

Lesson Plans On Peace

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An Introduction on Peace

If there is righteousness in your heart There will
be beauty in your character!

If there is beauty in your character There will be
harmony in your home!

If there is harmony in your home There
will be order in the nation!

If there is order in the nation There will
be PEACE in the world!

For the "New Golden Age" to recur, as promised by Baba, during the present "Iron Age" we live in, the vast majority of mankind will have to accept the above TRUTHS and act accordingly in daily life!

The foundation of the new "Golden Age" and Peace in the World, therefore, is clearly "L O V E IN A C T I O N"!

Religious and political exponents have, since time immemorial, proclaimed: "Shanti, Shanti, Shanti" & "Pax Vobiscum" & "Salaam Alaikum" meaning: "May there be PEACE with you".

Alas, time and again, lasting peace in our human communities has not been achieved! The simple reason, as Baba points out in the above analysis, is the lack of righteousness in our hearts and lack of beauty in our characters as individuals and as society as a whole! After all, humanity functions not only as individuals or communities or nations but as a world community as a whole, especially in today's world of international trade, computer and other communication, and human interaction throughout the entire world.

How can we achieve "Beauty in Character"? Baba states: "The end of education is CHARACTER." Therefore, education must start with the right kind of education: "EDUCATION IN HUMAN VALUES".

What are these "HUMAN VALUES"? They are **T R U T H, R I G H T A C T I O N, L O V E, P E A C E, and N O N - V I O L E N C E!**

Education for the human baby starts in the womb of the mother; what the expectant mother does, sees, hears, eats and drinks has a profound reaction upon the fetus of her baby! The home, therefore, is where the teaching and seeding for the blossoming of a beautiful CHARACTER must start. Furthermore, educational

facilities, workplaces and other teaching facilities must have a balanced curriculum consisting of "worldly" education on the one hand - and "spiritual education" on the other - as the basis of their teachings! "Spiritual" here means education in the above mentioned "Five Human Values" and does NOT relate to any religion perse.

Examples of great human beings who taught, and through their actions, set examples of their spiritual qualities and scientific achievements are ample in our human history: Rama & Krishna, Moses and King

Solomon, Plato and Aristotle, Sankaracharya and Rabindranath Tagore, Zoroaster and Buddha, Jesus Christ and Mohammad, Thomas Elva Edison, Francis Bacon and Albert Einstein -just to mention a few!

The following is from Baba's discourse at Prashanti Nilayam, August 16th, 1987:

Story:

Einstein's Example In the world in which Einstein was living, there was a girl who was weak in mathematics and was repeatedly failing in that subject. A friend suggested that if she went to Einstein, the greatest living mathematician, he would help her to learn the subject well. The girl approached Einstein and he readily agreed to give her tuition every day. The girl was immensely grateful and gained confidence from Einstein's offer. The girl's mother, who had observed her daughter going to the great mathematician for tuition every day, felt that little girl was wasting Einstein's time by asking him to teach her elementary mathematics. She went one day to Einstein and apologized to him for her daughter's intrusion on his valuable time. Einstein told her: "Do not think I am just teaching mathematics to her. I am learning as many things from her as I am teaching her." Einstein was conscious that people who might excel in some subject might be lacking in general knowledge or common sense and knowledge of worldly matters. Even though he was a great scientist, he did not disdain to learn quite a few things from the little girl. This readiness to learn from any person or source is the real mark of greatness.

Einstein attached great importance to the kind of associates with whom he moved. He used to say: "Tell me what company you keep and I shall tell you what you are." If you associate with good persons you become good; if you move with wicked persons, you become bad.

It can be seen from the above example that "teaching" can also be "learning" at the same time! Some ancient Roman schools had a valuable inscription on their entrance arches: "NON SCHOLAE SED VITAE DISCIMUS" meaning: "Not for school-but for (your own) life you learn."

BUT words and phrases MUST be transformed into actions. A good example here is the ex- president, assassinated, for his actions - Mr. Anwar Sadat of Egypt - who not only told his people that he wanted peace with Israel but actually flew to their capital and before their Knesset (Parliament) pleaded for PEACE and with the cooperation of the then Prime Minister, Mr. Manahim begin - achieved hismission!

Therefore, we, who claim to be "Devotees of the Greatest Avatar of this Age and of any Age," must also transform our "WORDS OF PEACE" into "ACTIONS OFPEACE"!

As a start, let us substitute "a few minutes of silent sitting" for the traditional religiously-oriented "prayer" - at the start of any educational class. This "action" will help all in realizing the TRUTH in Baba's dictum: "There is only ONE religion - the religion of LOVE! For LOVE is GOD - GOD is LOVE - LIVE in LOVE!

LESSON PLAN - 1

Sub-Value: Humility

AIM: To understand what is humility and how to practice it.

AGE GROUP: Group 2 & 3

PRAYERS:

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

SILENT SITTING: Follow the standard prescribed commentary

QUOTATION:

Humility is the hallmark of the great and the false one of the escapist.

— **Sathya Sai Baba**

You must cultivate unity, cooperation and mutual trust. Love is the basis of all other human qualities like Truth, Righteousness and Peace. If the four qualities of Sathya, Dharma, Santhi and Prema are present in a person, he will manifest the divinity that is in him.

— **Sri Sathya Sai Baba, 26 May 1985**

Humility is often misunderstood as a sign of meekness and servility. Humility is strength. Remember, when you humble yourself before God, God will exalt you. Baba

— **Sathya Sai Baba**

So he sat down, and called the twelve, and said to them, "If anyone wants to be first, he must make himself last of all and servant of all."

- Gospel according to St. Mark 9.33

What is Humility?

- a) Humility is to be humble
- b) To realize that you are no more than anyone else
- c) It means you are willing to learn from your mistakes
- d) Humility is serving solely for the love of God, not to impress others

Understanding Humility:

What would you do:

If you get less marks than your friend?

- a) Feel jealous b) Feel ashamed c) Improve yourself and workhard

If you ran fast in a race and got a prize?

- a) Feel proud b) Boast about yourself c) Be humble, feel normal

If you have hurt someone by mistake, would you

- a) Say sorry immediately? b) Never bother to say sorry? c) Decide not to do it again?

Story-1

Iswarchandra Vidyasagar

A Young Officer Learns a Lesson Once, a senior English officer in India was keen to listen to Vidyasagar's speech and set out for the place of the meeting by train with a suitcase. On alighting at the station, he called for a porter to carry his suitcase. There was none and an old man who had got down from the same train, offered to carry the suitcase. From the simplicity of the old man's dress, the officer took him to be a poor villager and allowed him to carry the suitcase up to the place where he was to stay. When the old man was about to leave, the officer offered him one

rupee for his labour. The old man declined the money and said that what he had done was in the spirit of a service and not to earn money. After thanking him, the old man (who was none other than Iswarchandra Vidyasagar) told the young officer before leaving: "Your practice does no credit to your education. After so much education you are not able to attend to your needs. You have made yourself unfit. Humility is the ornament of education. Education without humility is no education at all. Self-conceit is also not an index of good education. Arrogance and attachment are bad qualities, which you must get rid of."

Later in the day, large crowds assembled at the place of the meeting. All were eagerly waiting to welcome Vidyasagar. As Iswarchandra got up on stage, he was profusely garlanded. The young officer was in the audience. He saw the speaker on the stage and wondered whether he could be the same man who carried my suitcase in the morning. He felt ashamed of himself. "What a shame that I should have treated such a venerable person out of my pride and arrogance!" The officer had felt he learned a good lesson that day that humility is the true hall- mark of a real education.

Iswarchandra Vidyasagar was in the habit of examining his faults, if any, and trying to correct them. But students today entertain bad thoughts or do wrong things and justify their behaviour by the specious argument that "to err is human". They should realize that if they are human, they should observe right conduct. They should not take it in bad ways. Bad conduct is utterly unbecoming of one who calls himself human. The natural qualities of a human being are good thoughts and good conduct. Students should strive to live in this manner.

Story: 2

He who humbles himself will be exalted - the experience of **T.V.Hariharan**

It was summer in the city of Bangalore in 1979 (when it had not yet turned to Bengaluru). While the heart of the city sweated and toiled along its daily grind, it was cool and calm at its outskirts. The Whitefield ashram of Bhagawan Sri Sathya Sai Baba was enjoying a cool respite from the blazing sun via the [Summer Showers at Brindavan](#). The Summer Showers programme was also called the Summer Course wherein Baba would interact with hundreds of students from around the world, enlightening them on the proper way to lead a life that is moral, ethical, spiritual and practical. (The Summer Course which started as an annual programme in 1972 was the precursor to the more formal 'Summer Course in Indian Culture and Spirituality' which was restricted only to the students of the [SSSIHL](#) from 1990 onwards.) Although hundreds of students got the opportunity to participate in the Summer Course, there were hundreds of others who wished that they could participate. In the latter

category was a lad in his late teens, T.V.Hariharan.

Hariharan was serving as a volunteer in the canteen which catered to the needs of all the devotees who gathered at Brindavan to seek Baba's blessings. As the Summer Course progressed, he noticed that his craving to become a 'Sai Student' was getting stronger and stronger. There was something special about being a student under Swami's direct care and Hariharan wanted to experience that

firsthand. Driven desperate by the desire, he approached the staff at the office of the college at Brindavan, seeking admission. That was when he discovered the peculiar condition which prevented him from joining the college there.

Hariharan had completed Grade XII in a school in the state of Tamil Nadu. The Educational System in India then had not yet been standardised. And so, while the state of Tamil Nadu followed a '11+1 years' pattern of schooling, the state of Karnataka followed a '10+2 years' pattern. That was causing the trouble and it disqualified Hariharan from getting a seat in the Bangalore college. "But don't they add up to the same thing, 11+1 and 10+2?" questioned Hariharan rhetorically.

He learnt the truth via this apparently trivial mathematical question that [the means towards an end are equally important as the end itself](#). So, it seemed as if he was not destined to become a student in Swami's college. He resigned to his fate and decided to enjoy the last day of the Summer Course. And then, it happened. Swami, at the end of the discourse, made a revelation, (the gist is given here) **"Today, I have some good news to share. We have decided to start a new college in Puttaparthi. Those desirous of joining there may apply for the same."**

Hariharan jumped in his seat. Just when things had seemed bleak and fate appeared all-powerful, Swami had given him hope. Life with God is definitely an endless hope while life without is a hopeless end!

Divine visits:

The classes began and they were held in the Easwaramma School building. The northernmost corner of the East Prasanthi building (right beside the mandir) served as a hostel. There were just three small halls on three floors in which 102 students and their teachers were accommodated. The living space was very cramped and each student had just enough space in the hall to place a bag and his body on the floor! But nobody complained because Swami would make weekly visits to the hostel. Living in a space that is frequented by Swami, more than makes up for the little inconveniences and discomforts.

One day, during the *darshan*, Swami gently walked out of the northern gate of the mandir. All the 102 students knew that this was surely a 'surprise' visit to the hostel. They slowly got

out from the eastern gate of the mandir and rushed to the hostel. They had to tidy things and arrange them before Swami got there. Swami, knowing the unpreparedness of the students, began to slow his progress towards the hostel. This He did by speaking to many people and some of the teachers along the way. A spic and span 2nd the floor of the hostel welcomed Swami. All the boys were enjoying the divine interaction. That was when Swami asked a question,

“Talent Emi Ledha Ikkada? (Is there no talent among the boys here?)”

The lecturer in Commerce, Sri.Anup Jhalani, answered pointing to Hariharan,

“Swami, one of our students plays the violin extremely well.”

“Do you play the violin?” Swami asked Hariharan. And Hariharan nodded. **“I shall come here this Sunday and we will have a violin recital”, Swami told him, as if reading his mind.”** Fixing a program thus, Swami left for the mandir.



A young Hariharan with his Swami.

Violin strings and heartstrings:

Hariharan eagerly looked forward to Sunday. Everyone in the world eagerly awaits a Sunday, but for Hariharan it was much more than that. While everyone looks forward to relaxation on a Sunday, he was anxious to give his best efforts on the same day. It is not that he needed to practice hard. It was more about what he should play so as to mesmerise Swami with his fluency and his speed on the violin. Finally, the *Raga* chosen was [Abhogi](#) and the form of music selected was [Varnam](#). In Carnatic music, Varnam is probably the most complex structure that includes lyrics and *swaras* (notes sung as they are). Hariharan was sure that Swami would be bowled over with his mastery of how and when each note of the Raga should be stressed and at what speed.

Sunday arrived and so did Swami. On the center stage of the makeshift dais was Hariharan and ‘his troupe’ of fellow musicians. Sai Surendranath ([of the green Mercedes car fame](#)) was accompanying him on the tabla. Well begun is half done they say. Keeping this in mind, Hariharan put his best foot forward and started playing the Varnam. It started off slowly and gradually gathered tempo. With each passing note, Hariharan’s confidence grew and so did his feeling of victory.

“Swami had asked whether there was any talent among the hostel boys. How His jaw will drop at my effortless twanging!”, he thought to himself.

After elaborately exploring the notes of the Raga, Hariharan readied himself for a grand climax at the end of which, he was sure, Swami would have to applaud his genius.

Swami had planned His own special climax which turned Hariharan's climax into an anti-climax. Even as he raced through the notes of the Varnam, Swami began to hum and sing in an encouraging manner. Hariharan tried to make out which part of the Varnam was Swami singing. To his greatest amazement, he realized that Swami was doling out [Kalpanaswaram](#)! He was imaginatively improvising and tantalisingly toying with the Raga and his recital. As Swami sang with increasing intensity and speed, Hariharan stopped playing, flabbergasted at Swami's ability as a musician.

But Swami was humility personified. He egged Hariharan on.
"You are playing very well. Play more." He also turned to the teachers by His side and said, "He is indeed a very good violinist."

The concert was complete. With broad smiles, Swami blessed all the participants and left. Hariharan was overwhelmed. He received accolades by the dozens but he just wanted to be left alone, by himself.

Hariharan suddenly stopped his thoughts. He knew what had to be done. He picked up his violin and bowed to it.

"Mother Saraswati (Goddess of Learning)! *Vidya Dadati Vinayam. Vinayam Dadati Patratam.* (Education confers humility. Humility confers deservedness). But it is obvious that I haven't received true *Vidya*. Forgive me..."

So saying, he landed a heavy blow on the violin and smashed it to smithereens. He vowed that from then on, he would never play the violin and would never forget who Swami truly is. He would treasure and cherish every word He spoke, every interaction He gifted. He hoped that his ego too was as badly smashed as his violin.

A birthday gift

That Sunday had marked a turning point in Hariharan's life. He realized that the only thing he ever wanted to do in life was to be with Swami - nothing more, nothing less. Everything else - academics, career, wealth, fame - took a backseat as he understood that giving Swami anything other than top priority was equal to giving Him no priority at all. Days, weeks and months passed in this manner - two months to be precise. His violin was conspicuous by its absence in the hostel. Nobody asked him about it and the few that did ask him received no reply or just a short reply,

“Swami is a more important man. Why bother about a violin?”

The most important date in November as per the Puttaparthi calendar is the 23rd - Bhagawan’s Birthday. Like many other years when she visited Swami for the Birthday, [Bharat Ratna, M.S.Subbulakshmi](#) came to Puttaparthi for *darshan*. The Indian legend always sat on the floor in complete devotion to her Swami. That year, during the *darshan* session a couple of days before the Birthday, Swami asked her,

“Amma. Will you sing for me during the *jhoola* (swing) ceremony?”

“Swami, it will be my privilege to sing for the *jhoola* ceremony. But, I have come alone. I do not have my violinist and percussionist...”

“You don’t worry about it. I have the best violinist in my college. I also have good percussionists. You get ready to sing.”



The precious violin that Swami gifted Hariharan. It is this violin that he is playing in the opening picture of this story.

Swami then headed straight to Hariharan and caught him unaware. “Hey! Your aunt is going to sing on Birthday.

You must play violin for her.” Without waiting for Hariharan’s response, Swami walked on. Later, Hariharan came to know that the ‘aunt’ Swami referred to was none other than the legendary M.S.Subbulakshmi (the first musician who would go on to receive the Bharat Ratna and the first Indian musician who would go on to receive the Ramon Magasaysay award, often dubbed as the Asian Nobel Prize.) His jaw dropped now. He could not believe what was happening.

Immediately came the worry. From where would he get a violin to play for the legend? He had broken his violin months before. (Unlike in the Puttaparthi of today, back then there were no emporia or shops to purchase musical instruments from.) The nearest place from where a violin could be purchased from was at least 8 hours away in Bangalore. Who would travel the distance and fetch a violin? When would he get time to practice before playing for the legend? Then came another worry - what would he tell people when they asked him what happened to his violin? **When the Lord gives a task, He also gives the strength and resources necessary to achieve it.**

That was what Hariharan realized as Swami gifted him with a brand new violin - no questions asked! But he was not yet satisfied. What about his vow to never touch the violin again? Swami smiled and all of Hariharan’s troubles were gone. He had given up the violin because he felt it was taking him away from his Swami. Now, it was presenting him an opportunity to do something for his Swami and had even brought a smile on His face. He accepted the violin and the opportunity to play during the *jhoola* function with both hands. It was a double Birthday gift from Swami - a new violin and an opportunity to accompany a legend in concert.

Group Activity: Group-2

HUMILITY- WORD SEARCH

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

HUMBLE
POLITE
SERVING
EQUAL
MISTAKES
BELIEVE

RESPECT
ATTENTION
VIRTUES
PRACTICE
JUDGING
NOBLE

Group-3

Life application

Have students think of a chore that they normally would feel is “beneath” them and then do it for a week/ months. Let them see how often they can do it cheerfully. For example, cleaning toilets in their house, cleaning their room, cleaning the plate after having food, etc.

Group Sitting:

Love Peace righteousness and truth

Holy spirit dwelling in us all

Father in Heaven Give us your Love

Father in Heaven Giver of peace

Love in every heart

Peace in every mind

Lord here and now Sri Sathya Sai Baba

Lord here and now Sri Jesus Christ my Lord

LESSON PLAN - 2

Sub-Value: Self-Control

AIM: To understand the importance of self-control in daily life

AGE GROUP: Groups 2 and 3

PRAYERS:

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

SILENT SITTING: Follow the standard prescribed commentary

QUOTATION:

Discipline is the mark of intelligent living. **-Sathya Sai Baba**

Discipline trains you to put up with disappointments, every rose has a thorn.
-Sathya Sai Baba

“Who is the poorest man? He who has many desires is the poorest man in the world. Who is the richest man? He who has much satisfaction is the richest man in the world”. **-Sathya Sai Baba**

“The five elements – ether, air, fire, water, and earth – are the vesture of God, as well as of man. Use them moderately and with wisdom, with fear and humility.” [vesture = clothing; garments; covering]

— **Sathya Sai Baba**

“Man is a part of nature, and his war against nature is inevitably a war against himself.” – **Rachel Carson (CBS television interview, 1963)**

Story: 1

RACHEL CARSON: STANDING UP FOR THE ENVIRONMENT

Rachel Louise Carson was always a writer. Born in 1907 in Springdale, Pennsylvania, she developed a love for reading and writing at an early age; her first story was published in the St. Nicolas literary magazine when she was 10. Though she was captivated by birds and all of nature as a child, her interest in writing led her to choosing an English major at Pennsylvania College for Women. In her junior year, a biology course reawakened her “sense of wonder” about nature, prompting her to switch her major to zoology.

While studying at the Marine Biological Laboratories in Woods Hole, Massachusetts she first saw and became enchanted with “the enormous mysteries of the sea.” From this point on, her writings focused more and more on marine zoology, and in 1951 she won the John Burroughs Medal and the National Book Award for “The Sea Around Us.”

Success permitted Carson to write full time and her new celebrity gave her the opportunity to speak out on concerns she felt strongly about. As early as 1945 – before most people were aware of its dangers – she spoke out about government abuse of new chemical pesticides such as DDT, in particular the programs which were spreading poisons with little regard for the impact on other creatures. Her initial writings about the impacts of DDT on all life in the treated areas went unnoticed.

Meanwhile, additional insecticides that were even stronger than DDT were being produced and distributed by the Department of Agriculture for public use. “The more I learned about the use of pesticides, the more appalled I became,” wrote Carson. “I realized that here was the material for a book. What I discovered was that everything that meant the most to me as a naturalist was being threatened, and that nothing I could do, would be more important.”

With her fame and reputation for precision, Carson could count on the support of leading scientists and conservation organizations. However, magazines had little interest in this gloomy subject. Then, in 1957, wildlife started dying after a mosquito-control campaign near Duxbury, Massachusetts, followed by a pointless spraying of a DDT/fuel oil mix over eastern Long Island to eradicate gypsy moths. Next, an all-out war in the South against fire ants did such widespread harm to other creatures, that the public started to get alarmed. A great furor arose across the country over the spraying of cranberry plants with aminotriazole, which led to an Agriculture Department ban on all cranberry marketing just before Thanksgiving 1959.

Carson’s poignant description of the dangers of pesticides in her 1962 book, “Silent Spring,” galvanized both her supporters and opponents. The book begins with the following words: “There once was a town in the heart of America where all life seemed to live in harmony with its surroundings....Then a strange blight crept over the area and everything began to change.... There was a strange stillness....The few birds seen anywhere were dying; they trembled violently and could not fly. It was a spring without voices. On the mornings that had once throbbed with the dawn chorus of scores of bird voices there was now no sound; only silence lay over the fields and woods and marsh.”

Although this description was of a fictitious town, its depiction was completely accurate. Scientists at the U.S. Fish and Wildlife Service discovered that exposure to DDT or related chemicals, even when doing no observable harm to the parent birds, could seriously affect reproduction by causing the shells to be too thin to support chick development. The most famous of all birds to be affected is the symbol of the U.S. – the bald eagle. This bird was almost driven to extinction because it could not reproduce. It is only in the past few decades that eagle populations have returned to healthy levels.

Carson was violently attacked by threats of lawsuits and ridicule; a huge counterattack was organized and led by the chemical industry – including such industry giants as Monsanto, Velsicol and American Cyanamid, and supported by the Agriculture Department and the mainstream media.

However, Carson brought two strengths to this battle: a scrupulous respect for the truth and a remarkable degree of personal courage. She had checked and rechecked every paragraph in *Silent Spring*, and the passing years have revealed that her warnings were, if anything, understated. Conservation groups rallied to her defense. Several of their magazines published excerpts from the book, raising the public's awareness and causing Carson's attackers to back off. President John F. Kennedy asked Carson to speak to Congress about the problem. In their campaign to defame Carson, the chemical industry had only increased public awareness. A few years after Carson spoke to Congress, the use of DDT and other dangerous pesticides was banned.

Carson was not a born crusader but an intelligent and dedicated woman who rose to the occasion to fight for something she believed in passionately. In a letter to a friend in 1962, she wrote, "The beauty of the living world I was trying to save has always been uppermost in my mind – that, and anger at the senseless brutish things that were being done. I have felt bound by a solemn obligation to do what I could – if I didn't at least try, I could never be happy again in nature. But now I can believe that I have helped a little."

And help she certainly did – one of her legacies was the establishment of the Environmental Protection Agency in 1970 – established in large part due to the concerns and the consciousness that Rachel Carson had raised.

Rachel Carson died on April 14, 1964. After her death *The New York Times* called her "one of the most influential women of our time." Her work truly changed the world for the better.

Story: 2

The Three Axes

Once there lived a poor woodcutter who was honest and hard working. He went into the forest every morning to cut wood. In the evening he would sell it and earn some money. He lived in a small hut and had an old axe with which he cutwood.

One day, he had gone to the forest as usual to cut wood. He chose a spot on the banks of a lake and started his work. Suddenly, the axe slipped from his hand and fell into the lake. It sank into the waters and disappeared. The poor woodcutter did not know how to swim. He sat by the lakeside and cried loudly.

As he was weeping, an angel rose from the water and asked, “My dear woodcutter, why are you weeping?” The woodcutter greeted her humbly and told her that his axe had fallen into the river and he did not know how to get it out.

The angel suddenly disappeared into the water and came up again with a golden axe in her hands. “Is this yours?” she asked.

The woodcutter shook his head and said, “I am a poor man. Where would I get a golden axe from? It is not mine.” The angel disappeared under the waters again and came out once more. This time she had a silver axe. Showing it to the woodcutter she asked, “Is this yours?”

The woodcutter shook his head again and said, “I am a poor man. Where would I get a silver axe?”

The angel once again disappeared under the waters again and reappeared. This time she had an iron axe. “Is this yours?” she asked.

The woodcutter nodded his head in great joy and said, “Yes, it is mine. Thank you so much. Without this axe, I would not be able to cut wood. I would have starved.”

The angel was very pleased with his honesty. She not only gave him the iron axe but also gave the golden and silver axes as reward for his truthfulness. The grateful woodcutter thanked her profusely and returned home. Everybody in the village came to know of his good fortune.

In the village, there lived another woodcutter who was very dishonest and greedy. He also wanted to become rich like the poor woodcutter. One day he picked up his axe and went into the forest and reached the lakeside. He threw the axe into the lake and then started crying loudly.

The angel arose after a time and asked, “Why are you weeping, my good man.”

“I am a poor woodcutter earning my living by cutting and selling wood. My axe has fallen into the lake and I am unable to get it out,” he replied.

Then the angel went down into the waters and came up with the golden axe in her hand and asked, “Is this yours?”

The greedy man stretched his hand to grab it from her and cried out, “Yes, yes, it is mine.”

The angel was very angry with his dishonesty and greed. “You liar, you are dishonest and greedy. Go away from here. You don’t deserve any help from me.” So saying, she disappeared into the waters and did not come up again.

The greedy man, not only did not get the gold and silver axes, but he also lost the one good axe that he had.

(For this Story the Guru can ask to the kids some question for Group activity)

Group Discussion (These should relate to the story of **Rachel Carson**, subvalue and affirmation.)

1. What was Rachel Carson’s first love? (writing)
2. According to this story, what was Carson most concerned about?
3. How was she able to alert the public to the dangers of pesticides?
4. What is the name of the book that published the dangers of pesticides?

5. Why did she choose the title “Silent Spring”?
6. Why did she write this book?
7. What happened after she wrote the book?
8. Did she make a difference by writing the book? How?
9. How do our actions impact nature?
10. If humans respected all aspects of nature, how would this have changed this story?
11. What do you think are the value and subvalue of this story?

Group - Activity: (Design or choose, to provide an experience of the subvalue/spiritual principle.)

1. Have the students brainstorm ways in which we can reduce harmful effects to the environment.
2. Next, hand out “Reducing Your Environmental Impact.” (attached)
3. Next, have them write down on paper any interactions they had with the environment the day before. On another sheet of paper, have them write down ways in which they could improve that day, taking into account wiser uses of energy and more respect for the environment.
4. Next have the students as a group create a description of a model community and how it would look if everyone had more respect for the environment and wiser usage of energy.

LIFE APPLICATION: Group -3

(Assign for practice in the sub-value / spiritual principle during the week.)

Keep a list of all the fruits and vegetables that you eat this week. Most non-organic fruits and vegetables that we consume contain some pesticide residue. Carefully wash all the fruits and vegetables that you eat. Could you taste a difference? (Maybe you can't, but your body will thank you in the long run.)

Group - Singing:

Save Your Food For Those Who Need, Everything Is Divine

Save Your Money For A Selfless Deed, Everything Is Divine For Swami

Advises, Ceiling On Desires

Daily (Daily), Remember (Remember), Everything Is Divine Food Is God

And Money Is God, Everything Is Divine Energy is God and Time is God,

Everything Is Divine

For Swami Advises, Ceiling On Desires

Daily (Daily), Remember (Remember), Everything Is Divine Make Your Energy

Pure For Man, Everything Is Divine

Fill Your Time With Love For Them, Everything Is Divine For Swami

Advises, Ceiling On Desires

Daily (Daily), Remember (Remember), Everything Is Divine Desires Take

Your Life As Fee, Everything Is Divine Sacrifice Will Make You Free,

Everything Is Divine

For Swami Advises, Ceiling On Desires

Daily (Daily), Remember (Remember), Everything Is Divine

LESSON PLAN - 3

Sub-Value: Inner Peace / Inner Happy/ Surrender/ Faith

AIM: To understand how to achieve inner peace

AGE GROUP: Groups 2 and 3.

PRAYERS:

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

SILENT SITTING: Follow the standard prescribed commentary

QUOTATION:

I – Want – Peace" I" - Is EGO "WANT" is DESIRE REMOVE EGO AND DESIRE AND YOU HAVE PEACE. - **Sri Sathya Sai Baba**

“People are born for different tasks, but in order to survive every one requires the same nourishment; inner peace.”

— *Sri Sathya Sai Baba*

“You’ll never find peace of mind until you listen to your heart.” —**George Michael**

GROUP- DISCUSSION:

One of the ways you can get Inner peace is by Meditating. Swami explained in one of the discourses how to meditate.

Keep eyes half-opened and focused on the tip of the nose. Inhale through the left nostril, closing the right nostril with the right thumb. As the breath goes in, it utters “So” (meaning 'He'); then exhale through the right nostril, closing the left nostril. As the breath goes out, it utters “Ham” (meaning 'I'). Inhale and exhale slowly and deliberately, conscious of the identity of He and I (yourself), which it asserts, until the breathing and the awareness grow into an unnoticed process. Keep the mind as a watchman to note the incoming and outgoing breaths, to listen with the inner ear to the “Soham” that the breath whispers and to witness the assertion of your being the Divine, which is the core of the Universe.

Group 3 – QUOTATION AND DISCUSSION

Inner peace gives you outer harmony: Practical solutions

First and foremost, one must know whom one should take refuge in, to get what one desires. People want rivers to flow with water and they pray for the rivers, which is ignorance. Without rainfall how can there be rivers? Therefore, people must pray for rain. Pray Lord Varuna the god of rains. Then automatically the rivers would flow. Without earning the grace of Lord Varuna, how can one aspire to have rivers? Similarly, only when one experiences the inner satisfaction properly one has the outer satisfaction automatically. In order to experience peace and happiness in external life one must attain internal peace.

In this world many things, which one cannot bear to see or speak of, happen. But people say everything bad is happening around. When one feels that something is bad, then one must take care that that aspect is not present in oneself. The actions that one considers as good and expects others to do it, should be done by one first. Man has the capacity to determine the good and the bad, isn't it? Without that faculty of discrimination how can he tell what is good or bad? People have the discrimination power. Man is discriminating against everything but himself. Man must examine himself. That is the essence of spirituality. Whichever great and noble men that one goes to, one advised to know one self, to know thyself. Man is forgetting that and asks everyone, “Who are you, Sir? Where are you coming from?”

Divine Discourse, 15 January, 1996

Story -1

Who do I sing for?

There was a skilled musician. He travelled around the world singing and playing his instruments. He was very popular in every country that played his records. One of his favourite activities was to appear on TV. His name was Mr. Great.

The TV hosts would ask him, "Who do you sing for?" He always had the same answer. "I sing for my audience; they are my fans. They are the people who buy my records, and make me rich!"

One day, Mr. Great's record producer was walking down the street. He had been thinking about all the millions of dollars he had made from those songs. All of a sudden, he heard somebody singing and playing instruments most beautifully. Always interested in a new sound, this producer searched the street until he found where the music was coming from. There, before him, was a homeless man named Mr. Humble, with ragged clothes and a cluster of broken instruments.

The producer was excited. "Hey you," he called Mr. Humble, "where's the guy who was singing and playing?" He shook the shoulders of the poor man, but Mr. Humble was not ruffled. His eyes twinkled and he smiled.

"I am your musician," he said with happiness. The producer couldn't believe it. He asked Mr. Humble to play more. He did, and the producer cried at the beauty of the music.

"Where did you learn to play like this? What is your inspiration? Your music is the most incredible in the world! You are far more talented than Mr. Great!"

The producer asked him if he would like to make a record and become a millionaire. Mr. Humble laughed. "No," he said, "I do not sing for money. I sing only to please God."

The producer scratched his head. He tried to convince Mr. Humble that he would be even more popular than Mr. Great, but Mr. Humble just laughed. Finally, the producer walked away. And as he moved on, he could hear Mr. Humble's sweet voice.

Every day on his way to work, the producer came to the very same spot and paused to listen to Mr. Humble while he sang. One day, the producer realized what was bothering him even though he had all the comforts in the world. He asked Mr. Humble where he could go to help the poor. Mr. Humble placed his hand on the producer's shoulder and took him to a shelter for the poor. From then on, the producer started doing service at the shelter. He found inner peace by giving selfless service to others.

Group -Discussion:

1. What do you think about the musician, Mr. Great?
2. What do you think about the homeless man, Mr. Humble?

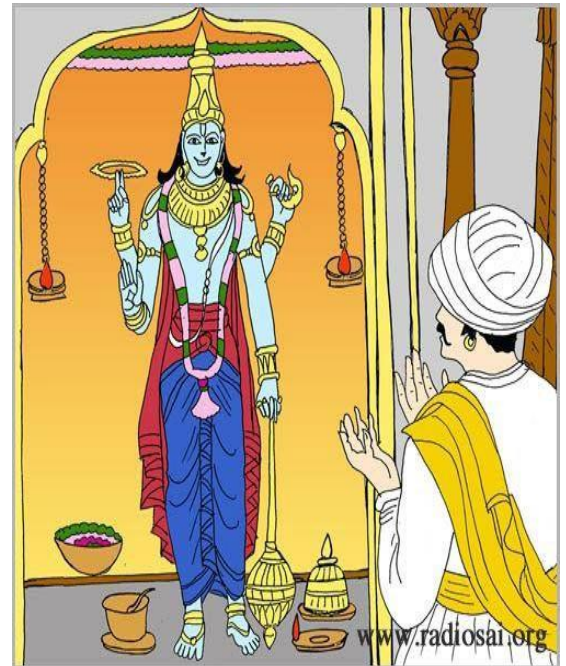
Story -2

THE PLAN OF THE LORD

There was a sincere and devoted sweeper in a well-known temple. Every time he saw thousands of devotees coming to see the Lord, he thought that the Lord was standing all the time and giving darshan; He must be feeling very tired.

So one day, very innocently, he asked the Lord whether he could take the place of the Lord for a day so that He can have some relief and rest. The deity replied, "I do not mind taking a break. I will transform you like Myself, but you must do one thing. You must just stand here like Me, smile at everyone and only give benedictions. Do not interfere with anything or say anything. Just have faith that I have a master plan for every situation." The sweeper agreed to this.

The next day, the man took the position of the deity and a rich man came and



prayed to the Lord. He offered a substantial donation and prayed that his business should prosper. While leaving, by mistake, he left his wallet full of money right there. Now, the sweeper in the form of the deity could not call him. So, he decided to control himself and keep quiet.

Just then, a poor man came and he put one coin in the hundi (donation box) and said that was all he could afford. He prayed to the Lord to bless him to continue to be engaged in the Lord's service.

He also said that his family was in dire need of some basic needs but he left it to the good hands of the Lord to give a solution. When he opened his eyes, he saw the wallet left by the rich man. The poor man thanked the Lord for His kindness and very innocently took the purse. Again, the sweeper-turned-God could not say anything and he had to just keep smiling.

At that point, a sailor walked in. He prayed for his safe journey as he was going on a long trip. Just then, the rich man came with the police and said that somebody had stolen his wallet. Seeing the sailor there, he asked the police to arrest him, thinking that he might have taken it. Now, the stand-in-deity wanted to say that the sailor was not the thief. But, he could not say so and he became greatly frustrated.

The sailor looked at the Lord and asked why he, an innocent person, was being punished. The rich man looked at the Lord and thanked Him for finding the culprit. Now the sweeper in the deity form could no longer tolerate the situation. He thought that even if the real Lord had been there, he would have definitely interfered. Hence he started speaking and said that the sailor was not the thief, but it was the poor man who took away the wallet. Hearing this, the rich man was very thankful as also the sailor.

In the night, the real Lord came and He asked the sweeper how the day was. Immediately he replied, "I thought it would be easy, but now I know that Your days are not easy, but I did one good thing."

Then, he explained the whole episode to the Lord. The Lord became very upset on hearing this, whereas the sweeper thought the Lord would appreciate him for the good deed done.



The Lord asked, "Why did you not just stick to the plan? You had no faith in Me. Do you think that I do not understand the hearts of all those who come here? The entire donation that the rich man gave was all stolen money; it is only a fraction of what he really has. Yet, he wants Me to reciprocate unlimitedly. "The single coin offered by the poor man was the last rupee he was having and he gave it to Me out of faith. The sailor might not have done anything wrong, but if he had gone in the ship that night, he would have died because of bad weather. Instead, if he had been arrested, he would be in the jail and would have

been saved from a greater calamity.

"The wallet should go to the poor man, because he will use it in My service. I was going to reduce the rich man's karma also by doing this and at the same time save the sailor. But, you cancelled everything because you thought you know My plan and you made your own plans."

God has plans and justice for everyone.... We just have to be patient!

The Lord always does the best for every one of us. Most often, in our limited vision, we do not understand this.

Bhagawan once said, "The Master and Sovereign of all the Worlds, past, present and future, has more



compassion than all men. He showers grace, weighing the three tenses of time, the three tiers of space, and the three traits of character. He knows best, more than any man; so, the only recourse for man is to believe that everything is His Will and be at peace, and immerse himself in the contemplation of His glory and grace."

Here's a real incident that illustrates this amply. Mr. Ramabrahmam used to be the caretaker of Bhagawan's ashram in Whitefield, Bangalore. Just a day prior to his son's marriage, Swami asked him to cancel the marriage. Mr. Ramabrahmam had such strong faith in Baba that he implicitly obeyed Him. He went and informed the bride's family of the decision to stop the wedding.

On hearing the news, they were shocked and very angry. They gave vent to their feelings by using stern words. Mr. Ramabrahmam bore all this in silence. The next morning, unfortunately, a snake bit his son and he died. When the bride's family came to know of this, they literally fell at Mr. Ramabrahmam's feet and apologised for their harsh words. It was then that they realized why Baba had prevented the wedding. If Baba had not interfered, the girl would have become a widow on the day of her wedding itself.

Therefore, let us always remember that Bhagawan is our best well-wisher and bow to His supreme will all the time.

Illustration: Ms. Vidya, Kuwait.

Courtesy: Adapted from 'Sri Sathya Sai Bal Vikas', May 2011.- Radio Sai Team

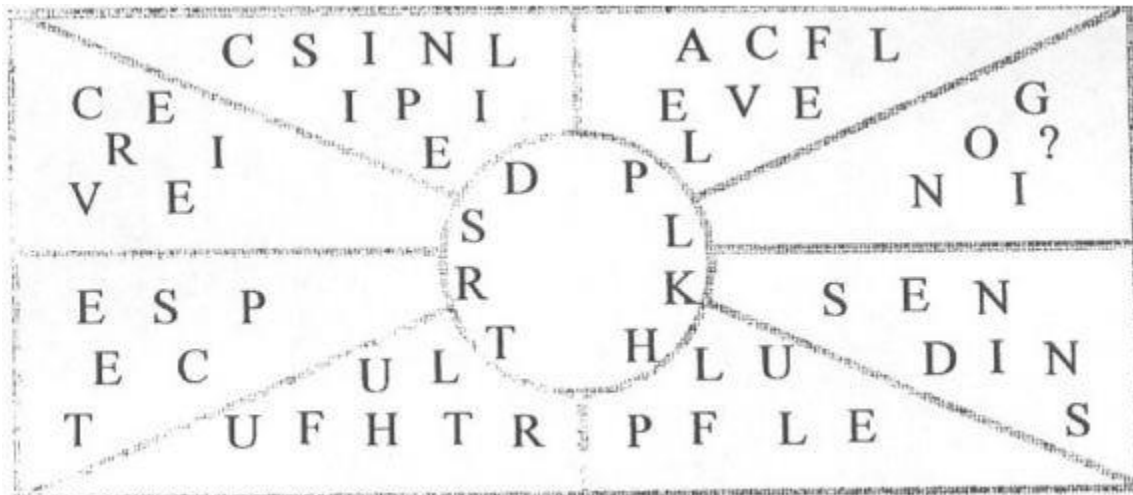
Life application:

Whenever children find themselves unhappy or agitated, they will first write down what they are feeling and then the method by which they used to find peace within them (e.g. mediating, selfless service, surrendering to God, etc.).

Group- Activity:

Value Jumble

Each of the eight letters in the circle is the initial letter of the name of a VALUE. The rest of the letters that follow the initial letters are in the corresponding compartments. Can you discover the eight values one by one?



Value Jumble: (Answers)

The eight values are:

1 Peaceful; 2 Service; 3. Kindness; 4 Helpful; 5 Truthful; 6 Loving; 7 Respect; 8 Discipline

Group -Singing:

Sai Bhajana Bina Sukha Shanti Nahi

Hari Naam Bina Aanand Nahi Prema

Bhakti Bina Uddhaar Nahi

Guru Seva Bina Nirvaan Nahi ...Sai Bhajana Japa

Dhyaana Bina Samyog Nahi

Prabhu Darsa Bina Prajnan Nahi Daya

Dharma Bina Sat Karma Nahi

Bhagawaan Bina Koyi Apna Nahi Sai

Ram Bina Paramaatma Nahi

LESSON PLAN - 4

Sub-Value: Self-Acceptance

AIM: We have to learn to accept the situation given to us, and work to improve and attain higher goals.

AGE GROUP: Groups 2 and 3.

PRAYERS:

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

MEDITATION: JYOTI MEDITATION OR

Silent Sitting: Ask each child to imagine that they are lost on an island, to imagine their feelings of desperation, acceptance of the situation and determination to work as a group to help themselves. They slowly build a boat using materials available to them and cross the ocean safely to land.

QUOTATION:

It is not important to do what you want to do, but to learn to like what you have to.

~ **Baba**

I believe that life is a continual process of growing out of and into your best self. I believe that's ultimately why we are here: to have the experiences that will enable our own personal evolution.

BY **J.K Rowling.**

(Author of Harry potter series)

“It's impossible to live without failing at something, unless you live so cautiously that you might as well not have lived at all – in which case you fail by default.”

~**J.K. Rowling**

Story 1:

The warmth of love

Spring Defeats Winter What a beautiful sight! Christmas lights everywhere! The lights reflect on the snow and glow brightly. The colours in the white background make the whole city look like heaven. It was a wonderful party; everyone in my family came together this Christmas.

Yesterday the house was packed, laughter everywhere, everyone sharing joyful moments of their life. Little things make a big difference. A birthday present, baby shower, engagement ceremonies, holiday trips, photo albums... Parents and grandparents are talking about every detail. We just got married. It feels as if only a few days ago I was in high school, as a teenager, and then a youth... Now I have a partner, with a whole new life in front of us. In all this good news and cheer, two bad events last year turned our hearts inside out. One of my great grandfathers passed away. He was 99 years old, yet full of charm, always witty, and poking fun at everyone. He led a good life, worked hard, yet never complained. I can spend all day thinking about him. It is sad that he missed turning 100. I can, however, accept his death, because he seemed to naturally age and wilt like a rose. But our little nephew, age 9 years, died of prolonged cancer almost a year ago. Such a talented young boy. How can that happen? It just doesn't seem logical and fair. Tears rolled in my eyes every time I think of him. His parents haven't recovered from that shock. At yesterday's party I didn't even get to talk to them a lot. Such a loving family....

As this thought flashed through my mind the doorbell rang... SURPRISE! It was my nephew's mom and dad at the door. I smile, wiping my tears away. "I was just thinking of you both and my loving nephew Jason," I said. They smiled at me. I burst out, "How are you able to put on a smiling face! Don't you miss him?"

Jason's mom looked affectionately into my eyes, and said, "Oh, we miss him a lot. We think of him always. We are learning to accept that he will never come back. Do we have a choice? His younger sister Cathy keeps us really busy, and also we do 4 hours a week of voluntary work in the hospital where Jason stayed. Everyone there loves us for helping them. This makes us feel good too." Her eyes were pouring love into my eyes, soothing my heart.

They slowly walk in to the house to talk to my parents. I am still holding the door thinking: "What is acceptance?... accepting the inevitable like disease, old age, death? How can they work in the same hospital? I can't doubt that. Man, are they ever bold? I guess that without acceptance of this situation you will never have peace of mind!"

As I am about to close the door, I just look out at the snowman in the front yard. There are even Christmas lights twinkling on him. Soon spring will come and this old snowman will melt away! Seasons change as does everything around us. Just like we accept the changes in seasons, we have to learn to accept the situations we are in, face them boldly, and move on.

As I turn back inside the house, my aunt gives me a big hug, and in that loving hug my sad thoughts melt away...

"..... Mmmmm, one needs the warmth of love to melt the snow of sadness."

Group Discussion: (For this Story)

1. Who am I: a boy or a girl? 2. How do seasons change? 3. List the things that change sadness? 4. Who had trouble accepting the situation? Why? 5. Describe a sad and a happy situation in your life. 6. Draw the four seasons on four sections of your paper. 7. What do you learn from each of the seasons? Why? 8. Which season would you like to eliminate? Why? 9. Describe the benefits/ problems when you eliminate that season? 10. What is depression? When does it occur? How do you overcome it? 11. What does acceptance mean to you? 12. How will self-acceptance give peace?

Story 2

J.K Rowling

J.K. Rowling — born Joanne Rowling — grew up in Gloucestershire, England, and always knew she wanted to be an author. When Rowling was 15, her mother was diagnosed with multiple sclerosis. She died a decade later, before Rowling became a published author. The author studied French at the University of Exeter, graduating in 1986. According to her official biography, she "read so widely outside her French and Classics syllabus that she clocked up a fine of £50 for overdue books at the University library." Her Classics knowledge was later used when she came up with the names for spells in the "Harry Potter" series.

After graduating, Rowling worked at the research desk for Amnesty International, doing translation work. She found the work important — "I read hastily scribbled letters smuggled out of totalitarian regimes by men and women who were risking imprisonment to inform the outside world of what was happening to them," she said — but it didn't suit her, as she said in a later interview. On a delayed train from Manchester to London's King's Cross station, Rowling came up with the idea for "Harry Potter." Over the next five years, she outlined the plots for seven books in the series, writing in longhand and amassing scraps of notes written on different papers. Separately, she also started working on an adult novel that she never finished.

The most traumatizing day of her life, Rowling said, was on New Year's Day in 1991, when her mother died, when Rowling was 25.

"Dad called me at seven o'clock the next morning and I just knew what had happened before he spoke," she told The Telegraph in a 2006 interview. "As I ran downstairs, I had that kind of white noise panic in my head but could not grasp the enormity of my mother having died. ... Barely a day goes by when I do not think of her. There would be so much to tell her, impossibly much."

Fed up with secretary work, Rowling moved to Porto, Portugal, and taught English to students. There, she met and married Portuguese television journalist Jorge Arantes and had a child, Jessica — named after Jessica Mitford, one of her favorite authors — in July 1993. (Rowling previously had a miscarriage, in 1992 according to The Scotsman.) By November of 1993, the couple had separated.

It wasn't an easy period for her. In a 2008 interview with the Sunday Times, Rowling said she was severely depressed and sought professional help. In 1995, Rowling finished the first "Harry Potter" book and sent it to publishers — where it was roundly rejected. Like many other authors, Rowling received a lot of rejection letters. Her book was accepted by Christopher Little, an "obscure London literary agent," according to the New Yorker. Twelve publishers rejected it. By March of 1999, 300,000 copies were sold in the UK. "Harry Potter and the Philosopher's Stone" won numerous awards, including the Nestlé Smarties Book Prize, which is voted by both adults and children. In the United States, Rowling sold the book to Scholastic, which distributed it under the title "Harry Potter and the Sorcerer's Stone," for more than \$100,000, an unprecedented amount at the time. Then she bought her own apartment.

In 1998, Warner Bros. bought the film rights to the first two "Harry Potter" books.

Rowling has founded and supported dozens of charities with her fortune. In 2003, she said she sets aside one day a week to do "charity stuff."

Group Activities:

1. Write a letter to your friend mentioning five good things about him/her.
2. Send a card to your grandma and/or grandpa, teacher or your parents saying how much you love them.
3. Make a phone call to any of your family relatives like aunt, uncle, grandparents, etc.

Group Singing:

"Hakuna Matata" (Follow from The Lion King soundtrack) Hakuna Matata, what a wonderful phrase! Hakuna Matata ain't no passing craze. It means no worries for the rest of your days. It's a problem free philosophy, Hakuna Matata!

Other Stories:

1. Swiss Family Robinson
2. The Lion King
3. The Ramayana
4. Bharath ruled the kingdom with Rama's sandals Rama in exile for 14 years.
5. Bhagavatha Vahini Parikshith with his death curse.

LESSON PLAN - 5

Sub-Value: Self-Discipline

AGE GROUP: Groups 2 and 3.

PRAYERS:

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

SILENT SITTING: Follow the standard prescribed commentary

QUOTATION:

Discipline is essential for every group, for every society and for every political institution. Without discipline there can be no society or Government. No nation can exist without discipline. It is discipline that unites man to man, and one society to another. Hence discipline is one of the basic insignia of social life. - **Sathya Sai Baba.**

"Most powerful is he who has himself in his own power." - **Seneca**

Discuss before the STORY:

Understanding the concept of self-discipline and the story of **Benjamin Franklin.**

Before we go on to the story, let us spend some time trying to understand what self-discipline is. Self-discipline is composed of two words - self and discipline. Discipline comes from the Latin word for instruction. So self-disciplines are forms of self-instruction which lead us to be better persons. Discipline also means control. Therefore self-discipline is self- control.

Being disciplined implies following a set of rules. Everything in the world follows a set pattern, a set of rules. Can you give some examples?

(i) cyclic pattern in seasons (ii) planets going in orbit (iii) growth of human beings, plants, animal life, etc.

Imagine the earth not following its laws of rotation around its axis and around the sun - there will be limited life on earth - there will be no change in seasons. There will be chaos.

Imagine a game of football without rules - there will be no enjoyment in the game. We must, therefore, follow the rules and laws of society to perform righteous actions.

Self-discipline has to be practiced at physical and mental levels. At the physical level, controlling your desire, ego, jealousy, anger, attachment to objects and beings is required. At the mental level, controlling your thoughts is the step. Meditation and prayer can help one to control one's thoughts. Constant practice to improve and control your behaviour is the step needed for self-discipline.

Group Discussion: (to lead to an understanding of self-discipline)

1) What is discipline? 2) What do you understand by self-discipline? 3) Does everything in the world follow a set pattern? Give examples. 4) What will happen if the rules or laws of nature are not followed? Give some examples. 5) What rules or laws are we supposed to follow as human beings?

Story: 1

Benjamin Franklin:

Benjamin Franklin is one of the most respected founding fathers of the USA. He was born in a poor family and did not receive formal education. However, because of his industry, frugality and will-power, he transformed himself to become a successful businessman, a diplomat, a great thinker and an inventor.

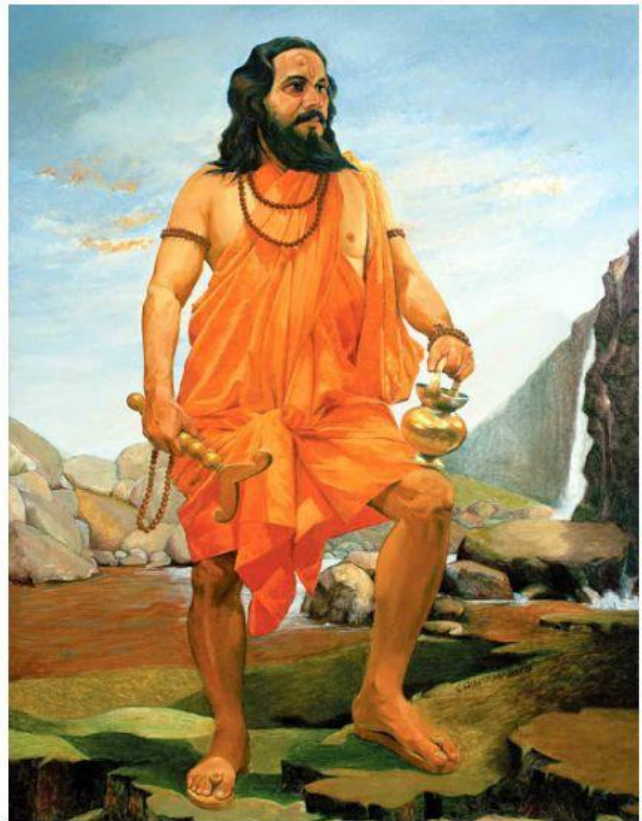
When he was young, he used to go fishing with his playmates. He and his playmates had to wait for hours in the marsh near the sea to catch fish. They decided to build a platform to avoid standing in the marsh. Guided by Benjamin, they stole stone pieces from a nearby construction site and made a workable platform. However, soon the news of the theft reached their parents. Benjamin had a lengthy argument with his father on the usefulness of the platform for fishing. His father convinced him that nothing was useful which was achieved through dishonest means (Honesty means not lying, stealing, or cheating). This incident had a great impact on Benjamin's character. He practised honesty throughout his life.

Story: 2

Samarth Ramadas:

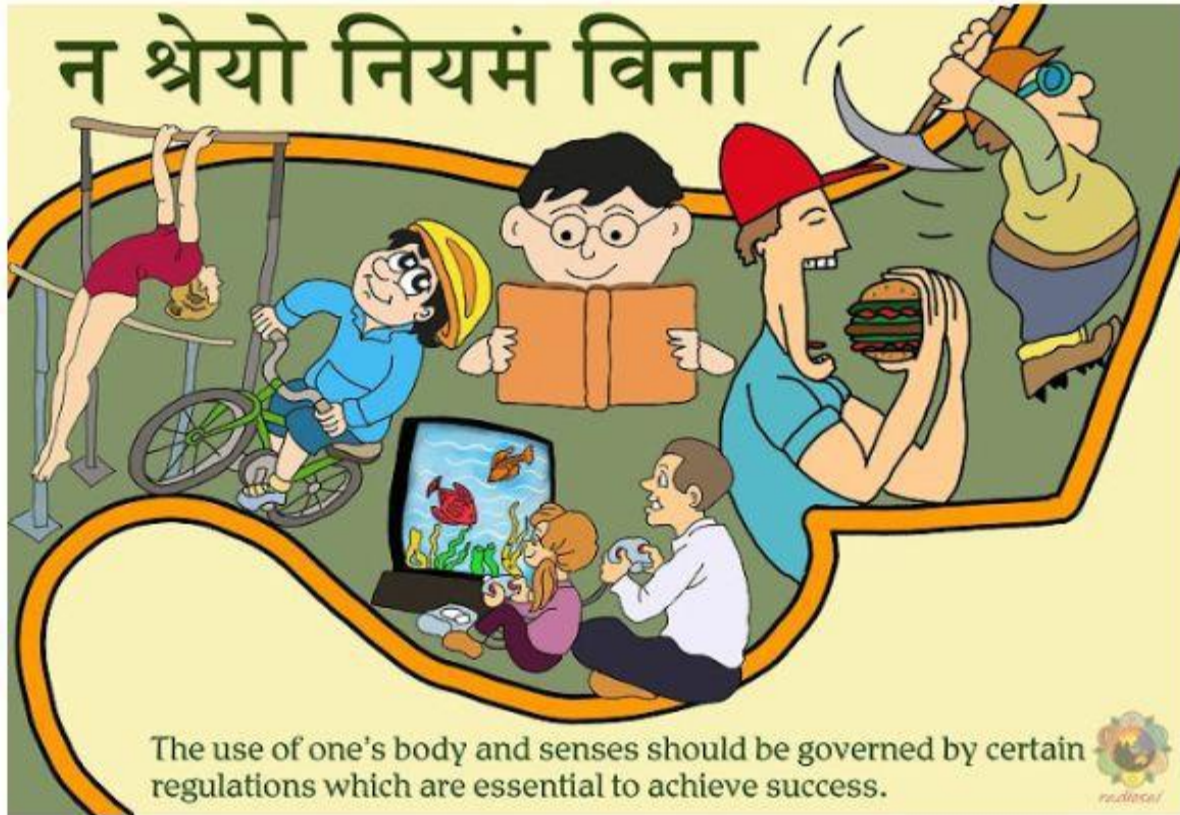
Once upon a time, Shivaji sent some money, a few gifts and some precious jewels to Samarth Ramadas. Samarth Ramadas spent his life contemplating God. He was a personification of purity and sacrifice. He was a renunciant. Shivaji believed that he was rendering heartfelt services to the needy and the poor. Shivaji felt that Samarth Ramadas would put all the material sent by him to good use. He asked his men to carry the gifts to Ramadas' house. When Ramadas came back home after a bath in the river, he saw Shivaji's men along with all the gifts. Ramadas laughed at them, and said to himself, "Oh Rama! I have You the most benevolent Lord as my master. How then will I be an orphan? You are the Master of all. If there is an orphan in the world it is You, because there is no other master for You. You are the Master of all the worlds, the universe, myself and everything. There is no one above You. As You are the orphan You take all this material which has been sent to me." Aspirants of those days were of that calibre and stature.

But today there is only trickery of words. Man's mind is not reaching maturity. Words are crossing boundaries but people are not acting. People talk about myriad things. But they do not practice even an iota of what they say. Are you practicing? You should offer your duty and devotion to God. A student (prior to Swami's Discourse) spoke of dedication. You are devoted but are you doing your duty properly? What is the use of devotion if you do not do your duty?



Samarth Ramadas (1606 - 1682)

Note: Print this picture and show it to the kids



One more small incident of SWAMI:

A group of devotees from Madras came to Bhagavan and said, "Swami please visit our Centre in Madras ?" Swami replied, "What is the use? You are not regular in your appointment with God. One day, you commence Bhajan at 5 PM, another day at 5:30 PM. When you say that you commence Bhajan at 5 PM God will always be ready at your doorstep. But you want to give importance to a guest politician who was to come to attend the Bhajan. Discipline is my Second Name. Remember this."

Group Activity:

Kids can do research from history and find famous people and note down the self- discipline they followed. For example Benjamin Franklin followed 'Honesty'.

Each kid can write about two people from history and they can compare SWAMI'S life with them. And children can share with the class next week.

Group Singing:

1. Love Is My Form, Truth Is My Breath, Bliss Is My Food

My Life Is My Message Expansion Is My Life

No Reason For Love, No Season For Love, No Birth, No Death Prema

Sathya Ananda, Dharma Shanti Ananda

Shirdi Sai, Sathya Sai, Prema Sai Jai Jai Shirdi

Baba, Sathya Baba, Prema Baba Jai Jai

2. Govinda Krishna Jai Gopala Krishna Jai Gopala Pala Bala Radha Krishna Jai

Krishna Jai Krishna Jai Krishna Jai Krishna Krishna Krishna Krishna Jai [Govinda ...]

Gopi Kamala Haari Pyaari Maayi Meera Man Vihari Madana Mohana Muralidhari Krishna Jai Krishna

Jai Rama Krishna Jai Radha Krishna Jai Bala Krishna Krishna Krishna Krishna Jai Krishna Jai Krishna

Jai Krishna Jai Krishna Jai Krishna Krishna Krishna Krishna Jai

LESSON PLAN - 6

Sub-Value: Self-Respect / Self- Confidence

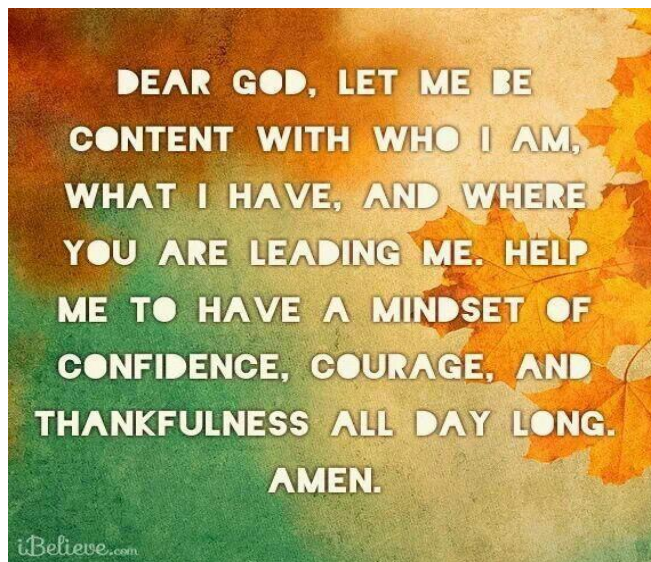
AGE GROUP: Groups 2 and 3.

PRAYERS:

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

SILENT SITTING: Follow the standard prescribed commentary

QUOTATION:



The respect given to the Lord within, Spirit that is real self-respect, not anything else. - **Unknown**

“Self Confidence is the foundation for the edifice of life. Self- Satisfaction is like the walls, Self -Sacrifice is the Roof and Self Realization is the Happiness of living in the mansion of the human body”. - **Sathya Sai Baba**

There are three steps to self-realisation, namely, self-confidence, self-satisfaction and self-sacrifice. - **Sathya Sai Baba**

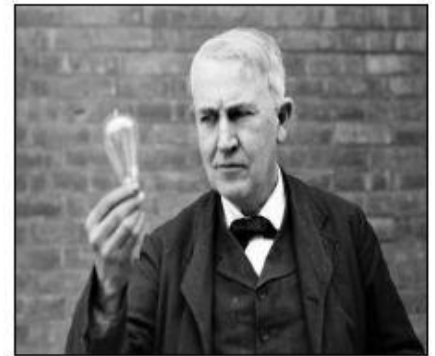
What you think of yourself is much more important than what people think of you-**Unknown**

Story 1:

The Ideal of Edison

Students need both Shraddha (faith in God) and Deeksha (determination). There is the example of a great American scientist – Thomas Alva Edison. He was born in a poor family on February 11, 1847, in the state of Ohio. Although he made no progress in

his studies, he became a great inventor, thanks to his supreme self-confidence, perseverance and determination in the pursuits of his experiments. His early experiments had untoward results which provoked his parents to punish him and ultimately to send him out of home. For a time, he earned a living by selling sweets in trains. Once, a guard slapped him for causing an explosion in the closet of a train. His hearing was affected thereby. A benefactor came into his life after he had saved a child from being run over by a train. He got a job in a telegraph company and was free to carry on his experiments. From such beginnings, Edison became the greatest inventor of our times because of his tremendous perseverance and tireless experiments. The world owes to him the electric bulb, the gramophone, the telephone and many other inventions. If without any regular schooling, Edison could achieve all this, it was because of his confidence in himself, his firm determination and tireless energy.

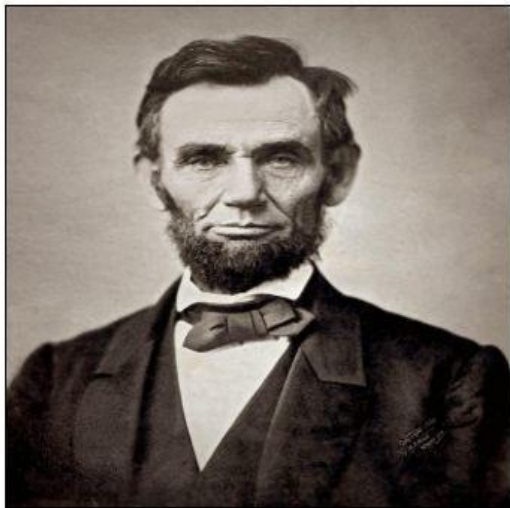


Thomas Edison (1847-1931)

In addition to academic studies, these are the qualities a student should acquire. Students should associate with right-minded persons, whose company will improve their mind and character. Swami expects you to be exemplary in life. The advancements in science and technology have enabled man to roam in the sky like birds and move in the water like fish. But man has not mastered the art of living well on earth. If man has not learnt how to lead a worthy human life, what is the value of his existence? Make your life meaningful by doing your duty to your parents and your motherland. A man who is not proud of the land of his birth is worse than a corpse. Learn to love your country without any hatred for other countries. Get rid of differences based on community, creed or caste. Regard all mankind as one family. Give up feelings of hatred and aversion.

Story 2:

Sri Sathya Sai on: Lessons Abraham Lincoln learnt from his Mother



16th President of USA - Abraham Lincoln

(1809 - 1865)

The light of spirituality which is beyond comprehension and description lies within. The Americans, the British, the Japanese, Germans consider their achievement due to individuals. All the achievements are due to the tender-hearted, sacred-minded youth, youngsters and students.

What was the qualification of Churchill? He was the Chief of the Army. He went on encouraging everybody. Such people who encourage others to proceed in the right direction are responsible for the advancement of the strength of the nation. The topmost dignitary, the American President; what was his qualification? While he was young, his mother had taken care of him. Because of poverty, she had to maintain the family working as tailor stitching worn out clothes. That son became the President of America. His name was Abraham Lincoln. Lincoln while sitting on the lap of his mother went on feeling sad, sharing with his mother the thought that he was disrespected and put to shame by his classmates. The other classmates were wearing prestigious dresses. And Lincoln could not afford the costly dresses. As he was wearing old, dirty dresses he was not accepted by his classmates and they maintained their distance from him. Though people had isolated him, because he enjoyed the benediction and blessings of his mother, he could reach great heights in life. It was his mother who said to him that poverty, though cheap in the sight of the public, will finally one day help him gain respect. Always speak the truth unmindful of your financial position. And because of her advice Lincoln became very famous in later times. Lincoln clearly declared,

“You may disrespect me, but the truth cannot be disrespected. The

truth will be triumphant. I proceed on the path of truth and my mother is my ideal”. In Fact those people, with the blessings of their mothers, happen to be leaders of different countries. In Fact such good and noble mothers are present in this land of Bharat. But today we do not find such people who encourage their children in spite of their conditions. However in recent times, we do have some noble mothers. The parents because of their love for their son sacrifice everything. This is ultimately responsible for the esteem and prestige earned by their son. In fact Lincoln used to proceed to school, after rendering salutations to his parents. While all other friends used to proceed in groups, he used to walk all alone. It is humility that makes you deserving and affluent and eventually helps you attain Divinity. Therefore humility is most important. We should always respect and revere our parents and consider this education as their gift. It is for that reason that since ancient times people have been speaking very highly of parents. The scriptures declare Matru Devo Bhava, Pitru Devo Bhava, Acharya Devo Bhava, Atithi Devo Bhava (Mother is God, Father is God, Teacher is God, Guest is God) and Truth is God; follow the path of righteousness. There are many people who have attained and achieved these values.

Group Activity: Guru can conduct a group discussion among the kids and ask them what they think about ‘self- realization, self- confidence and self- respect’. Each kid in the class can say one good thing about each kid in the class.

Group Singing: Ram Ram Bhajo Mana Harey Harey

Sai Ram Bhajo Mana Harey Harey [Ram Ram ...]

Raghupathi Raja Rama Ram

Patita Pavana Sita Ram [Sai Ram]

NOTE: Close the class with this prayer

Prayer:

THE LIGHT OF GOD SURROUNDS ME

THE LOVE OF GOD ENFOLDS ME THE

POWER OF GOD PROTECTS ME

THE PRESENCE OF GOD WATCHES OVER ME

WHERE EVER IAM GOD IS

LESSON PLAN - 7

SUB-VALUE: Self- confidence/Self- esteem

AIM: To inform the students on the meaning and importance of self-confidence in daily life, and to use Benjamin Franklin as an example of a model citizen who personifies self-confidence.

AGE LEVEL: GROUP 2 & 3

INTRODUCTION: Teacher writes the topic on the board and requests the students to think about it. He/she then asks the students to voluntarily speak briefly on the subject. The teacher then tells the students about some of Benjamin Franklin's inventions and contributions to society.

Benjamin Franklin was born in 1706 and made many contributions to modern day society: - Pioneered the idea of street lighting, street cleaning, organized police, and established a fire company; - He developed a unified theory of electricity, invented the electric jack motor, and the lightning rod; - He also invented the copying machine, developed the use of daylight savings time and frequently used bifocal spectacles

SILENT SITTING: Follow the standard prescribed commentary

QUOTATION:

"Be to thy parents as obedient son

Each day let duty constantly be done Never give way to sloth or lust or pride...

"....write things worth reading and do things worth the writing..."

~ Benjamin Franklin

Story 1:

Benjamin Franklin's Life

Throughout a long and richly varied career, Benjamin Franklin took great pleasure in life's ordinary pleasures. This human trait makes him one of history's more approachable and agreeable figures. From printer's apprentice to world-famed scientist to his role as a Founding Father of the new American nation, this is one of America's first self-made men. His forthright character, inquisitive mind, ready wit, and driving energy served Franklin well in whatever he chose to do. Printer, publisher, businessman, author, inventor, scientist, politician, diplomat - he excelled in them all.

Franklin was born in Boston in 1706. He was born into a large family. He was the fifteenth of seventeen children his father Josiah had by two wives. Of the seventeen children, ten were male and Franklin was the youngest. Ben would grow into a man with many of his father's characteristics. Strong, energetic, independent and a mechanical genius handy in the use of other tradesmen's tools.

But his was no saint's life. Like most of us, Franklin had his prejudices and weaknesses, his sins and mis-judgements. One holiday, at the age of seven, he was given a little money to spend on whatever he liked. But on his way to the toy shop he met a boy blowing a whistle. Charmed by the sound, he gave him all his money for it. When he told his family of the bargain he had made, they teased him for paying four times what the silly whistle was worth. He realized how many good things he could have bought for the money, and while they laughed, he cried. It was a lesson, he never forgot.

For a while, Franklin assisted his father in his soap and candle making business. But he did not like this occupation. He had a large group of playmates. They accepted him to lead them in difficult situations. Among various games and activities which they enjoyed, they used to go fishing near the sea. To escape standing in the marsh for hours, they decided to build a platform. Guided by Franklin, the boys stole a number of cut stones from a building under construction and put together a decent platform. Before long the missing stones were traced to this group of boys. They were quite naturally taken to task by their parents. Franklin argued at length with his father about the usefulness of the platform for their fishing. But his father was able to convince him that nothing was useful which was not honest. This incident gave Franklin a foundation for his character.

Among numerous classics, historic and other seminal works Ben read, he was deeply influenced by Dr. Mather's Essay to Do Good. It had an influence on the principal future events of his life. For a while, he tried his hand at poetry but was firmly guided by his father to give it up because verse-makers were generally beggars!

Around the age of sixteen, Ben turned vegetarian after reading of its benefits in a book. He found it much cheaper and it also accelerated his studies from the greater clearness of head and quicker comprehension which usually attend temperance in eating. He found that bread, a handful of raisins and a glass of water made an excellent meal! (He did not remain a strict vegetarian for long.)

Denied a formal education by his family's poverty, and unsuited for the ministry, Franklin turned eagerly to the world of words he discovered in 1718 as an apprentice to his brother James, printer of an early Boston newspaper. While learning the skills of the trade, Franklin read every word that came into the shop and was soon writing clever pieces satirizing the Boston Establishment. When the authorities imprisoned James for similar criticisms, Franklin managed the paper himself. James was nonetheless overbearing, and in 1723 the 17 year old Franklin, refusing to suffer his brother's petty tyrannies further, ran away to Philadelphia. All the while Franklin kept a diary of the thoughts during his youth while traveling. Not for nostalgic memories, but a plan for regulating his future conduct was what Ben considered the most important part of his journals. Up to this point - now twenty - he had no design in mind. Life had been a confused variety of different scenes. Now he set out a plan that would help him live more rationally; he would be truthful, sincere in every word and action. He would be industrious in whatever he did, not letting himself be diverted by foolish plans for getting rich quick. And he would speak no ill of anyone, only the good he knew of them.

"Improve Yourself" was a motto Ben followed faithfully. Making the most of your abilities, however, could not be done in isolation. We are social creatures, he believed, and we live and grow with a community to which and for which we are responsible. We help ourselves by helping others. In Philadelphia he started the Junto Club as a collective effort at self-improvement. It was a club of aspiring tradesmen like himself who met each week for discussion. Franklin would go into action when he saw something wrong in his surroundings. The condition of the streets in Philadelphia was awful and unpaved. It had been this way for a long time, but no one thought to do anything about it - until Ben went into action. First he talked about it. Then he wrote about it in his newspaper. When public opinion was ripe, he began with a small enterprise: he got a street in one busy market block paved with stone. Then he found a man who was willing to sweep the street twice a week, carry off the dirt and garbage in front of all the houses and shops on that block, and do it for just sixpence a month, to be paid by each house. The whole town was delighted with the vastly improved condition of the market district and it was a convenience for all. This was the moment he was waiting for. He drew up a bill to pave the city. The Assembly passed it, even adding a provision for lighting as well as for paving.

That is but one example of how Franklin saw the connection between what was good for himself and what was good for the community. He was able to tap the civic spirit of the people to draw them into a public organization of their own town that would provide everyone with decencies for civic life. He was among the very first to come with all kinds of plans and projects for getting something socially useful done.

Franklin led the Junto into establishing a circulating library (1731), a volunteer fire company (1736), the American Philosophical Society (1739), a college chartered as an academy, later to become the University of Pennsylvania (1749), and an insurance company and a city hospital (1751). He overcame Quaker pacifism by forming and equipping in 1747 a voluntary militia to defend the city against marauding warships. Again he showed that good citizenship took cooperative action. What Ben did to mobilize the Pennsylvanians foreshadowed how public-minded citizens would act together in a democratic way when their liberties were in danger. He did all these with such tact and skill that he made few enemies. But the public man was not yet a public official. That would be the next step.

In 1748, at the age of 42, Ben retired from business. Now he was ready to plunge headlong into his life as a scientist. Where others before him had noticed nothing interesting or significant, his mind saw something wonderful. As a scientist he fashioned the chaotic notions about electricity into a unified theory, and invented the lightning rod, which saved countless buildings from destruction. Ben's voracious appetite for learning made him ask the why and how of everything he came across. As with most of his inventions, he refused to patent the stove, on the principle that as we enjoy great advantages from the inventions of others, we should be glad of an opportunity to serve others by any invention of ours, and this we should do freely and generously. When others disagreed with Franklin or criticized his research, he would not reply. He refused to defend his scientific views: I leave them to take their chance in the world. "If they are right, truth and experience will support them; if wrong, they ought to be refuted and rejected."

Franklin's contributions were so extensive as to make him the supreme scientist in the American colonies. He was viewed as a Renaissance man. The list of Franklin's inventions could go on and on. He suggested daylight savings time. He was the first to introduce cartoons and the question and answer format in journalism. While science would remain his first love, it often had to give way to politics. The two were really linked in his mind, for each was an expression of his humanitarianism. He did not seek office. The public, he said, laid hold of him for their purposes. He liked sitting in the legislature because he saw it enlarged his power of doing good. Year after year he was re-elected to the Assembly, always without campaigning. Underlying most issues was the running conflict between the Assembly and the Governor, who was appointed and controlled by the Penn family. The Penns owned the colony, run by William Penn and his descendants. After Penn's death, his sons acted like feudal lords, concerned only of milking the colony of its revenue. In this, as in other major negotiations, Franklin played a major role. Not in debate: he rarely spoke on the floor because he thought he didn't do it very well. Rather he worked backstage, exploring opinions, reconciling differences, and then making a compelling case in writing for the compromise he usually could work out.

When turning to public life, he bypassed the rigidities of Pennsylvania politics and worked in practical ways to stimulate the further remarkable growth of that colony. Within a couple of

years, Ben was recognized as the power in the Assembly to the disgust of the Penns. His authority was magnified when the Royal Society awarded him a medal, and Yale and Harvard gave him honorary degrees. And in that same year - 1753 - he was named deputy Postmaster General of all the Colonies. There his intense loyalty to the British crown turned to utter disgust at the corruption and arrogance of the British government. He had discovered that he was an American not an Englishman. After declaring this in 1776, Franklin lived for nearly a decade in France where he combined skillful diplomacy with astute public relations to become the symbol of a new nation and of a new enlightened life-style for mankind. Home again for the last five years of his life, Franklin used his skill for conciliation and his zeal for accomplishment to keep the Constitutional Convention of 1787 in session.

Back in the spring of 786, gout and kidney stones made it impossible for Franklin to ride on horseback or in his carriage. Wryly he said he hoped that in some future state he would be as he used to be and better. He believed that he would, in some shape or other, always exist. When nature wasted not even a drop of water, how could souls be annihilated? Could God suffer the waste of millions of minds readymade that now exist, and put himself into the continual trouble of making new ones?

On April 30, 1789, George Washington took the oath of office of the newly constituted United States. By this time, after serving three years as President of Pennsylvania, Franklin was ready to give up all public business. He died on April 17, 1790, at exactly 84 years and three months. Benjamin Franklin was the first American to set the pattern that innumerable others have tried to follow. Many of them achieved wealth and political power, but Franklin did more. In whatever he did, wherever he was, he always remained himself. His reputation was more universal than Liebnitz, or Newton, Frederick or Voltaire, and his character more beloved and esteemed than any or all of them.

(Adapted from: Benjamin Franklin: The New American. Milton Meltzer, 1988; and Sai Baba's Mahavakya on Leadership, M.L. Chibber, 1992)

Note: The reading material: "A Summary of Benjamin Franklin's Life" should be given to students ahead of time so they have a chance to study the material.

Group Discussion:

1) What is the meaning of self-confidence?

(having faith in one's self)

2) How can one achieve self-confidence?

(by analyzing oneself for strengths and weaknesses and therefore knowing who and what you really are will develop faith in oneself. Keeping a diary of daily activities will help in the analysis of one's actions.)

3) What are the benefits of self-confidence? (it leads to having good character and eventually universal peace as proclaimed in Swami's words:

When there is righteousness in the heart, There is beauty in character
When there is beauty in character, There is harmony in the home
When there is harmony in the home, There is order in the nation
When there is order in the nation, There is peace in the world

4) Was Benjamin Franklin a person who had confidence in himself, and if so, what were the results?

(Yes, he was self-confident. His contributions to society were the results, such as pioneering street lighting, garbage collection, organized police, and fire company; organized the Juno Club which started a University and hospital; and scientific contributions such as the lightning rod and bifocals for seeing)

5) Why did Benjamin Franklin have so much self-confidence?

(Educated himself - good education; Self-improvement - Junto Club-good company; vegetarian - ahimsa philosophy; selfless service; practised what he preached - did good)

Story 2:

Story of the little bird by Sri Sathya Sai

<https://hubpages.com/religion-philosophy/Faith-and-self-confidence-Story-of-the-little-bird-Sri-Sathya-Sai>

Prayer:

“I AM GOD, I AM NOT DIFFERENT FROM GOD, I AM THE INDIVISIBLE, SUPREME ABSOLUTE
I AM BEING, AWARENESS, BLISS. GRIEF AND ANXIETY CAN NEVER AFFECT ME,
I AM EVER CONTENT, FEAR CANNOT ENTER ME.”

Group Activities:

- 1) Act out the story of his encounter with honesty. (Story of the Stolen Bricks)
- 2) Charades: One person goes in front of the class and tries to act out the following saying (only the underlined part) which summarizes the requirements for self-confidence): "the basis of self-confidence is right action"
- 3) Each student should make a list of their:
bad and good qualities; and strong skills and skills that need improvement. For the following week, they should discuss how to improve them with each other.

LESSON PLAN - 8

Sub-Value: Discipline

AGE LEVEL: Group 2 & 3

PRAYERS:

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

SILENT SITTING: Follow the standard prescribed commentary

QUOTATION:

“Be disciplined; be sweet in manners, in speech and in your relations with the less fortunate. Be grateful to your parents and those who strive for your welfare. Try your best always to earn a fair name for yourselves, your school and your parents.”

– Sathya Sai Speaks 26:140; Brindavan, 1-31-74

Though lacking education,
Birds and animals lead regulated lives.
Why then can't humans, Bestowed
with the capacity for wisdom Use their
knowledge to live properly?

-Sathya Sai Baba

Story: 1

From Sikhism:

Guru Ram Dass, the fourth Sikh Guru, had several disciples. Every disciple remained busy doing his duty. One of the disciples was Arjun Dev. His particular quality was that he devotedly kept himself busy with the duty assigned to him. Ever since he became the Guru's disciple, he was given the work of scrubbing the utensils. Other disciples used to ask him, "Arjun Dev you are always busy in cleaning utensils, you should serve the Guru also sometimes." Arjun Dev replied, "This work of cleaning the utensils, I do with Guru's orders." They said, "But only cleaning the utensils does not comprise the whole service. The Guru will not be pleased in this manner." Arjun Dev said, "I do not try to please the Guru. My duty is to obey him." The other disciples were quiet. They thought it was a waste of time to advise him. The time passed on. Whenever there was a sermon or religious congregation, Arjun Dev was always busy in doing his duty. Guru Ram

Dass's end neared. Every disciple thought that he had the right to succeed the Guru because he had all the qualities of service and devotion in him. The Guru had written down the 'will' for the announcement of his successor. The 'will' was to be opened after his death. Guru Ram Dass died. Everybody was eager to hear what was written in the 'will' so that he might know his fortune. When the 'will' was opened, Arjun Dev had been declared the successor. Everyone, particularly those who had built up high hopes, were greatly surprised. Some put up a question about how Arjun Dev made the successor even though he had no better qualities than other disciples. The wise men said, "In the Guru's views Arjun Dev was the only deserving successor to him." The disciples asked, "But he never said his prayers. He never took part in the religious discourses. He was only cleaning utensils. Nothing else did he do. Then where lies the justification in making him the successor". The answer was – faith and discipline are the only prime qualities. In fact the touchstone of eligibility is one's innate faith, absolute devotion and discipline, not his knowledge and wisdom.

QUESTIONS:

Group Activities:

What you understand from the story?

What discipline do you follow at home?

Have you ever thought about how disciplined you are when you are alone? What do

teachers expect from children at school with respect to behaviour?

Story: 2

Discipline from Shirdi Sai Baba Life

There was a sheristadar by the name Thakad. His wife and 16-year old son were ardent devotees of Shirdi Baba. Tharkad did not object to their worship of Baba. One day when they wanted to go to Shirdi, he gave them his consent. But Tharkad himself did not go to any shrine as he was a Brahmo Samaj List. He did not go to Shirdi despite many appeals from his wife.

Tharkad's son told his father that he would not go to Shirdi because he was performing regular worship to Shirdi Baba in their house. This worship would be affected if he went to Shirdi. The lad told his father that every day he was making an offering of sugar candy to Baba and he was partaking part of the candy as prasad (blessed offering) out of the conviction that Baba was receiving the candy. He declared: "I do not want any break in this practice. Hence I do not want to go to Shirdi." The father had great affection for the son. He told the son: "Babu, I shall perform that duty. You better go to Shirdi."....

"Will you offer worship to Baba as I have been doing? Will you offer candy to him and later eat part of it as prasad?" The father gave a promise to carry on the worship during his absence. The mother and her son left for Shirdi.

The father performed the worship in the manner of the son for a few days. Offering a candy to Baba, he took a part of it after the forship before taking his meal. On a Thursday, Tharkad had some urgent business in the court and left the house in a hurry after performing pooja (worship). Returning for his meal, he asked the cook to bring the prashad. The cook informed him that he had not offered any offering of candy that day. Tharkad was sorry that he had failed to make the offering to Baba.

At Shirdi, when the mother and the son went to see Baba on the following Friday, Baba told the son: "Babu, yesterday I had been to Bangra, but no one gave me any food. Even the candy which you use to offer daily was not available. I have come back very hungry. Will you give me something to eat?" The boy was shocked on hearing Baba's words. He wept in his mother's lap. "I cannot stay here any longer. I must adhere to my daily routine." At that time, Baba sent a chit to the boy through one dog. In his message, Baba said: "There is no need for you to go now. Your father failed to keep his word, but you have not failed in your duty. You have all my Grace. You can stay here as long as you wish."

Activity:

Have students divide into two groups. Have one group write 10 positive values of having discipline and the other group records 10 negative results of lacking discipline. Each group can discuss their points with the class.

Life application-

Guru will ask the kids to select one RAK (Random Act of Kindness) which is related to Discipline and practice it for one week .Please record this in Spiritual Dairy.

Prayer:

All the kids can chant this prayer together

O Lord, take my love, and let it flow in fullness of devotion to Thee; O

Lord, take my hands, and let them work incessantly for Thee;

O Lord, take my soul, and let it be merged in One with Thee;

O Lord, take my mind and thoughts, and let them be in tune with Thee;

O Lord, take my everything, and let me be an instrument to work for Thee.

Group Singing:**Swami Take My Hand, Jesus Take My Hand,**

Dear Lord Take My Hand, Take My Hand And Lead The Way I'll

Never Forget You, You'll Always Be With Me, [Dear Lord ...]

You Are Guide And Protector, Mother And Father, [Dear Lord ...]

Teach Me Loving Service, Peace And Contentment [

Dear Lord ...]