

SSE Group 4
Ceiling on Desires - Time & Money

Human Value:	Right Action
Sub Value:	Discipline
Objective:	To learn how to utilize time correctly by practicing discipline.
Quotation:	“Start Early, Drive Slowly and Reach Safely”

Sloka/Prayers:

- Opening Prayers: 3 Aum, Vakra Tunda..., 3 Gayathri mantras
- Prayer: - “O God! Be in my mind and in my thinking...”

Silent Sitting: Jyoti Meditation

Group Activity:

- Ribbon of Life (see next page)
- Where did the time go (personal exercise)

Group Discussion

- The value of Time - <https://www.youtube.com/watch?v=Ue8RSDMZVOQ>
- Time management in general - practical example
- Time Management (for students) <http://www.studygs.net/timman.htm>

Story Telling:

Red light: http://media.radiosai.org/journals/Vol_04/01JUL06/red-light.htm

Group Singing: Why Fear when I am here.....(if time permits)

Life Application and Recap of today's lesson and the Objective

Students should make a time chart for a week and register how and where they spend their time? Also register how much free time they get each day and how effectively they can use that time?

Closing Prayers: Samastha Loka Sukhino Bhavantu, Aum Shanthi x 3

Do not waste Time:

"The most important, the most needed factor is time. One should not waste time. Time should be spent in a useful manner. Time should be sanctified because everything in this creation is dependent on time. Even our scriptures say that God is referred to as time and as non-time. God is not limited by time. He is beyond time; He is time; He restricts time. Time is the embodiment of God. Everything depends on time. The main reason for man's birth and death is time. Time is the main factor in our growth. If we waste time, our lives will be wasted. Therefore time is an essential part of our life. Do not degrade time by spending it participating in unnecessary conversations, or by getting involved in others' personal matters. The truth behind the saying "Don't waste time" is that no time should be wasted in evil thoughts and acts. Instead, make use of time in an efficient way.

God is exalted as time. He is beyond time, transcends time and is the embodiment of time. Spend the time by using sanctifying words. Do not waste time. Wasting time is wasting God."

Ribbon of Life

Take a colored ribbon length approximately 1 meter/100 cms and scissors. Start with the following questions:

1. If the lifespan of an individual says 100 years each cm is one year. The response will be not only 70 to 75 years, then cut 25 cms of the ribbon and throw away its 75 years.
2. What is the average age of the participants sitting here, response would be 25 to 30 depending on the group, in that case cut another 25 cms of the ribbon saying that is gone you cannot do anything.
3. What is left is 50 years? People will say, "Yes," but the answer is NO.
4. Every year we have 52 weeks, that is 52 Sundays. If we multiply that by 50 years, it comes to 7.14 years. Reduce the ribbon by another 7.14 cms.
5. We also usually have Saturdays off, so reduce another 7. cms.
6. Public/National holidays are 10 multiple with 50 years. That comes to another 1.5 years. Reduce ribbon by another 1.5 cms.
7. Your casual leave, sick leave and annual holidays approx. 40 days a year, multiplied by 50. Cut off another 5 cms. Now you are left with about 29.5 years. But, the calculation is not over yet.
8. You sleep an average 8 hour daily multiple with 365 days and again by 50 years (i.e. 122 days X 50 = almost 17 years). Cut off another 17 cms.
9. You spend time eating lunch, breakfast, snacks and dinner total 2 hours daily (i.e. 30 days a year X 50 years= 4 years or so). Cut off another 4 cms.
10. Last, let's figure we spend about 1 hour a day traveling from place to place for activities and such. (that's about 2 more years). We're down to 6 (SIX) years of life to make it or break it.

ALL THE BEST TO MAKE BEST USE OF THAT (SIX) YEARS.

Video watching -

-The value of Time - <https://www.youtube.com/watch?v=Ue8RSDMZVOQ>

Time management - Practical example

Managing your TIME

When things in your life seem almost too much to handle, when 24 hours in a day are not enough, remember the mason jar and the water bottles.

A professor stood before his philosophy class and had some items in front of him. When the class began, he wordlessly picked up a very large and empty mason jar and proceeded to fill it with golf balls. He then asked the students if the jar was full. They agreed that it was.

The professor then picked up a box of pebbles and poured them into the jar. He shook the jar lightly. The pebbles rolled into the open areas between the golf balls. He then asked the students again if the jar was full. They agreed it was.

The professor next picked up a box of sand and poured it into the jar. Of course, the sand filled up everything else. He asked once more if the jar was full.. The students responded with a unanimous 'yes.'

The professor then took two bottles of water from under the table and poured the entire contents into the jar effectively filling the empty space between the sand. The students laughed...

'Now,' said the professor as the laughter subsided, 'I want you to recognize that this jar represents your life. The golf balls are the important things---your family, your children, your health, your friends and your favorite passions---and if everything else was lost and only they remained, your life would still be full. The pebbles are the other things that matter like your job, your house and your car.. The sand is everything else---the small stuff.

'If you put the sand into the jar first,' he continued, 'there is no room for the pebbles or the golf balls.

The same goes for life.

If you spend all your time and energy on the small stuff you will never have room for the things that are important to you.

Pay attention to the things that are critical to your happiness.

Spend time with your children. Spend time with your parents. Visit with grandparents. Take your spouse out to dinner. Play another 18. There will always be time to clean the house and mow the lawn.

Take care of the golf balls first---the things that really matter. Set your priorities. The rest is just sand.'

One of the students raised her hand and inquired what the water represented. The professor smiled and said, 'I'm glad you asked. The water just shows you that no matter how full your life may seem, there's always room for water to quench the thirst of the needy. Which means you should ever be to help those in need no matter how busy you are.'

Where did the time go? (Reference - <https://www.lib.sfu.ca/system/files/28965/multi-time.pdf>)

Strategies on using time:

These applications of time management have proven to be effective as good study habits.

As we go through each strategy, jot down an idea of what each will look like for you:

- **Blocks of study time and breaks**

As your school term begins and your course schedule is set, develop and plan for, blocks of study time in a typical week. Blocks ideally are around 50 minutes, but perhaps you become restless after only 30 minutes? Some difficult material may require more frequent breaks. Shorten your study blocks if necessary-but don't forget to return to the task at hand! What you do during your break should give you an opportunity to have a snack, relax, or otherwise refresh or re-energize yourself. For example, place blocks of time when you are most productive: are you a morning person or a night owl?

Jot down one best time block you can study. How long is it? What makes for a good break for you? Can you control the activity and return to your studies?

- **Dedicated study spaces**

Determine a place free from distraction (no cell phone or text messaging!) where you can maximize your concentration and be free of the distractions that friends or hobbies can bring! You should also have a back-up space that you can escape to, like the library, departmental study center, even a coffee shop where you can be anonymous. A change of venue may also bring extra resources.

What is the best study space you can think of? What is another?

- **Weekly reviews**

Weekly reviews and updates are also an important strategy. Each week, like a Sunday night, review your assignments, your notes, your calendar. Be mindful that as deadlines and exams approach, your weekly routine must adapt to them!

What is the best time in a week you can review?

- **Prioritize your assignments**

When studying, get in the habit of beginning with the most difficult subject or task. You'll be fresh, and have more energy to take them on when you are at your best. For more difficult courses of study, try to be flexible: for example, build in reaction time when you can get feedback on assignments before they are due.

What subject has always caused you problems?

- **Achieve "stage one"--get something done**

The Chinese adage of the longest journey starting with a single step has a couple of meanings: First, you launch the project! Second, by starting, you may realize that there are some things you have not planned for in your process. Details of an assignment are not always evident until you begin the assignment. Another adage is that "perfection is the enemy of good", especially when it prevents you from starting! Given that you build in review, roughly draft your idea and get going! You will have time to edit and develop later.

What is a first step you can identify for an assignment to get yourself started?

- **Postpone unnecessary activities until the work is done!**

Postpone tasks or routines that can be put off until your school work is finished! This can be the most difficult challenge of time management. As learners we always meet unexpected opportunities that look appealing, then result in poor performance on a test, on a paper, or in preparation for a task. Distracting activities will be more enjoyable later without the pressure of the test, assignment, etc. hanging over your head. Think in terms of pride of accomplishment. Instead of saying "no" learn to say "later".

What is one distraction that causes you to stop studying?

- **Identify resources to help you**

Are there tutors? An expert friend? Have you tried a keyword search on the Internet to get better explanations? Are there specialists in the library that can point you to resources? What about professionals and professional organizations? Using outside resources can save you time and energy, and solve problems.

Write down three examples for that difficult subject above? Be as specific as possible.

- **Use your free time wisely**

Think of times when you can study "bits" as when walking, riding the bus, etc. Perhaps you've got music to listen to for your course in music appreciation, or drills in language learning? If you are walking or biking to school, when best to listen? Perhaps you are in a line waiting? Perfect for routine tasks like flash cards, or if you can concentrate, to read or review a chapter. The bottom line is to put your time to good use.

What is one example of applying free time to your studies?

- **Review notes and readings just before class**

This may prompt a question or two about something you don't quite understand, to ask about in class, or after. It also demonstrates to your teacher that you are interested and have prepared.

How would you make time to review? Is there free time you can use?

- **Review lecture notes just after class**

Then review lecture material immediately after class.

The first 24 hours are critical. Forgetting is greatest within 24 hours without review!

How would you do this? Is there free time you can use?