I shall be happy to help you."

The next morning, when the farmer awoke, he saw his host's face. To his surprise, it was the same poor man he had turned away a few days ago. The farmer was touched enormously by the man's kind gesture. "You have been so kind to a man who was cruel to you!" the farmer exclaimed and insisted on repaying the man. "The only way to repay me, is to make use of the lesson you have learned today and be kind to your fellow human beings" the wise man replied. The farmer followed his advice and was never lonely again.

Discussion:

1. What does kindness mean?
2. Why did material things not bring the farmer any happiness?
3. Why was the farmer lonely?
4. What was wrong with the farmer's reaction to the poor man?
5. Why would it not have been better if the poor man had acted revengefully?
6. Why should we be kind even to those who are cruel to us?
7. Why was the farmer never lonely again?

Group Singing:

1. Love is the Way, Love is the only Way

Love is the Road, Love is the Golden Road

Follow the Road, Love is the Golden Road

Step by step we'll walk to the Lord (2X) Step by step we'll reach the Light

2. Love is You - Love is Me

Love is We - together kindness and generosity

Sincerity together

Love Love Love - Love Love Love

Love is Light - Light within

Shining bright forever

Cleansing, everlasting - Glowing forever

Love is One - We are One

Everyone - together

Patience, inner happiness - Peacefulness together

Love is God - God is Love

We are Love - together

Giving and forgiving

Loving forever

Link to song: <https://links.sairhythms.org/cmRv>

Life Application: List one thing you do every week to help another person without seeking a reward. Ask yourself each time how was behaviour while performing the actions? Were you kind to others?

LESSON PLAN - 8

Sub-Value: Sharing and Caring

AIM: Children learn that sharing without expecting anything in return makes them feel good and happy.

AGE LEVEL: Group 2-3

PRAYERS:

- 3 AUMS
- Vakratunda mahakaya surya koti samarprabha
- Gurur Brahma Gurur Vishnu
- Aum Sahana Vavatu Sahanau Bhunaktu

SILENT SITTING: Teacher choice: Silent sitting 2-3 minutes OR Visualization of a peaceful scene OR Jyoti meditation

QUOTATION:

LOVE LIVES BY GIVING AND FORGIVING

SELF LIVES BY GETTING AND FORGETTING

- Sri Sathya Sai Baba

We make a living by what we get, we make a life by what we give.

-Anonymous

Introduction

Sharing is Caring Children will learn that sharing is an expression of love and concern for others. Sharing with the needy without expecting anything in return is a righteous action, which reduces ego, selfishness, jealousy, and greed. When I have something and I give part of it to you, that means, I am sharing that particular thing with you, right? Why should

we share/Why not keep everything to ourselves? Because you must; your inner consciousness asks you to do it and because you get joy out of it.

Suppose you are in the school cafeteria. Your lunch box is full with a sandwich and other goodies. A student in your class is sitting two tables down from you. Either he has forgotten to bring his lunch or he has no money. Do you think you should eat your lunch all by yourself? If you are selfish and greedy, you will, but if there is love in your heart, then you will share your lunch with him. He will be very happy that someone cares for him and expresses love by sharing lunch with him. Even if he does not accept it, you will still have the satisfaction and happiness within knowing that you tried. It is best to share food with the hungry, because the gift of food is the noblest of all gifts.

Our parents ask us to share goodies, toys, and games with our brothers and sisters. But we should not stop at our immediate family. We are all children of the same God, so in that sense, we are all brothers and sisters. Baba lives in everyone's heart, so when we share our things, our time, our money, without expecting anything in return, and make them happy, we are really making Baba happy. If someone sitting next to you is in sorrow, can you really be happy? When you share your time, the relief you give to the sick and sad reaches Baba. Share your knowledge with the ignorant by teaching them. Share your wealth with the poor and hungry and thirsty. But when you share, do not expect a reward in return, not even appreciation or gratitude. Share with love, intelligence, humility, and efficiency. While sharing, speak softly and sweetly. No one is small or low. See Baba in all. Each act of sharing is a flower placed at the Lord's feet.

Story: 1 Eknath

It had not rained for two years in the state of Maharashtra. Lakes, wells, tanks, and even small rivers dried up. Without water, plants had withered. Many animals moved to far off places in search of water.

Eknath decided to go to Benaras on a pilgrimage to Varanasi and pray for rain. Those were the days when there were no trains or buses. Eknath walked all the way to Varanasi. He took a dip in the river Ganga and prayed at the temples. A kind saint told Eknath that he should carry the waters of the holy Ganga to his village and pour it on the Shivling in his village temple. Then it would rain. Eknath thanked the saint. He filled a vessel with the waters of the Ganga and left for his village. It was a long walk back home. As Eknath neared his village, the villagers heard that Eknath was bringing the Ganga to bathe the Shivling of the village temple. A huge crowd joined him.

Eknath was about to enter the village's Shiva temple, when he noticed a donkey. The animal appeared to be ill. It swayed and fell right in front of the temple. Eknath could see

the poor animal was gasping for breath and that it badly needed some water to drink.

Eknath looked at the Shivaling in the temple. He looked at the donkey. Chanting the name of Shiva, Ekanath lowered the vessel he was carrying on his shoulder, and poured water into the donkey's open mouth. As the water went in, the donkey got some strength to stand up. It looked up at the kind man who had offered it water.

As Ekanth gave more water to the animal, the temperature dipped. A cool breeze blew and then it started raining!

Eknath, they say, brought rains to the village.

Note: Saint Eknath (16th century CE) was a devotee of Panduranga Vithala of Pandharpur. He composed the Bhagavata Purana in Marathi. He is known by the name 'Eknath Bhagwat'.

Story: 2 HIS STORY (Sathya Sai Baba's Life)

https://media.radiosai.org/journals/vol_12/01JUN14/HIS_STORY_COMIC-part-04.htm https://media.radiosai.org/journals/vol_13/01APR15/His-story-comics-chapter-19-02.htm

Story 3: A Successful Christmas Play By Paroni Broker, Age 13

There once were two classmates, named Helen and Della. Della came from a rich family, while Helen's father died a long time ago and her mother made just enough to make ends meet. But most importantly, they were both good students. There was never any unhealthy competition, and they were always willing to help solve each other's problems. Helen and Della were both conscientious, loving, sharing and caring of others. In spite of being beautiful as well as "A" students, Helen and Della were not egoistic in their behavior. That was their modesty, the Godliness in them. Because of these qualities in them, they both maintained an honest friendship with each other.

During Christmas time, the school was arranging an entertainment program, which included a play. All students, including Helen and Della, who wanted to take part in the play gave their names to the teacher. Della and Helen both

wanted the lead role. The next day, Helen was selected for the lead role. For a moment, Della was disappointed, but because of her love, concern, compassion, caring and understanding for others, she congratulated Helen. But a problem rose for Helen, when she found out that she needed to have an expensive dress to play the lead role. Knowing her family's financial situation, Helen did not want to ask her mother to buy her a new dress. She also didn't want to ask or borrow anything from others, since she was always satisfied and content with what God had given her. When Della came to know about Helen's predicament, she immediately gave her one of her pretty party dresses saying that the dress would fit Helen perfectly, that it is just right for the role, and that Helen would look beautiful. Helen was in tears of joy as her heart filled with love for her friend. The memory of this kind gesture would last a long, long time.

Discussion:

1. What qualities were common between Della and Helen?
2. What did Della feel when she heard that Helen got the lead role and not her?
3. Why didn't Helen think of borrowing a dress when she did not have one of her own?
4. When Della came to know Helen's problem, what did she do, and why?
5. What did Della gain by lending her beautiful party dress to Helen?

Moral:

Sharing with the needy is righteous action. Sharing does not wait for any particular age. Baba says sharing with love can be cultivated from early childhood.

Group Activities

1. Human Knots

It is always fun to watch our older students work together to solve a problem. This game is geared towards helping students work together and problem solve, while at the same time, have fun! There are so many variations to the game. You know your students best – add in or change it up!

Students are to get into groups (between 6-8 people; you may also choose to form the groups) and form a large circle. They are to stand within the circle, crossing arms at the wrist. Next, they are to grasp hands with 2 different people across from

them. Students must now work together to try and untangle the knot without letting go of any hands. Once they have untangled themselves, and are still holding hands, encourage them to lean back, balancing their weight and try to sit down, then stand back up again as a group. As an added challenge, depending on age, grade or level of confidence, have each of the groups race.

2. The Line Game <http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=6850>

Divide the class into 2 large groups. Have each group stand at opposite sides of the gym. The goal is for students to work together to move their entire group from one side of the gym to the other. They are to do this by only walking along the lines marked on the gym floor. The lines must connect. Students are not allowed to jump from line to line. They may move backward, forward or side to side. But, once they pass the mid-court line, they are only allowed to move forward or side-to-side. To add a twist - the mid-court line is the safety line! All students are safe there; however, if the students' path is blocked once they are on the opposite side, they are to step off to the side and go back, only to start all over again. A student is never out of the game until they have successfully crossed to the other side. The first team to have all its members on the opposite side is congratulated! Remember, students begin at the same time and move as individuals; however, they work together as a group, encouraging one another as they move along. They are each working towards the same goal – getting to the opposite side!

Materials: Activity to be played in the gym with a number of overlapping floor markings (basketball & volleyball courts)

Group Singing:

1. Don't Worry, Be Happy For Baba
Loves Us So Illusions Are Many But
Underneath Them All There Is One
Reality That You And I Are One
That God Is Love And Love Is God And God And Man Are One

<https://sairhythms.org/sites/default/files/pages/songs/recordings/published/DontWorryBeHappy.m4a>

2. Gajanana Hey Shubhanana

Gauri Manohara Priya Nandana

Pashupathi Thanaya Gajanana Parama Niranjana Subhanana

<https://www.youtube.com/watch?v=e1SLOQQtluw>

Life Application:

Keep a notebook for a week and write.

1. What kind of things do we share with each other?
2. How do we feel when we share and care?
3. Who are the people who care for us and whom do we care for?

LESSON PLAN - 9

Sub-Value: Sincerity

AIM: To understand sincerity is to be honest in mind. The quality of being open and truthful and not deceitful or hypocritical is also sincerity.

AGE LEVEL: Group 2-3

PRAYERS:

- 3 AUMS
- Vakratunda mahakaya surya koti samarprabha
- Gurur Brahma Gurur Vishnu
- Aum Sahana Vavatu Sahanau Bhunaktu

SILENT SITTING: Teacher choice: Silent sitting for 2- 3 minutes OR
Visualization of peaceful scene OR Jyoti Meditation

QUOTATION:

“If you have no Shraddha (Sincerity, earnestness), you cannot achieve anything, whatever other qualifications you may have,” Sathya Sai Baba

Introduction: Why is Shraddha so important, I asked my Inner Self.... Because Sincerity is both the flint and the fuel of self-creation, the spark and the sustaining energy. Once initiated, it is a fire, a force, of concentration, and whatever the mind concentrates on strongly enough it creates. Sincerity is powerful because it is pure—it is unalloyed choice, it is unblotted honesty, undiluted by half measures or partial intentions that are always inherently feeble—Sincerity is powerful too because in the face of immensity, it is humble, that is, open to suggestion and expansion.

Have you ever tried anything half- way? There’s no energy in it. Ever been half sincere? There’s no force in it.

The human is often a tangle of compromises and false starts, second thoughts and second guess, where thought, word and deed are sometimes so inconsistent they suggest a bipolar disorder. When thought, word and deed are at odds, Sincerity always suffers. When someone says, “a part of me would like that,” you know some other part wouldn’t, and you also know the other part has diluted the Sincerity. You hear, “Well, I’m half inclined....” Where is Sincerity there?

Sincerity is the guarantee of every virtue, the seal of genuineness. What strange beast would be aspiring without Sincerity? How could insincere receptivity exist? (perhaps someone on a cell phone pretending to listen to you), or how could insincere equanimity exist? (perhaps someone pretending to be calm while seething within). What is insincere openness but close-mindedness? Or insincere willingness but unwillingness? Or insincere gratitude but flattery or deceit? How could real courage be insincere? Or true love be insincere, bogus? Insincere attention to one’s workers or students or children is a variation on indifference, carelessness, even callousness. Sincerity makes every virtue genuine.

Sincerity walks with truth, for it is the answer to your heartfelt questions. It automatically promotes faith in the truth, for the truth it finds. Sincerity is a simple pureness of motive, the honest wish to know more, to be more. Conniving and scheming and cleverness are not in its nature. It is like the innocence of a child sleeping in the arms of its mother, or the undivided earnestness of a youngster learning the craft of his father.

The four types of relationships:

1. With a mother/father

The relationship with our parents is the first major relationship in our lives. How can we infuse this relationship with sincerity? Before we attempt to answer, we must remember that sincerity stems from a feeling of oneness and oneness implies unselfishness. Therefore, the question may be: how can we create a feeling of oneness (Unselfishness) in the family?

There are two roles in this relationship and the brunt of the responsibility lies on the parent role since children are products of parents.

Role of parent: A parent must understand that their children are a product of themselves! Their children need their time, affection, touch and love. They are no objects that are acquired due to some faint understanding that children must be had without knowing really why. Though the children may not always show it (or maybe they do but the parent is too busy to notice), they look up to their parents and often yearn for their advice. Parents must wake up and not fool themselves that they have to work long hours to support their family and instead consider that maybe they are really doing it for themselves! Parents must pay attention to their children's needs when they are preoccupied or sad. The children must be talked to and taught to open up rather than close up. Parents must ask themselves whether they are giving more importance to themselves and their needs while ignoring the children and their needs. A parent must always remember that the children are never too old for the parent to show them their affection.

Role of child: A child must understand that when there are differences of opinions, that the parents have many experiences in life and may be more apt to make objective decisions that in the long run will benefit the children. However, parents may be unreasonable sometimes and children must understand that their parents received much conditioning from their own parents. The parents really do love them and are proud of them when the children attain certain accomplishments; even if they don't show it. Children should talk to their parents and be tolerant if the parents don't respond, as they would like. The parents may not be used to opening up while setting aside their "conditioning". Children should persevere and not give up on their parents and they must remember that they are never too old to show affection to their parents.

For both parents and children: once the channels of communication are open and they are both ready to put aside their own selfish agendas, there will be one big stream of love permeating the family. There can be no love without sincerity and no sincerity without love.

2. With husband/wife

How can we create oneness in a husband/wife relationship? We can create it through sharing. There should be no such thing as my car, your car, my bank account and your bank account. If we are re-occupied with our own personal

possessions how can we be sincere with our parents? Can we be sincere with our partner if while discussing a certain expense we are concerned about not diminishing our “own” financial reserves. There should be no such thing as mine and thine! The agreement in marriage is that we should be joined as one and that means everything! If the seed is bad the fruits will be bad also!

3. With a friend

How many times do we feel the need to impress our friends or vice-versa? When this happens, do we have the right to claim ourselves as being someone’s friend; or, if it’s the other way around, are these people really our friends? A true friendship is infused with sincerity. In a true friendship there is no occasion for pride nor humiliation.

We have seen in the world around us that in a true friendship there is no colour, no race, no religion, no language, no rich, no poor, no strong and no weak. We can now confidently say both true friendship and sincerity stem from a feeling and that there cannot be friendship without sincerity. Again we may ask, is this feeling, which knows no boundaries and is the indicator of a true relationship? There is only one answer and that is LOVE!

4. With yourself

What does it mean to be sincere to yourself? As per the previous analysis it is clear that sincerity implies, amongst other things, fearlessness and courage. Therefore, when we are sincere to ourselves one major testimony is the ability to recognize and admit our faults. There should be no attempt to conceal to ourselves our shortcomings. This ability adds such purity to our character that the faults easily dissolve away. Once this happens our heart is borne away with no more barriers to stop the ocean of love within. We have reached the goal of life, which is the attainment of oneness with the universe. As mentioned, oneness implies equality, which in turn implies LOVE!

Conclusion:

The fourth type of relationship is also the highest stage in applying sincerity in our lives. Though the first three types are somewhat tainted with the ego (my parent\child, my husband\wife, and my friend), the last has no taint of the ego whatsoever.

Story: 1

<https://www.youtube.com/watch?v=mfXZU2wzi>

Story: 2

A song of sincerity

Akbar, the great Mogul emperor, was happy whenever Tansen, his court musician, sang. When Tansen sang in tribute to the clouds, clouds thickened in the sky; when he sang in tribute to the rain, showers of rain fell. Akbar was very proud that he had, in his court, a musician of such eminence.

One day, however, while he was engaged in prayer, Akbar heard the distant music of Haridasa, a wandering minstrel, a beggar singing to the tune of a single-stringed instrument he held in his hand. Akbar was thrilled, enchanted and deeply moved.

He asked Tansen why the song appealed to him more than all the songs Tansen sang in the court. Tansen replied, "Lord! I sing looking at your face to see any sign of appreciation in the hope that you will give me a few gems or some acres of land. He sings looking at the face of God, with no greed for material wealth or ambition for earthly goods. That is the difference.

Discussion:

1. There were three different relationships in the story; master\servant, Servant\master and devotee\God. Of the three characters in the story, explain how each displayed sincerity to their counterpart.
2. In each of the relationships, was there love exhibited by each character to their counterpart?
3. If there was no love, how would each of the characters have reacted?
4. In the story, sincerity was the hallmark of a great emperor, a great servant and a great devotee. Was their greatness due to their sincerity or was the sincerity due to their greatness?

Clue: In the introduction, what is the direction implied for sincerity to exist.

Note to Gurus: Gurus can talk to kids on how they can show Sincerity by coming to SSE on time or informing the Guru promptly If they cannot come to the class, coming to the SSE class with full preparation (doing Spiritual dairy, bringing a notebook, pencil and an eraser etc)

Group Singing:

At Your feet dear Lord we pray, grace us with Your love this day

Sai Baba, Sai Baba, You are Krishna, You are
Rama O Baba, O Baba, You are mother, You
are father

All names, every form, all that was and will be
born You are all names, every form, all that is
forever more

<https://www.youtube.com/watch?v=BHSA2CAbknQ>

Life Application:

Students should write in a note- book any act of charity/service he/she has done with sincerity, love and kindness. Share this in the class.

LESSON PLAN - 10

Sub-Value: Sympathy and Kindness

AIM: To understand that sympathy is really an expression of love

AGE LEVEL: Group 2-3

PRAYERS:

- 3 AUMS
- Vakratunda mahakaya surya koti samarprabha
- Gurur Brahma Gurur Vishnu
- Aum Sahana Vavatu Sahanau Bhunaktu

SILENT SITTING: Teacher choice: Silent sitting for 2- 3 minutes OR
Visualization of peaceful scene OR Jyoti Meditation

QUOTATION: Teacher choice



"Engage yourselves in Service activity. Consider social service as service to God. This is the best way to earn God's Love. Love all and serve all. Your entire life will be sanctified thereby." - **Sathya Sai Baba**

Introduction

What is sympathy?

Does sympathy have to do with sharing our good humour with another, being pleasant and well liked?

Does being sympathetic involve behaving properly with others, taking into consideration their needs and feelings?

When people look upon you with positive thoughts, knowing that you are a caring person, does that have anything to do with sympathy?

Are you being sympathetic when you console a person when they come across difficult times?

Is sympathy when you have pity for someone?

The answer may seem simple but depending on a person's background, different answers can be given to the main question. However, the answer is one and only one. Water is called by many names depending on our language but regardless of the name we call it is all the same water. The same with sympathy; different people look at it in different ways but it is really one and the same.

Before we answer the main question, we will look at the roots of the word, "sympathy". Its originates from the Greek language: 'syn' meaning together, and 'pathos' meaning feeling. So the true meaning of the word is together-feelings or the sharing of feelings. Let us go back to the sub-questions; every one of them has to do with the sharing of feelings! When we are pleasant to

others we are sharing because we are thinking about them. When we share with others, people like us because they feel touched deep inside that we have as high regard for them as we have for ourselves. Consoling and having pity for another is sharing too since we take upon ourselves some of their hurting.

In some community's sympathy is used only in regard to positive feelings such as liking, being well – liked, being pleasant and becoming friends with others. In other communities it has other uses such as, consoling another and having pity. How amazing it is, that a word that has only one meaning is used in so many different ways? We shall now learn another amazing thing and that is that sympathy is not a word! No! It is not a word!

What is it then if it is not a word? As mentioned, sympathy has to do with sharing our feelings, all our feelings, and this is a state of being, a very, very beautiful state of being. It is LOVE, it is LOVE, and it is LOVE. It is LOVE, LOVE, and LOVE.

Love is that which emanates from human being. When the child is born, the first love the child receives is from its mother and then from the father. The child gives love in return; the child's love is innocent and it loves everybody. It has no hatred, anger or jealousy. We should develop love of this nature, which will eventually lead us to a very peaceful state.

Everyone should have love towards human beings and animals. One of the forms of sympathy of sensitive nature is when we see somebody getting hurt. Whether we know them or not we still feel sorry for them and try to help them, thus expressing our sympathy. Some express sympathy through words only. However, the sympathy, which is true to sharing our feelings, is that which involves our words, hands and our heart. This is true LOVE! In sharing we are one with the other person, we are happy and they are happy. Let us now try to understand one of the forms of sympathy through a story.

Story: 1

https://media.radiosai.org/journals/Vol_06/01APR08/02-chinnakatha.htm

Story: 2 King Chibi and the Eagle

Once there lived a king called "Chibi". He was a powerful and pious king. One day the king was taking a walk in his palace garden when suddenly a pigeon came and sat on his hand seeking protection from an eagle. The eagle was circling and trying to distract the king to make him let the pigeon go. The king realized that the eagle was after its

prey. The king asked the eagle to let the pigeon go and he would give the eagle something else in its place. The eagle did not agree and told the king that if he wanted to protect the pigeon he must give the flesh from his body equivalent in weight to that of the pigeon. To this the king agreed.

The king called for a knife and cut his flesh from his thigh equivalent in weight to that pigeon. Due to the king's action, the eagle was happy, the pigeon was happy and the king himself was happy. Thus was the sympathy and deep love of the great king Chibi who gave flesh and blood from his body to save the life of a bird from certain death.

Questions:

1. Did the king sympathize with the pigeon, the eagle, or both?
2. Knowing that sympathy has to do with sharing of feelings, did the king share with the animals' feelings of joy or suffering?
3. There are two other feelings, which the king shared with the animals.

Note for Gurus to talk about the Sathya Sai Baba

WHAT SATHYA SAI BABA SAYS ABOUT SERVICE

A person should strive to use every talent and skill they have, not only for their own benefit, but for the benefit of the whole world. Understand that society is the source of whatever pleasure one derives and whatever wealth one achieves in life. We owe everything to society and should be grateful to society for all that we receive from it. We must repay this debt by helping at least as many people as we can. With a genuine keenness or readiness to serve others, one can attain happiness in any group or community, and the very eagerness to serve others will endow you with the power and skill necessary for the required service. Nowadays, we tend to regard it as derogatory to serve, but there is great worth in service. People have become so selfish that they no longer care for others, or anything other than their own welfare. When one constantly thinks only of one's own body, one's own family and one's own comfort, one is a truly selfish person. The only way to cleanse such hard-heartedness is through service to humanity.

Only selfless service can encourage a person to reach the higher state of humanity. Selfless service alone gives the needed strength and courage to awaken the sleeping humanity in one's heart. All service should be regarded as an offering to God, and every opportunity to serve should be welcomed as a gift from God. When service is done in this spirit, it will lead to self-realization.

Engage yourselves in service activity. Consider social service as service to God. This is the best way to earn God's Love. Love all and serve all. Your entire life will be sanctified thereby. The ideal of service has the ability to remove the ego; it promotes love and affection; it takes one away from worldly attachments and puts one on the path of the Divine. It can give widespread pleasure and happiness for all mankind. In fact, service is the first step along the spiritual path, for "*service to man is service to God.*"

Great importance is given to service in the Sai Organization. All office-bearers and active workers pledge themselves to show their love for God by serving their fellow-man, for at least 4 hours a week. Some of

this time may be allotted to performing the many duties required for the efficient working of the Sai Centre itself, but some of it should also be for service to the society at large. Both aspects are important.

Service has been defined as "Love made manifest". Baba repeatedly asks us to expand our hearts to include all humanity. He tells us that to care only for our own interests and those of our families is a constriction of our heart. Such constriction eventually results in loneliness and unhappiness -- as indeed we can see all around us, for it is the malady of the present age.

The cure that Baba has given us for this malady, is service. Service slowly and steadily broadens one's heart, bringing with it an unexpected feeling of happiness, and it begins to transform the community around us as well. The service activity which one may, at first, have started with a certain reluctance, soon becomes a labour of love: one's heart has broadened to include others; and the more people one loves, the happier one becomes. This is a spiritual truth that we need to re-discover. Our service will have benefited others, but it will have benefited us also.

Baba tells us that when we serve another, we should remind ourselves that we are serving the Divinity within that other. This is something that we frequently forget, for it needs a very big mental re-adjustment. Don't worry about it -- just serve! But the very least that is demanded of us in this context is to RESPECT the person we are serving. That includes respecting their beliefs; in fact, it means reaching their spiritual Self through their beliefs, not ours. It means putting oneself in their shoes; cheering them up if possible, but seeing things from their point of view. You are merely God's instrument and you are NOT an emissary of Sathya Sai Baba.

Source: <http://www.sathyasai.org.nz/SERVICE.htm>

Group Activity;

Ask the children to discuss the difference between empathy and sympathy.?

How does it feel when someone is not sympathetic to you?

In what circumstances would you be sympathetic and why? Describe scenarios in real time.

Group Singing:

At Your feet dear Lord we pray, grace us with Your love this day

Sai Baba, Sai Baba, You are Krishna, You are Rama

O Baba, O Baba, You are mother, You are father

All names, every form, all that was and will be born

You are all names, every form, all that is forever more

LESSON PLAN - 11

Sub-Value: Tolerance, Forgiveness, Understanding

AIM: To recognize the causes of intolerance, and to encourage the practice of accepting differences. To also encourage that forgiveness and understanding will give us strength and wellbeing.

AGE LEVEL: Group 2-3

PRAYERS:

- 3 AUMS
- Vakratunda mahakaya surya koti samarprabha
- Gurur Brahma Gurur Vishnu
- Aum Sahana Vavatu Sahanau Bhunaktu

SILENT SITTING: Teacher choice: Silent sitting for 2- 3 minutes OR
Visualization of peaceful scene OR Jyoti Meditation

QUOTATION:

Goodness, compassion, tolerance – through these virtues one can perceive the Divinity in oneself and in others. Softness of heart is often condemned as weakness, cowardice and want of intelligence; they say that the heart has to be hardened against pity and charity, but that way lies war, destruction and downfall. Love alone confers lasting happiness and peace. Sharing can alone reduce grief and multiply joy. People are born to share, to serve, to give and not to grab.

- Sri Sathya Sai Baba

“Man is inherently divine; he ought therefore to demonstrate in thought, word and deed the divine attributes of Love, Tolerance, Compassion and Humanity. God is Truth; man, too must live in Truth. God is Love; man too must live on Love, eschewing Anger. Master hatred through Love; master anger through sweet Tolerance.”

- SSS 8:34; 187

Introduction:

Intolerance normally leads to us being irritated or angry and often has to do with something somebody does which we do not approve of. We get irritated or angry because we were at first quite satisfied with a situation, we were in but then somebody does something to affect that situation.

Example1: We are reading a book, which interests us, but then someone comes and starts talking to us. We are not too interested in talking to that person and prefer reading a book. The person continues to attract our attention and we then get very irritated. The irritation came about because we could not tolerate the other person taking our attention away from our book. Do we try to think of why this person came to talk to us? Do we try to think that maybe this person needs someone to listen to him? Do we try to think that maybe this person needs someone to listen to him? Do we try to think that maybe we can help this person and maybe end up doing a good deed? Obviously not if the person irritates us! Whom are we thinking of if we get irritated? Ourselves!

Example 2: when we make a peanut butter and jam sandwich, we like to put the peanut butter first and then the jam, but somebody we know likes to put the jam first. Does this ever irritate us!!!

Example 3: In the refrigerator we always put the milk on the top shelf but somebody else in the family always puts it on a lower shelf. Does this make our hair stand up on its end or what!!!

In all the examples given we can find additional ones with regard to things that we do differently from other people and expect them to tolerate us. It is not true that when we do things, we think it quite natural and acceptable and would probably get upset if we knew that others would be intolerant of our actions? Does it make sense to expect others to tolerate us but for us not to do likewise? When we are intolerant it is because we think that we are faultless and others are not; isn't it a major fault when we fail to see our mistakes and only see those of others? This is even more true, when others are not at fault but only different! Isn't it shameful for us to be so hypocritical? Let us be brave and strong and let us be tolerant of other human beings with whom we share this earth. We all have our different habits, languages, colours, culture and so on. Let us live in peace and harmony in accepting others as we expect them to accept us.

Story: 1

Hussain the intolerant

This is a story of Hussain, the son of Rabbia Malik of Persia (now Iran). Hussain used to rise early and go to the mosque for prayer with great diligence and devotion. When he came back, he found the servants of the house still sleeping on their mats and he grew wild at them; he swore and cursed at them for neglect of religious duties.

Then his father chastised him. He said, "Son, why do you get angry with those poor souls who are too tired to wake up early? Do not wipe off the good results of your adherence to the rule of God by falling foul of these innocent slaves. I wish you would much rather rise late and abstain from the mosque, for now you have grown so proud that you are more religious than others and you dare blame them for faults for which they are not themselves responsible".

Questions:

1. For what reason was Hussain intolerant towards the servants?
2. Hussain felt that the servants were neglecting their religious duties and therefore committing sin. Was Hussain free from sin? If not why?
3. If Hussain understood his servants, for what reason would he not be upset at the servants sleeping in the mornings?
4. To not be like Hussain, what should we do before we show intolerance towards another?
5. Was Hussain's father tolerant? Was he free from anxiety? Does being tolerant and being free from anxiety have any relation?

Story: 2

THE GIFT OF INSULTS

There once lived a great warrior. Though quite old, he still was able to defeat any challenger. His reputation extended far and wide throughout the land and many students gathered to study under him.

One day an infamous young warrior arrived at the village. He was determined to be the first man to defeat the great master. Along with his strength, he had an uncanny ability to spot and exploit any weakness in an opponent. He would wait for his opponent to make the first move, thus revealing a weakness, and then would strike with merciless force and lightning speed. No one had ever lasted with him in a match beyond the first move.

Much against the advice of his concerned students, the old master gladly accepted the young warrior's challenge. As the two squared off for battle, the young warrior began to hurl insults at the old master. He threw dirt and spit in his face. For hours he verbally assaulted him with every curse and insult known to mankind. But the old warrior merely stood there motionless and calm. Finally, the young warrior exhausted himself. Knowing he was defeated, he left feeling shamed.

Somewhat disappointed that he did not fight the insolent youth, the students gathered around the old master and questioned him. "How could you endure such an indignity? How did you drive him away?"

"If someone comes to give you a gift and you do not receive it," the master replied, "to whom does the gift belong?"

Questions

What do you understand from the story?

Have you experienced similar situations at school or anywhere else?

What will be your reaction if someone is bothering you continuously?

What do you think is the right thing to do?

Name some people who are very good in exhibiting this quality. Please share the

related incident.

Group Activity:

Make up a rhyme/ song on Peace

Life application/ Homework:

Do a small write-up (printouts/ links are fine too) on any one person whose tolerance led to peace in the society.

Closing Affirmation:

Form a circle and say, "I will accept the differences in others and treat them all equal".

Group Singing:

A temple in my heart, a prayer in my soul, A song on my lips and I sing to You (2X)

[Chorus:]

Baba Sai Baba, Sathya Sai Baba, Baba Sai Baba, I sing to You

Sathya Sai Baba, Baba Sai Baba, Sathya Sai Baba, I call to You

A light in my heart, a yearning in my soul, A name on my lips and I call to You (2X)

[Chorus in Unison]

Joy in my heart, peace in my soul, A smile on my lips and I sing to You (2X)

[Chorus in Unison]