



SSIO

Canada 2020

SSE Group 4

Self-Esteem/Respect

Lesson: Self -Esteem/Respect

Value: Love

Sub-Value(s): Truth, Right-conduct, Peace.

Initiating the lesson: - 3 Aums

Silent Sitting: Jyoti Meditation

Discussion Questions (Adapted from <http://www.goodcharacter.com>)

1. What is self-esteem/respect?
2. Is there a difference between self-esteem and smugness or conceit?
3. When we say someone has high self-esteem, what does that mean?
4. Do you think you have to "prove yourself" in some way in order to deserve self-esteem?
 - a. Do you have to be great at something?
 - b. Do you have to be super popular or part of the "in-crowd?"
 - c. Do you have to be terrifically good-looking?
 - d. Is there any reason why someone should not have self-esteem?
5. Where does self-esteem come from?
 - a. Why do you think some people have high self esteem and others have low self-esteem?
6. What are the causes for low self-esteem?
7. When you make really good choices for yourself, how does that make you feel? Does that raise your self-esteem?
8. When you make really bad choices for yourself, how does that make you feel?
 - a. Does that lower your self-esteem?
9. Have you ever made yourself feel bad by comparing yourself with others?
 - a. Is it good to compare yourself with others? Why not?
 - b. What can happen when you compare yourself with others?
 - c. Is it good to be compared?

How to Enhance Your Self-Esteem/Respect (Adopted from <http://www.goodcharacter.com>)

- Spend time with people who like you and care about you.
- Ignore (and stay away from) people who put you down or treat you badly.
- Do things that you enjoy or that make you feel good.
- Do things you are good at.

- Reward yourself for your successes.
- Develop your talents.
- Be your own best friend - treat yourself well and do things that are good for you.
- Make good choices for yourself, and don't let others make your choices for you.
- Take responsibility for yourself, your choices, and your actions.
- Always do what you believe is right.
- Respect other people and treat them right.
- Set goals and work to achieve them.

Swami's Message

It is important to recognize that as long as the mind is there, desires will not leave you. If you have desires, the false notion of "I" and "mine" will not leave you. As long as the feeling of "I" and "mine" is there, ahamkara (your wrong identification with the body) will not leave you. If ahamkara does not leave you, Ignorance too will not leave you. In effect, it means that there is no way other than the annihilation of the mind to attain Atma jnana (knowledge of the Self), or Atma darshan (vision of the Self), or Atma ananda (bliss of the Self), whatever you may choose to call it.

- Bhagawan Sri Sathya Sai Baba, Summer Showers in Brindavan 1990, Chapter 11

Closing prayer: Om 3 x Shanthi