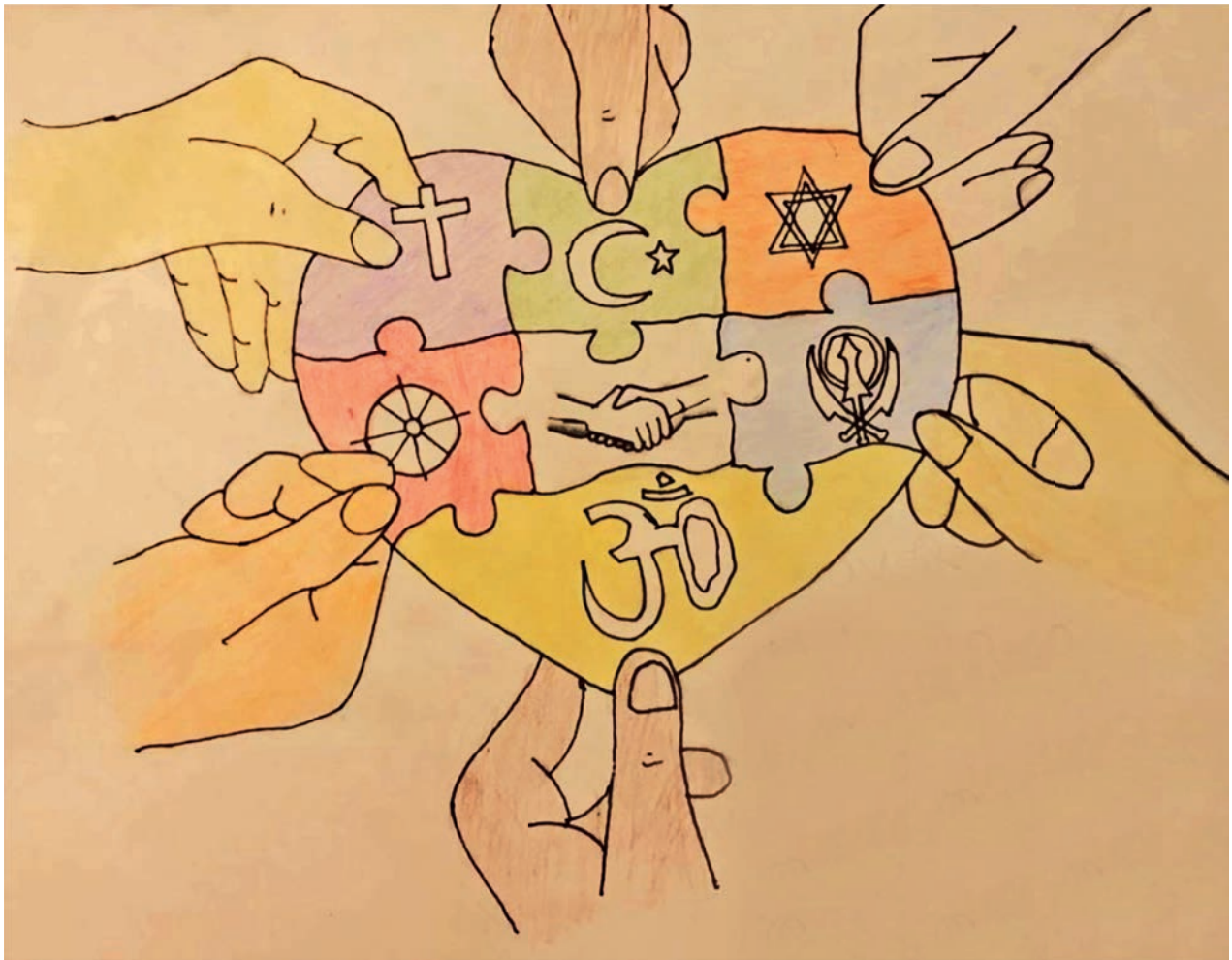
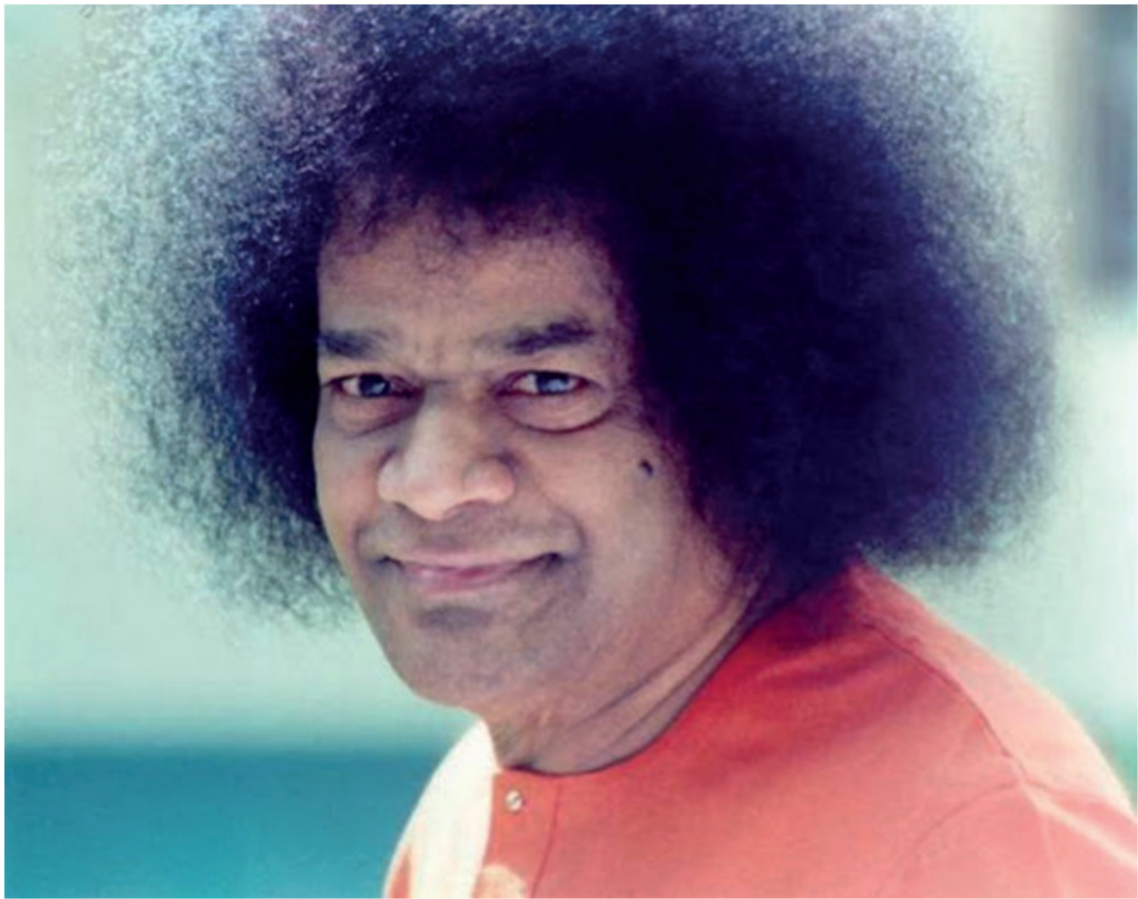




UNITY IS DIVINITY



*Sincere Reflections from the Hearts of
Sathya Sai Education Students of Canada*



*“All is divine, all is God,
and unity is divinity.”*

~Sathya Sai Baba~

FOREWORD

“Unity is Divinity”

We place this offering at the Feet of Him who inspired it. He alone has the will for what is to be ordained. Bhagawan, you are the very source of Truth and Love. We the children of Your mission dedicate this book on your 95th birthday.

“The whole world is like a mansion and various countries are like different rooms in it. So, do not divide humanity based on nationality. It is because of such division that humanness is on the decline. Sai devotees should not entertain any such differences. All should stand united. Names, forms and complexions may be different, but humanity is one race. God is one. All human beings belong to one family.” --Sathya Sai Speaks – 2002, July 21st.

We must heed the words of Bhagawan Sri Sathya Sai Baba to see the underlying oneness in our diversity. Our perception of the multitude of cultures, beliefs, and religions may often emphasize differences, but we must look past these imaginary boundaries and recognize the fundamental unity. Steeped in their devotion to our Dearest Bhagawan, in this offering, the students of the Sai Spiritual Education of Canada offer their reflections through art, poetry, and essays depicting the oneness of religions throughout this rich historical land. Our challenges may seem monumental but with constant and vigilant faith in Bhagawan these uncertain times will come to pass. Let us continue in our mission to serve, to steadfastly follow His teachings, and to nurture the intrinsic divinity in our children. May these students serve as the spiritual compass of tomorrow and be the beacons of light of Bhagawan Sathya Sai Baba’s teachings.

Prof. Siva Nadarajah

Vice President, SSIO Canada

Unity in the Family

“Peace must begin in the family, in the home. When there is understanding and harmony in the family, peace will spread to the community and from there to the nation and the world. Hence unity is the primary need today.

Unity confers joy and peace.”

Sathya Sai Speaks Vol.23/Ch.31: 20 Nov 1990





Sahana Ranga
Pre SSE
Sri Sathya Sai Baba
Centre of Calgary

Amayah Mahendran
6 yrs (PRE SSE)
Sri Sathya Sai Baba
Centre of Cooksville





Kavera Tailor
5yrs (PRE SSE)
Sri Sathya Sai Baba
Centre of Cooksville



Lakshmi Aungaran
5yrs (PRE SSE)
Sri Sathya Sai Baba
Centre of Cooksville



Kyra Mahendran
5yrs (PRE SSE)
Sri Sathya Sai Baba
Centre of Cooksville





Bairavi Arulmaran
 5yrs (PreSSE)
 Sri Sathya Sai Baba
 Centre of Toronto-York



Unity in Family

“In my family, I have a mommy, daddy, brother, thatha and amama. I like to swim, travel and hug mommy and daddy when they go to work. I like to help my mommy and daddy when they need help like when my daddy is fixing the roof, shed or making a shelf. It makes me feel good to help.”

Keelan Leslie
 Pre-SSE
 SSSB Centre of Winnipeg



Sairam, I am Monissha.
Today, I learn about Unity



Unity means together.
We spread kindness everywhere.
Everyone spreads love to everyone.
We get peace.

My brother and I play together. We share our love. This is unity.



My family do meditation everyday.
It makes me calm.



We clean our house together. Sometimes, I help my mom. This makes my mom happy.

Monissha Thayakaran
6 yrs (PRE SSE)
Sri Sathya Sai Baba
Centre of Toronto-York



Unity In The Family
Loving Family



Oviya Balasingham
Group 1
Sri Sathya Sai Baba
Centre of Middlefield



Anjani Vaigunthan
9 Yrs
Sri Sathya Sai
Centre of Agincourt





Aishani Nitya-Noothan
 7 yrs (Group 1)
 Sri Sathya Sai Baba
 Centre of Cooksville



Jainishaa Thana
 8 yrs (group 1)
 Sri Sathya Sai Baba
 Centre of Cooksville

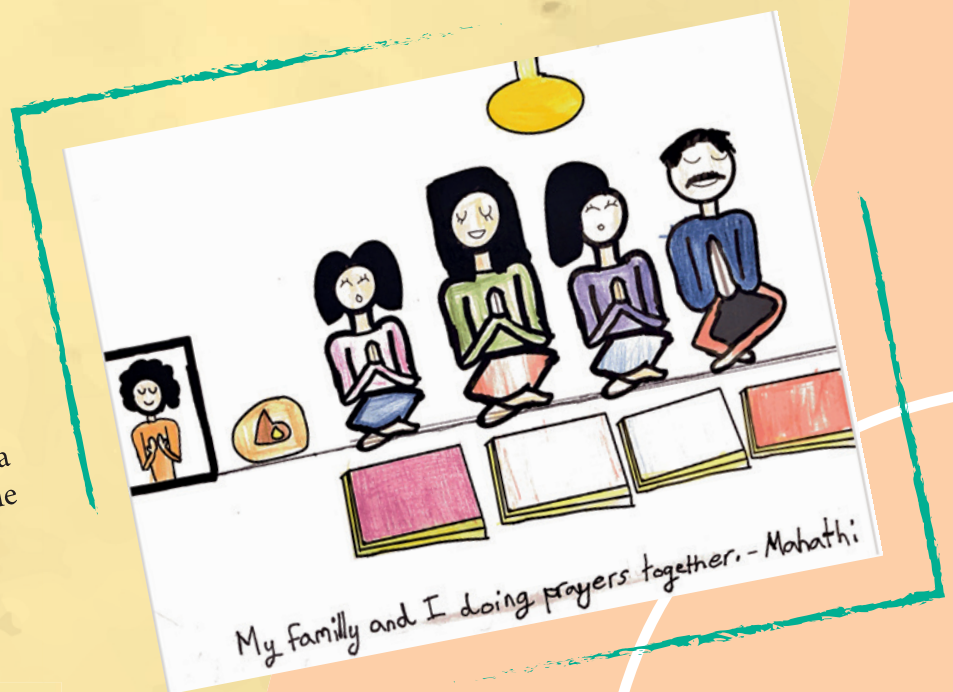




Krrish Harikishore
 7 yrs (group 1)
 Sri Sathya Sai Baba
 Centre of Cooksville

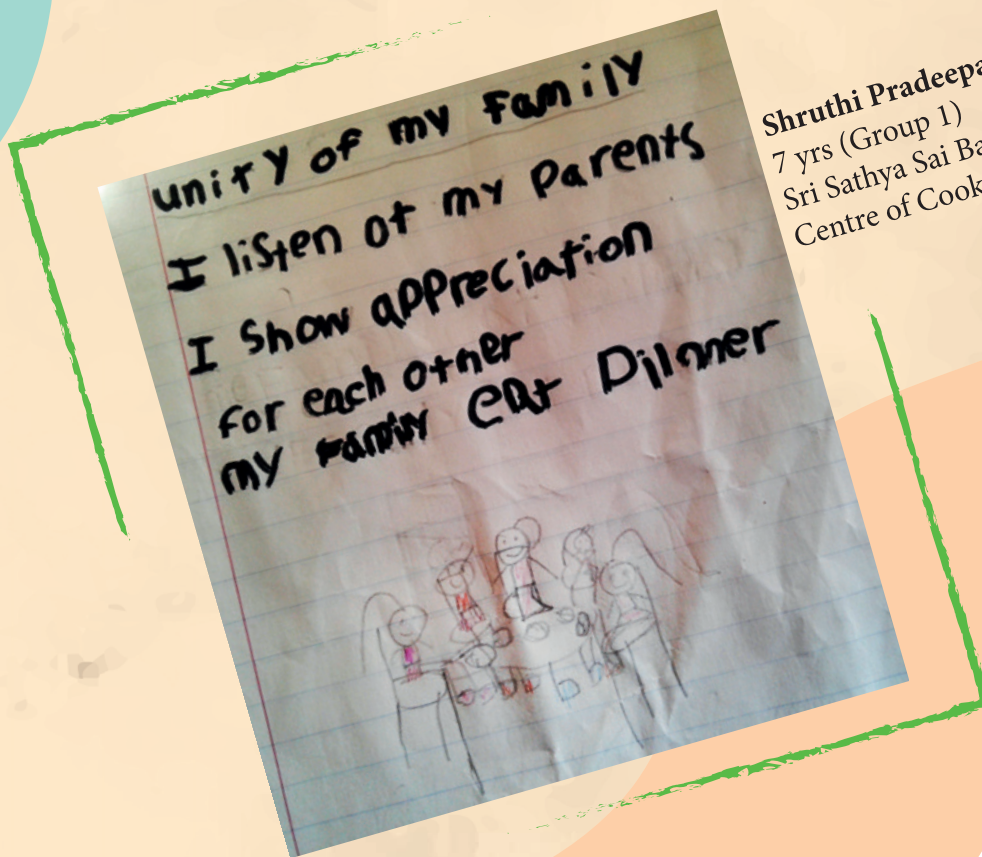
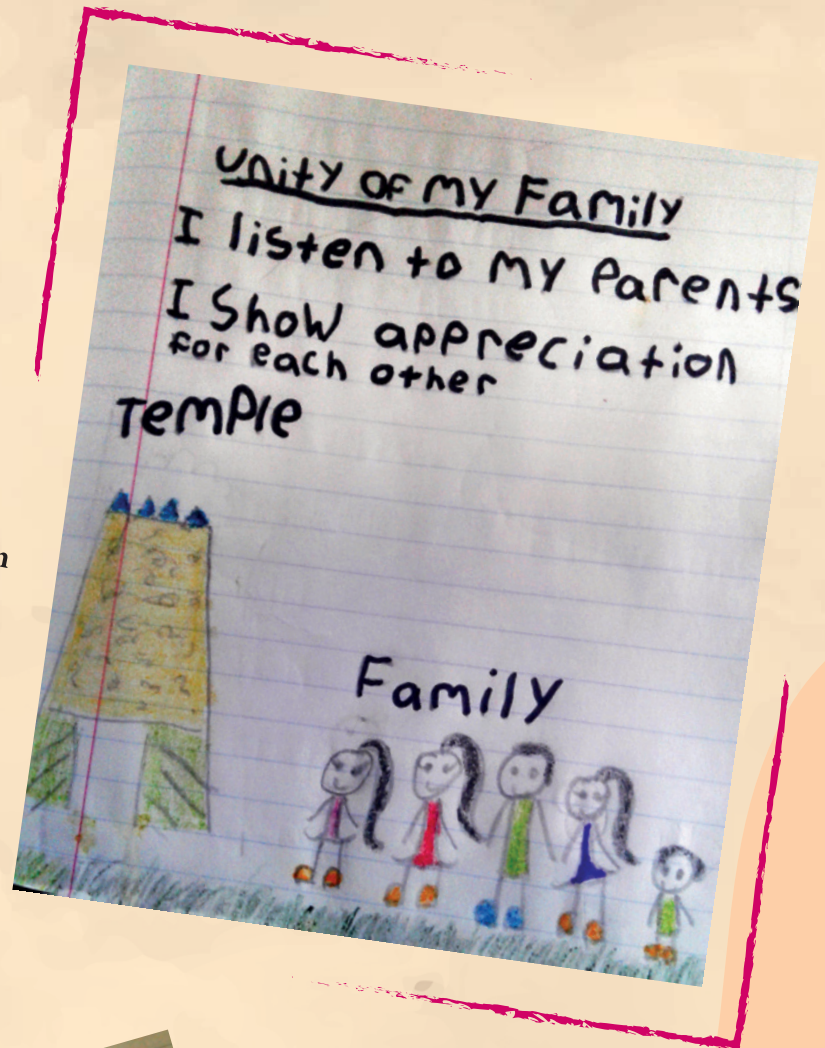


Mahathi Venkataramanan
 9 yrs (Group 1)
 Sri Sathya Sai Baba
 Centre of Cooksville





Prethi Pradeepan
7 yrs (Group 1)
Sri Sathya Sai Baba
Centre of Cooksville



Shruthi Pradeepan
7 yrs (Group 1)
Sri Sathya Sai Baba
Centre of Cooksville





Shyla Gautam
7 yrs (Group 1)
Edmonton





Arjun Mahajan
Group 1
Sri Sathya Sai Baba
Centre of Windsor



Kiara Kohli
Group 1
Sri Sathya Sai Baba
Centre of Windsor

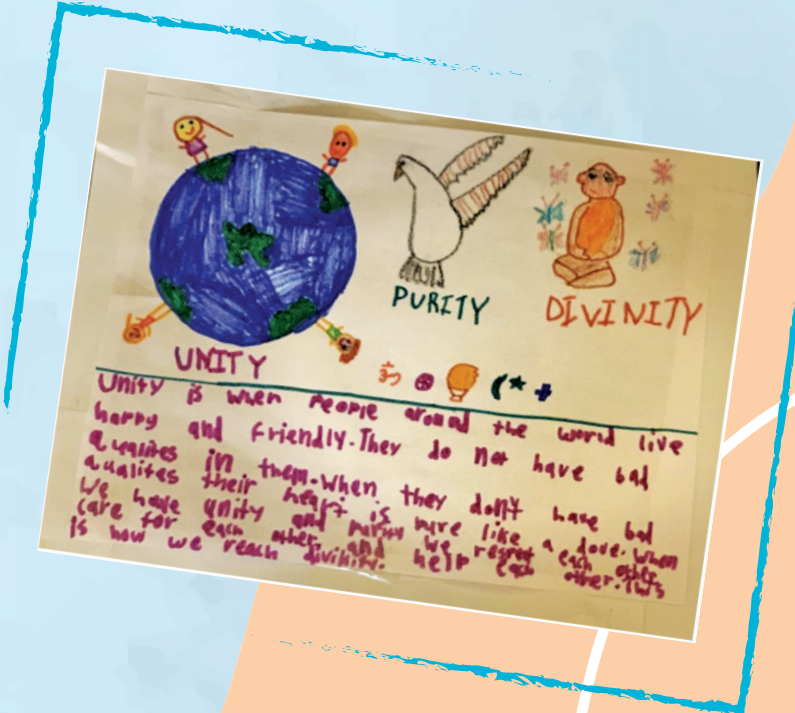




Advait Iyer
 7yrs (Group 1)
 Sri Sathya Sai Baba
 Centre of Toronto-York



Mahati Sai Harihar
 8yrs (Group 1)
 Sri Sathya Sai Baba
 Centre of Toronto-York



Arwan
Group 1
Sri Sathya Sai Baba
Centre of Regina



Sachin Grover
7yrs (Group 1)
Sri Sathya Sai Baba
Centre of Toronto-York



UNITY WITH FAMILY

Unity with family is when you help your family for example doing your chores and even work that you don't have to do. Unity with your family is also spending time with them. For example playing games, going outside-camping, vacation, picnics, and even more.

In some places like Winnipeg December- February it is winter so during that time you can spend time with family by playing indoor games/going sledding, ice skating skiing, and this is what unity with family is!!!

Anvi Shetty
Group 1
SSSB Centre of Winnipeg



Unity in Family

"Game night with family is important because we do board games.

It is important we get to play and have fun together.

We bike ride together, I help my mom with the dishes, and we learn things together and do work together.

I love that my family takes care of me. They teach me so many things because of that I love my family."

Kahvyn Nadarajah
Group 1
SSSB Centre of Winnipeg

Unity in the Family

“My family is important to me because I love them and have fun with them.

I like to play games with my family, to go out to eat for birthdays and have sleepovers with my cousins.

I like to help my mom, dad, brother, grandma and grandpa.

I help my mom clean the house. I help my dad carry things he buys at the store.

I help my grandpa carry things that are too heavy for him to carry.

I help my brother take a bath, get dressed and get toys that are up high for him to reach.

It makes me feel happy and excited to help my family.”

Keeshan Leslie
Group 1
SSSB Centre of Winnipeg



Unity in Family

“I love my family because they feed me and take care of me. They are nice to me. We love each other. We play games and bike ride together. We cook and eat together. Family is important. I love my family.”

Sahana Nadarajah
Group 1
SSSB Centre of Winnipeg



Unity is Divinity

Family is important to me because I get Fed, I get loved I get toys I get comfort, and I feel safe my family really matters to me alot!!! My family is my worlds greatest blessing.



↑ me
This is me and my family riding our bikes together

This is me and my family gardening

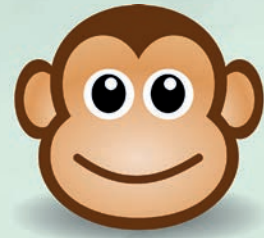


This is me and my family praying to Sai BABA

Its always fun if we do activities together as a family. My MOM teaches me bhavans. My dad teaches me math, science and other subjects. I help my family in gardening and doing choral talk to my grand parents every weekends. Thanks swami for keeping the family united.

Anshuman subudhi Group 1 calgary canada

Anshuman Subudhi
Group 1
Sri Sathya Sai Baba
Centre of Calgary



Activity #2 Unity in the Family

Unity in the family is important to me because I have alot of experiences. Like when I went to Edmonton I went on a roller coaster that was my first time. Another cool experience was using electric tools in cub's wich is a level that Scouts, Unity in the family teaches me unity with my cousins. My cousins and me play games and drawing contests. My cousins and I get along and bring lovin' each other. My family and I get along nicely. My family goes out walking on a track being mindful of my dad when its time to go. We have walking wednesdays and it is like a family walk on wednesday during covid-19. We walk through our community Park called fish creek. We see Osprey carrying fish and bald eagles. Going on walks is a example of unity. We have Bhajans together happily, this is another example of unity. This makes me feel happy because I feel excited, united and content. This is also fun too.

Santosh Venugopal group 1 Calgary

Santosh Venugopal
Group 1
Sri Sathya Sai Baba
Centre of Calgary

Siddharth Sharma
Group 1
Sri Sathya Sai Baba
Centre of Calgary

Prayer: Thank you Sai baba for guiding me to be a better person

unity in the family: I like when we go on trips every year. My favourite ~~is~~ and meal is Vancouver. I like the Christmas lights glow. I feel good.

Siddharth Aryan Sharma Group 1



Prayer Sri baba please guide me
to become a successful billionaire
because to help people and buy a
Lamborghini.

Unity in
the family

My most memorable activity we did as a
family is watch my favourite movie, which is
Batman. I felt very happy and excited to watch
the movie.

Trisshanth Ayan Sharma Group 1

Trisshanth Sharma
Group 1
Sri Sathya Sai Baba
Centre of Calgary



Unity of the family
show kindness to your family.
never hurt anyone if you did say sorry.
Don't fight. Don't be mad all the time.

Poem
Don't be
mean. Be nice.
Hurt never. Serve
everyone. Don't
bully anyone.

by: Vairavan. Balaji.



Vairavan Balaji
Group 1
Sri Sathya Sai Baba
Centre of Calgary

Om Sri Sai Ram!
Unity in Family.

1. I love my family a lot and I am thankful to Swami for giving me such a wonderful family.
2. There are 4 members in the family and my grandma is also living with us.
3. I have a big sister who always loves me and cares a lot.
4. All of us in my family help each other always.
5. My sister and myself always help our grandma bringing her the things that she needs.
6. Our grandma makes us good food.
7. My mom and dad always tell me to follow the 5 values of what we learned at SSE class. The 5 values are Love, Peace, Truth, Nonviolence and Right Conduct.
8. Thank you, Swami, for keeping us healthy and safe. Swami, please bless us as always.

Thank you, Swami, for everything.

Om Sri Sai Ram!

Anamika Krishnarajah

7 yrs (Group 1)

Sri Sathya Sai Baba Centre of Middlefield



Unity In The Community

In the 2020 lockdown period we are unable to go anywhere outdoor such as places like outside of this city, beaches and more. With these restrictions we cannot even stay in hotels or use public restrooms. Therefore, I made new friends in my neighbourhood and we play, of course, with some distance. We share our toys, tell stories and have fun.

Sometimes the three of us have some arguments and misunderstandings but at the end of the day all of us get along and appreciate playing with each other, which makes us feel happy. This is how we all learn how to forgive and forget.

When the global pandemic is over I will be sure to do everything I wanted to do in the summer that I couldn't do currently.

Pallavi Mahendran

Group 1

Sri Sathya Sai Baba Centre of Edmonton



Unity in the family

Family unity is important to me because family unity keeps us all together; it makes us all one group. Unity makes us stronger. As a family we go through obstacles in life it makes us stronger and takes us to a new stage in life. In my family something that brings us all together is when we play basketball, play cards, and watch movies. I always enjoyed my family time.

Also, we do group prayer and sing bhajans, which makes us feel good and to remember god. Once a week we visit our cousins and play with them and I understand how we all care about each other and how we are all related to each other.

I help my parents by doing chores in the house such as washing and cleaning dishes, I help my grandparents as well and it makes them feel proud of me. As we all are going through unprecedented times, we spend most of our time with family. When I spend time with my family, I feel very happy and it makes me feel warm inside because we are all together. Unity in the family is what keeps us all together and happy.

Name: Athish Marukoon

8 yrs (group 1)

Sri Sathya Sai Baba Centre of Middlefield

Unity in Family

Family matters more than anything because your family members are your most trustable advisors. Unity in family is one of the most important things to have in a family. An activity that I do with my family is art. Art is a way to get creative and share ideas with your family about what you want to draw or do. Another thing I do with my family is cleaning up. I think cleaning is a way to keep your house clean and tidy. It is also a way to work as a team. Another thing I do with my family is shopping. Shopping is a way to get moving with your family in a way to get your essentials quickly. I watch TV with my family. I believe watching TV is a good way to take a break with your family. I enjoy playing games. I think playing games is an awesome way to have fun and be stress-free. These are some things I do with my family. It is fun to have someone to play and learn with. It's better to do things with the people you love than alone. I think families are the only people who are going to advise you and truly support you. So, you should be happy that you have a family and realize how important unity in family is.

Asmika Srikanthan

9 yrs (Group 1)

Sri Sathya Sai Baba

Centre of Middlefield

Unity in the Family

My grandparents live with us and every morning my grandma wakes me, my brother, and my sister up and makes sure that we say our morning prayers which she has taught us. I help my grandparents whenever they need help. My grandpa enjoys gardening and he has a small vegetable garden in our backyard. My grandpa's one of the daily routines is to water his vegetable garden every day in the morning and the evening. Last year he had to undergo an eye surgery and he had to stay in bed for a week. My grandpa was very worried about his vegetable garden. I volunteered to water the vegetable garden until my grandpa got well and I did it. My grandpa was very happy, and he encouraged me to continue watering the vegetable garden. And now I continue to help my grandpa to water the vegetable garden and I feel very happy.

One day my grandpa was complaining about a pain in his legs, and he was saying that he doesn't have good sleep at night because of that pain. Me and my brother decided to help him to relax his pain. I asked my mom whether she has a pain relief cream, but my mom gave me harmless massaging oil. Me and my brother applied the massaging oil on his legs and massaged every night and he said that he felt that the pain was going off slowly. He blessed us. We were very happy to help our grandpa.

This year on Valentine's Day our SSE class visited a senior home to entertain them by singing Human Values songs which we had learned in the class. There were many old people. When I saw the old people, they reminded me of my grandparents. Me and my friends gave them flowers, Valentine day cards and chocolates. All of our classmates sang songs which brought happiness to them and created a joyful celebration. Their happiness was like my grandparent's happiness. Swami Says "Love is the only wealth does not diminish it is a property of god" I realized that the happiness of others is reflected in my happiness.

Jai Sai Ram!

Ashmiga Jeyathas

8yrs (Group 1)

Sri Sathya Sai Baba Centre of Middlefield

Unity in the Family

I love my family and grandparents. I live with my parents, two sisters and grandparents. I help my mom dry the washed dishes. I watch my baby sister when my mom is busy cooking. I read a book for my baby sister. I listen to my grandfather and do the work. Sometimes I take water for my grandfather. My, my sister and my mother bake cake together. I love my family; I respect my elders and listen to them. Thank you, swami, for giving a loving family.

Deepthika Thiruketheesvar

6 yrs (Group 1)

Sri Sathya Sai Baba Centre of Middlefield

Unity in the Family

As a family, we work together in the garden. By sharing with one another and spreading kindness, we become united as a family. When we work together, we will be happy. Listening to each other, helps our project be successful and we work happily. For example, we grew a vegetable garden during the pandemic. At the beginning, all we had were some seeds and small plants. We all listened to our Mom and we shared the workload. It was fun to work together as a family and we didn't feel tired because "Many hands make light work" as the saying goes! A few weeks later, we had blossoms and vegetables. We grew enough plants to share with our neighbours. This brought us joy. They invited us over for a meal and we ate together. Most importantly, we have good memories.

Love and Peace to all.

Meghana Gobi

8 yrs (Group 1)

Sri Sathya Sai Baba
Centre of Middlefield



Unity in the family

Unity in the family is getting along with each other in the family lovingly and doing things together. We do many things in life together.

First, we do our morning prayers as a family. then we have our breakfast together. After we head to school and my parents go to work. When we return from school, we have our supper. On the weekends we do shopping, gardening, and cleaning the house. This way we spend more time as family and get more things done in the house.

Cleaning the house on the weekend, we prepare ourselves for the following week. By doing gardening we get fresh air from outside. By doing little chores daily will keep me and family in unity and Healthy.

Nikeal Nagendra

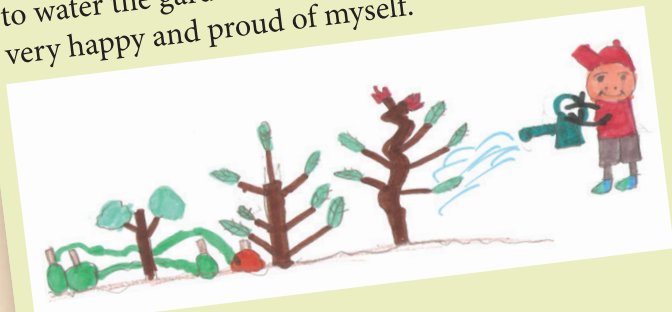
8 yrs (Group 1)

Sri Sathya Sai Baba Centre of Middlefield



Unity in the Family

I love to help my mother all the time. Especially I love to water the garden. When I helped my mother I felt very happy and proud of myself.



Milan Mathivanan

7 yrs (Group 1)

Sri Sathya Sai Baba Centre of Middlefield

Unity in the Family

I am grateful to Swami being blessed to have such a wonderful family with my dad, mom, and my little sister.

My mom and dad share all the good and bad things between them. My dad looks after everything by going to work and mom is doing everything being a great homemaker.

My sister and myself are kind to each other. I share my toys, food, books, and clothes with my sister. I always care about her. I help her with her homework sometimes. We love each other. My sister is always listening to me. Our mom is always helpful with our studies. My mom always reminds us the 5 values that are Peace, Truth, Nonviolence, Love and Right Conduct, which our guru has taught us at the SSE class that will make us a good citizen.

Thank Swami for keeping us healthy and safe and giving us good food and education. I also pray to Swami that he would keep all of us as united as always.

Thank you, Swami.

Om Sri Sai Ram!

Parmika Krishnarajah

9 yrs (Group 1)

Sri Sathya Sai Baba Centre of Middlefield



Unity in the Family

I help my mom to do laundry. And help her by folding my clothes after washing them. Sometimes, I help her clean the house. Also, I help her cut vegetables for cooking. If I help her it is easy for her to finish the work very quickly. When I help her, she feels very happy and she gives me a big hug and a kiss for helping with her housework. I am thankful to her because she does everything for us very lovingly.

Praveen Varatharajan

8 yrs (Group 1)

Sri Sathya Sai Baba Centre of Middlefield.



Unity in the Family

One of Sri Sathya Sai Baba's teachings is help ever hurt never. I help my family a lot. I help them because we are a family. I help my brother put away the laundry and I help my parents empty out the dishes after dinner. Every night after our family dinner, we play games as a family, that makes me go to sleep happily. I can relate "Unity is divinity" to two of the five values: peace and love. This is because when you are kind and helpful you feel happiness and love. You are also following right conduct when you help others. One of Swami's teachings is that love all serve all. You need to start with unity in the family to get bigger.

Shraven Senthilkumar

8 yrs (Group 1)

Sathya Sai Baba Centre of Middlefield



Yatish Daida
9 years - Group 1
Sathya Sai Baba
Centre of Saskatoon

REALIZING UNITY THROUGH DIVINITY

Our swami says love is god, god is love so live in love. Also we should remember that god is present everywhere, in every form and in everyone. This understanding makes us united which in turn leads to divinity. Here is a story.

Once upon a time there was a rich man. He always helped needy people. He had a son who grew up helping the people along with his father. One day the entire family ran out of money and soon they did not even have food to eat.

They had to work very hard to get food for the day. One day an old man who was starving came to their house and asked for food. Even though they had very little food they gave the food to the old man.

Then, another man came by and asked for the left out food. As the entire family stayed united and helped the needy, they gave the left over food to the man. The family then thanked god that they atleast had water to drink.

Then, a third man who was very thirsty came by asking for water. Without even thinking, the son gave the water to the thirsty man. Suddenly all three men appeared in front of the family who were none other than lord shiva, vishnu and brahma. They blessed the whole family who stood united in helping the needy and gave them all the wealth back.

This story is an example of unity in divinity. If we stay united and help others then god will bless us. Swami says: see good, be good and do good. In this way we can be united and realize divinity.

Aarav Prasanna
7yrs (Group 1)
Sri Sathya Sai Baba
Centre of Toronto-York



Unity in Family

Unity in the family is important to me because otherwise you will not get to know your family. You can at least watch a family movie or play some board games. I plan to play Mario Party on the Nintendo Switch, watch a family movie, play board games of any kind, have a family walk, get some fresh air, go to fun places, play outside, and make our garden look nice. Unity in the family made me feel happy, fun, and not lonely.

Srikaran Valluru

8 years old (Group 1)
Sri Sathya Sai Baba Centre of Mississauga-Central



Unity in the Family

The topic of my poem is Unity in the Family, After reading this poem, you'll learn little more about me, Unity in the Family is important to me, Because our love for each other goes beyond the galaxy.

My family and I play many games, But each one feels like a ballgame. I play carom board and Monopoly with my brother and dad, I also help my with her garden, and I'm glad

Being part of this Family means a lot to me, I'm proud to be part of this Family Now it's time for this poem to come to an end, But one last point, my family is more than family, they're my friends

Ajeesh Arasaratnam
9yrs (Group 1)
Sri Sathya Sai Baba
Centre of Toronto-York



Ashrit Srinivas.S.N
8 yrs (Group 1)
Sri Sathya Sai Baba
Centre of Toronto-York





Tejas Sai Muruganandan
8yrs (Group 1)
Sri Sathya Sai Baba
Centre of Toronto-York

unity is important to me because I feel safe. I also enjoy being together as a family and being united.

Together as a family we do puzzles and play board games and watch movies.

once when we were playing a board game with my brother and I did not know any words to put down.

Then we asked our parents to help us.

We need help.

That is why unity is important.

Thank you all worked together and we found the word.

Tejas Muruganandan
Group 1.B
Age 8
Toronto York Sai Centre



Arya
Group 1
Sri Sathya Sai Baba
Centre of Regina

This is how I bring unity to my family. I put the recycling in the recycling bin. When my parents tell me to do something, I do it right away. I also do it with a lot of kindness to make my parents happy. I bring happiness by telling my



Unity in the community

What is Unity in the community?

Unity in the community is when everybody gets along. They help each other care for each other & protect each other.

Why is Unity in the community important?

Unity in our community is important because if nobody got along then there would be nobody to help if you got in trouble. Also if nobody got along, it would cause people to do bad things. So unity in the community prevents us from doing bad things.

How I have practiced love, tolerance, humility, faith & respect.

Love

One day a new student came to school. His name was Tristan and he was from South Korea. My teacher told me I could help him out today. So I helped him a bit. Even at recess he taught me a little bit Korean! Then we eventually became friends.



Shlok Soni

Group-1

Sri Sathya Sai Baba

Centre of Regina

Varlika

Group 1

Sri Sathya Sai Baba

Centre of Regina

Varlika

We help each other in the family by cleaning together. We have fun watching movies, playing. We make lovely surprises too! A time brings us together I am thankful to God for my lovely family and friends!





Unity in the Community

“Society is very important. You are born in society, you grow up in society and you die in society. You can never be away from society even for a moment. Get a good name in society. When you are one with society, it is true unity.”

SathyaSai Speaks Vol.26/Ch.42: 9 April 1993



What is the meaning of unity?

Unity means togetherness.

Unity also means living together, accepting and appreciating the differences. Unity in community does not look at a person's background, colour, religion, interests or culture and treats everyone with respect. Accepting people and their differences makes a better community to live in.

For example in Canada, there are many different types of people's origins, backgrounds and cultures like the Indigenous People, North Americans, Hispanics, Indians, Chinese, Africans, Arabs and so on. Canada is a big community of different and unique groups of peoples. These differences create richness in cultures and make a nation unique. People can live unitedly in this diversity. This unity in diversity teaches us to be strong together, as is taught in many religious scriptures. A community that accepts diversity enjoys great harmony in togetherness and this helps in achieving world peace. This is aligned with Swami's teaching of Love all, Serve All.

Kaveesh Shanmuganathan

Group 2

Sri Sathya Sai Baba Centre of Calgary



Unity

“Unity is when people set their differences aside and come together as a whole. It is when a group stands up for what they believe in unison. One example of unity in the world today is in the Black Lives Matter movement. In this movement, people of all races and ethnicities are coming together to stand up against police brutality for the people of colour in America. People came together in protests to show their support and fight for what they believe in.

Unity is also required all over the world and at home when dealing with coronavirus. In order to control the virus, everyone has to work together by obeying all the social distancing rules, wearing masks, sanitizing, and being aware of our surroundings. Unity is also used at home when making sure that we are washing our hands and not going out too often.

Unity is important because, without it, there would be a lot more coronavirus cases because people wouldn't social distance and wear masks. There would be a lot more sickness and death in the world. It would also be unfair to minority groups because their voices wouldn't be heard and people wouldn't be coming together to show their support. Movements like the Black Lives Matter movement wouldn't exist and people would be silenced.”

Dev Patel

Group 2

SSSB Centre of Winnipeg

Unity in Community Poem

To me, unity means equality
Every culture working together in peace
With black lives, Asian lives and many more, we
should be working hands together as one
Making it feel peaceful and determined that
everyone becomes one, Helping each other as one
It's not a Community Unity Day unless
Everyone is represented
All shall be together

Abilash Subashtharan

12 yrs (group 2)

Sri Sathya Sai Baba
Centre of Cooksville




UNITY IS DIVINITY

*2
 Unity in the community is important to me because if we do not have Unity then we will not have Faith or Peace

*3
 So when ever I go to a house where my family does seva, I would always play with the little kids there who have cancer or something.

*4
 I have helped people in my community to have faith and peace, I teach my friend even how to sing bhajans.

*5
 it made me feel like I was really doing something amazing and that feeling is personally wonderful.



GROUP 2
 Sathy Sai baba
 Sia Vallabh Swami 95th birthday Canada

Sia Vallabh
 Group 2
 Sri Sathya Sai Baba
 Centre of Calgary

Unity in Community

Many people have problems.

They think they can't solve it, but when you compare yourselves to another, then your problem will seem like a piece of cake.

So swipe your problems and bring joy in your life by uniting with everyone.

"Unity is God."

Anikshka Ponram

Group 2
 SSSB Centre of Winnipeg

Community is family, school friends, loved ones, neighbours, mom and dad

I pray that they always work together in unity so there is peace and progress in the society

I feel very happy when I am at school doing some group project with my friends. I learn to be kind and work together in harmony

Aditi Jawaheer

10 yrs (group 2)

Name of centre: Sri Sathya Sai Baba Centre of Cooksville





Unity in the community

All living things must live in the community. A community means many living things sharing the same environment. My parents and school teach me to be a good citizen and help me practice living in “unity with my community.” I am going to discuss how I am practicing unity in my different communities.

Even though I am 11 years old I still have a big community. My community starts from my family then school, playground/park, community centers, last not least with my neighbourhood.

I learn and get knowledge from others because everyone has different ideas, interests, beliefs, practices, actions etc. This is called diversity because everyone is different. But in a community, we must share and respect other opinions and beliefs.

In my family, each family member is unique. My mom, dad, and sister each have different characteristics. But we bond with each other through love and caring. Love and caring is a unique characteristic that keeps our family as a community. Next is my school. Every day I meet many colleagues at my school. They come from different backgrounds, cultures, religions, interests. But we are all students in the same school that learn new things, make friends and respect each other. At school we practice unity by working together, taking care of each other and being respectful of one another. We all try to learn and be friends and have fun. Another of my favourite communities is the playground/ park. At the park I meet different kids from different age groups and backgrounds. They all come there to enjoy nature, the ground and to play together. There is unity there because we share the playground, follow the rules, respect each other's needs, and show empathy to others. Another one always visits the community center. We all must follow/obey the rules that will help unity in the community center. I try my best to obey the rules. finally, my neighbourhood. Everyone loves to live in a clean, safe, beautiful neighbourhood. I practice unity by following the rules like not littering, not disturbing my neighbours by not making noise. I try to garden to make my garden look nice. At the same time, I respect myself to keep myself and others safe. I practice being a good citizen to my neighbor and my community.

This is the way I practice and support my community to be in a unity.

Avinesh Kirupakaran

11 yrs (group 2)

Sri Sathya Sai Baba Centre of Cooksville



Unity in community is something anyone can think about, because right now in the pandemic- we must be more ready than ever to be more responsible.

Everyone should think about each other's safety and keep a distance from others to stop the spread of Covid. We should also wear masks when going out and wash our hands when we get home.

I feel that by doing this, I am not only helping myself but also others. This gives me a great sense of peace and unity which I can spread in the community.

Aum Sri Sai Ram

Chalisa Singh

10 yrs (Group 2)

Sri Sathya Sai Baba Centre of Cooksville



My Unity in The Community Journal Entry

I am going to be talking about Unity in the community and why it is important. Unity in the community means creating an environment where everyone feels welcome. Community does not have to mean just your neighbourhood or your block, it can be anyone who you keep in touch with or even people you interact with at school. Your community can be anyone you know - even animals! Unity in the community is important because it brings the community closer and creates great friendships and bonds. It also provides support for those in need. Unity in the community allows the community to flourish. I have cultivated love, tolerance, humility, faith and reverence/respect towards others by applying the teachings that SSE has taught me, and by realizing that everyone has needs. My family and I practice unity in the community by helping peers and friends at school, planting trees, donating food to the food shelters, and putting together care packages for the homeless and families in need. When I practice unity in the community, it makes me feel good and happy on the inside. It also makes me closer to my community. I feel like I am doing something helpful and kind, and it makes me feel like doing even more!

Khelan Tailor

12 yrs (group 2)

Sri Sathya Sai Baba Centre of Cooksville

Unity means harmony, love, and peace. Unity means a truthful agreement. We are all one. We all are different. And we all accept different backgrounds.

- If no Unity existed, then the world will turn black.
- With Unity, everyone will be calm.
- Unity makes people happy.

I am patient when I am doing arts and crafts with my friends. I respect older people. In Grade 3, my classmates and I picked up garbage from the school ground. It was very fun, and I felt helpful.

It made me feel very kind. And I felt very Divine. I got a reward for being a role model and a prize for my contribution.

Aum Sri Sai Ram

Eshana Aungaran

10 yrs (group 2)

Sri Sathya Sai Baba Centre of Cooksville



In our community we are united. It is important because without unity there would not be any love and peace. I have practiced love, faith, and more care towards others by being kind and, I have faith in someone even if they are not that good. By my kindness they will change.

I have cleaned the trash from the sidewalks and participated in planting trees for the better environment. It made me feel very proud and happy.

Subanki Maharajah

10 yrs (group 2)

Sri Sathya Sai Baba
Centre of Cooksville



Unity in the Community

Unity means everybody gets along well, and does not fight with each other. It means people get along well, and they think everyone as one family. We live in a community that is United, meaning we are all one. We shall never do anything to hurt another person or shall never corrupt the Earth. The opposite of being United is being divided. Meaning not getting along well.

1. Unity does not separate us.
2. If everyone pulls in different directions, we cannot achieve better things. Only if we are United, can we do better things, build a hospital or pay for the education for children.
3. Without Unity, there would be more crime.

I accept and respect other people's differences. I am also patient with others because everyone is unique. I always accommodate other preferences. Humility means to be simple. If I was a billionaire and drove a cheap car, I would be practicing humility. I like to be simple and to avoid using wealth to determine a lifestyle.

Earlier this year, we were affected by a newly discovered virus. We are in a state of a pandemic: Schools are closed, jobs and businesses are being delayed. As a member of the community, I followed the restrictions given by the Health care lines. It is important, as this is for the good of the country. I am trying my best and hoping our world will be back to normal soon.

I followed the restrictions: by washing my hands occasionally, physically distancing from others, staying at home, and wearing a mask when going outdoors.

I am also trying my best to educate others so that they will follow best practices in order to fight against the virus. I have encouraged my friends and relatives to stay within their own social bubbles unless their jobs dictate otherwise.

By practicing the restrictions, I feel proud. I am saving lives by limiting the spread of the virus.

If everyone were to go outdoors as if nothing happened, more people would get sick and end up in the hospital. With the limitations of nurses, hospitals wouldn't have enough nurses to care for the patients, meaning that patients without treatment die and at the same time nurses may contract the virus.

Meera Sangarabodhi

12 yrs (group 2)

Sri Sathya Sai Baba Centre of Cooksville



Unity in Community for me is when you are together with your community and helping them whenever they need help. We work together and resolve any problems there may be. We all cooperate and be kind to each other.

A small personal experience holding the door for the person behind made me feel that the other person was so grateful and thankful for my small act of kindness. Once we have a positive attitude towards others while not putting our anger on others many things can be achieved

Praying with the community and being thankful as we have an opportunity to have our own place of worship. When communities come together, we feel a sense of belonging and find peace within oneself. I feel very blessed.

Aum Sri Sai Ram

Sahana Ravinchandran

12 yrs (group 2)

Sri Sathya Sai Baba Centre of Cooksville



Seiyon Thayaparan
11 yrs (group 2)
Sri Sathya Sai Baba
Centre of Cooksville



Unity in the Community

To me, unity in the community is very, very important because unity in the community helps us do things and activities like Seva activities and food giving activities as a community. Another reason why unity in the community is important to me is because unity in the community helps us work in bigger groups and get more done in a faster amount of time. To practice respect for others and love for others, I have said words like sorry, thank you and welcome and etc. many times. I have also practiced humility by saying if others had helped me do something if they had. Also, in school, I have many friends who are from different cultures and I treat them all respectfully by listening to their advice and mingling with them and helping them. To establish more unity in the community, I have gone to seva activities and food giving activities to help in the community. I think that these activities help establish unity in the community by showing other people that if I can do this, they can do it. When I was doing these activities, I felt good and proud and happy that I was helping establish unity in the community.

Thank you, Sairam.

Srikanth Sridhar

12 yrs (group 2)

Sri Sathya Sai Baba Centre of Cooksville

Unity in the Community

Before Covid-19, unity in the community meant something very different to me. It meant doing things like playing games together, meeting each other in each other's houses, and being together in person. Now, I feel that things have changed. We are living examples of unity in the community. We are all doing things for the greater good of the community and our country. Things like social distancing, and wearing masks. We are also appreciating others, who help our community like doctors, nurses and truck drivers. These people put their family and health aside to help people in their community. For me, unity in the community is done when I practice social distancing to stop the spread of covid-19. I also help my grandparents and elders by talking to them on the phone or computer, to keep their spirits up. Unity in the community is important to me because it shows that we are all in



this together as a community.

Aditya Gautam

Group 2

Sri Sathya Sai Baba
Centre of Edmonton

Unity in The Community

A family had two children, a boy Alex and a girl named Beya, who lived in a small community. Even though it was a small community, they still had fun and it felt like they were part of a big family. Whenever someone needed help, everyone in the community was always happy to help. One day, a tornado struck and damaged everyone's home. They tried asking the government for help, but weren't able to get any help. Even though it was a lot of work, they decided to work together as a team to rebuild the community. Similar to Alex and Beya's community, we are part of a loving community where we have faith in each other because of trust. We include people to play games with us and try to make someone's day brighter by respecting each other and not talking in a rude way. When you see a smile on someone's face, it means they appreciated what you did for them and that made their day.

Kishen Kukanesan

11 yrs (Group 2)

Sri SathyaSai Baba Centre of Markham-Eglinton

Unity in School

Last year, a family had moved into our building. The youngest girl and I went to the same school. The girl was unable to speak English fluently because she had moved to the country recently and was bullied about her speaking ability in school. One day a girl from the group of bullies stood up for the victim because the group she was in started to talk behind her back and she felt left out. It was at that moment she realized how hurtful it was to be on the receiving end of bullying and told the others to stop, but unfortunately it still continued. Now the victim had someone there to support her. In the victim's mind, she was thinking wow it only takes time to get support but once you have it you get more confidence. Soon after this incident, the bullying was stopped. The bullies apologized to the girl for their actions and they all became friends.

When someone moves to a new country, it could be very hard for them to adapt within a very short period of time. Bullying should never be acceptable. Standing by their side and helping them would not only support them but also boost their confidence. It may just make their day. Bullying could be intentional but some people bully others just to save themselves from bullying. Those people understand how others would feel because they were bullied by others. We all should unite together with others to stop bullying, because it could make a big difference in someone's life and day. Whatever you learn in school can be applied in the community so unite in school and the community.

Priyanka Bakeerathan

12 yrs (Group 2)

Sri Sathya Sai Baba
Centre of Markham-Eglinton



Unity in Community

Unity in community is a very important aspect in our daily lives. As we all know, unity protects us from negative or evil actions. If we keep being united and stay together as one, we can get freedom from all kinds of negativity. Unity gives us freedom, unity makes us win, we all can work together and achieve our goals and grow as a team. Each and every one of us have different talents and knowledge, if we put everything together as a team, we will reach new heights. For example, individually we are like one drop, but together in unity, we are like an ocean. We should always stand together because unity gives us power, strength and courage which are important for our daily living. Unity can be a powerful tool in building character and integrity.

In my life, I feel unity is a frequent topic we have discussed at home. My mom always advises us (myself and my sister) to be united while playing and working together. We always quarrel with each other and like to do things independently. She always prompts us to work together so that we can easily complete tasks faster and with quality. At home when we usually clean, I do certain things and my sister does the rest, that simplifies our work.

One time at my school there was a new girl named Aaliyah in our class. She just moved from her hometown in Jamaica to Canada. Aaliyah had no friends and knew nobody there. Nobody wanted to talk to her or be friends with her. People didn't want to be her friend because Aaliyah was black. Some people would even bully her, and at times she would cry at home. I felt really bad and sorry for her. So, I decided to show Aaliyah around the school and asked her to be my friend. I gently explained to my friends that we should always be nice to each other and welcome her to our friends' group. We both went to the office to ask to do a presentation for the assembly coming up for black heritage month. We did a mini role play presentation and taught the school about Racism and Unity. Everyone said I did a good job. Now, everyone wants to be Aaliyah's friend. I am really happy for her and I feel satisfied as well.

Abesha Ranganthan

11 yrs (Group 2)

Sri Sathya Sai Baba Centre of Middlefield



Aditya
12 yrs (Group 2)
Sri Sathya Sai Baba
Centre of Middlefield

Poem

Swami is in our life

Swami is in everything that we eat and drink
Swami is with us no matter how good or bad we are
Swami will always know what is good for us and bad
for us
Swami is in our body
Swami is god

Ashanth Muralitharan
11 yrs (Group 2)
Sri Sathya Sai Baba
Centre of MiddleField



Unity in the Community

When I was younger, I used to go to a school called Harry Bowes Public School. I was one of the kids that volunteered to clean up the garbage that most of the other kids dropped. I felt good because I was doing something good for the earth which resulted in me feeling good. Then, I started doing it more at school. I began to hold the door while kids entered the school. When it is summertime, I go to a place with my family and my family-friends and with other people from my parents' home country Sri Lanka. There all the children race each other and have a nice time together. At the end, me and my friends cleaned up the garbage and I tidied up all the event equipment but to make it faster instead of only members, divided the work among the other kids, then the members said, thanks to all the kids and cheered up what we did.

A year later, I moved to a new school that is right next to my house. It is called Barbara Reid School. I moved here in grade two. One day in grade four, we had a math lesson which was fairly easy for me and difficult for others. Before lunchtime, my teacher Mrs. Cliff asked me to stay inside and help one of my classmates. By helping this classmate, I lost half my lunch time. When I was done helping him, I went outside for recess, but I couldn't play with my friends because they already started playing a game without me. When my mom picked me and my sisters up, I started crying because I couldn't play with my friends. When I told my mom everything that happened, she encouraged me to help. After some time, it felt good about what I did. After that I started helping kindergarteners with their reading and I did it continuously like reading buddies, in every other month my teacher changes to a different class to help kids, in that way I can help more kindergarteners to read and I feel very grateful that I can bond with them at the same time. The kindergarten teachers were very grateful because they had a helper to teach all the students how to read.

When I feel good I am really thankful to Swami to make me do these kinds of helping and I am very grateful to swami for choosing the right path.

Adeban Jeyathas

10 yrs (Group 2)

Sri Sathya Sai Baba Centre of Middlefield

Unity in Community

My teacher picks me as a team leader for my class to help in the class projects and once it is done our team gets together as a team to do the best.

As a group we give respect to each other by listening to their ideas and fixing or agreeing to their ideas and this would help our group to get new ideas and be successful. I help my classmates when they have doubts on subjects like math or science or English daily. They are happy when they understand very well. When there is a quiz in the class and when they get good marks, they are happy, and they thank me. I feel very happy when I see a smile on their face. I can make my life easier by working as a group in my community.

We will also call out in soccer on the field so my team realizes and know what to do? As a team in a soccer game when we win, we are very happy.

Daksharaj Macha

10 yrs (group 2)

Sri Sathya Sai Baba Centre of Middlefield



Unity in Community

Unity in the Community is very important to me as it provides trust and friendship with those who you interact with on a daily basis. The community creates a positive mindset within the community. It values respect for others, especially elders and all living things. It opens the light to new cultures to learn and enjoy from.

The unity in community makes it easier to break down obstacles. I have done many things to build unity within my community as I show respect to the people who I interact with. I cultivate love for others therefore I was shown love and compassion. I create a positive environment to those around me by saying positive words to others. I listen carefully and comprehend what others have to say to me instead of ignoring it. I treat others the way I want to be treated. To build unity in my community, I planted a small tree with other community members.

It made me feel happy because I am helping unity grow in my community which therefore makes me happy. Everyone was talking, laughing and having fun and got to know each other better, when unity grew and happiness was found.

Aahran Mohanathas

11 yrs (Group 2)

Sri Sathya Sai Baba Centre of Middlefield

Unity in the Community

Unity in the community is important to me because it brings me and my community together to do things together and brings everyone together as a family.

Everyday in the evening myself and my friends in our neighborhood join and play together. Most of the friends in our neighborhood go to the same school. We all go to the school together in the morning and in the evening we come back together. We are all helpful to each other. By this we come to care for each other. I invite all my friends in my neighborhood for my birthday and they all come, and we have games and I enjoy my birthday with them. We feel the closeness and it is like we belong to one family.

Once, when there was a school trustee election, myself and my family put fliers to each and every house in our neighborhood supporting him. I felt very happy that I was helping the community. At the end that Trustee won in the election. I was very happy that I was able to help him in a small way.

Akashan Aran

9 yrs (Group 2)

Sri Sathya Sai Baba Centre of Middlefield

Unity in the Community

Unity in Community is to bring the entire community together based on respect, trust, and collaboration.

Unity in Community is important



because everyone wants to live in a happy and peaceful community and if there is no Unity in the Community the community will never be peaceful.

We need Unity in the Community so we all can be a happy family / community.

Unity gives courage. We people should always stand together because unity not only gives us power, strength, and courage but it is also needed and very much important for our lives.

In my experience to be a good citizen in the community you have to help everyone. Swami says "Love all serve all" example:

- Great them
- Help
- Respect
- Collaborate
- Trust
- Be sweet

Always remember a community is like a family regardless of any situation.

Jai Sai Ram

Aiysha Mayooran

10 yrs (Group 2)

Sri Sathya Sai Baba Centre of Middlefield

Unity in the Community

Unity in the community is important because without unity people will separate and in my opinion, that's not good because a community should communicate and support everyone.

We can show kindness by helping people that need help in our community like the homeless, sick kids, and more. we should share and work together to make the world a better place.

My aunt went to India with her family and we had to take care of her home because my grandma and their dog were there. One day we were shoveling and a lady tried to get out the bus on to the snow pile and she fell and the bus just left and myself and my mom ran to her and helped her out and walked with her to her home and it made me happy when she said Thankyou because I helped her and it just warmed my heart.

Apishika Aran

12 yrs (Group 2)

Sri Sathya Sai Baba Centre of Middlefield

Unity in Community

When we are united in a community and when we take actions unitedly, we can achieve a lot of things. In a community, unity helps to bring the essential stability for the ultimate achievement of social progress. We need social progress so our community can make good choices and not feel the need to argue. Unity can protect from all evil doings. Bhagawan Sri Sathya Sai says, "All are Divine", "All are God" and "Unity is Divinity".

I like to do service to the community, and I feel very happy. Once a month myself and my family visit the local shelter and feed the people in there by getting them a pizza. I feel very happy when I see happiness on their face after they finish eating the pizza.

It makes me feel like a role model for youth, youngsters, and children.

Amiesha Srikanthan

11 yrs (Group 2)

Sri Sathya Sai Baba
Centre of Middlefield



Unity in Community

Unity in Community is important to me because it represents how as a community, we can make a difference in this world if we all stand together and support one another. It means that I can help the people around the community, and they can help me. An example of this, is to address the issue of poverty as a community. In this picture, I have shown Baba giving food and standing in unity with someone who is suffering from poverty. Throughout his life, Swami has been an example in highlighting the importance of helping one another. By standing as a united community that may consist of individuals in poverty, we are able to take part in actions such as food banks and food drives to help those in need and a part of our community. At the end of the day, when we do help someone, we get a feeling of happiness and joy in seeing the difference that we are able to make in the world.



Overall, this made me realize that even at this age, I can make a difference by standing in unity with a community who is willing to do so as well. Some examples of how I stand in unity with members of my community is the act of me picking up litter in my neighborhood to make the community a cleaner place for the rest of the individuals. I feed the squirrels that come to my backyard to ensure that they are also members of the community who are happy and satisfied as well. Specifically, in this drawing, I drew myself also giving food to the homeless. As a community if we are able to do the same and help the homeless in some manner, we can stand as a united community and make a difference in this world. Taking part in these actions makes me feel happy. They make me feel like I am practicing on Swami's teachings and blessings.

Unity represents togetherness or oneness. Unity of community was launched in 1994 to showcase Spokane's diversity and to bring the entire community together based on respect.

Arussna Rishiyan

10 yrs (Group 2)

Sri Sathya Sai Baba Centre of Middlefield

Unity in the Community

Unity and Community are two essential factors for the success and wellbeing of all.

In my life there have been many instances where unity and community came together to create a love and peace in the surrounding. My personal example was when the SSE community went together in a unified manner to plant trees for the wellbeing of the community and the planet. This instance has inspired me to become a change maker.

I feel very happy and sense of joy for the change I made not only for my community but for the planet. This initiative also made me more environmentally conscious and friendly.

Thank you and Aum Sri Sai Ram

Thiyana Tharmalingam

12 yrs (group 2)

Sri Sathya Sai Baba Centre of Cooksville



Unity in the community

The community is important to me because the community allows us to support one another, interact, share experiences and our life struggles. When we share our thoughts and experiences, we will learn from each other and get to know each other. In the community, there will be schools, stores, libraries, community centers and much more. If we have no community, we will have no schools, parks, stores, and jobs. If we do not have any parks or schools, kids would not have any education or places to play. Learning and playing is crucial for kids' growth and development. Therefore, the community is important to me.

The community makes me feel trusted, supported, appreciated and like I belong here. In the community, I am comfortable to learn from other people and teach others. I am able to share my ideas with my friends, family and relatives. I feel valued and respected. When I have the chance to interact with other people, it makes me feel like I am not alone. I feel safe in the community. This is how the community makes me feel.

In my community, I help people if they need it. I donate clothes and food so that people in need can benefit from it. I also teach younger kids. When someone is hurt, I help them feel better. This is what I have done in the community.

Showing love, kindness and respect helps people to grow stronger. I have learned love, tolerance, and respect from my community. In school, I learned to show respect to others by listening to other's ideas. I learned to respect my friends, because I too want to be respected. I listen to my parents when they say something. When my parents ask me to do something, I respect them and follow what they say. It is important to listen to elders because they have more experience than we have. If we don't respect others, it will hurt their feelings. It is important to show love and kindness because it gives us the purpose of living.

Rosan Vaheesan

10 yrs (Group 2)

Sri Sathya Sai Baba Centre of Middlefield

Unity in the Community

I think "Unity in the community" is very important in where we live because it creates a closeness in the community. When there is closeness in the community people are helpful to each other and you can see and feel Truth, Love, Peace, Right Conduct and Non-Violence in there.

I feel very happy when I help someone, and I see a smile on their face. I help my class teacher when she needs help. I help my best friend with homework when he has a doubt in a subject. I helped my neighbour's little girl who was nervous to ride a bicycle so I taught her how to ride it and now she rides the bicycle on her own and looks up to me as her big brother. We have an old lady living next door and whenever she needs help, she always asks me. Sometimes I go for a walk with her. Sometimes if she needs any help when she has a problem with her mobile, she always asks me to fix it and if I am unable to fix it, I give it to my dad. There is a boy named Tristan in my class, and he is so quiet and he only talks to me and I always help him when he needs any help. When we are playing during the recess at the school, I make sure that he is in the game.

Because swami says, "All is divine, all is God, and unity is divinity".

Purusoth Varatharajan

10 yrs (Group 2)

Sri Sathya Sai Baba Centre of Middlefield



Unity in the Community

Unity in the community gives us courage. We should always stand together because unity not only gives us power, strength, courage but it is also needed and very important for our survival in the world. Receiving respect from others is important because it helps us to express ourselves and feel safe in the community. Respect means that you accept somebody for who they are, even when they are different from you or you don't agree with them. I have joined my school Reading Club and I helped children in younger class to read. I felt very happy when I saw them reading well.

Monish Mathivanan

11 yrs (Group 2)

Sri Sathya Sai Centre of Middlefield

Unity in the Community Poem

Community is shared humanity be it in rural or urbanity

We are all born whole, yet we need each other to reach our goal

Spirit of unity is a shining beacon that will guide us when we weaken

We are all connected by one force, the force of our divine source

Unity is courage, unity is strength, unity is needed for survival and growth

My dear friends and neighborhood, I cherish you enormously with love and kindness too good

Let us live in peace and harmony.

Aashritha Ganesh

Group 2

Sathya Sai Baba Centre of Mississauga-Central

Unity in the Community

Unity in the community is essential to a happy and healthy community. Without peace, love, right-conduct, non-violence, and truth you cannot have a united, cohesive community whether that is within a household or in a neighborhood. United communities are often the most safe and inclusive, something that we should all strive to achieve.

In order to do my part to keep unity within the community, I like to deliver sweets and cakes to my neighbors during Diwali. This makes me feel like I've done my part to uphold unity within my community. In order to uphold these values and make my own communities united, I always remember to say please and thank you, complete household tasks in a timely manner and give people a nice, warm welcome when I meet them. At school, I take initiative to develop positive relationships with my peers, teachers, and school staff. I hope that after reading this journal entry you will agree that unity in the community is essential to a happy and healthy community and that you have learned some ways that you can promote unity within your community.

Shivaun Manoharan

12 yrs (Group 2)

Sri Sathya Sai Baba Centre of Middlefield



Unity in the Community

Unity in the community is what led Canada to be the beacon of freedom and tolerance. You are probably wondering how that could possibly happen? Well, let's use our humble Sai Centre as an example. Many places like Sai centers serve a few purposes that can lead to unity in community. The main one of course is to better ourselves and help us grow in unity to become larger and stronger as a community. This example is seen in the Sai centre prayers, because it helps us find peace within ourselves. That is the first step in loving one another and being united.

Other activities that help us unite our community: the food served to homeless people, the warm welcomes to everyone, and lastly the generosity towards organizations such as Sick Kids hospital. One of my favourite activities is tree planting; hundreds of us gather to help the future generations!

Sai centres aren't the only place with unity in community as an example, probably your local street is the easiest example of unity in community. We live together in harmony with our neighbours. For example, I play basketball with my neighbourhood friend every Friday. Sure, it's simple, but this is a great source of fun. My school is very small so you know we could make lots of friends easily. See, maybe being in a small community makes your unity stronger!

As you can see, there are many ways we can help each other as a community. Within the Sai community, we have a core set of values that help to guide us. Within the greater community, as a neighbourhood and nation, we only grow in strength when we work together!

Ethan Gobi

10 yrs (Group 2)

Sri Sathya Sai Baba Centre of Middlefield

Unity in the Community (Journal Entry) December 08, 2019

Today I felt kind and helpful because I lent a hand to many people. First, it was my first recess at school. Then I saw my friend who was on the field. I went up to him and asked him if he was okay, and he looked towards me with a dull face, at first it seemed that he was going to cry, but then he showed me a slightly deep cut on his leg. So, I asked him if he wanted to go to the office and take a break or get a bandage.

During class, my teacher gave us an assignment. I did it fast because my teacher said we were allowed to have free time when we were done. So, I did it quickly, and I thought my friends would finish too, but when I finished, no one finished. I asked my teacher if I could help everyone in my free time. My teacher asked if I was sure and I said yes, then I was helping my friends. All my classmates finished the task quickly, and we had some free time to play. That is where I felt that when we worked together, we could save our time and knowledge.

When it was about 3:15 pm, one of the kindergarten teachers asked if I could help to put ribbons for the children. The ribbons were in different colors that indicated their bus, so the little kids would know which bus they would get in. By the time I finished, I had to run to my school bus. Even though I was late, thankfully, my bus did not show up. While we were waiting, I played a game with my friend. I came home, and I felt happy because I helped many people today. That is when I remembered a quote Swami said: Unity in Community is especially important to make the world happy.

Jai Sai Ram

Varun Nithysingha

11 yrs (Group 2)

Sri Sathya Sai Baba Centre of Middlefield



Unity in the Community

Unity means working together and achieving the target. We need unity for a lot of things like group projects, construction, and many more. As a community during the pandemic of the COVID-19, we took action to quarantine at home to prevent the spread. When we need to go out, we wear masks, gloves, and we do physical distance. We need unity for survival. We need unity to protect each other from the evil doings, to help each other like a family, so together we could fight and face what is coming towards us. So, unity gives me confidence, strength, and courage to stand up for my friend/ others.

We should be showing respect towards our elders because they have grown out and we should thank them for everything they have done for the world. We could also smile at everyone we have seen around because what if they had a bad day, smiles could always cure those sad feelings. A smile can also make our lives much better because it shows that people around us genuinely cares about random people around them. We can also donate food and clothes to our local community because there are people in Africa or in any other country that needs support, they need us to care about them because they are going to go away. Young children didn't get a chance to go to school, we need to at least help them survive.

I have given confidence to my friends and helped them join sports teams. I helped them practice and learn what moves to make to be a successful participant in the team. I have helped them gain confidence in themselves and improve their self-esteem. You must keep telling yourself that you are doing great and to keep moving forward. I think it helps a lot because they have succeeded and got into the team (I have also made it into the team and it also made me a better player than I was before).

Whenever one of my friends gets into trouble, I try to help and give them advice like to have a great sleep, to take a warm shower, or I might think of some other ideas. I also helped one of my classmates get a better grade in history! I have helped them study for the next test and it ended up well, it taught me a lot too because it was cool working together and getting a better grade for both of us. We have helped each other out if we didn't understand something, and we also got a good grade on our project we worked together after the test. I have also volunteered in some clubs, so we could work together and achieve our target we were aiming on.

It made me feel like a sweet person and joyful inside. I like seeing those smiles on their faces when they have succeeded. I can't even express the feeling but I'm just so happy and have so much joy inside myself! I feel proud of them because instead of becoming sad and weak, now if we just work together and have confidence in ourselves then we can be better than before and more talented!

Veena Suresh

12yrs (Group 2)

Sri Sathya Sai Baba Centre of Middlefield

Unity in the community

It all started in October. The beautiful country of Raven had an extreme possibility of a massive flood coming near its way. Both Rich people and Poor people were nervous of their homes and most importantly their surroundings. They weren't aware of the fact that they had an easy solution.

This country was never at risk for a flood and there wasn't any kind of preparation done in this small country. There was no hope that they were going to survive and people simply lost hope. Despite all the hopeless thoughts that people had, there was a little boy who still had hope and believed that there was a possible solution.

The little boy suggested that everyone should unite, come together, and help each other in order to stop the flood. He believed that both classes (rich and poor) of people should unite to build a sandbag wall around lakes and rivers. He requested his parents, who were public speakers, to bring out his idea and to spread the word and awareness. The two great public speakers spoke about this issue on every source possible and tried their best to educate everyone on the need for unity in this tragic situation.

A few days passed and it was finally the day that the flood was intended to occur. To everyone's surprise, everything had happened just as the little boy had planned. All that they had done with unity had prevented the flood from hitting their country. They gathered in many large buildings, offered food to those in need and were kind to each other whether they were rich or poor. A few days passed, and they had come to realize that their country had coped well with the flood only because of their consistent unity which had brought them together. They were fairly amused by how being united had kept them and their country safe from the flood.

Thus, the main idea of this short story portrays the message that being united with those in your community can always be a great way to get through situations together. The moral of this story is that we can only overcome certain things if we think of ourselves as WE, and not ME.

This story also shows how people in the community come together and help each other when one or the other is thriving for help. It shows how one simple act in the community can impact the unity which grows between the people in the community.

In my opinion, unity can be shown anywhere, whether it's in the community, around the world, or even in a small group with your own family and friends. Some examples of unity I've shown will include my school efforts with my friends and my efforts with the Sai Center I go to. In one point of time, there was a lot of plastic in my school. We decided that we could start gathering litter to make our school an eco-friendly place. My friends and I felt proud and we continued to do this in the following year. I also participated in a litter pickup in my Sai Center which involved many of us uniting to get the best of our community.

Yadesh Arunan

11 yrs (Group 2)

Sri Sathya Sai Baba Centre of Middlefield



Unity in the Community

Unity in Community is especially important in our lives because it will make you learn how to become a better person. Always, I Like to help my friends and old people.

Last year, my friends and I were playing a game called "TAG" in the school. One of my friends, Aron, who was in the game, was a fast runner. My best friend, Aarav, chased him, trying to catch him. We were playing near our school and Aron ran so fast. While he was running, he jumped over a little boy by accident. Aarav was running way too fast after Aron, and he did not notice that there was a brick and he stripped on the brick and fell and hit his head on the bricks. He got up immediately and nothing looked wrong on him. Since his hair was long and which was covering his forehead no one noticed that he had a bruise on his forehead. When I saw it, I was worried, so I took him to the Principal's office. The nurse in the office checked him and she put a plaster on the bruise. Since I cared about my best friend, I made sure he was okay. The next day he did not come to school, and I didn't know whether he was sick, and I was worried. I called his house in the evening and his mother answered and I asked for my friend and she said my friend Aarav was okay and he will be coming to school in two days. When he came back to school, he had a big plaster on his forehead. And until this day he still has a small mark on his forehead from this incident. On that day, I helped him by taking him to the office and making sure he got better. When all of this happened, I felt scared for my friend. But, at the same time, helping him made me happy. My friend also felt scared at first then he was better. "God knows everything. If you are a good person who helps everyone in return swami will always be there for you".

Yashnan Rajeevan

14 yrs (Group 2)

Sri Sathya Sai Baba Centre of Middlefield

Neel Madhav

Group 2

Mississauga Sai Center-Central



Unity is Divinity

Since we all know that unity protects us from all evil deeds, we humans should help each other and together we should fight and face evil and negative things. When we work together, only then we are free from all kinds of negativity. For example, if you are working in a job, you can easily handle big workloads or projects much easier and faster when your team supports you. Our survival becomes easy even when animals need to survive. For example, bats help each other by sharing their food(blood) so that when they don't have food they can get help from each other and survive longer.

I have cultivated tolerance by trying to tolerate mean comments towards me when people sometimes try to intimidate, irritate or (mentally, physically, or emotionally) hurt me. I have also cultivated respect towards elders or even my friends by greeting them kindly and thinking before I say something rude, disrespectful, or anything which can hurt that elder/friend/family member physically, mentally or emotionally. I have done an action which recently helped to promote unity in the community around me. Whenever my friends get into an argument which involves disrespecting each other or hurting each other mentally, physically or emotionally, I immediately do my best to stop that fight. I also helped them to be more friendlier and kind to each other. An example is when one of my best friends completely hated another good friend of mine because of some of his actions. I did not want this, so I asked for them to talk to that guy he hates since the situation between them was severely bad. Even if he did not want to talk to him, I still made him talk and slowly they started becoming very good friends. In fact, they even had a sleepover a few days later. This act made me feel very delighted and proud of myself since I made peace between the two people who hated each other. I also felt relieved since the community I am in will not have less hatred in it and that we can all live with each other with happiness and peace.

Thank you, Swami and my SSE teachers for helping me to cultivate these values.

Gokul Valluru

Group 2

Sathya Sai Baba Centre of Mississauga-Central

Unity is divinity

Unity and community is important in the current pandemic. People should donate to the food banks. During this time, many people don't have food. People should practice love, tolerance, humility, faith and reverence/respect toward others. I have practiced this by donating to food banks. Doing this made me feel really good. My heart was full of joy. I felt very happy.

People should get together and fight this pandemic. I once saw a woman who donated a couple of coins, which inspired me to donate some food to the people suffering due to the pandemic. I wish that I will be able to donate money someday.

My mom is also interested in donating some food for the people who need it. We should do some charity in the community. SSE helped me contribute by providing food drives. SSE has also taught me to have love towards others and care about them.

Sai Krisha Kalambale

Group 2

Sathya Sai Baba Centre of
Mississauga-Central



Om Sri Sai Ram, let me introduce myself, my name is Nayana. I am in the group two of SSE. In my last three years in my SSE I have learned a lot: the 5 Human Values, Ceiling on Desires, Respect, Faith, etc.

My learning always reflects in my day to day activities, whether I am in School, home or outside. I express my gratitude to all my surroundings in the form of my expressions by hugs, kisses and gifts. On ceiling on desires, I don't waste my time, energy, money and food on unnecessary things, I am very particular that I don't waste my parent's money, I pray to swami and recite 108 Gayatri Mantra daily to control my mind after Participating in Meals on Wheels program. I understand the importance of food and I will never waste it.

On Human Values, I love everybody even if they are not nice to me, I always speak truth, I have never been involved in violence of any form, I tell my friends to talk out their problems and not involve in hurting others. I am always peaceful and follow right conduct, these five values were taught in the form of stories in my SSE classes and it is deeply engraved on our hearts, more to it Swami will be happy.

Here, I would like to share two incidents that happened to me in my school. We had a new student in my class from the Western Part of India, she is a New Immigrant. She had difficulty in understanding and speaking English, because of her language she refused to take part in class activities, she was shy and always alone. I stepped in to help her, it was difficult for me in the initial period where I don't speak her language, however after three to four months she got along with everyone in my class and she started liking it.

My Second incident is, since we live in a multicultural and multi ethnic society, I felt sorry for the students who were left alone in the recess, where they felt alone. I persuaded my teacher to make a buddy bench. This is for students who do not have buddies to play, if we spot anyone on the bench we go to them and speak kindly, make them cheerful and play with them. I was appreciated for this idea by my principal and my teacher, they felt that it was completely out of the box thinking. I believe all these thoughts and ideas came from my SSE classes and swami's guidance.

I take this opportunity to thank all my guru's, my parents and swami in shaping me into a good human being and look forward to more learnings in coming years.

Jai Sai Ram.

Nayana Karthika

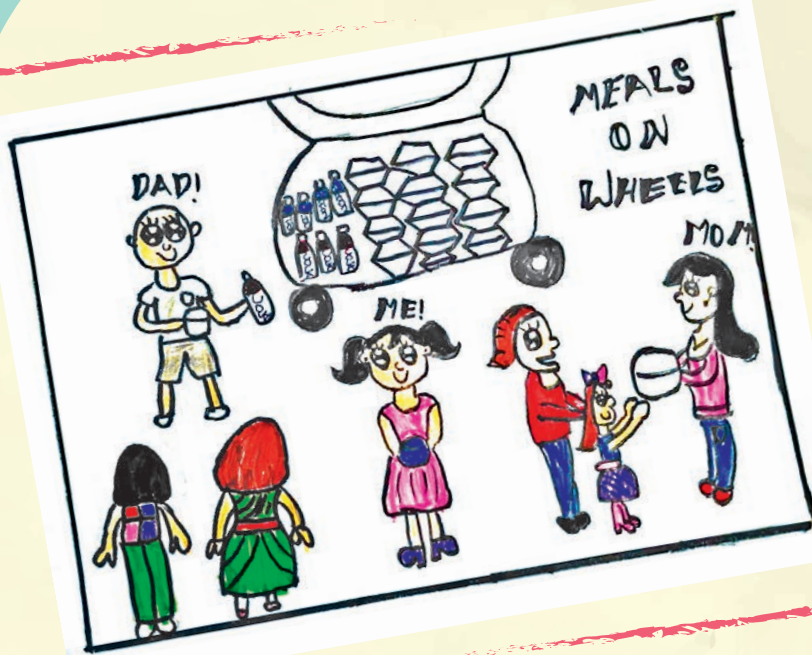
Group 2

Mississauga Sai Centre - Central





Neha Bhoodevi
Group 2
Mississauga Sai Center-Central



Nayana Karthika
Group 2
Mississauga Sai Center-Central



Rajvi Timlisina
Group 2
Mississauga Sai Center-Central



The world of Homelessness

Mother Teresa, a Roman Catholic nun who dedicated her life to helping the less fortunate, once stated that "Being unwanted, unloved, uncared for, forgotten by everybody, I think that is a much greater hunger, a much greater poverty than the person who has nothing to eat. Homelessness is happening all around the world, and that is why something needs to be done about it. Homelessness can make people feel a variety of emotions and there are many powerful ways we can all make a difference to try and help people who are homeless. In my grade 6 class, we did a project on any worldwide problem. Our group decided to pick the topic of homelessness. We dedicated a whole two months on spreading awareness about homelessness. On this topic, we made plays and a slideshow. Through that experience, I have learned that even the smallest person can make a big change in the world if they try.

Srimanya Valluru

Group 2

Sathya Sai Baba Centre
of Mississauga-Central



HAPPY 95th BIRTHDAY
SWAMI!



Shivan Dave

Group 2

Mississauga Sai Center-Central

UNITY IN THE COMMUNITY

MEALS ON WHEELS

I have practiced Love and respect towards others by participating Sai centre service activity called Meals on Wheels. I have prepared salad to distribute for homeless people.

I came to the Super market to buy vegetables for making Salad.



I am cleaning and cutting the vegetables by chanting Om Sai Ram.



I packed the tray with Salad and took to Sai centre, there we packed salad, boiled potatoes, pasta in boxes.



I am distributing the food to the homeless people. I felt very happy and grateful in Sai service activity.



Rohit Naga Seela
Group 2
Mississauga Sai Center-Central



Unity in the community

My name is Swathi and I have been attending SSE for 5 years now and what I learnt in SSE I am putting it into practice.

Swami says “Help Ever Hurt Never, Love all Serve all”. Before I came to SSE I only used to pray to Swami, I did not know anything about Swami, but now with 5 years of experience, I know about Swami. It changed me a lot, for example when I started SSE I came late because I did not have the intention to go to SSE but now I come early because I think SSE is a crucial part of my life. I learned discipline and punctuality by going to SSE. I put a lot of things that I learn in SSE into practice, like the 5 human values (truth, right conduct, peace, love, non-violence) and the sub-values too (gratitude, discipline, kindness.)

In my perspective unity in the community means putting a smile on a person’s face or greet and help them, whatever I have to do for my community I will do it. Every morning when I go to school, I smile to everyone that I see, and I say good morning to all my teachers and friends. I make them happy and it makes me feel happy too. I always think of treating everyone equally so that I don’t hurt anyone’s feelings. I also believe that unity in the community means everyone is treated equally. For example, when someone is riding a bike, we should not think that the path is mine, instead we should be kind and careful and let them pass. We have to treat everyone equally. Also, I think that unity in the community means to have the whole community together with respect, trust, equality and collaboration.

Swami says that “Just, as we see different reflections of ourselves when we are surrounded by mirrors, the apparent multiplicity around us, is just the many reflections of the one self, which is our reality.” I think this means that we see different reflections of ourselves in mixed emotions and feelings like joy, anger and sadness but again the reflections we all have are of the one Self, which is the reality.

We must all think that everyone in your community is our brothers and sisters.

As we all know unity protects us from all the evil doings. Hence we should make the community a better society and society into a better country and the country into a better world.

Swathi Vasupilli

Group 2

Sathya Sai Baba Centre of Mississauga-Central



UNITY IN COMMUNITY

We have come together in unity
As one big community
Communities are the places we feel loved
And others are our beloved
We believe in each other
So we should help three others
Because unity is important
Without it there will be chaos
So we should remember helping is constant
And we should never double-cross
We have gone through so many things to earn trust
Like remembering that we are enough
And Applying Sathya, Dharma, Shanti, Prema, Ahimsa
So we shall make our community better in unity
Because if there is no unity
There will be no community

Vibha Avula

Group 2

Sri Sathya Sai Baba Centre of Mississauga - Central



Unity in the community

My humble pranams at the lotus feet of Bhagavan Sri Sathya Sai Baba.

Today I am going to tell you about unity in the community. In my view, “unity in the community” means strength to the lives of family members. Understanding and adjustment between each other are very important in every family. We should maintain unity everywhere like: School, Sai centre, organizations and so on.

Baba says unity in the community means embodiments of love. In my daily life I usually help my mom and dad. I help them out, by mopping the floors, throwing out the garbage, helping my brother do his work etc. When I help them out, they feel really happy and they smile at me. Also, I feel happy when I help them. I also see people helping out other people by: opening a door for old people or helping someone if they need some help and the people who are being helped smile and are really happy.

Unity in the community is important to me because if we did not have unity in the community everyone would not work together, and we won't have peace and love. Everyone will not help each other. I think I did unity in the community before by helping my parents, helping others, being peaceful and having some love for others. Also, when I am angry at my brother or at anyone, I start meditating. I practiced love, tolerance, humility, faith and respect towards others by meditating, chanting and praying to god for the day to go well, being nice to my brother and helping out my family and others. This is what I think unity in the community means.

Bhargav Ram Gummadi

10yrs (Group 2)

Sri Sathya Sai Baba Centre of Toronto-York



Why unity in a community is important to me?

It is important to me because there would be, peace, love, and kindness between everyone. It is always fun when you have kindness between people. It should not only be in my community, it should be around the world. Unity is everything. Unity is all the nice names you can name like love, kindness, and peace. This is why unity is so important to me.



Thayani Nadasabesan
10yrs (Group 2)
Sri Sathya Sai Centre of
Toronto-York

Unity

Helping, Teaching, Joining,
Hints at unity.
Embracing our differences,
show signs of a better community.

A man who is united in thought word and deed,
is a role model to look up to.
True humanness stems from this unity,
it's a virtue practiced by a few.

While I sing with my classmates
or talk with my family,
I feel immensely glad, and it taught me,
Life with unity is one when we all live happily.

When you see a child helping an old woman cross the road,
or a school without disunity,
you know that you have witnessed
a community with unanimity.

Adithisri.S.N

11yrs (Group 2G)
Sri Sathya Sai Baba Centre of Toronto-York



Why is unity in the community important to you?

Unity in the community is important because united we stand and divided we fall. People have created communities since time began. Communities give us the chance to support, help, inspire, nurture, and empower others. These qualities and actions make us all feel good and give encouragement and confidence. If you are going to be part of a community you'll have some responsibilities to create positivity for the people around you. Unity protects us from all evil doings. So humans should come together to fight and face the evil and negative things. When we stand together we can bring happiness and peace into our community.

Think how you have cultivated/practiced love, tolerance, humility, faith and reverence/respect toward others?

Our community has practiced many good qualities such as love, faith, respect, etc. Our community shows love by greeting each other. For example when I walk to school I always love to greet the people I see on my way. Whenever it's lunchtime in school I always go to the kindergarten class to help them put on their jackets, read books and play with them. And now whenever they see me they ask me to play with them. The way me and my family help our community is by participating in our local food drive.

What have you done to have unity in the community? How did it make you feel?

My friends and I made a plan to make posters reminding people to wear their masks and thank the frontline workers. We placed our signs on every stop sign in our community. Now whenever people see our signs they smile. Doing this made me feel important and proud because I got to help my community feel safe, healthy and fun.

Be kind to one another even if you disagree!

Branavan Arulmaran

11 yrs (Group 2)

Sri Sathya Sai Baba Centre of Toronto-York



This essay explains why unity is important, so the reasons are valuable members, satisfied teamwork, and feeling good. Let's get started about my life, so what I understand about unity is to bring the entire community together in value, belief and teamwork. It takes a team to do stuff in your life also in my life too. The unity comes in trust and collaboration.



The first reason is valuable members in my life; you might think unity is complicated, but it is really not complicated at all. Unity is divided into three groups for me. They can be friends, family members, and siblings who are important members in my life. Friends are important in school, so I can talk, play and converse with them. Even though they might be rude, it is worth giving an attempt. For instance, I will help them to do homework, and when they feel emotional, I will try to cheer them up. Moreover, not only friends are important to me, but also my family will always be there for me. My family population, which is big, is thoughtful too. Proof of this, my dad and mom take care of me when I am sick or hurt. In addition, my siblings play, chat, and assist me to make friends even when anything special they always share with me, for example: candies, fruit, and further. In conclusion, friends and family are very essential to my life.

Second reason is teamwork, which is also based on unity. When we do group work we all feel lonely. Teamwork is time saving in many ways. For example, every Sunday, I attend Balvikas-class, where I see teamwork everywhere. Specifically, when it comes Baba's birthday, everyone joins to decorate the halls, and prepare their line for the play. So that is why teamwork is important there. In other words, teamwork is a role played in sports, such as soccer; in soccer you pass the ball to your teammate to get the soccer ball in the goal post. Basketball is another example, and you have to shoot the ball in the net. However, if you are blocked by your teammate, they can shoot. If you want to be successful in your life, you must have the talent teamwork.



In conclusion, when I do all this, I feel happy. It is like no boy is letting me down, and most importantly I have support and help if I need. For these reasons, unity is something that you must earn, not buy. Unity is the way of our life.

Kireharan Thayakaran

10yrs (Group 2)

Sri Sathya Sai Baba Centre of Toronto-York

The Path to Unity

Unity in a community is a crucial part of life,
without it, there would be hatred and strife.

Everybody would be arguing with each other,
never laughing together.

Peace and unity are what we want,
because there will be kindness and nobody will
taunt.

Unity is an easy thing to achieve,
that is if it is a belief you believe.

You can practice it in many different ways,
even if it is as simple as giving your neighbour
a donut with glaze.

I do try to be less like a mystery to the people
who live next door,

Reaching out to neighbours must have
friendship at the core.

On the path to unity, you may lose,
but that will only happen if you do not use
your values.

when I loved my community,

I knew I was on the path to creating unity.

It sent a warm feeling inside,

It was as satisfying as watching the tide.

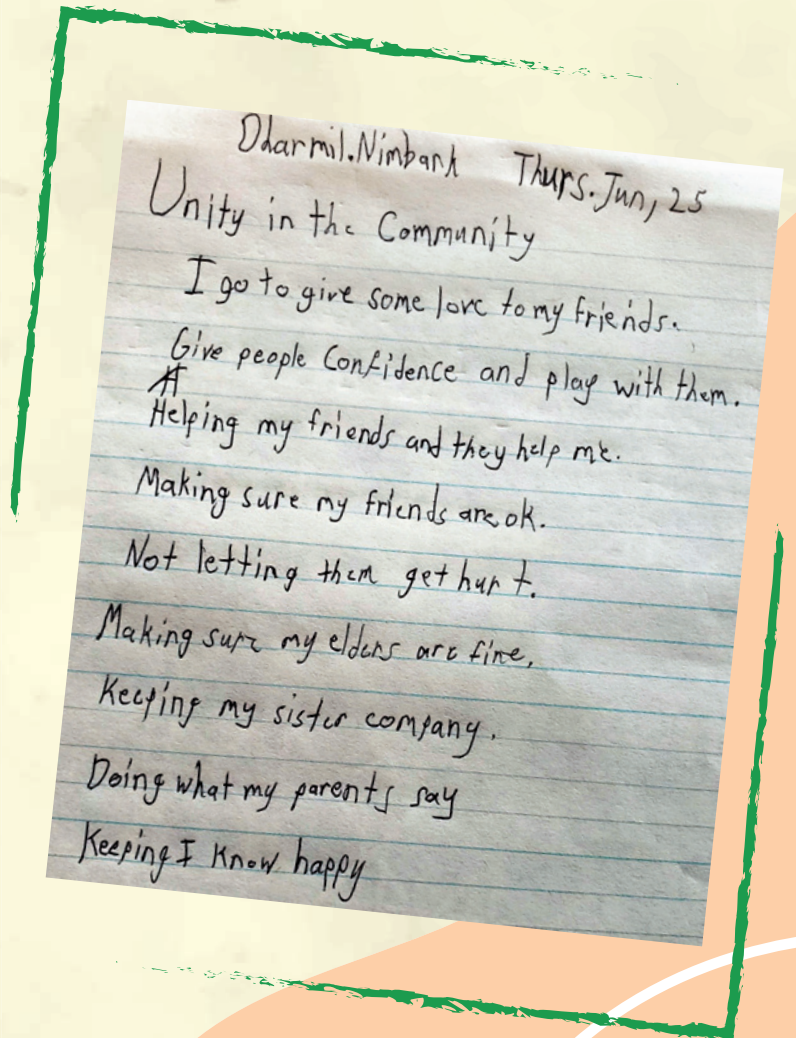
If everybody tried to achieve harmony in your
neighbourhood

I am sure that your life will be good!

Diya Karthik

11 years old

Sri Sathya Sai Baba Community
Centre of Vancouver



Dharmil Nimbarkn
Group 2



Unity is strength

Once upon a time in a forest lived a group of pigeons in a tree, and a rat who lived under that very tree. The rat and the leader of pigeons were close friends.

One day, the rat said to his dear friend, "I am going to a nearby town- you must come to my place to visit."

Saying that, the rat left home.

As usual, the pigeons would fly high in the nice blue sky in search of some food.

Suddenly a pigeon shouted, "Hey, look- down there is a good amount of grains scattered on the ground, let's go eat."

Then, the leader of the pigeons said, "Halt! Do not go."

You realize, there are no fields nearby, but grains are scattered nearby.

Next, the leader said again, "There is something fishy down there, please do not go."

Also, the second pigeon said, "Our leader always doubts each and every single thing I do. I am going to go down and eat."

Then, all his pigeon friends flew down to eat some of the grains.

After the pigeons flew down to feast, the leader said "The whole group is gone, what is the point of me staying back?"

As he flew down, the leader got stuck in a net. He exclaimed "What is this! My leg is stuck in a net and I can't move".

Then, other pigeons also got stuck in the net and exclaimed "Oh no we are caught in a net!"

After, the leader said again, "If you had listened to me, we wouldn't be in this situation."

Then, the first pigeon said, "Please pardon our mistake and help us out of this net."

Lastly, the leader said, "Pay attention, let's all fly together as a group, so we can get out of this net. We can reach the nearby town to meet my friend: Rat".

"Now listen, I will count to three and then we will all fly with the tangled net."

The group of pigeons listened to what the leader of the group had instructed.

They reached the nearby town with the net.

Now the leader said, "Oh my cherished friend, the rat, finally!". The rat came out and said "Who's there? Oh, it's you, you are welcome... what happened to you Please pause!! Let me help you."

The rat went out in the forest to get his friends: the foxes.

So when they had freed the pigeons, the leader of the pigeons said, "Thanks a lot rat, we must take your leave now."

Before they were about to leave, the rat said, "You came to my house and are leaving without eating food here!"

So, then the leader said, "As you wish."

They all enjoyed themselves eating together.

This story has inspired me to work together with unity.

Unity is strength and we must believe in this.

Anjali Wadehra

Group 2

SSSB Centre of Windsor

UNITY IN THE



COMMUNITY! ♥

Questions of the unity of the community;

1. Unity in the community is important to me because I love spending time with friends and I love making friends. If there was no unity in the community, I would be very lonely and maybe I would be very bored too, and disrespected.
2. I have practiced respect through the community by helping them by holding the door, clean garbage from the ground, and much more.
3. One time I went to get a new bike for my brother and then someone needed help putting their bike back to place because they didn't like the bike, so then I just helped him lift it and he connected it back to where it was. Also I held the door for my teacher at school.
4. It made me feel really happy and awesome. I feel proud of myself.

Divya.

Divya Bagga
Group 2
Sri Sathya Sai Baba
Centre of Windsor

Together we are strong, alone we are weak!

Once upon a time, there was a farmer that had three boys that would always quarrel with each other.

The farmer had always watched them quarrelling, one day the dad decided that he should teach them a lesson.

The farmer called his three sons and asked them to bring some sticks.

The sons brought the sticks and gave them to their father.

The father got some rope and tied the sticks, then he gave his first child the sticks, and asked him to break the sticks, the first child could not break it.

The child gave it back to his father. The father gave it to the second child. The second child said to his father this is such an easy job. The child tried so hard and could not break it.

The second child gave the sticks back to his father, then he gave the sticks to his third child, the child said that the other children could not break it because they are weak.

Then he tried but he could not even break the sticks.

Now the father took the sticks apart and gave each one of his boys a stick.

He said to his boy's try to break the stick and before he could finish his sentence the boys broke the sticks.

The boy immediately realized what the farmer was trying to teach them.

After that lesson, the boys never quarrelled again.

The end

Keshav Wadehra
Group 2
SSSB Centre of Windsor



Unity in the Community

Unity in the community is very important. If there is unity in the community everybody would be happy, but if there is not unity amongst the community there would be inequality and anger. I practice love and tolerance by respecting all the cultures and people around the world. When I help bring unity in the community by respecting everyone it makes me very happy!

If there is unity in the community there will be a lot of happiness, respect, and trust. Unity in the community is very important to make sure that love and peace is always there. If there is no unity in the community people will be hurt, and there would be a lot of violence and inequality; issues like racism and gender inequality will never be solved. That is why we have to make sure there is unity in the community.

I practice love and tolerance by respecting all cultures and people around the world. If everyone respects all of the people and cultures, the world will be closer to having no negativity. If one expresses love to someone they should respect other's cultures and beliefs. That is how I practice love and tolerance.

I help maintain unity in the community by respecting everybody. Because respecting everyone creates a loving, peaceful, and violence free world. It makes me feel very happy to help bring unity amongst the community. It feels wonderful to help contribute to a violence free world!

Unity in the community is very important to make sure there is happiness and to make sure there is no inequality. If everyone respects all of the cultures around the globe there would be unity in the community. I helped bring unity in the community by respecting everyone's cultures and beliefs. Respecting everyone will lead to love and tolerance, which creates a violence free world.

Shawana Mahendran

9 Yrs

Sri Sathya Sai Baba Centre of Saskatoon

Unity means harmony, love, and peace. During this pandemic, for me unity in community means being responsible around other people, maintaining social distancing and obey the rules given by the health authority.

I have practised this by wearing a mask wherever my family and I go and maintaining social distancing. My personal experience and learning from this pandemic are not eating out, staying home, and finishing my online studies. By doing this I am helping others and not causing any harm to others. I feel this is what I must do in the need of an hour and it is my sole responsibility.

Aum Sri Sai Ram

Harsha Singh

12 yrs (group 2)


Sri Sathya Sai Baba Centre of Cooksville




Nethra Sundarajan
 11yrs (Group 2)
 Sri Sathya Sai Baba
 Centre of Toronto-York

Unity is Divinity

✗





✓




Prayer

"You are my mother, my father and my everything. Please stay with me and always guide me through what is right & wrong."

God created this world with lots of love and happiness, if we people can join together, let go some of our ego and be kind to one other we can stop the spread of COVID19 or any other disease that might/mightnot come in the upcoming futer! **UNITY IS DIVINITY!**





UNITY IN THE COMMUNITY



Unity in the community is very important to me because it gives me strength, growth, courage and wonders. My friends make me feel determined and happy. My parents support me with love. With all of my friends, family, workers and elders make me feel very happy. whenever i see plastic, glass, trash and cans, i pick them up and put them in the garbage and recycle bins. This keeps the community nice and clean. Doing this makes me so happy and nice. It keeps the community fresh. In my community we do functions, play dates and get together.

By
 Keerat
 Bachu




Vedant Bachu
 9 (group-2)
 Sri Sathya Sai Baba
 Centre of Saskatoon



UNITY IN COMMUNITY

- 1) Why is unity in the community important to you? (Community means, all those whom you interact with in your life on a daily basis. In school/in the playground, among friends/after care, among neighbours, among animals/birds in the wild)

Unity in the community is important to me because if you do not have unity in the community you will not have any friends because there will be no unity (which is essential to make friends). Also, if you have unity in the community, everyone in your community will be willing to help you when you are in trouble. Once, I accidentally set off the alarm in my own house when I was in Grade 6. I was really scared because I did not know what happened and the alarm directly contacted the police. My neighbours heard the alarm and they are family friends. The neighbours told me not to worry. My dad noticed the alarm that the alarm was on and he canceled it on his phone. If my neighbours didn't help me, I would have been very scared. This is why unity in the community is important to me.

- 2) Think how you have cultivated/practiced love, tolerance, humility, faith, and reverence/respect toward others.

I have practiced love and tolerance in many ways. One example is that my dad had a leg surgery on Thursday, August 13. When he came back, he needed lots of help. I had to help him go upstairs and give him an ice pack for that area every 2 hours. When he came back that day, he just fell asleep because the painkiller makes you very groggy for 12 hours. Also, my mom had a four-hour final exam for her online course that day so me and my sister had to take care of our dad by ourselves. So, I showed love to my dad by helping him and showed tolerance by understanding that my mom's final exam is very important, so she needs to study and do the exam well.

- 3) What have you done to have unity in the community? (share some examples)

I have done many things to have unity in the community. Three examples are...

a. Giving someone my shopping cart directly instead of parking it so that the person does not have to pay \$1 to get one out of the parking spot

b. Our class had a bake sale, and someone wanted a sour key badly, but he was 25¢ short of the price but I still let him buy it for the lesser price.

c. When people in another class did not know how to use google Sites, the teacher asked for volunteers to help them. I volunteered for it.

- 4) How did it make you feel? Explain.

It made me feel good because I knew I was doing the right thing by helping them because this is what turns into Unity in the Community. I was helping people who needed it which benefits the person and gives me good karma.

Kishan Kasotharan

10yrs (Group 2)

Sri Sathya Sai Baba Centre of Toronto-York



How can we be united?

The community has been a big part of my life. So many people have helped me out such as my teachers and mentors, my friends, and almost everybody. Being together in the community makes you feel like you belong to one big family.

The community is very important to me. I like to socialize because talking to people makes me feel good and there are so many cool things to talk about. I value the community because without it, I wouldn't be who I am today. My mentors have taught me valuable lessons, my friends are always there with me and I thank all the healthcare and frontline workers who are doing their job and helping out in these tough times.

Swami says: I am the Infinite, the Eternal. I am not two; I am one, only one. There is no one else besides me. I and God are one and the same. To realize this Unity, the first step is to develop Self-confidence." I like this quote because it is very relevant to what is going on in the world right now. Everybody is one and should do their part. Even if your responsibility is to wear a mask then you should do your duty.

Swami also says, "Where there is no purity, there is no Unity. Without Unity you cannot attain Divinity. Then your life is just a waste. First purity, next Unity, then you realize your Divinity." It really resonates with me because I understand a lot from it. Purity means to have good actions, good thoughts and good words. Unity means to realize that we are all one no matter what. True divinity is realizing that you are one with God.

I am especially grateful to my family. They take care of me, teach me new things and show so much love. I am so grateful to each one of them. I appreciate how the whole community has come together to help in these tough times. I have developed love and respect for others because of realizing what kind of things they have done. I also learn respect and love from other people who show these things themselves.

In the community, I try to help out whenever I can. Sometimes I help out with food drives, help other people and be kind. I have helped my Mom make sandwiches for the homeless, and I have helped many people in my school such as helping my friends understand something in class or by just being kind to my classmates. Sometimes I help people whom I don't know. By doing these good deeds I feel good. I am happy about these actions because I know my action made someone feel happy and that makes me happy.

You should always try to help out when you can. I believe that we should pay the community back for what they've done for us. They create a safe space for us to grow and to become responsible citizens. This is what I understand and appreciate about unity in the community.

Rushil Murthy

11 yrs (Group 2)

Sri Sathya Sai Baba Centre of Toronto York





All the difference in the World

Every Sunday morning Alice went for a jog around the park and the same elderly lady sat there with a little metal box next to her. One Sunday morning, Alice's curiosity got the best of her and she decided to go and ask the elderly lady what she was doing.

As Alice got closer, she realized that the box was actually a trap and in that trap were 3 unharmed turtles slowly crawling along the base of the trap. The fourth one was in the old lady's lap and in her hand was a spongy brush that she was carefully scrubbing its shell with.

"Hello, I see you here every Sunday. If you don't mind me asking, what you are doing with these turtles?" said Alice. The old lady smiled and said "I'm cleaning off their shells- anything on a turtle's shell, like algae and scum, reduces the turtle's ability to absorb heat and it reduces the turtle's ability to swim." "Wow that's really nice of you" exclaimed Alice. The lady went on, "I spend a couple of hours each Sunday relaxing and helping these little guys out. It's my strange way of making a difference." "But don't most freshwater turtles live their whole life in algae and scum?" asked Alice. "Yep, sadly they do," the old lady replied.

"Well, don't you think your time could be spent better? I mean, your efforts are kind but there are freshwater turtles all around the world and 99% of these turtles don't have kind people like you to help them. So, no offence, but how exactly are your localized efforts making a difference?" asked Alice. The woman laughed aloud. She then looked down at the turtle in her lap and scrubbed the last piece of algae off and said, "Sweetie, if this little guy could talk, he'd tell you that I just made all the difference in the world."

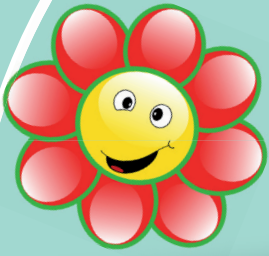
The moral: You can change the world

- Maybe not all at once but one person, one animal, and one good deed at a time can make all the difference in the world.

Abera.S

12 yrs (Group 2)

Sri Sathya Sai Baba Centre of Toronto-York



Unity in the Community

Unity in the community is important to me because the community is basically a big family and you always have to take care of your family, whether it is not to litter outside or not smoking or just by doing simple things such as planting trees.

Some things I do to contribute taking care of the community are:

1. Biking to places instead of driving
2. Mindful about wearing masks to keep everyone safe
3. Being patient while waiting in lines during shopping
4. Not hoarding products and buying only what we need

We sometimes give refreshments to construction workers who work nearby. We greet neighbours to make them feel appreciated, loved and respected. This makes people feel as if they are part of our community.

It made me feel happy because if I do something good to someone, they will feel happy and if the community is happy then everyone is happy. A big happy family!

Om Sri Sai Ram.

Vivaan Raj Kandoi

10yrs (Group 2)

Sri Sathya Sai Baba Centre of Toronto-York



UNITY IN COMMUNITY

Hello everyone, my name is Yashitha. I am a young Sai student who aspires to make the world a better place in the simplest ways. To make the world a better place, we need peace and we need to be united. Being just a small ten-year-old, I can't make the whole world united, but I can start by bringing unity in my community. Unity in the Community is Swami's teaching that encourages peace, nonviolence, and righteousness. This can be achieved within every community if every resident (within that community) shows kindness and love towards each other. I have come across scenarios where I need to spread love and kindness to unify others.

Scenario 1:

I was walking to the park with my family so I could meet up with my friends and play with them. When I finally got there, I saw my friends and scurried off to play with them. I have a lot of friends because I'm a very social person and I get along with everyone! But having many friends means more disagreements. One of these disagreements was with Friend 1 and Friend 2. Friend 1 was loud, funny and said whatever she wanted without caring what anyone else thought. Friend 2 was quiet, however Friend 2 did not like Friend 1. Friend 2 thought that Friend 1 was too loud and annoying and they always ended up bickering. I didn't like them fighting because their fighting would ruin the mood. So, one day I called them, made them sit down with me and lovingly told them to resolve any disagreements. Since I asked them kindly, they calmly sorted everything out and agreed not to bicker for silly things. By telling Friend 1 and 2 to cooperate and listen to each other in a calm manner, they became good friends.

Scenario 2:

My mother is a very hardworking mom and does a lot of tasks to make our house feel like a home. But doing these tasks and chores are quite overwhelming for my mom because they are quite hard and time-consuming. So when my Dad/my sister/ I don't do the chores she asks us to do, she gets very upset. Recently my mom injured her leg very seriously and she still managed to get her chores done. Feeling scared that she would make her leg injury worse, my Dad, sister and I decided that when the house gets messy, all three of us will assemble and clean the whole house for 20 mins and surprisingly this worked! The house was spick and span. This was only possible because my family worked together and got the job done much quicker. Before trying to help the community, start by helping people in your home, because good habits start by being good at home.

Scenario 3:

During Balvikas, Jayshree auntie announced there was a new student in our class. I was excited to meet her. The teacher told us she needed extra help. When she came in, she was welcomed warmly. I was nice to her but she did not like me that time. Every Sunday, I observed that people were nice to the girl but never invited her to play with them. I had a best friend in SSE that I have known for a long time. I told her about my observation and now we are nice to her and invite her to join what we are doing. When I see the new student smiling, that makes my day. I was sick and missed SSE for three weeks. One of the weeks I was absent, the teacher asked the new student who her best friend was. She said it was me. I was shocked- I didn't know she thought of me in this way. What I learned from this is that being inclusive and kind to everyone will unite everyone.

Scenario 4:

At school, everyone in my class is expected to keep the class neat and tidy, so everyday before we go home, everyone cleans up the classroom. One day I ran to class because I wanted to make it on time. When I walked in, I was shocked to see my teacher yelling at my classmates really loudly. Then, I took a look around me and saw so much garbage on the floor with lots of school supplies misplaced all over the classroom and no chairs stacked. Then it suddenly hit me that no one cleaned the classroom the previous day. A large wave of guilt washed over me because I was free the previous day and I knew most of my classmates were busy, I could have easily cleaned it up. So to make everyone happy I decided to surprise everyone by staying 20 minutes more to clean the classroom. I really worked hard to clean everything up. The next day all my classmates were so happy and grateful- they thanked me so many times and they told me that they will help me clean the classroom every day. So, if you want people to come together, do something helpful that will benefit everyone.

Scenario 5:

My family and I like giving donations to people who want to raise money for good causes. Once, I was at the shop with my mom and I saw students raising money for sick kids. I wanted to help kids that aren't healthy, so I was happy to know that the money I donated would help a kid get better. After giving the students some money, they thanked us and told us how grateful they were. Donating to charity events and good causes is an easy and impactful way to help the community. The rest of the day, I was happy that I was able to help someone and it inspired me to do this more.

In conclusion, as a Balvikas student I try to practice Swami's four practical divine commandments – "Love All; Serve All; and Help Ever; Hurt Never" in whatever ways I can and I believe that would help me to achieve "Unity in Community".

Yashitha Hariguruprasad

10yrs (Group 2)

Sri Sathya Sai Baba

Centre of Toronto-York





Yuvan Karthik Gali
9 (group-2)
Sri Sathya Sai Baba
Centre of Saskatoon




Madhavi Gali
11 (group-2)
Sri Sathya Sai Baba
Centre of Saskatoon



by:
Tarina
Jeena (9 years)

Tarina Jeena
9 (group-2)
Sri Sathya Sai Baba
Centre of Regina






Unity of Faith

“Let the different faiths exist, let them flourish. Let the glory of God be sung in all languages and in a variety of tunes. That should be the ideal. Respect the differences between faiths and recognise them as valid, so far as they do not extinguish the flame of unity.”

Sathya Sai Baba, Light of Love p.64, 4 July 1968



Unity in Faith

Since I am in Group 3, my activity on Unity Is Divinity will emphasize how there is unity in faith. I am going to compare Hinduism, the religion I follow, and Animism, an ancient religion from which other faiths originated.

Hinduism is an Indian religion and is known as the second-oldest religion, second to Animism. Additionally, Hindus believe in multiple Gods, making it a polytheistic religion. Hindus also believe in samsara, the eternal cycle of death and rebirth. They also believe in karma, the universal law of cause and effect. Hindus also believe that there are multiple major gods and many minor ones. The Holy Trinity is an example of a trio of major gods. Hinduism also believes that all creatures have an eternal soul that will last throughout their many lifetimes.

Animism is the basis of many Aboriginal cultures and religions. Animism is the belief that everything has a soul and is animated and alive. Respecting all of these objects and creatures will benefit them in the future. Animism does not believe in a God(s).

Animism and Hinduism are similar in some ways because both parties believe that animals have souls and how we treat things around us determines how we will be treated in the future. Both religions also believe that everything has an energy that affects others. For example, cooking with bad thoughts in mind will taint the food and the benefits it brings you.

However, they are also drastically different in some aspects. Hindus believe that only animals and humans have energy and a soul, not plants or rocks, mountains, etc. they also believe in multiple gods and prayers.

On the other hand, animism believes that every single thing is animated and has energy and a soul, making it precious.

I think that such a religion exists is so cool! The closest thing to animism that I can think of is Aboriginal culture, believing in nature and such. It is most commonly practiced in Africa and Asia.

Growing up in Canada, I have learnt a lot about first nations culture and beliefs and I can see that they also believe in a variation of animism, the only difference is that they think of certain animals as a type of god, the Great Spirit, Raven, etc.

As an SSE student, however, I can still relate to both cultures. In my religion and as a Sai devotee, we believe that God is in everything, animal or nature and we see God in everyone. We are also taught to respect nature for that very reason.

Rachna Karthik

12 years old (Group 3)

Sri Sathya Sai Community Centre of Vancouver



Unity and Love during Covid 19

I am so grateful to Swami as in this difficult time, I am inspired to practice love and patience. While practicing "Love all, serve all", let me talk about the impact covid-19 has had on us. On December 30th, 2019 the first ever case of covid-19 was declared in China in a city named Wuhan. Since it had started in December it was very new and many people had not known what it was. Soon the cases started rising and very surprisingly it had reached to hundreds of cases. Soon our Canadian government acted and on March 25 announced that any travels that had come back to any place in Canada had to self-isolate themselves for 14 days. Covid-19 cases kept rising and eventually people started considering it as the "Pandemic". From when covid-19 started till now July, 21, 2020 there has been 15,091,880 cases reported in total. Ever since than people started to be very careful because they knew this virus was very deadly.

Covid-19 was starting to be found in students and due to that the province originally planned a three-week shutdown that was to end April 13. Eventually the shutdown had not opened because the cases were rising. School had been closed for weeks until the government announced that online schools will be taking place 5 days a week. Everyone was excited for online school other than the fact that everyone had to wake up early daily.

The first couple of week's online school started off easy and everything was easy until teachers started bringing up quizzes and tests. Eventually online school started getting harder and longer. One good thing about online school was that it was easy to stay organized and many students took it as fun to do their homework. Online school went on and the pandemic was still going on cases of Covid-19 were rising and everything was getting out of hand. Everyone had to stay home and could only go out for basic needs such as food, clothes, etc. Covid-19 was and still is to the day.

This is when my SSE teachings came to my rescue. I started doing meditation on Swami and prayed to share my love to all as I found very stressful and not easy to overcome. I personally missed school never thinking I would say that but staying home with no friends was very tuff and started getting boring.

Days and months passed, and people started going outside eventually the government started opening businesses. People started going out with percussions such as wearing mask and gloves. Covid-19 cases were still rising but not as fast, so the government started opening play structures and gyms. Although there was a specific amount of people allowed to party and go to the park at a time. Covid-19 really stressed the whole world out and writing this message I really reflect on the world when we didn't want to go outside, or when we didn't want to go to school, or even when we didn't want to eat because around the world probably millions of people are not getting a salary because they are sent home and without any work or completely just fired. Many people are struggling for food, shelter, clothes around the world because this pandemic has ruined their life. This teaches us that unity in the community is important because every religion teaches us to be faithful, sacramental and loving.

Dev Shah

Group 3

SSSB Centre of Winnipeg

Unity within yourself

“Today I am going to be talking about what happiness is and some of my personal experiences related to happiness.

So, what is happiness and what does it feel like to be happy? The best place to start, is defining what happiness is not. Many people believe that happiness is the excitement of going on adventures or the amusement of trying new things. These are all wonderful experiences to admire but they don't define as happiness.

These experiences are the definition of pleasure. They are experiences to have, then let pass. A meal to savor, then digest. A party to enjoy then let wind down. Happiness is when your life fulfills your needs. In other words, happiness comes when you feel satisfied.

Happiness is a feeling of contentment that life is just as it should be.

Happiness feels as if everything is perfect and is filled with enlightenment. It feels as if you have satisfied all your needs.

As we now know that we can't buy happiness with money and there is no other shortcut to happiness. It is something that you feel from within. In addition, true happiness comes from doing what you most love. It is basically a state of mind. Moreover, it can only be achieved by being positive and avoiding any negative thought in mind and if we look at the bright side of ourselves.

One of the greatest examples is the pandemic. I know that we all may be feeling a little down and why wouldn't we be, it's like were trapped in our own houses. Though there have been parks and malls opening us all still have to be following the precautions such as social distancing and wearing masks all those kinds of things. Were all bored and there is nothing to do we all know that it is a very difficult time for everyone but how can we take advantage of this situation and be happy.

The COVID-19 pandemic has brought about change across the board in our lives: from jobs, to relationships, financial stability and health. Considering that we can't change the global uncertainty or what's happening, we can change the personal certainty of what we can do in a day. For example, Thankfulness: Take a moment to be thankful or grateful for a person or place in your life. For example, you could give thanks for old memories from a trip you took, or a time when your family visited you.

Meditation: Finding moments of peace right now can be a challenge, but meditation is one of the best things you can do. Most of our stress and anxiety comes when our body and breath aren't aligned. This is one way that you can create a relaxed breathing pattern.

Exercise: A little movement every day is going to boost your mood. Whether you're working out, running up the stairs in your home or having an at-home dance party, find some way to incorporate exercise. Lastly, I think you should do whatever makes you happy and smile. Have a great day!

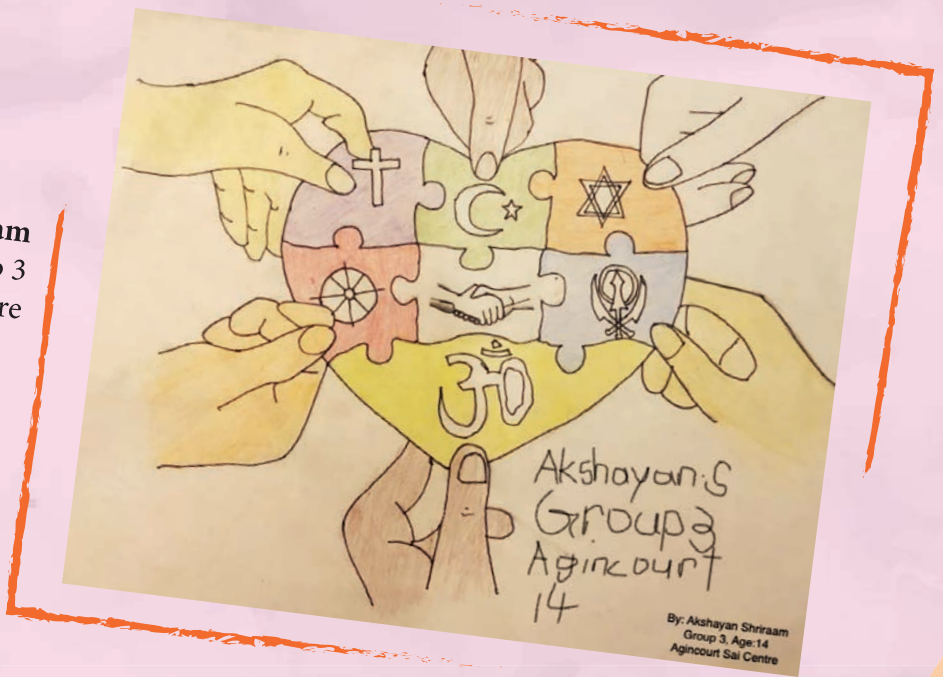
Hiranshi Patel

Group 3

SSSB Centre of Winnipeg



Akshayan Shriraam
14 Yrs, Group 3
Agincourt Sai Centre



Unity in the Community

“The word unity means the state of being united or joined as a whole.

In the world we live in there are a lot of different people.

In our school and neighbourhood, there are many religions African, American, Asian, Caucasian, Russian, and more.

We need to all look at each other equally, we need to not let religion separate us. We should try to look at each other the same no matter how different we really are, we can all be the same deep down.

One example that comes to mind is about two eggs. One egg on the outside is brown and the other one white but when we crack the egg, the yolk is the same, just like that we are equals. We are all humans and we should all be looked at equally.

We have to learn that we all need the same thing in life: food, water, shelter and money. No matter, what your culture, we need to look past that and help others.

In my life, I have experienced unity with my friends. My friends are Caucasian but they still accepted me even though I am a different race. We strive to be inclusive with different body types and appearances such as some people have glasses, braces, etc.

Baba says unity is divinity, purity is enlightenment. This means that unity is divine and holy. We are all holy. Purity which is pure is enlightenment means where you give wisdom or knowledge. “

Shobana Sanker
Group 3
SSSB Centre of Winnipeg

UNITY IN FAITH

CHRISTIANITY AND HINDUISM

“Even though mankind believes in different faiths, they practice the same values but in different ways. Some of the common values/teachings from both religions are the GOLDEN RULE which is treat others the way you would like to be treated. The second value is be thankful to god that you are so fortunate to have food, water and shelter. One similarity is that the two religions have scriptures and/or holy texts, CHRISTIANITY has the Bible and HINDUISM has the Vedas and other books like Bhagavad-Gita.

Hinduism is not a religion and it is a way of life. It concentrates on ultimate well being of humans. According to Hinduism they follow these concepts, to accept people as one finds them, to allow them to be and become what they choose, and to encourage them to do whatever they like (as long as it does no harm to others) is everyone’s natural instinct.

Some of the most popular teachings Jesus taught to Christianity is Love God, love your neighbor as yourself, forgive others who have wronged you, love your enemies, and Repentance of sins is essential.

And both of them teach the five values which is truth, right conduct, peace, love and non violence. I learned that they are mostly alike in the values/teachings, the similarities are they worship a god and most of the teachings are alike. Both religions teach, Love, compassion, forgiveness, and tolerance. Overall, all religions carry same message.

While seeing the similarities I felt a little amazed, because I never knew they had so much in common.

What was interesting about Hinduism is that it has four Vedas (Rig Veda, Sama Veda, Yajur Veda and Atharva Veda) instead of one Bible and it also has more than one god and they believe god is in everything and is everywhere. Whichever

object they take they will consider that as god. For instance, a stone, air, fire, water etc. are god to this sect of people.

Overall, all religions are united in their beliefs.

[PRAYER]

O LORD

You're a gift to those around you,
I am so grateful to you,

You are always there when people need you,

O LORD

Thank you for the shelter, food and water I get every day,

Thank you for giving me good parents and knowledge,

Thank you, god, for blessing me and the strength you give me every day,

O LORD

Please help me to get more knowledge and to study well,

Give strength to the patients who have Covid-19 and help all the doctors and nurses who are working hard,

Keep all the people healthy and strong and bless the people who don't have shelter or food,

O LORD

Thank you for taking care of me and for everything,

Thank you for your boundless love!”

Siddharth Maddur

Group 3

SSSB Centre of Winnipeg



Hinduism v.s. Buddhism

Origin and Founders

Unlike most other religions, Hinduism does not have a single founder. Instead, it is the amalgamation of various beliefs formed in the Indus Valley. Since 500 B.C., the Epic, Puranic, and Classic periods took place, and Hindus began to emphasize the worship of deities.

Circa 563 B.C.E. Siddhartha Gautama was a Hindu prince of Lumbini. As a young man, he discovered that all pleasures were only masking human suffering. Subsequently, he endeavored severe renunciation. After weeks of meditation, he had become Buddha and traveled throughout India to spread his teachings.

Common Beliefs and Values

Reincarnation, a major principle of Hinduism and Buddhism, is when the soul returns to the physical realm in a new body. A soul will work through its karma multiple times until it reaches "nirvana" and "moksha." These terms refer to enlightenment and the diverse forms of liberation or freedom when the cycle of rebirth ends. Furthermore, "dharma," the moral or right way of living, is a common belief embedded in both religions.

Differences

Hindus have the notion of "atman," the "inner self." This concept alludes to the universal self from the bonds of existence. In addition, the concept of god refers to the term, "Brahman," the formless Supreme God of the Hindu Trinity. On the contrary, Buddhists believe in finding the "anatman," the "not-self." One must dispel the sense of "me," in order to reach nirvana. The idea of an omnipotent creator is repudiated by Buddha. He refuted the theistic argument that the universe was created by a personal God. Therefore, Buddhists view Buddha as a guru.

My Thoughts

Exploring both of these ancient religions has made me realize that we are more alike than different. It is a common belief across all world religions that it is our moral duty to treat each other with respect and compassion. We shall carry on Swami's legacy by loving and serving all, despite what religion they may be an adherent of.

Viboosha Easwarathas

15 yr (Group 3)

Sri Sathya Sai Centre of Agincourt

Unity of Faith

“How are Buddhism and Hinduism similar?”

They both stress ethical living, they encourage followers to take steps to improve their wellbeing. Like Christianity, and Buddhism has a strong devotional form. They both believe in samsara and karma, they both believe desire is the root cause of suffering, they both also emphasize compassion and peace to all living beings (no violence to humans and animals) and one huge similarities is that they both believe in several heavens and hells (layer of heavens and hells). Hinduism and Buddhism believe that spiritual practices of meditation, concentration, and acquiring or developing quality of skill helps states of mind.”

“How are Buddhism and Hinduism different?”

Hinduism is not founded by a person but Buddhism is founded by the Buddha. Hinduism follows Vedas (Hindu Scriptures), while Buddhism does not. Buddhism does not believe Hindu Gods are as powerful as Buddha. Buddhist believe that the goal in life is to overcome sorrow, whereas Hindu's think that there are 4 goals such as Kama, Dharma, Artha, Moksha.”

“What did you learn?”

I learned that there are many differences in cultures but the specific culture we studied had many interesting facts that I had not even known of. Putting away all the differences I realize that every culture teaches us to do the right thing in their own way, it is up to us to follow our spiritual beliefs and take the path that God wants us to take. Om Sairam and have a great day.”

Tanish Shah

Group 3

SSSB Centre of Winnipeg



Om Sai Ram Unity Is Divinity

The time that I have spent in catholic school has taught me many similarities between Christian and Hindus. I was taught many common values of both religions like peace, forgiveness, love, spirituality, pray self-control, and many more. As Hindus we believe life after death. Hindus believe in that samsara is in the cycle of rebirth and suggests the continuity of our existence beyond death. Krishna states in the Bhagavad Gita that “as the soul passes in the body through childhood, youth, old age, it also passes through death and takes rebirth in another body.

Some of the similar thing Christian and Hindus have is a culture book. The Christians have a bible and the Hindus have the Bhagavad Gita. Christians have a Rosary which has 59 beads in counting and the church where people go and talk to god or ask for forgiveness while the Hindus have the japa mala which has 108 beads in counting and the temple where we go to pray and ask god for luck, forgiveness, blessing for family and friends and a



great place for meditation.

Here are some differences between Christians and Hindus. Christianity believes only in the Jesus, whereas Hinduism believes in the existence of several Gods and Goddesses. Hinduism believes that everything in the world is a part of the Almighty. Hinduism is an evolving religion and hence it would be extremely difficult to trace its beginning. One can trace the beginning of Christianity to approximately two thousand years.

Hindus make a wide use of symbols as being idolaters or worshipers of images. Hindus are not apologetic about using symbols and imagery they insist that as long as we operate in the finite world, we all need finite tools to relate to the infinite God. It just cannot be otherwise. Every religion does this; some, like Hindus, do it knowingly while other religions do it unknowingly. Sacredness ascribed to any object like a cross or even a religious text can be interrupted as unconscious idolatry.

In Hinduism we have the Om sign and the Swastika sign. The Om sign means meditation, the sound Om is naturally, hence it is considered to be the most fitting symbol to represent God. Hindus claim that the universe was created out of reverberation which is given out by the Om sound. The Swastika from swasti in Sanskrit meaning well-being denotes auspiciousness. The four arms of the swastika are there to draw good luck from all four corners of the world. The symbol is seen at the entrance of temples and Hindu homes, and is frankly used during religious ceremonies. In Christianity they have the Cross as a symbol it is a representation of the instrument of the crucifixion of Jesus, is the best known symbol of Christianity. The cross is thus a sign of both Christ himself and of the faith of Christians.

In Hinduism we have a powerful prayer called the Gayatri Mantra.

Om bhur bhuvaha svaha,
Tat savitur varenyam,
Bhargo devasya dhimahi,
Dhiyo yonah prachodayat.

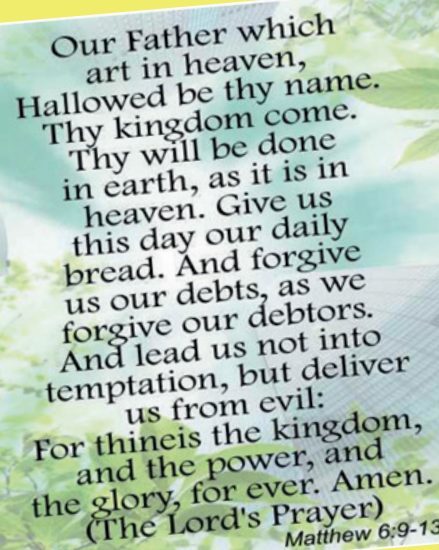
It is a universal prayer, we meditate on the most adored supreme Lord, the creator, whose divine light illumines all realms. May this divine light illumine our intellect.

In Christianity they all start off by saying and recite a prayer
In the name of the father
The holy spirit
Amen

Ishita Millan Vallabh

Group 3

Sri Sathya Sai Baba Centre of Calgary



Our Father which
art in heaven,
Hallowed be thy name.
Thy kingdom come.
Thy will be done
in earth, as it is in
heaven. Give us
this day our daily
bread. And forgive
us our debts, as we
forgive our debtors.
And lead us not into
temptation, but deliver
us from evil:
For thine is the kingdom,
and the power, and
the glory, for ever. Amen.
(The Lord's Prayer)
Matthew 6:9-13

In our daily lives, we are always so busy that we forget about our peace of mind and those around us. We do not always remember our teachings from God and may more-so find our happiness in materialistic objects. When we turn on the news we see how much chaos there is around the world and how lots of countries are struggling to find peace due to several circumstances. I believe we are so caught up in the mindset that we can not do anything to help spread peace in a massive way, therefore we don't realize that we are the first step in the movement. We need unity within ourselves first in order to get divinity within ourselves. This leads to unity between religions. Finally, this leads to unity with people and in the world thus creating divinity in its greatest form.

The first step to reaching unity and divinity is having unity within ourselves. We are so caught up in our busy lives that we lose our calm and are so stressed out. I know that I have recently personally been so caught up with school work that I completely forget about how I'm feeling and how I treat those around me. The definition of unity within to me, is having inner peace. If there's a problem and so much might be going wrong and you're frustrated, you don't get mad, start shouting, or release your anger on others. You stay calm, face the problems open-mindedly, and solve the issues with a peaceful approach. If you don't have a problem or are not frustrated, inner peace means that you are at a peace of mind, happy, and calm. When we can control our emotions and make sure that our actions, thoughts, and words align with each other then we can reach unity within ourselves from inner peace. Unity with ourselves means that we can complete tasks in a peaceful and loving manner which means that our actions, thoughts, and words are aligned. I have personally experienced that most often than not, my words and actions sometimes don't align with my thoughts. For example, I may say I like a gift but my thoughts would be different. I feel this creates negative energy and thoughts as well and does not follow the nine-point code of conduct. The way I deal with situations like this with grace is by thinking



about how I can positively impact someone else with what is happening to me. So with the gift, I could give it to someone else who would like it way more than me. This way I don't feel bad about what is happening because I could change the situation for the betterment of myself and someone else. When my thoughts, actions, and words are aligned I feel pure and like I have accomplished something because, with the situation in the world and just life in general, it is very hard to always keep a calm composure and remember Baba's teachings. I had started to understand the meaning of unity and happiness in a book I had read a few years ago called Pay It Forward: Young Readers Edition by Catherine Ryan Hyde. It was about a boy around the same age as me at the time doing a good deed for three people and those three people would have to continue doing good deeds for three more people each. This represents unity to me because through this chain of good deeds we are all connected and united with love and gratitude. This book and having many life experiences where I feel happy to be able to help someone and make them feel happy is a way of remembering my SSE teachings of not valuing materialistic things more but being able to find that same type of joy by doing good deeds or following a righteous path. The quote "Real happiness lies within you" by Baba says that we have happiness within us and not in physical things. We need to find that happiness by being selfless and connecting with God through inner divinity. This reminded me of current problems in the world and how no matter your age, race,



religions, social status, etc. you can still help out and having empathy for others is unity through kindness and those who have a religion can remember God's teachings about always helping others. For example the quote "Help Ever, Hurt Never" from Baba is a very simple yet important teaching of divinity that talks about kindness, empathy, and unity. Seeing other people happy brought the boy happiness which really connects to the topic of unity and divinity. I can connect this to when in real life I help homeless people or do Seva at the Ronald McDonald House. These kids can't give me much and are going through really tough times but just seeing them be happy and grateful is enough for me. When someone simply says thank you and I can bring a smile to people's faces especially these kids it brings me so much happiness when I do things to help my community. SSE really helps me in making time for Seva by making sandwiches. Those people may not know who made their sandwiches but knowing that I have given someone an essential of life and they can feel a tiny bit of happiness from it makes me realize the true meaning of happiness. It gives me inner peace, unity, and divinity because I remember what Baba would have wanted me to do in these situations. The definition of happiness to me is when we know that our actions, thoughts, and words won't make anyone sad or have negative feelings. I feel happy when I make others feel proud, happy, or make them feel good about themselves. Being able to uplift others and do acts of kindness such as Seva are ways to spread happiness. This is the true definition of happiness; finding your happiness in others' happiness. I have personally learned how to achieve unity within, by going to SSE classes. I learned many valuable life lessons and teachings which my gurus have shown how to apply to my everyday life and be a role model of ideal behaviour and presence for society. I believe that this is the importance of SSE; it's not to just sing bhajans or learn about God, it's to evaluate what Baba says and apply it to your daily life so you can help yourself and others achieve unity. When you finally get the true understanding of these spiritual teachings that is when you have reached divinity within. I believe this means that you can carry God's teachings with you and remember

him and remember your SSE lessons everywhere. Being able to use them in conflicting situations when you may not feel that inner divinity and feel like your actions, words, and thoughts are not correlating with how you have been taught by Baba's teachings. The quote "Man will realize his mission on earth when he knows himself as divine and reveres others as divine" by Baba shows that the Lord himself has even told us that we all have divinity within us, we just need to find it by reaching inner unity with ourselves. Having unity with ourselves leads to unity within the family because every individual needs to first find unity within to have unity with their families. When we can control how we act and make our thoughts, words, and actions work in harmony only then do we have peace. When everyone in our family practices this there would be peace and unity in more households. All together we can create a world with unity because everyone's thoughts, words, and actions would align and we would be able to handle situations together as one.

The second step to reaching unity and divinity is having unity within our communities and among different religions. We all believe in different religions but I believe that God is one and we just have different names and beliefs for it. The quote "Let the different faiths exist. Let them flourish and Let the glory of God be sung In all the languages of the world And in a variety of tunes. Respect the differences between the faiths and recognize them as valid As long as they do not extinguish The flame of unity" from Baba, emphasizes the importance of being able to respect other beliefs, faiths, and recognize that they are equally just as important as our faith. We can see the differences between faiths but Baba is saying that it should not cause our unity to break just because we are different, because God is one. Let's look at Islam and Sikhism, there are many similarities that I found between the two religions from common values and teachings to similar ways of dressing up. Starting with their beliefs in God. Both religions have the same concept of God and are strictly Monotheistic. They emphasize that God is one and he is all-powerful and all-knowing. In Islam, Allah is the supreme God and in Sikhism,

Waheguru is the divine almighty. In surah 112 of the Quran, it says “He is God who is one God the eternal refuge he neither begets nor is born nor there is to him any equivalent”. In the first passage of the Guru Granth Sahib it says “There is only oneness and it is called the truth it exists in all creation and it has no fair it has no hate and it is timeless, universal, and self-existent you will come to know it through the grace of the Guru”. Both religions have a Holy book that tells them about the proper way of living and acting, teachings and lessons that have been collected over the years, and these writings represent the foundation of knowledge, wisdom and revelation from God regarding the past, present, and future. These religious texts center on the beliefs, the ethical conduct, and rituals of Islam and Sikhism and they both believe them to be divine revelations. For Muslims, the Holy Book is the Quran which they believe was orally revealed by Allah to the Prophet Muhammad. For Sikhs, the Holy Book is the Adi Granth which is made up of over and it is a collection of nearly 6,000 hymns of the Sikh Gurus and various early and medieval saints of different religions and castes, there are also contributions from Muslim Sufis. This shows how religion does not separate us but brings us together because God and his teachings are the same for all, we just have different ways of expressing them and by contributing in spiritual ways it unites us with divinity. In both religions there is no priesthood but followers are allowed to do religious rights and recite prayers. In Islam, there would be a spiritual leader like an imam, a mullah, or a mufti and in Sikhism, there is a grantee. These people are not priests but are responsible for reading the Adi Granth and organizing daily religious services. The concept of charity is embedded in both religions and is a very important teaching. Charity is the third pillar of Islam and is a major teaching of the Prophet Muhammad. In the Quran, it is mentioned that being charitable and helping those in need is a very important characteristic and a moral principle. Zakat is a compulsory charity that means you're obligated to feed the poor and support orphans according to Allah. In Sikhism, they have a strong belief in giving

money to charities and helping those who are in need or are in poverty and it is a religious duty because it encourages them to be compassionate. Giving is one of the three golden rules or fundamental teachings of Sikhism. Vand Chhakna literally means sharing one's earnings with others and also means giving to charity and caring for others, doing selfless deeds, and treating all with equality. This teaching is also seen in many other religions such as Hinduism and Christianity. This shows how basic human values are seen in all types of God's teachings and the way of being a good human being has values and beliefs that many religions agree on. Another principle that both religions believe in is you reap what you sow. Islam puts a lot of importance on life after death because they strongly believe that God will resurrect and judge every individual and give them either reward or punishment based on the deeds they have committed in this life. Sikhs don't believe in the afterlife, heaven, or hell but they believe your punishments or reward will be given while you live on earth. Both religions look down on the idea of Monasticism and Mendicancy which is normally a religious way of life when you leave all worldly pursuits and devote your life solely to the duties of your faith. Muslims and Sikhs believe in having a family. In surah 57 verse 27 it says “But Monasticism they invented we ordained it not for them only seeking Allah's pleasure and they observed it not with right reverence”. In the Adi Granth on page 522, it says “Seek salvation while you're living a normal life” and on page 992, it says “According to the Guru's teachings what can be achieved outside the home can also be achieved at home so Nanak has become renunciant”. This shows how God's teachings are representing unity within the home and family by staying with them yet always remembering God in our minds, hearts, actions, and words. Both religions have a place of worship, Gurdwara for Sikhs and Mosques for Muslims. Gurdwaras have multiple purposes such as a place for charity, medical facilities, libraries, nurseries, and classrooms. Mosques can be used for funeral services, Sufi ceremonies, marriages, businesses, and a place to collect donations for



charity. In both religions, it is very important and even mandatory to wear something that covers your head whether that be a turban, a kufi, a chunari, or a hijab. Sikhism forbids men from cutting their hair, as their hair is considered sacred so they wear turbans to protect their hair. Sikh women may wear a turban if they wish or they can wear a chunari. Muslims believe that the Islamic prophet Muhammad used to keep his head covered, therefore making it *mustahabb* to wear it during the five prayers. Muslim women wear hijabs to maintain modesty and privacy from unrelated males. Even though the reasons may be different, both religions wear headcovers. There may be many more similarities between Sikhism and Islam but the last similarity I found was that both religions have five prayers. In Sikhism, there are three morning prayers, an evening prayer, and a bedtime prayer. In Islam, the prayers are done at dawn, midday, late afternoon, sunset, and nightfall. There are many similarities between Islam and Sikhism and it is truly amazing how closely interconnected all religions are.

The last step to reaching unity and divinity is having unity within our world and reaching world peace. This can not happen quickly and will take a long period of time but if we all work together it can happen. When we can all individually have inner divinity by finding inner unity then this can lead to peace and in the long turn world unity and divinity. Even if you don't believe in God just try doing simple things such as meditation or yoga to keep a cool mind and find inner peace and unity if not divinity. The quote "Whenever and wherever you put yourself in touch with GOD, that is the state of meditation" from Baba says that whenever you can truly forget about all your worries, issues, friends, and family that is when you can truly be one and united with God and feel that inner unity and divinity within yourself because you are one with him as he resides in all of us, but when you can solely feel his presence that's when you realize the divinity within you. I feel like a lot of issues around the world come from the fact that communities of religion are not able to respect one another. Individuals have their own point of

views but sometimes we may think our faiths and beliefs are superior to others or that things should run in a specific way that we agree on personally. If we could all be able to accept what others believe in and try to live in unity then we could not necessarily have a perfect world but a world where we can help each other in tough times and celebrate in good ones regardless of our race, religion, ethnicity, etc. Just from researching Islam and Sikhism, I found so many similarities and even connected them back to my own religion of Hinduism. I found it really interesting that Muslims had contributed their spiritual knowledge to the *Adi Granth* and that they both have a similar set of values and ideal lifestyle that their followers should have. They both believe in the importance of giving and doing good Karma which I found really relatable as a teen as well as to what I have heard and learned from the *Bhagavad Gita* about doing good Karma for your next lives. This showed me how God's teachings are one; we just have different ways of conveying and practicing them. Seeing how many similarities there are made me feel connected because I did not know much about Islam and Sikhism before but seeing the common practices and beliefs between the two reminded me of what Baba and my gurus always teach me. Baba says "God is all Names and all forms". In many religions like Christianity, Islam, Hinduism, and Sikhism it is said by either their spiritual leaders or in their holy book by God in some way that God is one we just have different ways of seeing him. These similarities made me realize how closely tied we are with each other and reminded me that we are all human and should treat each other the same as our God would like us to. After researching I thought about how our similarities should make us come together and feel like one big family but sadly that's not the case all the time. The quote "Your thoughts, words, and deeds will shape others and theirs will shape you" from Baba is a perfect example of why we should be aware of our behaviour but also this is a lesson for individuals that you can not judge everyone related to one person's actions. There have been many events in our world that have created issues we are still facing today, just because society

was judging a group of people related to one person who committed a terrible act. For example, people who believe in Islam are sometimes seen as terrorists just because of the disheartening act of one group of heartless people. People who believe in this faith are sometimes scared to express who they truly are because they fear what others may think of them because of how judgmental our society has become. If we want to be united then we can only do that by being able to keep an open mind for others. Each of our faiths is the best for us individually but we also need to understand from others point of views. You may be wondering how divinity ties into this because I am telling you a lot about respect and unity. The quote “Honor all religions. Each is a pathway to God. That is the right way of life” by Baba is telling us that everyone can believe in their different faiths and by honouring each we can live a righteous life. I can connect this back to me having inner unity and divinity but when we can all find inner unity and divinity that is when we can reach divinity in its greatest form. When all religions come together that means we as humans have come together as one, meaning we have accepted that God is one. This does not mean we should leave our faith or join others just because God is one. We should continue to practise our faiths, we should just remember him at all times in our hearts and know that whatever religion someone follows doesn't matter because we are all similar. God brings us together and is what connects us all; it is how we find world divinity through world unity. We can all learn from other religions by for example, being friends or co-workers with people of different faiths. Even if we don't agree with their beliefs, being able to stay calm, kind, and respectful is the most important teaching from the situation. Being able to remember in my case, Baba's teachings and just simply his quotes really helps me feel connected with him and feel like I am one with him through inner unity and divinity. Through this project, I got to do a lot of self-reflection and felt really connected with God. I went back to reflect on what my SSE

classes have taught me and their importance in my life and not just an essay. This topic reminded me of how my actions can have an impact on someone's views of me and that when my actions, words, and thoughts correlate that is when I have found unity within myself. My gurus ever since pre-SSE would always tell me that God is within me and today after this project I have realized that by finding true happiness within me. From inner unity I can connect with God and find his divinity present within me. I saw a lot of similarities between Islam, Sikhism, and even Hinduism which made me feel even more connected to my community. This essay gave me a chance to reflect on current issues in the world related to religion and how I can personally make a difference to make everyone feel like they belong no matter who they are or what they believe in.

The topic of Unity and Divinity is a very important and vital teaching for ourselves and others. It gives us a peace of mind and connection with God. When we remember God's teachings and carry it with us we can spread that peace and positivity around the world if we all do this. We are all one in this world; we just have different beliefs and faiths. This should not pull us apart but unite us because from unity we get world divinity. To get world divinity we must get world unity and we as individuals are the initial phase of the development. We need unity within ourselves first to get divinity within ourselves. This prompts unity among religions. At long last, this prompts unity between individuals and on the planet which makes divinity in its most prominent structure.



Neha Naidu
 Group 3
 Sri Sathya Sai Baba Centre of Calgary



Unity In Faith

Religion is quite a factor in numerous people's lives. Although there are many religions throughout the world, they all reflect similar messages; love, peace and kindness. In order to demonstrate the similarities between religions, I will compare and contrast Hinduism and Christianity, two well-known religions. Both Hinduism and Christianity have their own scriptures, gods, and beliefs. For example, Hindus have the Vedas while Christians have the Bible. However, despite having different traditions and faiths, both of these religions share similar messages.

Hinduism and Christianity are widely practiced religions with Christianity being the largest religion and Hinduism being the third largest in the world. Hinduism history overlaps or coincides with the development of religion in the Indian subcontinent since the Iron Age, with some of its traditions tracing back to prehistoric religions such as those of the Bronze Age Indus Valley Civilization. It has thus been called the oldest religion in the world. Scholars regard Hinduism as a synthesis of various Indian philosophies, beliefs, cultures and traditions with diverse roots and no single founder.

Christianity, on the other hand, began in the first century AD after Jesus died as a small group of Jewish people but quickly spread throughout the Roman Empire. Although Christians were persecuted at first, it later became the state religion and quickly spread throughout Northern Europe and Russia in the middle ages. Both of these religions were created long ago, and have been spread widely since then.

Both Hinduism and Christianity have different concepts of gods. For example, Hindus believe in multiple gods (polytheistic) believing that all of them are a manifestation of one god and one omnipotent power, while Christians believe in

one omnipotent God (monotheistic) in three beings (Father, Son, Holy Spirit). For Hindus, religions are human roads up the divine mountain to enlightenment — religion is relative to human need; there is no “one way” or single objective truth. In Christianity it is believed that the Bible is the answer to all the problems.

There are multiple differences between Hinduism and Christianity with some of them listed as follows:

Hinduism Core Beliefs

1. Truth is eternal- Hindus value the knowledge and understanding of truth. They believe truth is the number one element of the universe and reality. Truth is only one thing but people who are wise show truth in a number of ways.
2. Brahman is truth and reality - Brahman is the one true God who has no form, limitless, all inclusive, and eternal. Brahman is the only real aspect and includes everything in the universe.
3. The vedas are the ultimate authority- The Vedas are Hindu scriptures. It is believed that the Vedas have no beginning or no end. Hindus believe that even if everything else in the universe is destroyed the Vedas will still remain.

Christian Core Beliefs

1. Jesus Christ is the savior- resurrection and ascension
2. Three persons in one God (trinity- Father, Son, Holy Spirit)
3. Christ's second coming, the day of judgment and salvation of the faithful

Beliefs, teachings, and traditions are large factors in various religions. Hindus believe in the

doctrines of samsara, which is the continuous cycle of life, death and reincarnation. One main thought in Hinduism is “Atman”, which means the belief in soul. This philosophy states that all living beings have souls and all souls are a part of a Supreme Being Soul.

Christians believe in justification by faith, meaning that through their belief in Jesus as the son of God, and his death and resurrection, they can have a relationship with their God (Heavenly Father). Christianity claims that there is a life after death and that their spiritual experience in their present life will prepare them for life after. Christianity believes in the aspect of heaven and hell which is a result of worldly life.

While there are differences between the two religions, there are many similarities too in term morality and teachings. Both the religions expound the values such as love, non-violence, forgiveness, selflessness, tolerance and detachment from material life.

Besides that both religions advocate monism or non-duality (Advaita) at a very deep level based on the parallels from the Upanishad and Bible as stated below:

- I and my Father are one. - John 10:30
- Ahambrahmasmi [Self is the Supreme Lord] - Brihadaranyaka Upanishad
- AyamAtma Brahma [Atman and brahman are the same] - Mandukya Upanishad

From the parallels above, it does appear that both religions view Creator and Creation to be One -

God becomes everything.

Christians and Hindus view the sources and application of moral law as the function of the world with conceptual similarity. For Hindus, dharma is the natural law built into the universe. Hinduism does not speculate on why it is the way it is, aside from saying it is one aspect of the divine order of reality. The moral law is part of reality.

Christians also posit a divine origin for moral law, understanding that law as having been given directly by God, most notably in the Ten Commandments given first to the Hebrew people and carried over into Christianity through the Old Testament. Jesus then augments and interprets this Law in the New Testament. The moral law is of supernatural origin. Most Christians, however, also embrace the idea of natural law, or moral law, that has been a part of the creation since its beginning.

In conclusion, although Hinduism and Christianity have various differences, they share many similarities with some of them relayed very profoundly in the scriptures. Both religions desire you to believe in God, the scriptural teachings share numerous virtues and values. Swami's teaching which is the prominent parallel “Love All, Serve All” sits eternally in harmony with both religions in context here and lays the foundation of human righteous conducts.

Praveen Shanmuganathan

Group 3

Sri Sathya Sai Baba Centre of Calgary



Unity Of Faith

Buddhism and Sikhism are two different religions that have many things in common. The religions also differ in many ways. We might have not taken the time to compare these religions and realize what are the similarities and differences. Many people in the world have a religion and practice them. Buddhism and Sikhism are very unique and famous religions in the world.

Buddhists always recite one very main and special mantra of compassion and is called, "Om Mani Padme Hum." It is believed to achieve perfection in all six practices and each of these six important syllables have a deeper meaning. The six syllables help to root out the other six negative emotions that all human beings suffer from. So when "Om Mani Padme Hum" is recited, what it does is purifies themselves as well as others. This is why many Buddhists recite this mantra.

Meaning of the six syllables:

The Om purifies pride and ego

The Ma purifies Jealousy and the need for entertainment

The Ni purifies passion and desire

The Pad purifies ignorance

The Me purifies Greed

The Hum purifies hatred and aggression

Just like Buddhists, Sikhs also recite a mantra called, "Mool Mantra." This mantra is usually said at night before bed and in the morning. It is also said when in stress and want a good fortune. The Mool Mantra is written in the beginning of Sikh Holy book, also known as "Guru Granth Sahib." "Mool" means original, fundamental, root or seed. "Mantra" means mindtool, or a device to control the mind.

Mool Mantra:

Ik Onkar

Sat Nam

Karta-Purakh

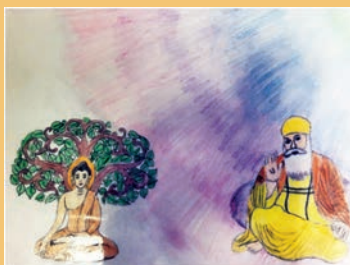
Nirbhau

Nirvair

Akal-Murat Ajuni

Saibhang Gur-Prasad Jap.

Aad Sach Jugad Sach.



Hai Bhi Sach
Nanak Hosi Bhi Sach.

It is very captivating that both religions, Buddhism and Sikhism have a prayer/mantra that is spoken with a very deep meaning. Not only the worship but the religions have more things in common. Buddhists and Sikhs believe in karma and their "Gurus" have taught them to be kind, caring, helpful etc. Buddhists have a holy book called, "Tripitaka" and the Sikhs have a holy book called, "Guru Granth Sahib ji."

Buddhism and Sikhism are more different than they are alike. Buddhists don't have belief in personal god, but Sikhs mainly worship a god called, "Waheguru" which means "Wonderful lord." Buddhists have many places like worship unlike Sikhs, their main place of worship is "Gurudwara." Buddhists have to cut their hair as a part of their religion distinct from Sikhs, who don't cut their hair. Buddhism is accepted in Sri Lanka, East Asia, and Southeast Asia. Sikhism is usually practiced in Punjab in India.

Therefore, Buddhism and Sikhism are very distinctive religions and it is very breathtaking if you identify the similarities and the differences between them.

Gurudwar:



Unnamalai Balaji

Group 3

Sri Sathya Sai Baba Centre of Calgary

Unity in Divinity

Baha'i Faith compared to other world religions

Of all religions, the one that values the term “unity” the most must be the Baha'i Faith. Among other values, they emphasize Peace and Love the most. As we all know, of the five human values Swami has taught us, Peace and Love are the two that unify a community the most. With sub-values such as selflessness, kindness, compassion and caring, as well as understanding, awareness and respect, how can they not be? They believe the earth is factionless, with mankind as a single population inhabiting one large country. Baha'i Faith is one of acceptance; one of their core teachings is equality, which is important in the greater goal to strive for unity. According to their teachings, there is only one God, who has manifested in human form on earth on many occasions. These manifestations, or prophets, are well-known throughout the world for founding the major religions we have in place today. That's right, Mohammed, Moses, Jesus, Krishna, Buddha, Zoroaster, and many more are considered to be the same God telling people more or less the same things. If all these messengers and prophets are the same God, then why is there so much difference between religions around the world? Simple; the time, place and manner of these manifestations greatly changed the way people interpreted the teachings, not to mention how evolved society and mankind were at the time.

After learning about this outlook the Baha'i Faith has on world religions, I started wondering: What does this faith, which encompasses elements from all major religions, have in common with spiritual beliefs around the world? Here are some similarities and differences between Baha'i Faith and other world religions.

1. Prayer

The Baha'is do pray, as do many religions. As a monotheistic religion, they believe in pleasing and appealing to “The One God”. For almost all religious people, God is there to aid and assist in times of troubles and need. Likewise, the Baha'is look to god for advice and comfort. They also recite verses and prayers in the words of Baha'u'llah, whom they believe is the most recent manifestation as God. These prayers have many effects, such as happiness, peace of mind, and healing powers. Like other religions, Baha'i also recite prayer during occasions such as weddings, funerals, birthdays and more. However, while most religions meditate on their god or perform rituals and ceremonies, the Baha'i have no such prescribed activities, though meditation is recommended. On the other hand, they are obligated to recite prayers every day, at certain times. Quite a few religions also follow a prayer schedule, such as Islam, where they must pray five times a day. Other religions have one day where they must observe prayers, such as the Christian Sunday. The prayers recited by people of any religion often come from their religious text(s), or from the words of their prophets. Similarly, the Baha'is recite the words of Baha'u'llah, the manifestation of God they worship. Their prayers are structured in a style quite similar to the verses of the Quran. They can also make up their own prayer to recite during personal prayer, and are often encouraged to do so. Whenever they are meeting with other Baha'is, though, they must adhere to the common prayers. The verses for other religions can be complicated and difficult to recite, such as some Hindu Vedas, which can require years of practice to master. A lot of these verses follow a strict pattern in the modulation of the voice as well. The Baha'i prayers are written in more simple terms, and are recited in a soft, lilting kind of way.

2. Dietary rules

Almost every religion has something to say about what can, can't, should and should



not be consumed. In fact, the topic of food might be one of the greatest divides between religions. While there are always variations in teachings from religion to religion, there aren't many aspects that create as great a confusion as dietary rules and restrictions. Oftentimes, these laws can differ from one denomination to another! For example, in Hinduism; not all Hindus are vegetarians, but it is encouraged for certain denominations to refrain from eating meat and other foods, in order to preserve the value of non-violence. Buddhists have a different take on not hurting other things: Many monks will go around receiving food from other households. In order to avoid wasting what is given to them, they are required to eat all that they are given, but should do their best to avoid eating meat. If at all they are offered meat, then it must be an animal in whose killing they had no part. That way, their spirit is unaffected. Jains have a more extreme take on not harming any living creature. Many Jains are vegans, and some even boil their water thoroughly to ensure no living particles are consumed. Christians, on the other hand, believe that there can be no "bad" or unholy food, and that God would not have made it edible if it was not meant to be eaten. Some denominations may refrain from eating certain foods, but it is generally not required by them to do so. The Baha'i believe in eating not for their soul or spirit, as most religions, but for their body and wellness. They often reject diets that might compromise one's health, and are careful that they eat what they need to function properly. They do not generally offer food to their God, but they do thank Him for giving them what they have. They refrain from eating meat, like many others, especially because most meat found nowadays is quite unhealthy. The Baha'i have a more modern outlook on life, adapting themselves to what is available now, while keeping vital nutrients in mind. Quite a few religions can only shop for food in places where it is made in a specific way, often compromising their diet. Especially for religious people who have moved away from their homeland, it is difficult to adhere to their prescribed diet without missing any important nutrients crucial to their overall function. Oftentimes, it is expensive for them to procure food that was made a certain way, especially in places where their religion is a minority group. The Baha'i believe in living their lives to the fullest, and follow a quote of one of their prophets, Abdu'l Baha; "Looking after one's health is done with two intentions. Man may take good care of his body for the purpose of satisfying his personal wishes. Or, he may look after his health with the good intention of serving humanity and of living long enough to perform his duty toward mankind. The latter is most commendable."

3. Architecture/ place of worship

Buildings and art styles in one part of the world can be remarkably different from its neighbouring country. Overtime, religion has massively influenced these differences, both in general public constructions and in places of worship. There are many kinds of temples, mosques, churches, synagogues, cathedrals and more. The Baha'is worship in temples, but upon closer inspection, you'll notice it has inspired bits and pieces from many religious establishments. For example, in this picture of The Baha'i Place of Worship in

Chicago, the overall style is reminiscent of Roman Catholic architecture, with embellishments that are more similar to Indian artworks. The finer embellishments and the white stone exterior are similar to those of a traditional mosque, although the signature minaret is absent. The interior of this temple is similar to that of a church, with a wide and spacious hall that echoes well. Inside, there are seats, which is completely different from a mosque, but not so much from church pews. The carvings and other embellishments seem to come from all parts of the world. Despite the resemblances to a church, the Baha'i Faith does not have any clergy or sermons. Instead, you may visit the Baha'i House of Worship for group prayer or personal reflection. Ceremonies are not held here; it is a quiet place. If at all any scriptures are to be recited, they are selected by the Worship staff and read aloud by one of the people in the auditorium. Though the Baha'i Faith does not have one set day of worship, this House is open for the first three Sundays of every month for anyone to attend. There is a Worship Choir, which sings on

some days in the House of Worship. Other houses of worship around the world do not resemble the one above. In fact, most temples are feats of modern art, featuring a simple but unique exterior unlike traditional buildings everywhere. Overall, despite how grand the exterior can appear, what happens inside is a celebration of the simplicity of humans coming together in one place, a celebration of unity.

4. Who/What is God?

This question is quite possibly the reason there are so many religions in place today. Everyone, theists and atheists alike, has something different to say. In my understanding, we can group religions into three categories based off of their faith: Those who believe in the power of the self (including Buddhists and Jains), polytheistic religions (including Hinduism, Shinto and Taoism) and monotheistic religions (including Christianity, Islam, Sikhism and Baha'i). However, each religion has a different definition of many gods as opposed to one. Hinduism, for example, has many gods, and claims that each is to be worshipped as an individual entity but that god is one greater entity. Some say God has come here on earth, and others say only his messenger has ever communicated His will to mankind. The Baha'i Faith is quite a modern religion, having only been founded in 1844. As mentioned before, they believe that there are 9 total manifestations of God, who arrived on Earth periodically in the following order: Abraham, Krishna, Moses, Zoroaster, Buddha, Christ, Mohammed, The Bab (the founder of the Baha'i Faith, who came in 1844) and Baha'u'llah, who came in 1863. Some believe Baha'u'llah is the tenth incarnation of the Hindu god Vishnu, who was predicted to arrive at the start of a new era for mankind. To ensure the Baha'i Faith and its message of unity was spread, Baha'u'llah appointed his son Abd'u'l Baha as the guardian of the religion. In turn, Abd'u'l Baha appointed his grandson Shoghi Effendi to protect the Baha'i Faith. Shoghi Effendi fostered the development of the religion, and

strengthened the unity of the Baha'i community. He organized the Baha'i community, making the scriptures and the teachings of Baha'u'llah accessible for everyone. The Baha'is worship Bab and Baha'u'llah alongside God directly, since he came as the final messenger of God. Ultimately, for all religions, God is a greater entity, a supreme deity responsible for the creation and/or maintenance of the world. He is there to advise, protect and teach, as well as guide when we stray from the right path.

In conclusion, the Baha'i Faith is similar to every major religion, following common practices and sharing similar ideals of man and his role in the world. As much as it resembles other faiths, Baha'i Faith is a unique religion of its own. Something I noticed as I learned about the Baha'is was that many of their teachings are close to the teachings of our beloved Bhagwan Sri Satya Sai Baba. He has told us on numerous occasions that all Gods are one, that all people are equal, and the unity is divinity. The five human values we strive to practice every day are fundamental in achieving this unity. He says that we should respect our environment, and the Baha'i Faith holds these values very high. There is a constant emphasis on acceptance and love, and in chanting God's name for the benefit of everyone. Baba always teaches us to be aware of our inner selves, to maintain inner peace. In this way, we can achieve outer peace, which touches everything we meet. Baha'i Faith also teaches that people have an effect on everything they come in contact with, and that we should be conscious of our actions. I think that we can learn a lot about Swami's teachings from the Baha'i Faith, because even if they go about things differently, there are many ways to achieve the same thing- there is unity in every action performed with love.

Vipula Sundar

Group 3

Sri Sathya Sai Baba Centre of Calgary



Unity in Faith

From what I have found from evaluating the religions of the world, the two paths lead to God. The way of reaching the end of the journey varies from one religion to the next. Though there are unique specialties for each religion, they all revolve around similar values, of which Love is the most prominent.

In Sanathana Dharma, we study the five human values. In Christianity, we study the principals of Jesus. As Jesus said, "Love your enemies. In Sanathana Dharma, we come across a similar principle though worded differently as "Love all, serve all" and "Help ever, Hurt never". The methods we practise though principles of righteousness may differ, but the goal is the same.

As we see similarities in the virtues, we also notice a commonality in our ways of worship. In Sanathana Dharma, we see devotees' worship in a Temple and recite the Vedas and sing Bhajans. In Christianity, we see devotees' worship in a Church and recite the Holy Bible.

We use many symbols to represent God. In Sanathana Dharma, we see Vibuthi, Rudra Chakra and Aum. In Christianity, we see the Cross, Crucifix, and the Dove. The symbols represent God in the forms we see him in.

Though we use various ways to practice the values of God, we all look to achieve oneness within. We may worship in different forms but, God is one.

Pranams to the lotus feet of my dear Sai Ma. Aum Sri Sai Ram

Harish Suhirthan

14 yrs (group 3)

Sri Sathya Sai Baba Centre of Cooksville

Unity in Faith

From my research of Christianity and Sanathana Dharma, there is no major difference. Of course, there are differences in which the religion makes, however the main belief of most religions today is based on a god. Books are different and worship places are different, but the core beliefs are similar.

There would be more similarities than differences for these two religions because when you define a religion you would expect it to say "a belief"; however the belief between these two religions are different but have a similar idea. Through my research I have learned a lot about Christianity and more about my religion.

It is interesting to see the different information for which both religions provide. Teachings, spiritual practices, and belief are structured the same way but represented in their own ways. There are always differences from religions, but I do not see such a massive difference that would be the opposite of the other religion. Overall, I really enjoyed this project to keep on learning.

Niveethan Paranthama

15 yrs (group 3)

Sri Sathya Sai Baba Centre of Cooksville

Unity in Faith

When comparing all worldwide religions today, I can say that there are many relatable similarities than differences. All religions worship and have full faith in God, no matter how different they might be from each other. All religions follow similar important values, which love plays a big factor in. In Sanathana Dharma we follow the saying "love all, serve all" but in Christianity, they follow a different saying which is "love thy Neighbour". Both sayings are teaching the same virtue to others (treat everyone with love as God is everywhere). They are rephrased in different ways. In my opinion, all religions have the same basic structure; the messages that are being taught have their own individual beliefs and are presented differently than other religions.

The addition to the similar characteristics, virtues, and teachings of each religion, we can relate the place each religion worships their god. Some examples of places religion worship god are Temples, Churches, Mosques, and many more. They are built for their devotees to stay in a sheltered environment to practice their faith, devotion, love, and appreciation to the divine. The only difference between the structure is the interior and exterior designs, which play a big role in the significance of their respective religions.

In a prayer, there are also many similarities. When I went to school, I asked my close group of friends if they engage with others when they do their religious prayer. They had all answered yes. So, the prayers in each religion are different but they both worship god.

In conclusion, all religions are internal oneness and worship god.

Pranams at the lotus feet of Swami. Aum Sri Sai Ram

Kabishan Luxmihaasan

14yrs (group 3)

Sri Sathya Sai Baba Centre of Cooksville

Unity of Faith

Hinduism & Christianity

Christianity and Hinduism agree that we ourselves are responsible for our sins. Both religions also do believe in sacrifices. Christians believe in the Father, the Son, and the holy spirit whereas Hindus believe in many gods, but all come from one Athma-Brahma. Brahma the eternal origin who is the cause and the foundation of all existence. Christianity revolves around the life of Jesus, but Hinduism is based on a philosophy that there is god, universal soul. The Vedas are the foremost sacred texts in Hinduism. Overall, I believe both religions are a bit similar due to the fact they both believe in righteousness and internal love.

However, both goals and practises are different. Hinduism's goal is to break birth, death, and reincarnation and achieve from harm and loss. I feel like both religions do some of the same things but in their own unique way.

Abinanthanaa Ganeshwaran

14yrs (Group 3)

Sri Sathya Sai Baba Centre of Middlefield



Christianity is a religion that is centered around the life and teachings of Jesus Christ, whereas Buddhism is a religion centered around the life and teachings of Siddhartha Gautama. Buddhism is a nontheistic religion, meaning they do not believe in a supreme being or creator. Christianity is a monotheistic religion which believes that Jesus is the Son of God.

Practices in Buddhism include, meditation and practicing the Eightfold Path: right view, right aspiration, right speech, right action, right livelihood, right effort, right mindfulness, right concentration. This is like Swami's 9 Point Code of Conduct, where we follow different teachings to make ourselves better and individuals and devotees.

Practices in Christianity include prayers, and worship in church. This is like how Swami encourages bhajans, and Namasmarana, the constant chanting of the Lord's name. In Christianity there are also practices of reading the bible. Swami teaches us to read Sai Literature as it teaches us many life skills and helps us understand Swami and our purpose more.

Life after death is a significant part in many religions. In Buddhism, people believe that after death, people go on to rebirth and live in new lives. They believe in an endless cycle of birth, death and rebirth. The only escape to this suffering is attaining nirvana, a state of perfect happiness and content.

In Christianity, after death, you spend eternity in either Hell or Heaven, depending on the decisions you made in your life.

This is like what Swami says about Karma and Gratitude. Swami says that to get closer to God, you need to learn about Happiness, and that it's not material things that give you happiness. Swami also says, what goes around comes around. What you decide to do or say can either negatively or positively influence you.

Nivedha Panchalingam

15 yrs (group 3)

Sri Sathya Sai Baba Centre of Cooksville

Once upon a time, there were 2 young boys who were great friends. Both boys had a half Sikh and half Hindu background. The boys often visited the park, and played together for hours and hours. The area they lived in was very quiet, with few kids of their age. One day, a white child approached them, requesting to play with them. This was new to them, as they had never seen another child ask to play, let alone even see many children at the park with them generally. The first boy refused. He said, "No, you can't play because you don't look like us". The first boy asked his friend, "Why does he look different from us?". The second boy replied, "Let him play. Everyone is different". The first boy answered, "But he doesn't look like us". The second boy taught the first boy a lesson. From what my friend said, in Sikhism and Hinduism, they believe in equality towards all people. They also believe we should never be mean to anyone, regardless of race, looks, or anything else, and to treat others how we ourselves would like to be treated. "I'm sorry. I didn't know about this. You can play with us, for sure!", said the first boy to the little white child. Ever since then, the three have been best friends.

Krish Bhagirath

Group 3

SSSB Centre of Windsor

Hinduism and Islam both follow swami's teachings of, "love all serve all." Swami teaches the act of doing Seva to others and helping others. This can be done by giving to charity or helping others. For example, holding the door, tree planting and making sandwiches for the homeless. The website saibaba.ws talks about Hinduism and says, "Brotherhood of man and Fatherhood of God is what Sanatana Dharma emphasizes. It envisages, therefore, that everyone should help his less fortunate 'brother'. This ideology is represented in the saying 'I can never attain perfection in an imperfect society. I must therefore work for the welfare of the community too.'" Therefore, in Hinduism, we help others no matter who they are. We show our love towards them and do Seva for anyone in need and for the community. On the other hand, Islam states this in one of the five pillars. Zakat is the Islamic law which states Muslims to donate a fixed portion of their income to community members in need. Another teaching of swami that both religions follow are the five human values. In Hinduism, they recognize a way of life based on Satya (Truth), Dharma (Right conduct), Shanti (Peace), Prema (Love) and Ahimsa (Non-Violence). In Islam, their five pillars represent each value that they follow. For instance, Shahadah relates to Truth, Salah relates to Peace, Zakat relates to Right Conduct, Sawm relates to Non - Violence and Haji which relates to Love.

Surprisingly, as shown above, Hinduism and Islam have many similarities such as that there is a supreme God, praying and saying mantras connect them with God, fasting, and they both respect different faiths. But they are mostly different as they are based or founded differently, their prayer times, the form of god, paths to god, the scriptures, and their beliefs. Such as avatar, karma, and that God is in someone. In fact, through the similarities, I learned that even though both religions are mostly different, swami's teachings allow a way to unite the religions without changing their beliefs or way of life. For example, his teachings of "love all serve all" and the five human values. Therefore, Baba's teachings are based on the religions so that the unity of faith is created between everyone.

Sehnavi Thuray

15 yrs (group 3)

Sri Sathya Sai Baba Centre of Cooksville



Unity in Faith

When comparing Christianity and Sanathana Dharma, I looked at the time it was formed. Christianity was formed after Jesus Christ's death which is the 1st century AD. Sanathana Dharma was formed during 2300 BC, but it is known to have no place in time itself. The names have their significance. Christianity is named after Jesus Christ and is represented by Jesus and his followers. Sanathana Dharma represents how-to live-in love for God regardless of class. Both are taught through a masters. Christianity follows the teachings of Jesus and in the church, they have pope who give sermons. Sanathana Dharma is followed by most of our ancient sages, seers and teachers who have given their disciples the knowledge of truth.

Christianity celebrates Christmas, Easter, and Good Friday. Sanathana Dharma (Hinduism) festivals like Shivaratri, Diwali, Ramanavami and more are celebrated keeping in mind unity and truth as their underlined reality to pursue higher knowledge. Christianity has the bible and Sanathana Dharma has Upanishads, Bhagavad Gita, and Ramayana these are ancient



text with great words of wisdom. The meaning of each symbol has been used to represent importance. The Cross which represents Christianity shares the sacrifice of Jesus Christ and the faith of his followers. The Om symbol which represents Sanathana Dharma shares the first sound when the universe was born, "OM".

Both are very much different but practice the same values, love, peace, Non-violence, right conduct, truth, and faith. The similarities have taught to love and exhibit peace. Jesus Christ taught all the values by being an example and same with Sanathana Dharma. All the masters, sages, seers taught the wisdom by their own direct experience. The most interesting fact about my study that I came to know that the Soul never dies only the physical body.

My Humble Pranams at the Lotus Feet of Swami. Om Sri Sai Ram

Prakash Panchalingam

14yrs (group 3)

Sri Sathya Sai Baba Centre of Cooksville

Unity in Faith

Swamis once said:

"There is only one caste, the caste of humanity. All of us belong to the human race, so everyone is equal. Therefore, love each one equally."

This is exactly what I learnt after researching the comparison between Hinduism and Sikhism. Both religions focus on treating everyone respectfully and equally. Both strive to maintain their connection towards god by attending the temple and Gurdwaras. They also free themselves from reality and be their happiest while enjoying their festivals and worshipping. Both religions also practice being loyal as they take self-duty and self-purity seriously. Furthermore, they both believe in following the righteous path in life with the same idea of what that path is built from.

Their perspective on Dharma is also significantly similar as most of their practices are derived from it. Additionally, they practice swami's teachings like "love all Serve all," and swamis quote "Mata pitha guru daivam..." and many others. As seen from this evidence, both of their morals, traditions, and values are remarkably alike. Overall, I believe from my research that all religions are like this. Even if I had compared two other religions, I would see corresponding similarities. We all practice the same virtues but express them in unique ways. Therefore, we are all connected and are one.

Sehsty Thuray

15yrs (group 3)

Sri Sathya Sai Baba Centre of Cooksville



Unity in Faith

Sanathana Dharma consists of more variety in some aspects but shares many similarities with Christianity. For example, both have sacred texts. However, Sanathana Dharma consists of many sacred texts. The Vedas, Upanishads, Puranas, and Epics are all considered sacred texts while Christianity only has the Bible. They both preach good human values and morals, often through stories. Also, both have many types of rituals and festivals. Christmas and Easter are the more known festivals of Christianity and they are both related to Jesus and his life.

Sanathana Dharma (Hinduism) has festivals such as Shivarathiri and Navarathiri and these are for the worship of forms of gods. Another similarity is that many of the teachings in Sanathana Dharam can be related to the wellbeing of the individual. Christianity also has some teachings such as some that disapprove of bad habits. Furthermore, the location of prayers is very similar. Both religions have holy places such as the Church and the Temple.

There, you can pray to god, or ask forgiveness for sins. Christianity is based more on the belief of forgiveness of sins while Sanathana Dharma believes that Brahman is Truth and Reality. Another difference is that while Sanathana Dharma is timeless, Christianity can be dated back to 1 AD. Although there are a few differences such as time and variety, the overall themes of smaller aspects in both religions are related.

Sehshasayi Thuray

15yrs (group 3)

Sri Sathya Sai Baba Centre of Cooksville



Unity of faith

Buddhism & Hinduism

In today's world, there are many different religions and cultures being celebrated each day. Of those Buddhism and Hinduism are one of the ancient religions that have traditions which continue till this day. Hinduism is the world's oldest religion. It is approximately over 4,000 years old. Today there are about 1.2 billion people worldwide that are following Hinduism. Unlike Hinduism, Buddhism was created approximately 2500 years ago. There are over 500 million Buddhists in the world.

Let's talk about the similarities between these two significant religions. Both Hinduism and Buddhism originated in India. Hinduism is the third largest religion in the world, and over 90% of Hindus live in the Indian subcontinent. Hinduism and Buddhism are two religions which believe in the process of reincarnation. Both religions believe in karma. Karma is determined by his or her conduct in life.

There are many ways of believing in god. Hinduism and Buddhism are both polytheistic religions. Polytheism is the belief in or worship of more than one god. However, within Buddhism, it is also possible to have Monotheism, Atheism, or Polytheism. Monotheism is the belief that there is only one God. Atheism is the belief that there is no god.

Even though there are similarities, there are differences which differentiate the two. Hindus believe in three main Gods called the "Trimurti", who are Brahma, Vishnu, and Shiva. Brahma is known as the "Creator". Vishnu is known as the "Protector". Shiva is known as the "Destroyer". Hindus believe that there is a part of Brahman in everyone and this is called the Atman.

Meditation for a Buddhist is to have a positive mindset which will always help them through their life. Buddhism is a religion which has the principle of the four noble truths. They are the truth of suffering, the truth of the cause of suffering, the truth of the end of suffering, and the truth of the path that leads to the end of suffering. In addition, there is a set of laws which is called the eightfold path. Some of the teachings embedded in Hinduism are: Truth is eternal, Brahma is truth and reality, and the goal of the individual soul is moksha. Dharma, wisdom, kindness, patience, generosity, and compassion were taught by Buddha. In the end, both religions remain in unity. Both religions are well appreciated today.

Aathmiha Jeyathas

Age: 13yrs (group 3)

Sri Sathya Sai Baba Centre of Middlefield

The Comparison of Religions: Hinduism and Christianity

There are a variety of religions around the world and people live according to what they believe and what they proclaim. Religion is defined as “a belief and worship of a superhuman controlling power, especially a personal God or Gods. It’s a system of human thought which usually includes a set of narratives, symbols, beliefs and practices that give meaning to the practitioners experiences of life through reference to higher power.” I will discuss the common values and teachings embedded in both Hinduism and Christianity, interesting facts I learned and a comparison of both religions.

When contrasting both religions, there are many similarities and differences. Christianity is the belief in Jesus Christ, who was crucified two thousand years ago in Calvary, Jerusalem, which is now spread all over the world. Hinduism is a religion which is followed by 70% of the Indian population and followed by people in other countries as well. Christianity is recognized as the world’s largest religion, while Hinduism comes in third. The main difference between these 2 religions is that Christianity recognizes one God in three persons, whereas Hinduism has in its roots, thousands of Gods and believes that all are a manifestation of one God. Another major difference is that Hinduism is an ‘evolving religion,’ meaning it is a religion which does not have a founder, like Jesus Christ who is a central and vital part of Christianity. There is no point in time when Hinduism first began, or when it’s spiritual practices first started. A belief that Hindus hold is that everything possesses a part of God and therefore God resides in both good and evil. However, Christians believe that God did not create evil, but created mankind free to choose, and that freedom includes the possibility of doing wrong. Overall, these are the differences between these two religions.

Many people believe there is a gap between the teachings of Hinduism and Christianity. When

breaking it down and looking at the facts, there are several important similarities between the two religions that would help understand why these two religions share much in common. Monotheism is one similarity in these two religions. Most people don’t realize this, but Hinduism is a monotheistic religion, just like Christianity. Although there are millions of deities, Hindus don’t view them as independent entities, but rather, as one spirit, that brings us all together. There may be a few sects within Hinduism that believe the deities are literally real, but the majority believe in those deities, just like humans and all of creation. Another similarity is many people know that Hindus believe in reincarnation; but Christians believe in it as well! In the early days of Christianity, the concept of reincarnation was not outright dismissed, as it is today. In fact, many Christians embraced it. Research has shown that one of the early church fathers, even said: “Each soul enters the world strengthened by the victories or weakened by the defects of its past lives. Its place in this world is determined by past virtues and shortcomings.” -De Principalis. Syncretism, the combination of different beliefs, while blending practices of various schools of thought is common in Christianity and Hinduism. Both Hindus and Christians preach a divine commandment of perfect righteousness, meaning each individual is responsible for their actions, with Christians believing in punishment for sins. Finally, another similarity is that both religions believe in offering sacrifices. Overall, I think that Christians and Hindus share many similarities and are alike!

While researching this topic I’ve found many interesting facts I’d like to share. First, Christians believe in Jesus Christ while Hindus believe in a multitude of Gods. Christianity revolves heavily around the life of Jesus Christ as detailed in the Bible. On



the contrary, Hinduism has holy scriptures on the philosophy of God and self. Second, Hindus believe that all the roads lead to salvation, while Christians believe that the Bible is the answer to all problems

In conclusion, Hinduism and Christianity are

religions with various similarities and differences! However, as Sathya Sai Baba says "We are all one religion, the religion of Love."

Ashmitha Nila Baskaran

13 yrs (Group 3)

Sri Sathya Sai Baba Centre of Markham-Eglinton

Unity of Faith

Buddhism and Hinduism are two religions which are celebrated and followed around the world. The two religions have many similarities and differences because Buddhism gets its roots from Hinduism. Hinduism is world's oldest religion. Both religions originated in India. Hinduism is the third largest religion and Buddhism is the fourth largest religion in the world.

The main goal of both religions is to end the cycle of reincarnation. Both believe in reincarnation, karma and that a life of devotion and honor is a path to salvation and enlightenment.

Hinduism believe in reincarnation and enlightenment/moksha just like in Buddhism. Buddhists believe that Moksha can be attained in one lifetime, but Hindus believe it will take more than one life. Hindus believe in the Trimurti which is the three main gods (Shiva-Destroyer, Vishnu-Preserver and Brahma-Creator). Buddhists believe in Buddha/Gautam Siddhartha the founder of the religion.

Hinduism has cast systems (Brahmin-Priest class, Kshatriya-Warrior class, Vaishya-Work, Sudra-Serve upper class and Untouchables-Unclean). Buddhists doesn't have cast systems. The number 108 is a very important and holy number to both faiths. The number 108 is considered a sacred number in Hinduism, Buddhism, and yogic tradition. Malas or Japa beads come in a string

of 108 and are used for devotional meditation, mantra, and prayer. With each bead a mantra or prayer is repeated to meet a total of 108.

A Buddhist temple or Buddhist monastery is the place of worship for Buddhists, the followers of Buddhism. They include the structures called vihara, chaitya, stupa, wat, and pagoda in different regions and languages. In Hinduism, a murti is a sacred statue of God, or a god or goddess. The Hindu building for communal worship is called Mandir (Hindu Temple). The temples are dedicated to different gods and are the focus of religious life. Temples are built using certain designs, measurements, and materials not to be appealing but to transmit positive energy.

Buddhism is a religion, but Hinduism is an absolute set of duties or religiously ordained practices incumbent upon all Hindus, regardless of class, caste, or sect. Hinduism's original name was Santana Dharma. I learned that Buddhism and Hinduism have many similarities and differences but both religions believe in something especially important and that is to be a kind caring and loving person.

Anica Jeyaratnam

14 yrs (group 3)

Sri Sathya Sai Baba Centre of Middlefield

Unity Of Faith - (Comparing and Contrasting Religions)

Information On The Religions:

Hinduism is known to have been around for a long time and is the world's oldest religion. It goes back to more than 1,000 years. Today, it is known to have over a billion followers. It is the third-largest religion behind Christianity and Islam. Christianity is the largest religion in the world, with the highest number of followers. There are more than 2 billion people who practice the religion across the world. Christians believe in the birth, life, death, and the execution of Jesus Christ.

Differences Between Hinduism and Christianity:

The Hinduism symbol is an Om, whereas the Christian symbol is a cross. Hinduism is polytheistic religion and Christianity is monotheistic. This means that Hindu's pray to more than one God. Some examples of Gods and Goddesses they pray to may include Shiva, Lakshmi, Ganesha, and many others. On the other hand, in Christianity, there is only one God, who is Jesus. Hindus pray in temples called a "Mandir," while Christians pray in churches, home bible studies, and more. Christianity originated in the Roman province Judea/Israel, which is referred to as the Holy Land, Hinduism was founded in an Indian Subcontinent. Hindus practice meditation, yoga, and temple offerings. Christians practice prayer, reading the bible, worshipping in churches, and doing acts of charity. Hindu's celebrate Diwali which is also called the Festival of Lights. It's celebrated to show that on this day Rama returned to Ayodhya after his 14 year exile during which he fought and defeated Ravana in a battle. Christians celebrate Christmas as the birth of Jesus. Another difference is that Hindus pray daily, while Christians mainly worship on Sundays. Hindus believe in reincarnation, whereas Christians believe that there is only one life. These are some of the key differences between the two religions. As outlined, there are many contrasting aspects between the religions, such as beliefs, culture, and many more.

Similarities Between Hinduism and Christianity:

Hinduism and Christianity are both part of the top 5 largest religions in the world, with Christianity being 1 and Hinduism being 3. Both religions believe that their beliefs are here for a reason and it was all formed by a creator a long time ago. Hindus believe in the continuous cycle of life, death, reincarnation, karma and the belief of soul. Similarly, Christians believe in death, descent into hell, resurrection and ascension of Christ. Christians and Hindus believe in incarnation, meaning God can appear in the form of a human. Both religious symbols sum up to be one word, which is peace. The two images represent peace in their particular ways. The Om sign is used commonly in breathing and yoga which clearly states that it is used to show peace and unity. The cross is used overall to represent Jesus as he practiced peace even at the time of his crucifixion. There are many similarities between the morals and values of these two religions. Some include non-violence, self-control, and many others. Even holy scriptures outline similar teachings on what humans should follow. Although both religions have many differences the underlying teachings and values are similar.

Reflection On Unity of Faith Activity:

This activity has taught me many things I never knew about Christianity and Hinduism. I got to learn about the differences, the similarities and very specific details as listed above. Although I had some previous knowledge about Christianity I was fascinated to learn in depth about the religion and compare it to my own of Hinduism. There are many similarities that I had never thought of which surprised me. The differences were also interesting to learn. I had put thought into this piece and realized that although the delivery may differ both these religions overall have the same message.

Thirshan Varatharajah

13yrs (Group 3)

Sri SathyaSai Baba

Centre of Markham-Eglinton



Jainism & Buddhism

Buddhism is one of the main world religions that is known globally. Another religion that is quite similar to Buddhism is Jainism.

Both religions reflect on the lives of a person. However, Buddhism is mainly about the life and teachings of Gautama Buddha, whereas Jainism is about the life and teachings of Mahavira. Both religions are branched off of Hinduism. Both are polytheistic religions, which means they worship many gods. The holy scripture of Buddhism is "Tripatakas" which contain teachings of Buddhism rather than Buddha's life itself. They were altered more and more as they were passed down by generations, but the main principles are still the same. "Agamas," the holy scripture of Jainism is about the teachings of Mahavira, which were passed on by his students.

An interesting fact about Jainism is Jain monks and nuns had to memorise the texts, because they were restricted from possessing religious texts, due to their vow of Aparigraha/ non-acquisition. They believed that possessions were an obstacle to the spiritual path.

The main goal of Buddhism is to attain enlightenment, whereas the goals of Jainism are related to non-violence and liberation to the soul. The main principles of Buddhism are following the eightfold path and allowing the ignorance and desires of one to disappear, by following the eightfold path. Jainism is about giving respect to living creatures, following the Tirthankara (the teaching Gods) teachings, avoiding the cause of bad karma to cause rebirths and sufferings, where the main goal is to attain liberation. Both religions are not a philosophy, because they are practical teachings of a person. Nirvana is the final goal of Buddhism and Jainism.

In conclusion, both these religions are very similar and many ways. This really means that "religion" is just the name of a system you follow, but in reality, all the systems are the same, because they all have the same fundamental teachings to follow.

Akhammya Yogeswaran

15 years (Group 3)

Sri Sathya Sai Baba Centre of Middlefield

Hinduism & Christianity

Hinduism and Christianity have similarities and differences within them.

As of common values, we would have different Gods and beliefs, but the result is the same: love. Everything created in this world shall be cherished with affluence of love. The Hindu scripture is the Bhagavad Gita while in Christianity, it is the holy bible. But both the Bhagavad Gita and the bible are meant to be read by us beings, so that we could make minor and major decisions from the good aspect (not evil aspect) to live life in the right path. They are

equally as important to understand and act upon as they are the path to attaining God.

The main differences between Hindu's and Christians are that Hindus pray to Gods like Rama, Krishna, Shiva, and Vishnu while Christians only pray to Jesus. Hindus pray in a temple while Christians pray in churches. Although Christianity revolves mostly on the life of Jesus and the holy bible, Hinduism is not based on one personality or one book, but instead based on the thought that there is a God and everyone should be treated as they are God

as well.

Some major similarities are that each religion follows the same rule which is that everyone is God, not only the Gods who we pray to. Also, the main thought of both religions is love. We should love everyone in the world even though they're dissimilar from others (race, ethnicity, disability). Ever since I was little, I try to love everyone around me by doing kind acts towards them and by not losing my temper and making others feel bad. One example is when I tried my best to advocate for my friend who was being racially discriminated by my other friend as I know God wouldn't be happy seeing me be a bystander or support discrimination.

While Hinduism mainly teaches that everyone should strive to fulfill our duty, love, and do the right deeds which result in good karma, Christianity mostly teaches us to love God and forgive others who have wronged us. Although their teachings may be slightly contrasting, we should follow teachings from all kinds of religions, because they all focus on one thing: pleasing and loving God (including everyone around us).

Some interesting facts are that after death, Hindus would burn the body for collection of ashes whereas a Christian would bury the body in a coffin for a result of peace in the soul. Hinduism is the world's oldest religion, which has existed for over 4000 years. In addition, Hinduism is the third-largest religion (with about 900 million followers) behind Islam (1.8 billion followers) and Christianity (2.1 billion followers).

Undoubtedly, both religions have several differences, which make them each unique, but that doesn't mean they don't discuss the same

language: the language of love. One way I try to please God (offer him my good deeds) and make others happy around me (spreading kindness by doing good deeds and loving acts) is doing the 9-point-code-of-conduct as much as I can. They are...

1. Daily meditation and prayer
2. Devotional - Singing/prayer with members of family once a week
3. Participation in SSE classes regularly
4. Participation in community work
5. Attend at least once a month group devotional singing organized by the centre
6. Regular study of Sai literature
7. Speak softly and lovingly to everyone
8. Never speak ill of others, especially in their nonappearance
9. Keep a ceiling on desires

As Swami says, "There is only one religion, the religion of Love; there is only one language, the language of the Heart; there is only one caste, the caste of Humanity; there is only one law, the law of Karma; there is only one God, He is Omnipresent."

Jai Sai Ram!

Devom Mehta

12 yrs (Group 3)

Sri Sathya Sai Baba Centre of Middlefield



Unity of Faith

Hinduism & Christianity

Both Hinduism and Christianity have differences but there are some similarities. One similarity is that Hinduism and Christianity pray to a god. Christianity prays to Jesus and Hinduism prays to Brahma the Creator, Vishnu the Preserver and Shiva the Destroyer. Another Similarity is that Hinduism And Christianity people are both responsible for their sins. Basically, saying that we as individuals have to be responsible for our sins that we did. Many Hindu people believe that Reincarnation is true, and did you know that Christians believe it too.

A Christian Priest named De Principalis said "Each soul enters the world strengthened by the victories or weakened by the defects of its past lives. Its place in this world is determined by past virtues and shortcomings."

Some of the other similar teachings between Hinduism and Christianity include Love, Nonviolence, for giveness, meditation, non-stealing, love your neighbor just as much as yourself and self-control.

I learned that Hinduism and Christianity are more alike than different because they have so many aspects that are the same such as the various teachings. Other beliefs that are similar between Hinduism and Christianity include Reincarnation. Hindus and Christians both believe in Reincarnation so therefore I would say that Hinduism and Christianity are more alike than different.

What I think is interesting is that both Christianity and Hinduism pray to different gods and have similar values, teachings and many more aspects.

Dylan Sritharan

12 yrs (Group 3)

Sri Sathya Sai Baba Centre of Middlefield

Hinduism and Christianity

There are a lot of common values and differences between Hinduism and Christianity. Here are some facts that Christians have One God but in Hinduism, they have many Gods, and they believe that all of them are a manifestation of one God. Both religions have the same policy that you should not commit a sin. Christianity says you must pay for your sins by going to hell after you die, but Hinduism says you will reincarnate after you die. Both Religions believe in the five values: truth, love, peace, non-violence, and right conduct like we learned Balakivas Class. The main

difference is for Christianity's founder was Jesus, but Hinduism has no founder. In Christianity, to reach God is by reading the Bible or praying, but Hinduism; you can pray and do meditation. The main branches in Christianity are Catholicism, Protestantism, and Orthodox. Modern Hinduism has four branches. They are Vaishnavism, Shaivism, Shaktism, and Smartism.

Christianity unites the old and new Jewish Testament to form the Christian Bible, which is the Holy Scriptures of followers. There are many unrecognized texts in the Christian religion as

well. The New Testaments for Protestants, Catholics, and Orthodox are the same. Hindus' sacred text calls 'The Vedas,' or 'Books of Knowledge.' These books are written from 1200 BCE to 100 CE. The four Vedas or mantras divided into four: Rig Veda, Sama Veda, Yasur Veda, and Atharva Veda. These scriptures expanded over time to include Brahmanas, Aranyakas, and Upanishads. The Vedas existed in verbal form and were passed down from gurus(teacher) to students for generations, and they believed to have always existed. They apprehended by sages in deep meditative states. The Bhagavad Gita (Song of the Lord) is also one of the most popular Hindu texts/ Holy Scriptures of Hindus which created between 500 BCE and 100 CE, of the Mahabharata war. God Krishna gave advice to King Arjun when he was worried and hesitated to fight against his gurus and relatives. Bhagavad Gita is more like dialogues between prince Arjuna and Krishna, in his chariot.

After doing my research, I gained a lot of knowledge about Christianity and Hinduism. I learned about their

similarities and differences. I also really liked learning about the Vedas because I heard about the Bible before, but I never heard about the Vedas. I never knew that Hinduism has a holy text like the Bible.

Some interesting facts about Christianity and Hinduism: The real name for Hinduism as Sanātana Dharma. Hinduism is the third largest and oldest religion in the world, besides Christianity is the largest religion in the world, with more than 2.4 million followers. Sanskrit is the most commonly used language in Hindu texts. 108 is a sacred number for Hindus, and Sunday is the holy day for Christians. Nearly 100 million Bibles sell every year. Christianity has the same God as Judaism and Islam. These three religions stem from the same origin of Abraham, so Christianity considers one of the Abrahamic religions.

Aron Nithysingha

12 yrs (Group 3)

Sri Sathya Sai Baba Centre of Middlefield

Hinduism and Buddhism

Buddhism and Hinduism are both different and similar in many ways. Both religions agree and disagree on beliefs.

Buddhism and Hinduism both agree on karma, dharma, moksha, and reincarnation. Hinduism and Buddhism also both have and chant mantras and practice mindful yoga. The use of statues and pictures is common in both religions. Both religions also have their differences. One difference is that Hinduism recognizes multiple deities while Buddhism only believe in the existence of one god. One of the most important teachings of Buddhism is the Eightfold Path. The eight practices include right view, right resolve, right speech, right conduct, right livelihood, right effort, right mindfulness, and right samadhi (meditative union). This is believed to help a person achieve nirvana and release him/her from the cycle of rebirth, which is the ultimate goal in Buddhism. While Hinduism's view on morality goes hand in hand with their view of dharma. Hindus do not just focus on a person's moral behavior, but instead emphasize the fulfillment of duties and rituals expected for the person's particular lifestyle and socio-economic status.

Elakkiyan Rasakumar

13yrs (group 3)

Sri Sathya Sai Baba Centre of Middlefield



Hinduism and Islam

ISLAM Holy Book- Qur'an The 5 Pillars

1. The profession of Faith (shahada). The belief that "There is no god but God, and Muhammad is the Messenger of God" is central to Islam.
2. Prayer (salat). Muslims pray facing Mecca five times a day: at dawn, noon, mid-afternoon, sunset, and after dark. Prayer includes a recitation of the opening chapter (sura) of the Qur'an, and is sometimes performed on a small rug or mat used expressly for this purpose. You can pray individually anywhere or in groups at a mosque. Men gather in the mosque for the noonday prayer on Friday; women are welcome but not obliged to participate. After the prayer, a sermon focuses on a passage from the Qur'an, followed by prayers by the imam and a discussion of a particular religious topic.
3. Alms (zakat). Muslims contribute a fixed portion of their income to vulnerable community members according to Islamic law. Many rulers and wealthy Muslims build mosques, drinking fountains, hospitals, schools, and other structures both as a religious obligation and to obtain the charitable blessings.
4. Fasting (sawm). All healthy adult Muslims are expected to abstain from food and drink during the daylight hours of Ramadan, the ninth month of the Islamic calendar. They renew their consciousness and appreciation through this temporary deprivation for all that God has given in their lives including the Qur'an, which was first revealed during this month.
5. Pilgrimage (Hajj). Any Muslim whose health and finances make it must visit the holy city of Mecca in present-day Saudi Arabia for at least one day. In the middle of the Haram Mosque in Mecca is

the Ka'ba, a cubical structure covered in black embroidered hangings (fig. 2). Muslims believe it is Abraham's house (Ibrahim in Arabic), built for God, and facing in his direction (qibla). Since the time of the Prophet Muhammad, believers from all over the world have gathered around the Ka'ba in Mecca on the eighth and twelfth days of the final month of the Islamic calendar.

Hinduism

Holy Text- Bhagavad Geetha

CORE BELIEFS OF HINDUS

Truth is eternal.

Hindus are seeking enlightenment and comprehension of the Truth: the very essence of the world and the only Fact. Truth is One according to the Vedas, but the wise convey it in several ways.

Brahman is Truth and Reality

Hindus believe in Brahman as the one true, formless, boundless, all-inclusive, and everlasting God. Brahman is not an abstract concept; he is a true being encompassing everything in the universe (seen and unseen).

The Vedas are the ultimate authority

The Vedas are Hindu scriptures containing teachings obtained from the ancient saints and wise men. Hindus claim the Vedas are without beginning and without end; the Vedas remain until everything else in the world is lost (at the end of a period).

Everyone should strive to achieve dharma

The Vedas are Hindu scriptures which contain teachings of the ancient saints and wise men. Hindus say that the Vedas are without beginning and without end; that the Vedas remain until everything else in the universe is lost (at the end of a time period).

Individual souls are immortal

A Hindu believes the human soul (atman) is not created or destroyed; it was, is, and will be. The soul's acts while living in a body allow it to reap the effects of such acts in the next life — the same soul in another body.

The goal of the individual soul is moksha

Moksha is deliverance: the liberation of the soul from the process of death and rebirth. This occurs when the mind, knowing its true existence, united with Brahman. This understanding and unification can be guided through many paths: the path of obligation, the path of wisdom, and the path of commitment (unconditional surrender to God).

MY OPINION

In my opinion, all religions connect because all of the religions have a holy text that helps you guide

your life, but the guide and words differ. Of course, all of these rules imply to make you a better person. Hinduism is a more free and less strict religion while Islam has strict rules that they have to follow every day such as praying 5 times a day or wearing a hijab and other religious clothes. In Hinduism, we don't really have specific rules we just have specific things we need to worship and chant while Islam has specific rules such as praying 5 times a day or fast on specific days. I pretty much was aware of all this information because literally all my friends practice Islam and I go to school in an area full of Muslims which is cool because I get to learn about a religion besides my own. One thing we have in common with Islam is that we have specific things we do to identify ourselves as Hindus or Muslims.

Laksha Sivakumar

13 yrs (Group 3)

Sri Sathya Sai Baba Centre of Middlefield

Unity of Faith

Hinduism & Christianity

Most religions have something in common and that is a sense of community. There are traditions that are brought down from generation to generation. They all involve some form of prayer. There are churches, temples, mosques, and more places where people will go to pray. There are a lot of differences in these religions like where people will go after death. In Hinduism, there is belief in reincarnation, and in Christianity, there is belief in Heaven or Hell. Christians pray to Jesus Christ, his Father, and the Holy Spirit. Hindus pray to multiple gods. The clergy in Christianity are called priests, nuns, and bishops. In Hinduism, there are Yogis, Gurus, and more.

A surprising fact I learned about Hinduism is that Hinduism is the 3rd largest religion in the world with Christianity and Islam in front. 80% of people in India are Hindu. Hinduism is one of the oldest religions in the world. 71% of Americans are Christians. Christianity is one of the world's largest religions with 2.3 billion people being Christian.

Though there are many outward differences between Christianity and Hinduism, there is unity at the core.

Prithika Suresh

14 yrs (Group 3)

Sri Sathya Sai Baba Centre of Middlefield



Sikhism & Hinduism

A few common values of Sikhism are...

- Generosity
- Compassion
- Honesty
- Service
- Integrity
- Service



There are several teachings embedded in Sikhism:

There are a few main teachings in Sikhism:

- Have faith
- Divine Unity
- Equality of all humankind
- Selfless service
- Honest conduct
- Livelihood



The scriptures/holy texts of Sikhism:

There was principal scripture called the Adi Granth.

This scripture is necessarily not a holy text.

This manuscript is commonly called a Guru Granth Sahib.



The Sikh Gurus are the spiritual masters.

Hinduism

What are some typical values of Hinduism?

A few common values of Hinduism are...

- Truth
- Righteousness
- Prosperity
- Pleasure
- Love
- Spirituality



There are several teachings embedded in Hinduism:

There are 3 essential teachings in Hinduism and there called...

- Dharma
- Karma
- Moshka



The scriptures/holy texts of Hinduism:

The most ancient religious scripture was the Vedas.

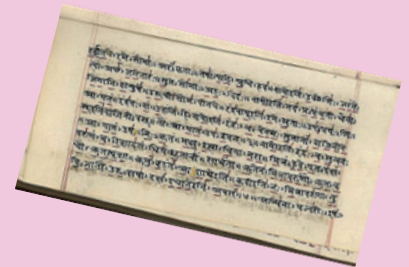
Those ancient scriptures define the truth.

According to Hindu mythology, it is believed that the text was received from God and passed on generations and generations ago. Another holy text was the Upanishads.

The Upanishads is another genre of the Vedas.

In my hypothesis, I think we are all equal no matter what race we are, what religion we are, we're all equal. I deem that the religion Hinduism and Sikhism are alike because they believe in reincarnation, karma, belief in God etc. Hinduism and Sikhism are both Indian religions.

I learned that we are all equal. This makes me feel happy because I never really expected that all these religions would be as similar. This is a coincidence.



One unknown that I deem that might be true is that Sikhism belongs to Hindus. I believe that this statement is true because Guru Nanak, the founder of Sikhism, was born in a Hindu family. In conclusion, religion Sikhism belongs to Hindus.

Mabeina Pirapaharan

12 yrs (Group 3)

Sri Sathya Sai Baba Centre of Middlefield

Hinduism & Buddhism

The two religions that I have chosen for my comparative study are Hinduism and Buddhism.

Firstly I will discuss the common values and the teachings that are embedded in both religions. I will start by explaining the teachings that are found in Buddhism. Buddhism is an ideology of life theorized by Gautama Buddha. One major belief in Buddhism is often referred to as reincarnation. Reincarnation is the notion that people are reborn following their death. The three central teachings of Buddha include The Three Universal Truths, The Four Noble Truths, and The Noble Eightfold Path.

Listed are the Three Universal Truths:

1. Nothing is lost in the universe
2. Everything Changes
3. The Law of Cause and Effect

The first two truths are self-explanatory, but I will explain what the third truth is stating. The Law of Cause and Effect means karma. A quote from the religion of Buddhism - "for every event that occurs, there will follow another event whose existence was caused by the first, and this second event will be pleasant or unpleasant according as its cause was skillful or unskillful." Accordingly, the law of Karma shows that the responsibility for inept actions is carried by the person who commits them. The four noble truths are Dukha: the truth of suffering, Samudā: the truth of the origin of suffering, Nirodha: the truth of the cessation of suffering, and Magga: The truth of the path to the cessation of suffering.

The Noble Eightfold Path:

1. Right Understanding
2. Right Thought
3. Right Speech
4. Right Action
5. Right Livelihood
6. Right Effort
7. Right Mindfulness
8. Right Concentration

Now I will review the teachings that are observed in Hinduism. Hinduism is sometimes referred to as "a family of religions" or "a way of life". The reason being is because Hinduism relates to many other religions including Buddhism. There are three key concepts in Hinduism. Karma, Dharma, and Moksha. Karma is found in both religions, the law of cause and effect. Dharma is also found in both religions. Dharma is the boundless nature of reality. Dharma can be anything that assists or sustains a positive order. Moksha (samsara) is the rebirth of people after their death or reincarnation. This is just like the belief of reincarnation in Buddhism.

Buddhism and Hinduism have many similarities such as reincarnation, dharma, karma. If you analyze every religion in detail, it will be noted that every religion's faith is similar. In my understanding, all religions share the same faith. Karma, Dharma, and Moksha - The Unity of Faith.

Shievon Senthilkumar

12 yrs (Group 3)
Sri Sathya Sai Baba
Centre of Middlefield



Buddhism vs Hinduism

The world has many different religions. Asia has had many religions spring up. Out of these Buddhism and Hinduism are the most popular beliefs in the general population. Hinduism is the oldest known religion and is very rich with literally hundreds of gods, symbolistic rituals and beliefs. It is believed to have been established around 1500 B.C., but one person never founded Hinduism as it evolved over a long period of time. Buddhism on the other hand has a definite founder, Siddhartha Gautama who is otherwise known as the Buddha or Enlightened One who lived from 565 to 483 B.C. Both these religions originated in India. Siddhartha Gautama was a Hindu who found Hindu theology lacking and after years of searching for truth created a religion now known as Buddhism. Because of these basic similarities, the two religions have much in common, but in the same light they differ immensely.

Hinduism and Buddhism both have numerous gods, and both follow the same paths to ultimately achieve Nirvana (a place where all the enlightened beings reside). "He set himself forty-eight vows to fulfill, which, he proclaimed, would allow him to reach Nirvana. This is about one man who makes rules for himself so that he can get into Nirvana. The concept of a god or gods in Buddhism is almost void and therefore different aspects of Hindu life. The three main gods in Hinduism are Vishnu who is the sustainer; Brahma is the creator and Shiva the destroyer. They are referred to as Trimurti. Most Hindu gods are associated with animals and therefore Hindus feel that being a vegetarian is vital. Cows are sacred in Hinduism and are worshipped as the divine mother, making eating beef taboo. Buddhism involves meditation and prayer.

In Buddhism, one must understand the four noble truths which are the truth of suffering, the truth of the origin of suffering, the truth of cessation, and the truth of the path. These all follow the Eightfold path, which describes the ways in which one must live. Hindu scriptures advocate the pursuit of many goals in one's life including righteous living, wealth, prosperity, love, and happiness. The ultimate goal is to achieve Nirvana. Following these steps and pleasing all these gods ensures one's ticket to achieving Nirvana.

Tharmik Nirmalakanthan

13yrs (Group 3)

Sri Sathya Sai Baba Centre of Middlefield

Hinduism and Christianity.

To start off, there are many world religions which are all equally divine and united. Just as Sathya Sai Baba has said, "No religion has a separate God showering grace only on those who profess to abide by that faith." Although different faiths exist, these faiths should be equally respected and united.

Firstly, just as most religions have similar concepts, beliefs, etc., Hinduism and Christianity both consist of many similarities in various different aspects of each religion. Syncretism is one of the common qualities of both religions. This means that both Hindus and Christians believe that us individuals are responsible for our own sins. However, a different factor that plays a role in this is that Christians believe in punishment for those committed sins. "Nonviolence, Forgiveness, Love your neighbor just as much as yourself, Give without expectation, and do it frequently, Live without attachment to the world, Put your spiritual life above anything else, Non-stealing, Non-covetousness, Self-control, and Prayer" are just a few of the many values/teachings that these two world religions have in common.

In addition to the similarities/differences that these religions portray within their values and teachings, they also contain holy scriptures/text. For instance, Christianity is well known for The Holy Bible. However, Hinduism not only consists of one specific sacred book, but contains various different scriptures. Some of which include Bhagavad Gita, Vedas, Upanishad, Puranas, etc.

In conclusion, from this comparison, I mainly learned that behind all world religions, there is always a kind of similarity that unites all world religions. In my opinion, I feel as if all religions are similar in at least a few ways, which is what brings them all together. While comparing world religions, something that I've learned which was quite interesting was that one thing that the five main world religions have in common is "a sense of community". A sense of community gives group unity and identity, as well as a way for rituals and traditions to be passed down from generation to generation.

Thus, despite the minor differences in these religions, just as Swami has said, "There is only one religion, the religion of Love; There is only one language, the language of the Heart; There is only one caste, the caste of Humanity; There is only one law, the law of Karma; There is only one God, He is Omnipresent."

~Jai Sai Ram~

Tishaa Arunan

14 yrs (group 3)

Sri Sathya Sai Baba Centre of Middlefield



Hinduism & Islam

Hinduism is an ancient religion that believes that there are multiple gods (polytheistic). Hinduism is thought to have been first practiced around the year 2300 BCE being one of the oldest surviving religions. This ancient religion has a very rich philosophy and many rituals because of how old it is. On the other hand, Islam is a monotheistic (believes in only one god) religion. This religion is believed to have been first practiced sometime during the 6th century.

Hinduism has 5 main elements. These are doctrine (Vedas), practice, social, story and devotion. These important elements are what builds the Hindu religion. In Hinduism devotion is one of the most important things for someone of the religion to follow. Ancient scriptures such as the Vedas and Bhagavat Gita and other devotional literatures such as Thevaram, Thiruvagam provide the guidance to every Hindu.

In Islam there are the 5 pillars. These pillars are Faith (there is no god but Allah), prayer (praying 5 times a day), charity (giving money to charity), fasting (fasting during Ramadan), and pilgrimage (Every able Muslim should go to mecca during their life). The Quran is the holy book of Islam and provides the guidance for every Muslim. Both religions believe in God. They both

also believe that God loves everyone equally and will hear your prayers. Both religions also believe in responsibilities that every person has towards others being charity and compassion.

Islam is a monotheistic religion which believes that the one and only god is Allah. Whereas Hinduism believes that there are multiple gods. The reason why Hinduism has multiple gods is because of the ancient and diverse culture.

Hinduism has a firm belief in karma and reincarnation. Karma is the concept that every good deed will give you something good and bad deeds will give you something bad. Islam doesn't believe in karma or reincarnation.

The Hindu religion encourages people to question its principals and its philosophy. Whereas in Islam you aren't allowed to question the beliefs.

Based on my analysis and observations, I find that both religions have critical differences based on the environment they grew and thrived at the early stages of their development. However, the differences are narrowing down due to improvements in lifestyle, immigration and multiculturalism and technological advancement. I have learned that both major religions are both similar.

Vahman Rajasiva
12 yrs (Group 3)
Sri Sathya Sai Baba
Centre of Middlefield

Hinduism & Christianity

The Religions Christianity and Hinduism are some of the most common religions found throughout the world. Both religions, however diverse, are as important as the other. Through either, we can find many awe-struck and inspiring tales to discover. Christianity with its Bible and Hinduism with the Bhagavat Geetha, we can learn the many similarities and differences between these two religions.

Although these two religions might seem quite diverse from one another, many similarities can be uncovered by searching through the depths of each religion. One major similarity is, both have a religious book dedicated to their cultures. In both books we can read many stories from the religions and discover new lessons as well. Both are used to educate us of religious and beneficial tales.

Another similarity includes an importance of selflessness. In both religions, you find selflessness a common topic. The idea of this trait is quite common in many holy texts. For instance, the tale of Jesus is the focal idea of Christianity. In this story, we learn about a young man who sacrifices his life for the sin of others. He endured the judgement and death we all deserve for our sins.

This is an inspiring act for many of us who may look up to Jesus as our role model. Similarly, there are many famous scriptures about selflessness and its importance. Sri Sathya Sai Baba stated, "Selfless service alone gives the needed strength and courage to awaken the sleeping humanity of one's heart." This explains that one's selflessness helps not only the ones being assisted but also the one being selfless themselves.

Through research, you can learn that there are many similarities found between these religions.

Both use altars in prayers and serve blessed food. Even though many Hindus are supporters of Jesus as well, there are many different attributes to each. Most scholars believe Hinduism began between 2300 B.C. and 1500 B.C. in the Indus Valley, near modern day Pakistan. As the years progressed, many deities became an important part of Hinduism with new traditions along with each. To this day, Hinduism is still present in the world, ranking the third largest religion overall. Christianity, however, started in the 1st century CE, marking the start of the Common Era, or the Christian Era, to many Christians.

This religion was built around their Deity, or Founding Father, Jesus. Many took his life as an example, Christianity is an Abrahamic monotheistic religion based on the life and teachings of Jesus of Nazareth. Its adherents, known as Christians, believe that Jesus is the Christ, whose coming as the Messiah was prophesied in the Hebrew Bible, called the Old Testament in Christianity, and chronicled in the New Testament.

The main difference between these two religions is that Christianity recognizes one omnipresent God in three persons, while Hinduism has its roots in many Gods and believing that all of them are manifestation of one God and one omnipotent power.

In conclusion, through all our diversities and similarities, we are united as one.

Vibusha Rajeevan

14 yrs (Group 3)

Sri Sathya Sai Baba

Centre of Middlefield



Unity of Faith

Buddhism & Christianity

Buddhism & Christianity are similar, based on the teachings of a single person, the Lord Buddha in the case of Buddhism, and Christ in the case of Christianity. In Buddhism, there are the Four Noble Truths and the 8-Fold Path, and in Christianity, there are the 10 Commandments. Each of these beliefs is a set of laws that tell followers of the religion about the equality of people and how to make the choices to live a pure life. Five Precepts of Buddhism (abstention from killing, lying, stealing, sexual immorality) would be welcomed by most Christians. Both religions stress ethical living, compassion/love to other people. Like Buddhism, Christianity also encourages followers to take steps to improve they're well being. Primarily, many ethical behaviours of a dedicated religious person in either of these two religions will seem to be the same.

When practitioners of these systems follow the path of morality paved for them, each religion

deems that person to be closer to some divine state. In the case of a Christian, this would be being close to the Lord or Jesus Christ. For a Buddhist, this would look like one obtaining a state of Enlightenment or Nirvana, or even perhaps a reincarnation into a "heavenly" realm after their current lifetime. These end goals cause followers of these religions to want to incorporate and demonstrate the ideals of the moral standards of each and to become "good" and "right" by their beliefs. Christians preach of one God, creation, and salvation, while Buddhists believe in reincarnation, enlightenment, and nirvana. Christians believe in one God that created heaven, earth, and the universe. The belief in one God originated with the Jewish religion.

Christians believe Jesus is the "Messiah" or saviour of the world. They also believe that he is the son of God. Lord Buddha's most important teachings, known as The Four Noble Truths, are essential to understanding the religion. Buddhists embrace the concepts of karma (the law of cause and effect) and reincarnation (the continuous cycle of rebirth). Followers of Buddhism can worship in temples or their own homes. The Lord Buddha founded an order of monks and nuns known as the Sangha who have preserved his teachings down to the present day. With 360 million followers, Buddhism is the fourth largest religion in the world. In Buddhism, there is no single holy book. Extensive scriptures have been preserved in many Asian languages.

Yanusha Ranganathan

13yrs (group 3)

Sri Sathya Sai Baba Centre of Middlefield

Islam & Hinduism

Hinduism mostly shares common terms with the dharmic religions that it birthed, including Buddhism, Jainism, and Sikhism. Islam shares common terms with the Abrahamic religions which pre-date it - those religions claiming descent from Abraham—being, from oldest to youngest, Judaism, Christianity, Islam, and Baha'i Faith.

The “Quran” which for Muslims is the holy book, is a way of teaching the people that choose to be Muslims Qur’anic revelations as the sacred word of God, intended to correct any errors in previous holy books such as the Old and New Testaments.

Both Muslims and Hindus have different ways of teachings, Hindus learn from scriptures, slokas, verses and chants. Hinduism have three main gods Brahma, Vishnu, and Shiva. Brahma who is the creator of the universe, Vishnu preserver of the universe, and Shiva who is the destroyer of the universe. Muslims pray only one god which is called Allah who is the impairment of well being. They believe that the Quran is God’s revelation, shown through the prophet Mohammad (United Religions Initiative). Hinduism believe that humans undergo reincarnation, and the main purpose of your current life is to act gracefully enough to achieve a better next life. Karma is the idea of a human’s actions dictates the state of their next life. Reincarnation continues until all karmas are resolved. all life is sacred and is to be loved and revered.

Islam believes in prophets who were raised from among humankind for the social and religious reforms. They spoke the language of the community to which they were raised. Islam believes that one Lakh 24 thousand prophets were sent down on earth. But Hinduism believes that God incarnates Himself on earth to revitalize religion. He is called an Avatara or a divine incarnation. Truth is eternal. Hindus pursue knowledge and understanding of the Truth: the very essence of the universe and the only Reality.

Yasharaj Macha

14 yrs (Group 3)

Sri Sathya Sai Baba Centre of Middlefield



Unity of Faith- Christianity and Judaism

Sathya Sai Baba always fostered Unity amongst mankind and tried to teach mankind to love one another irrespective of their background. He always said that he knew everyone was Divine but man did not know he was Divine. Baba considered "All Religions as One" and thereby promoted Sarva Dharma.

I would like to discuss the similarities and differences between the religions of Christianity and Judaism.

Christianity has a close relationship with Judaism, both historically and theologically. Jesus and his disciples, Paul (who wrote most of the New Testament), and the members of the earliest Christian churches were all Jews. Jesus' family followed Jewish customs and Jesus frequently quoted the Hebrew Bible. Jesus' followers believed him to be the messiah, a Jewish figure predicted in the Jewish Bible. Traditionally, both Judaism and Christianity believe in the God of Abraham, Isaac and Jacob, for Jews the God of the Tanakh, for Christians the God of the Old Testament, the creator of the universe. Similarly they both have gods that teach to do good and serve humanity very similar to our culture.

Jews believe in individual and collective participation in an eternal dialogue with God through tradition, rituals, prayers and ethical actions. Christianity generally believes in Triune God, one God in three Divine persons namely father, Son and the Holy Spirit. Judaism emphasizes the Oneness of God and rejects the Christian concept of God in human form.

In conclusion all religions are beliefs that don't differentiate us, All gods have one main teaching - "Love All, Serve All". We should all be treated the same no matter who we pray to or not, as Baba says "There's only One Religion, the Religion of Love". It is this Love which leads to "Unity in Divinity" making us pure in heart "Purity is Enlightenment"

Arohi Bhatia

12 years (Group 3)

Sathya Sai Baba Centre of Mississauga-Central



Unity of Faith-Hinduism and Islam

Sathya Sai Baba always fostered for Unity in Mankind through Love and Righteous living. He is God incarnate who came down to earth to teach mankind that “All are One” and “All Religions are One.” embracing the concept of “Sarva Dharma”.

I would like to make a comparison between Hinduism and Islam. There are many common values and teachings embedded in Hinduism and Islam. On the surface, there can be many differences but at heart, they have the same fundamental teachings. The first and foremost common value of both religions is that God is the supreme being and has absolute power over the universe. Both believe that God gave man free will so that he could be responsible for his actions. This is mentioned in both the Gita and the Quran. Both also agree that the ultimate destruction of the world and the resumption of the pious and pure will be by the supreme Divine. Both religions encourage doing good deeds- thinking about God, doing service to the community (Seva) and chanting the name of God. They are also encouraged to do charity, be righteous, forgiving, compassionate, and observe moderation in food and drink.

Hindus believe that there is a reincarnation cycle and that the atma never dies, if you are good in the human form and gain enlightenment you are broken from the cycle of birth and death and connected with the Divine and his eternal bliss. Islam says all who read and follow the teaching of the Quran will go to Heaven.

There is idol worship in Hinduism and it considers all Gods as One although there could be different forms of idol worship. In Islam, there is no idol worship. They use calligraphy, an art used in writing the Quran.

In Hinduism you get liberated only when your thoughts, words and deeds are aligned and you have settled scores for all your bad karmas too. In Islam, Allah forgives you for your sins if you have the faith in Him and your actions are good when you are assured of going to Heaven.

Ultimately, both foster love and right conduct and by loving one another with a pure heart irrespective of their religious background, global unity can be attained and mankind will be spiritually uplifted.

Jayanth Vasupalli

13 Yrs (Group 3)

Sathya Sai Baba Centre of Mississauga-Central



Hinduism and Sikhism: Underlying Principles and Unity in Faith

Faith and religion are necessary to achieve complete spirituality and oneness with God. How does one attain oneness with God without faith? It is not possible, religion without faith is meaningless because it is not just belief in God, but faith and love in God that leads one on the path to God.

Religions can have many similarities but when the differences are acknowledged and accepted it is easier to bring unity amongst various faiths. When one takes a deeper look at those similarities instead of arguing with others over the differences, they will find that it is easier to bring peace amongst multiple religious groups. There are many lessons to be learnt from the diverse religions of the world, and those lessons can only be learnt and understood when there is unity amongst religion and faith. The differences and similarities between the world religions is what makes the world a beautiful place full of diversity and spirituality.

I chose to do a study on a religion I don't know much about, learnt the origins and beliefs of said religion, and compared it to the religion that I follow so I can get a better understanding of both religions. I follow Hinduism and I know about it to some extent from my personal experience being a Hindu. I did not know very much about Sikhism, and I thought that this would be a nice opportunity to learn a bit more about it. Therefore, I came up with the idea of doing a comparative study on Hinduism and Sikhism.

Hinduism, one of the oldest religions, is dated back to 10,000 B.C.E. It was introduced when the Aryans came to settle near the Sindhu River in India which was later called the Hindu river, and the people were called Hindus. Hindus believe in the form and formless god. There is an Omniscient god (perceived as Brahman), but there are different physical forms of God that are adored and worshipped. Brahman has three different attributes, the trinity, Brahma (creator), Vishnu (sustainer), and Shiva (destroyer of evil). The formless God has taken birth in ten different physical forms (Dashavatar) at different times to save HIS own creation and free it from evil forces. In Hinduism, the manifestation of God has

been described in both masculine and feminine forms; for example, Rama and Krishna (avatars of Vishnu), Ganesha (remover of obstacles), and Hanuman represent masculine form whereas feminine form is represented by Goddesses like Durga, Lakshmi, Saraswati, and Kali; finally there are also descriptions of the Devas and demigods/demigoddesses. Hindus believe in idol worship at a temple or individually at home. Hindu scriptures are collectively known as Shastra and are separated into two groups. They are Shruti (conceptualized) which consists of the Vedas and Upanishads; and Smriti (poetic epics) which consist of the Bhagavad Gita, the Ramayana, and the Mahabharata. There are a few basic principles and beliefs that are followed. They are caste; idolatry, rites, and rituals performed by priests; philosophies, principles, and disciplines (Puja/worship, Dharma/ethics, Karma/actions, Yoga/discipline, Bhakti/devotion, Moksha/liberation, and Samsara/transmigration). There are many lessons to be learnt from the life of incarnation of God in human form such as Rama and Krishna. For example, Rama led a life following Dharma (right conduct) and taught all his devotees how to live a dharmic life.

Sikhism originated in the province of Punjab (which is now located in Pakistan) around 1469 with the birth of Guru Nanak and is based on the guru's writings and teachings that were passed on. Sikhs do not follow idolatry, have no clergy system, and do not believe in caste and rituals. When Sikhism was founded, Guru Nanak introduced the notion of one god and creator of all of creation. The Sikhs refer to this divine being as Waheguru. Sikhs believe the scripture Guru Granth Sahib to be the living word of their Guru. They followed ten Gurus starting with Guru Nanak, and now the Guru Granth Sahib has taken the place as the everlasting Guru. The Guru Granth Sahib teaches devotees how to be free of ego and achieve humility to bring light to spiritual darkness and attain Mukti or Moksha (liberation of the soul from the cycle of transmigration). In Sikhism there are five essential beliefs that are followed. They are the beliefs in one creative source, the ten gurus of history, the authority of Guru Granth, the teachings of the ten gurus, and the initiation rites created by the tenth

Guru Gobind Singh. There are five articles worn on the body to show the devotees' faith in Sikhism. They are Kes and Keski (uncut/shaved hair, beard, and turban), Kanga (wooden comb worn in the hair), Kara (steel bracelet worn on the wrist), Kirpan (ceremonial short sword worn at the side), and Kacchera (specific undergarment worn for modesty and chastity). Sikhs begin the day with meditation and do morning, evening, and bedtime prayers. The worship place of Sikhs is called Gurudwara. Sikhism does not look for converts or coerce anyone to convert, but they are willing to accept anyone who wants to convert. Sikhism focuses heavily on Seva (service), and selfless service.

Sikhism and Hinduism have quite a bit in common. First, both place importance in devotion to God, Dharma (right-conduct), Seva (community service), and Karma (the consequences of one's actions, be it good or bad). Second, both religions believe in the transmigration of one's soul (atman); the soul will go through a cycle of lives, and in each life the goal is to attain liberation, called Mukti in Sikhism/Moksha in Hinduism. Mukti/Moksha is attained when the atman merges in Paramatman (God) in Hinduism, Waheguru in Sikhism) and does not go through more lives. The reason the atman gets caught up in a cycle of life after life is very simple; people get lost in the Maya (illusion) of the world. Moreover, Sikhism and Hinduism believe that the negative vices such as lust, anger, greed, worldly temptations and attachments, and pride are obstacles in attaining liberation. In Hinduism there is a sixth temptation which is jealousy.

Despite having many common beliefs and practices between Hinduism and Sikhism, there are also differences that make both the religions unique. First, Sikhs believe there is one formless, genderless God who has created this Universe and everything in the universe whom they call Waheguru; Hindus call Brahman who is the supreme God. Hindus believe and worship different physical manifestations of God. In Hinduism, the holy trinity comprises Brahma (the creator); Vishnu (the preserver) and Shiva or Mahesh (the destroyer). They represent the cyclical nature of our existence from birth, preservation, destruction to subsequent regeneration. Since both religions have different

spiritual beliefs and practices when, they also have different scriptures that they follow. The Sikhs follow one scripture, and that is the Guru Granth Sahib. The Guru Granth Sahib was not originally the Guru in Sikhism, before then there were ten human Gurus. The Hindus have many scriptures. They are the Vedas, the Upanishads, the Puranas, and the Bhagavad Gita. In addition to those scriptures there are also two poetic epics that are important to Hinduism, the Ramayana and the Mahabharata. These two great epics continue to remain guiding sources for Hindus to lead a happy, righteous and peaceful life and what to do and what not to do. The ways of prayer are very different amongst the two religions. In Hinduism there are many ways to pray to God and idol worship is very common. Idol worship is misinterpreted by other religions. Hindus believe in the formless Brahmam and different forms of God as well. The idol worship helps to bring focus to the prayer and represents a meaningful connection in humanly level to realize God. Many offerings are made, and fasting is practiced as a part of religious rituals. Hindus go to the temple as well as perform prayers at home every day. Meditating on the lord while reciting prayers is how personal prayer is done. However, in Sikhism God does not have a form, so the use of an idol is not allowed. Fasting is not considered a religious practice. Sikhs go to Gurudwara as Hindus go to the Temple.

It was very interesting to discover so many similarities between the two religions because they are two separate religions with different beliefs. It was nice to know that following Dharma is an important part of both religions, because when one follows Dharma, they follow human values that Swami taught his devotees. Comparing these two religions was an enlightening experience because there is an abundant amount of knowledge to be gathered from this. I enjoyed having the opportunity to reflect upon the unity of faith no matter how diverse they are, because unity amongst religion is love and peace amongst faith groups.

Shakthi Mahendran

14 (group-3)

Sri Sathya Sai Baba

Centre of Saskatoon



Christianity vs. Hinduism

Common values

Both Christianity and Hinduism share a common value of nonviolence. Christianity using the 10 commandments to be a little more detailed in the topic of nonviolence where as Hinduism shows it as a whole. christianity also has Commandments about respecting God figures. Hinduism Says that everyone has the right to be respected.

Differences

The main difference between these 2 religions is that Christianity recognizes one omnipotent God in three persons, while Hinduism has in its roots thousands of gods and believing that all of them are a manifestation of one god and one omnipotent power. Another big difference is that Hinduism is an evolving religion meaning that it's rituals can adapt to more modern ways of performance. It also does not have a founder unlike Christianity which has Jesus Christ who plays a vital role and is the centre of the religion.

Practices

Both religions practice weekly prayers. Christian's go to their church and Hindu's go to their temple. These places are set up differently but share the same purpose.

What I learned

I discovered that we are more alike than I thought. I understood very little about Christianity but I have a greater understanding now that I have done this research. I learnt about the Ten Commandments in Christianity and how they relate to the values of Hinduism.

Something interesting

One interesting thing I learned is that Hinduism is an evolving religion, I'm not sure if most people know that but I think it's pretty cool that Hinduism adapts over time and that rituals can change to meet the needs of the future.

Dylan Patel

Group 3

SSSB Centre of Windsor



Hinduism and Buddhism: A comparative study and unity of faith

Faith is the concept of a firm belief in God, a greater being, or the principals of a certain religion. Faith is a major aspect of many people's lives and can play an important role in influencing or guiding their decisions. It also is an important factor in establishing an individual's moral and ethical values. The concept of faith in God is also deeply rooted in all world religions. The terms faith and religion are on many occasions used interchangeably. Some major faiths or religions include Buddhism, Hinduism, Christianity, Islam, Sikhism etc.

The purpose of this article is to take a closer look at two world religions, Hinduism, and Buddhism, to see how much, they have evolved throughout their rich history. I have chosen Hinduism and Buddhism as I was interested to see how much Buddhism had changed and evolved after emerging from Hinduism. Hinduism is also considered the parent religion for a few other religions like Sikhism and Jainism. As a result, I also wanted to discover how many values and principals remained unique to Hinduism itself and how it overlaps and differs from Buddhism.

Hinduism is considered one of the oldest religions present in the world today as it dates back more than 4000 years. Hinduism is also the world's third-largest religion behind Christianity and Islam with more than 900 million followers. Even though around 95% of the religion's population resides in India Hinduism is a global religion with followers and customs being followed around the world. Hinduism is also known as the Sanatana Dharma which in English translates to the "eternal spiritual path". The founders and ancient people of Hinduism were known as the Aryans who recorded their beliefs, religion, and customs in sacred texts known as the Vedas. The fundamental and basic teachings of Hinduism are found at the concluding parts of the Vedas. One of the fundamental teachings of the religion

is that "a human's basic nature is not confined to the physical or mental aspect of one's body. Beyond both these aspects is the spirituality within every being and the spark of God within, the spirit within us is also within everything we see". Hindus believe that everyone is pure, divine, full of wisdom and one with God. Hindus believe in the relationship of Paramatman or Brahman (God) and Atman (human). Atman has emerged from Brahman and goes back to Braham at the end of the birth and death cycle. Hinduism also states that anyone who goes through necessary training to purify the mind and soul can be one with God. Yoga (a practice that helps to realize your own reality) has been given a lot of importance in Hinduism for enlightening the soul to a greater consciousness of human life. Yoga has four major forms: Karma Yoga (focuses on right actions and eliminates selfishness), Bhakti Yoga (focuses on paving a path to the divine), Jnana Yoga (focuses on developing discipline towards seeing God in every being and pushing aside all mental and physical barriers), Raja Yoga (focuses on the process of mental control, purity, and meditation to make the mind peaceful and calm). One can follow any of the yoga's to rise to a higher-level consciousness to merge in divine. In Hinduism, in ancient times, a Varna System was introduced for the proper functioning of the society that includes: the Kshatriyas (the warriors), the Brahmins (the intellectual), the Vaishyas (the merchants/traders) and the Shudras (the manual workers). Over a period, the Varna Systems was misinterpreted and misused that created a social divide and untouchability. However, Hinduism is based on the principle of oneness with God irrespective of caste, creed, and color. Since Hinduism is the oldest religion in the world today most of the spiritual texts are written in the ancient language of Sanskrit, the Vedas are the oldest texts in the religion as they were written more than 3000 years ago. Hinduism also has two



holy scriptures: Ramayana and Mahabharata. Both the holy scriptures set an example of how to lead a simple, righteous, and happy life, following the life and teaching of Rama and Krishna who are worshipped as God in human form.

Buddhism started around 2500 years ago and is the world's fourth-largest religion with more than 520 million followers. It is said that the religion originated when a prince named Siddhartha Gautama started questioning his luxurious life. It is said that one day Siddhartha left his palace and saw four sights: a sick man, an old man, a dead man, and a monk. The sights made Gautama realize that even the richest cannot escape death, old age, and sickness. Upon seeing the monk Siddhartha decided to renounce his princedom and set out as a holy man in search of the answers to his questions. After several years of meditation Gautama found nirvana or enlightenment and became Buddha which means Enlightened One. During his physical time on Earth Buddha spread the message of the Three Universal Truths and The Four Noble Truths. The Three Universal Truths include:

1. Everything in life is impermanent and always changing
2. Because nothing is permanent a life based on possessing things or persons doesn't make you happy
3. There is no eternal, unchanging soul and self is just a collection of changing characteristics

The Four Noble Truths are:

1. Human life has a lot of suffering
2. The cause of suffering is greed
3. There is an end to suffering
4. The way to end suffering is to follow the Middle Path

After passing on his teaching to his followers Buddha told people not to worship him as a God. He told his followers to be responsible for their

own lives and actions. Buddha taught that the way to nirvana is The Middle Path, The Middle Path is not leading a life of luxury and comfort but also not a life of too much fasting or hardships. Before leaving his physical form Buddha then gave his followers eight guides to follow the Middle Path. Buddhists call this guide the eightfold path.

The Eightfold path is:

1. Right understanding
2. Right values and attitude
3. Right speech
4. Right action
5. Right work
6. Right effort
7. Right mindfulness
8. Right meditation

Meditation is a crucial practice in Buddhism. Buddhists believe that through meditation they can reach enlightenment or nirvana. After Buddha left his physical form, his teachings were written down from what his followers remembered. Tripitaka is a collection of Buddha's teachings, his thoughts, and rules for Buddhist monks. Tripitaka was first written on palm leaves which were collected in baskets hence the reason Tripitaka is known as "The Three Baskets". There are currently more than 520 million people following Buddhism but after Buddha left his physical form some of his followers had a difference of opinions which led to Buddhism spreading out into multiple strands. Today there are two major strands, Theravada, which spread to countries like Sri Lanka, Myanmar, Thailand, Cambodia, and Laos. The second major type, Mahayana spread to Nepal, Vietnam, China, Korea, and Japan. Mahayana adopted some aspects of the cultures of the countries in which it was practiced and further spread out into three distinct branches: Vajrayana Buddhism, Pure Land Buddhism, and Zen Buddhism

Today, even though each strand of the religion has its own identity all Buddhists follow a set of guidelines for their daily lives called the Five Precepts.

The Five Precepts include:

1. Do not harm or kill living things
2. Do not take things unless they are freely given
3. Lead a decent life
4. Do not speak unkindly or tell lies
5. Do not abuse drugs or drink alcohol

While reading and learning about both Buddhism and Hinduism I learnt many new things and found some similarities and some differences between them. One of the similarities I noticed was that even though it wasn't stated anywhere Buddhism and Buddha's teachings of the Three Universal Truths, Four Noble Truths, The Eightfold Path, and The Five Precepts have the underlying values of Hinduism and Swami. Many of Buddha's teachings reflect Swami's message on practicing five human values. As an example, The Five Precepts talk about not abusing drugs or alcohol and to lead a decent life, in my opinion this Precept reflects Hinduism's teachings of Right Action. Another example of this connection between the two religions is again found in The Five Precepts, this time Buddha tells his followers not to harm or kill living things which reminds me of the values of Peace, Love, and Non-Violence. Another similarity I found was that both Buddhism and Hinduism have a record or some type of holy scripture to record the teachings of their guru or God. I learned about a holy book, Tripitaka that is followed in Buddhism. Even though Buddhism originated from Hinduism, both the religions also have some obvious and underlying differences. The last similarity I found between the two religions was that the practice of meditation is highly regarded in both Hinduism and Buddhism as Hindus and Buddhists both believe that true spirituality lies within us rather than outside us.

One of the main differences I found between Hinduism and Buddhism is that Buddhism lays a clear set of values and rules for its followers. On the other hand, Hinduism does not give

many specific instructions to be one with God, thus making Hinduism a way of life. Another difference is that while Hinduism describes various incarnations and names for God, Buddhism traditionally does not have any Gods. Another key difference was that while Hinduism describes one God, Brahman, it also has several forms and names for God, ex. Shiva, Vishnu, Durga. But Buddhism doesn't have multiple names or incarnations of God and even though many Buddhists believe Buddha is their spiritual master who can enlighten a man towards God. This is because Buddha himself stated not to worship him as a God because he wanted his followers to be responsible and take control of their own life and actions. Lastly, while Hinduism provides flexibility to its followers to practice any of the yoga principles as described earlier to purify body and mind to rise to a higher level of divine consciousness, Buddhism has multiple strands within the religion giving its followers to explore different Buddhism practices to enlighten the soul. This was another fact that surprised me as even though I knew that some religions have more strands within them, ex. Islam, I did not know that Buddhism was one of them.

Swami has repeatedly told us that unity between faiths is extremely important. Swami's discourses have the underlying messages of unity between faiths because without this unity many of the human values will be non-existent. As an example, love and peace will not be possible between people belonging from different faith groups if they do not have the realization that all different faiths are just different paths towards God. Unity between faiths also allows people of one faith group to learn about other faiths. The existence of different religions and faith groups itself also make our world a much more diverse and interesting place to live.

In conclusion, despite emerging from Hinduism, Buddhism has its own distinct religion and path towards God. This SSE project gave me a wonderful opportunity to explore and know



about Hinduism and Buddhism. I learned many new things. I also realized that even though all world religions have millions of followers, rich histories, and different customs and practices in the end all religions are just different paths towards God. I also realized that it does not matter what religion one follows if they follow that religion with complete faith and have a firm belief in that religions' principle they will find and reach God.

In the end all these religions will connect and form one path towards God. As I can recollect Swami's words; rivers are many, but the sea is one; religions are many, but God is one.

Aryaman Prashar

13 (group-3)

Sri Sathya Sai Baba Centre of Saskatoon, Canada

Unity of Faith

For this Unity of Faith comparative study, I chose to delve deeper into two religions, Christianity, and Islam. I learned an abundance of facts about these religions through my research and I discovered some new and interesting points that I didn't know previously about both.

Here are common values/teachings that are embedded in both Christianity and Islam:

Belief in the messengers of God

- Islam: Muslims believe that God's guidance has been revealed to humankind through specially appointed messengers, or prophets, throughout history, beginning with the first man, Adam, who is considered the first prophet. Twenty-five of these prophets are mentioned by name in the Quran, including Noah, Abraham, Moses, and Jesus. Muslims believe that Muhammad is the last in this line of prophets, sent for all humankind with the message of Islam.
- Christianity: Christians recognise Jesus as the Son of God who was sent to save mankind from death and sin. Jesus Christ taught that he was Son of God. His teachings can be summarised, briefly as the love of God and love of one's neighbour. Jesus said that he had come to fulfil God's law rather than teach it.

Belief in places of worship

- A mosque is symbolically very important to Muslims and is a humble way for man to recreate pure divine presence on earth
- The Christian church is fundamental to believers. Although it has many faults it is recognised as God's body on earth. The church is the place where the Christian faith is nurtured and where the Holy Spirit is manifest on earth. It is where Christians are received into the faith and where they are brought together into one body through the Eucharist.

Belief in the books of god

- Muslims believe that God revealed holy books or scriptures to a number of God's messengers. These include the Quran (given to Muhammad), the Torah (given to Moses), the Gospel (given to Jesus), the Psalms (given to David), and the Scrolls (given to Abraham). Muslims believe that these earlier scriptures in their original form were divinely revealed, but that only the Quran remains as it was first revealed to the prophet Muhammad.
- The Christian holy book is the Bible, and this is the most important source of authority

for Christians, as it contains the teachings of God and Jesus Christ . All Christians, regardless of denomination , regard the Bible as the starting point for guidance about their faith.

Belief in Prayer

- Muslims do not pray for the benefit of Allah. Allah does not need human prayers because he has no needs at all. Muslims pray because God has told them that they are to do this, and because they believe that they obtain great benefit in doing so.
- Prayer is the means by which Christians communicate with their God. The New Testament records that Jesus taught his disciples how to pray and that he encouraged them to address God as Father. Christians believe that they continue this tradition. Sometimes the prayers are formal, and part of a ritual laid down for hundreds of years. Others are personal and spontaneous, and come from personal or group needs. Whilst prayer is often directed to God as Father, as taught by Jesus, some traditions encourage prayer to God through intermediaries such as saints and martyrs. Prayers through Mary, as the mother of God, are central to some churches and form a traditional part of their worship.
- Belief of the afterlife and that a person's earthly action determines his life in heaven or hell
- Muslims believe that on the Day of Judgment, humans will be judged for their actions in this life; those who followed God's guidance will be rewarded with paradise; those who rejected God's guidance will be punished with hell.
- Christians believe that there is a life after earthly death. While the actual nature of this life is not known, Christians believe

that many spiritual experiences in this life help to give them some idea of what eternal life will be like.

- Belief that God created the entire universe and that everything is in God's hands.

Interesting fact:

An interesting fact about Christianity is that it has the same god as Judaism and Islam. They all stem from the same origins of Abraham, and it's known as one of the Abrahamic religions.

Despite many differences between the three religions, there are also many similarities, and many of the characters mentioned in each holy book are the same person. For example, Jesus is mentioned many times in the Quran and is seen as one of the prophets.

What did you learn? Are we alike or are we different?

Through this research, I learned that although different religions believe in slightly different things, the main teachings/principles are the same. Every god preaches the same things but in different ways to make it easier for people of different faiths to understand. Christians believe in the words from Jesus whereas Muslims believe in the words from Allah, yet both Gods are saying the same words. They preach selflessness and kindness and reassure people that the entire universe is in the hands of God. I'd like to end with a quote from Swami,

“I have not come to disturb or destroy any faith, but to confirm each in his own faith, so that the Christian becomes a better Christian, the Muslim a better Muslim and the Hindu a better Hindu.”

Anjali Mangireddygari

14 yrs (Group 3)

Sri Sathya Sai Baba

Centre of Toronto-York



BUDDHISM AND CHRISTIANITY: COMPARING AND CONTRASTING

Religion is a conspicuous part of numerous individuals' lives. In addition to the fact that religion provides ethical and moral values, it also acts as a cultural system and often gives people a sense of order in existence. There is a wide array of different religions and philosophies across the world, and understanding the qualities behind every one is significant. Regardless of whether you are hoping to grow your mind and study another religion, or whether you are hoping to discover a religion that you explicitly accept and discover comfort in, understanding a religion is important.

While Buddhism and Christianity are seemingly different from each other, it's interesting to compare and contrast practices, history, and beliefs behind the two.

ORIGIN: Christianity was formed in 33 CE, while Buddhism was shaped at some point in the fifth century B.C.E. Christianity starts from the Middle East, while Buddhism had its beginnings from Ancient India.

BELIEF SYSTEM: Buddhism is neither a monotheistic or a polytheistic religion, believing in the concept of Nirvana, liberation, while Christianity is a monotheistic religion. Buddhism is based on the lessons of Buddha, which accepts that everything is transitory, and a definitive objective is Nirvana. Christianity puts stock in Jesus' lessons, and that individuals may arrive at salvation just by having confidence in God, accepting Jesus as the son of God, and apologizing for their wrongdoings to redeem themselves.

KEY BEGINNINGS: For Christianity, the religion began from the life and teachings of Jesus of Nazareth. For Buddhism, the religion, regularly more thought of as a way of thinking, occurred after the spiritual realization that Buddha (Siddhartha Gautama) reached.

BELIEFS: Buddhism accepts that demise is just an arrival to Earth, and that it is a lot of like a ghost world. Christianity puts stock in interminable paradise or hell, depending on the individual from the faith.

Despite there being many differences present in both religions, the notion of leading a happy

life is the same in the two. The pair of beliefs bring up a concept that encapsulates this notion as the Golden Rule. The Golden Rule is basically a rule that explains to followers that they must treat other persons as they would like to be treated themselves. It seems these religions may not be so different after all.

While examining religions, it is difficult to briefly depict them, as the grandeur of one detail can have a tremendous effect on an individual; these details are not even a hint of something larger. Both Christianity and Buddhism are exceptionally different from one another; however, both seek to provide a happy and peaceful existence to their followers.

Pranav Patnaik

14yrs (Group 3)

Sri Sathya Sai Baba Centre of Toronto-York



Hinduism and Christianity are two very important religions in defining today's world spirituality and thinking. Hinduism is the world's oldest religion, originating in India with roots more than 4000 years old, while Christianity is the world's largest religion originating in Israel around 2000 years old.

Hinduism and Christianity have something very big in common, their beliefs. In both cultures we are taught to give one another respect and kindness, to be humble and loyal to always have a forgiving heart. Both religions believe in helping people without expectations and we are responsible for our actions. In these two systems we both use bells as a resonating energy in our temples and churches. The main purpose of ringing the bells is to announce that a service is beginning for Christians. For Hindus, the ringing of the bell by the devotee informs the god of his/her arrival. The bell sound is supposed to take away any bad vibes and to promote good vibrations. Another similarity is the use of fire lamps. One use clarified butter and the other uses paraffin wax. For Hindus the burning lamp represents the element of fire. Fire is one of the five elements. When we light the fire, we consider it sacred. For Christians, when they light the candle is symbolizing the light of God or the light of Christ. The last similarity I'm going to write about is believing in the holy trinity. In Christianity they believe in the father, son and the holy spirit. As for Hindus we believe in Brahma, Vishnu and Maheshwara.

Christianity and Hinduism can be very alike and different in my opinion. Our values and

morals are alike. They are both two different cultures so naturally we both have things we don't have in common like our faith to believe in God is different. We believe in reincarnation; we believe in life after death. What makes them different is that in Christianity it revolves around Jesus' life and the Bible, but with Hinduism it's not about anyone's personality or a book. Instead it's about the philosophy that there is a God. We believe that the soul never dies until it attains salvation. Christianity recognizes one supreme God in three persons, while Hinduism has in its roots for thousands of gods and believing that all of them are a manifestation of one god and one Supreme Power.

What I find interesting is Hinduism is open to everyone and believing in other religions are valid and all leading to the ultimate goal, but in Christianity they believe their faith is the ultimate and also try to convert people into their religion which is not right. Hinduism is a religion which advocates tolerance. Another interesting thing is as India is becoming a better economy and Hindus stop migrating out of India, the spread of Hinduism might decrease and I fear that people might not know as much about Hinduism in the coming centuries, but Christianity being a more prevalent religion might become more universal.

Syna Tikkisetty

Group 3

Sri Sathya Sai Baba Centre of Regina



Comparative study between Hinduism and Buddhism

The Common Values or beliefs for Hindus

Truth is eternal, Brahman is Truth and Reality, The Vedas are the ultimate authority, everyone should strive to achieve dharma, Individual souls are immortal and the goal of the individual soul is moksha.

The Common Values or beliefs for Buddhists

Buddha's teachings are known as "dharma." He taught that wisdom, kindness, patience, generosity and compassion were important virtues. Specifically, all Buddhists live by five moral precepts, which prohibit: Killing living things. Taking what is not given.

Holy Scriptures for Hindus

The Vedas are the most ancient religious texts that define the truth of Hinduism. They were introduced to India by the Aryans and they have been passed on to next generations by word of mouth. They got their present form in 1200-200 BCE (Before Common Era).

Holy Scriptures for Buddhists

Tripitaka is a sacred book of Buddhism. It is also called the Pali Canon, after the language it was written in. It was also written in an ancient Indian language called Pali, which is very close to what Buddha spoke.

What I learned

I learned that Hinduism and Buddhism are somewhat alike. They share some common values/beliefs and that Buddha taught Buddhist wisdom, kindness, patience, generosity and compassion. I also learned that the sacred book of Buddhism was written in an ancient language Buddha spoke. I learned about the Vedas and that it defines the truth of Hinduism. I was really surprised when I saw the similarities.

There are some very interesting things to most of us. It's that souls are immortal and the goal of the individual soul is moksha.

Vamshi Vakulabharanam

Group 3

Sri Sathya Sai Baba Centre of Regina



Unity Of Faith

I am going to discuss about hinduism and christianity. Christians follow Jesus, hindus pray to many Gods. Both religions have their own festivals. Hindus and christians believe that God resides within each of us. Both religions consider water to be holy. Both religions believe after death, one may either go to heaven or hell according to the sins they made in their life. The holy book of hindu is Bhagavat Gita, the holy book of Christians is the Bible.

The morals and values of both religions are similar, like they follow:

- Peace and non-violence.
- forgiveness and sharing.
- Unconditional love.
- Prayer and meditation.
- Self control

In general, hinduism and christianity are similar in many ways.

By,
Shashank.M

Shashank. M
Group-3
Sri Sathya Sai Baba
Centre of Regina



Hinduism and Buddhism

- Identify common values/teachings embedded in both religions. Explore scriptures/holy texts.

There are many similarities and differences between the two religions. Both religions believe in Samsara and Karma, which is the punishment for wrongful actions. Both Hinduism and Buddhism both emphasize compassion and peace to all living beings (no violence to humans and animals). They also both believe in multiple gods and deities. Though there are many similarities, there are also small differences such as how Buddhism was created by one person, Buddha, while Hinduism is not.

- **What did you learn? Are we alike or are we different?**

After doing research on both of the religions I have learned many new things about Hinduism and Buddhism that I didn't know before. I also came to a conclusion that both the religions, Buddhism and Hinduism, are very similar. Many of their values and teachings are similar, though some are different.

- **If we are more alike then please share your findings, how did you feel seeing the similarities?**

After seeing these similarities, I realized that all religions are very similar to each other. This project made me think about some similarities between Hinduism

and other religions. Everyone knows to be honest and to not hurt others and to follow simple teachings, though we all believe in different religions. Which means that even though we believe in different religions we are all taught the same simple teaching.

- Is there anything interesting or unknown to most of us?
- Hinduism actually believes in only one god, but in many forms
- Hinduism is the 3rd largest religion in the world, after Christianity and Islam
- Hinduism believes in a circular rather than a linear concept of time
- The Rig Veda was written more than 3800 years ago, making Hinduism one of, if not the oldest religion in the world
- 108 is a sacred number in Hinduism and it is considered auspicious
- It is one of the few religions that does not consider the pursuit of wealth a sin.

Vishal Agasthian

Group 3

Sri Sathya Sai Baba Centre of Regina

Unity Of Faith: Christianity and Judaism

“Judaism is not complete without Christianity and without Judaism, Christianity would not exist.” - Benjamin Disraeli

The religions of Christianity and Judaism both have the same source. They begin with Jerusalem as the Holy City and the worship of the God of Israel - the God of Abraham, Isaac and Jacob. Judaism is the older of the two religions.

However, Judaism does not accept that Jesus, a human being, is the divine Son of God or Messiah of Israel. Instead it emphasizes the Oneness of God and considers Jesus to be a false prophet. Therefore, any holiday that has a connection to Jesus's life is not celebrated - e.g. Christmas, Easter, Lent and Palm Sunday.

Christianity, on the other hand, is based on teachings that Jesus Christ is the only final revelation of God. This belief in Jesus and the Holy Trinity, which is one God existing as the Father, Son and Holy Spirit; distinguishes Christianity from other religions that believe in a single God, eg. Judaism and Islam.

Both Christianity and Judaism accept the teachings of the Hebrew Bible or Old Testament as a revelation of God. The followers of Christianity worship on Sundays in a church, chapel or cathedral and services are led by a priest, minister or pastor. They refer to the Holy Bible as their guidance source.

The Jewish or Jews, which are followers of Judaism, attend a synagogue on Saturdays, led by a spiritual leader called a Rabbi. They use the Hebrew Tanakh - similar to the Old Testament, as their Holy Book.

Christianity has over 2.3 billion followers

but Judaism only has 14 million followers, despite being the older, and often considered



the original religion. Christians believe in eternal heaven for their followers only and eternal hell or damnation. Jewish vary in their views regarding heaven and often believe in no afterlife, but rather divine revelation and redemption of the soul. Instead of hell, they believe in everlasting Gehenna or reincarnation.

Their common message is faith in God and good deeds. Both religions believe that God wants people to do what is right, ethical and compassionate. If you offend against the will of God in words, thoughts and/or deeds, it is a sin.

I believe that it doesn't matter what religion a person follows, we should not mock anyone else's belief system. We must love and respect all people of different faiths and ethnicities and always do good deeds.

To conclude, “Even if a unity of faith is not possible, a unity of love is.” • Hans Urs von Balthasar

Zahin Jeena

Group-3

Sri Sathya Sai Baba Centre of Regina





Unity in the Self

“Happiness is union with God. You are not ordinary mortals. All are essentially divine. In order to realize your true nature, practice what you preach. Only then can you experience bliss. Verily, bliss is the true nature of man.”

SathyaSai Speaks Vol.38/Ch.15: 17 August 2005

Short Story ~ Unity In the Self (Within)

John was an average 13-year-old boy. He liked to play sports. He enjoyed school and loved video games. He was also a genuinely right person. There was only one 'problem'. John was not very popular in school. He thought that if he wanted to be happy, he had to be popular. The problem was that all the popular kids came from wealthy backgrounds and were highly educated. None of which John attributed with. Due to his lack of popularity, he began to often tell lies about himself and his achievements to his classmates. Lies that he could not back up. These lies then began stacking up over time, covering the previous ones until John could not handle the stress anymore. He stopped telling lies and stopped trying to become popular. But what he found more valuable than popularity was his sense of self-unity.

True happiness does not come from external validation or a list of achievements. True happiness is when what you think, what you say and what you do are in harmony. John's verbal attributions about himself did not align with his actual conduct - what he thought about himself was not who he really was. When John stopped telling lies and embraced himself for who he was, he gained a sense of self-unity, which in the end had proved to be more valuable than any other materialistic desire.

Janahan Jeyasangar
16 years (Group 4)
Sri Sathya Sai Baba
Centre of Agincourt



Anika A. Edward
17 years (Group-4)
Sri Sathya Sai Baba
Centre of Agincourt



Unity in the Self (Within)

Trying to find the ultimate life goal: Happiness

Definition: Happiness is a combination of how satisfied you are with your life (for example, finding meaning in your work) and how good you feel on a day-to-day basis.

Happiness is something that takes time and patience, it is not something that is given or found but rather something that you work towards. To most people happiness is being rich and buying anything you want, while to others it is something like fame. When actuality it is neither. There is a Spanish saying “La raíz de todos los males es el amor al dinero” which means “The root of all evils is love toward money”. This simply means money cannot buy love the same way it cannot buy happiness. Today people are more worried about getting rich and making a lot of money; simply because they believe it will bring them happiness, wealth, and love. Which often causes people to be blind sided and lose themselves. I have learnt that happiness is found in the moments we live and the memories we have. People will often spend their entire life trying to find happiness in this world, without realizing that it is found within themselves. To be happy is to have the ability to control how you feel—and with consistent practice, you can form life-long habits for a more satisfying and fulfilling life.

I would like to think I believe in finding happiness; however, I do not think I can positively say I have found it yet. Mostly because I am a strong believer that

happiness is not found in one day, but rather something that I will constantly work towards trying to find in this world, simply because I am still finding out who I am as a person. I believe I have experienced happiness/joy for sure in my 18 years of life. However, there are also times when I am not happy with life and who I am. I have realized that it is okay to not be okay sometimes; not everything in life will be sunshine and rainbows. For instance, the past few months have not been easy for me, I have felt extremely unmotivated and unhappy. I could not find joy in doing the things I once loved. In a sense, I lost myself and along with it my happiness. However, on my road to finding myself and happiness again, I am putting myself out there and trying new things. For example, taking a new hobby such as running. I have recently found it extremely calming and a stress reliever to me. I found that when I run, I feel alive, and at the end of every run I feel accomplished (which is something I have not felt in a long time). I am also becoming more in touch with my spiritual side. I am taking more time to pray to god and meditate, which are things I have been recently enjoying a lot and have found have improved my mental health.

**To those searching for this life goal:
“Happiness depends upon ourselves.”
Aristotle**

Jennifer Brindhavan
18 years (Group 4)
Sri Sathya Sai Baba Centre of Agincourt

I personally do feel that I am united in my thoughts, words and actions. I dislike being hypocritical and removal of the unity within these 3 subjects would mean that I am a hypocrite. When there is harmony within the 3 of these subjects, I believe that my personality is better as a whole. I feel as though I am more connected and am being true to myself. When there is an inner conflict within myself and my thoughts, words and deeds do not align, I feel as though I have mistreated myself. This is because I value consistency and not being hypocritical as it makes life better and more fulfilling to live through. In order to handle the situation with grace, I must ensure that I am not angry at myself for doing it. Being angry at myself will not allow for the healing process to be graceful. I do believe that I am happy. I say this because I make it a point to stay connected with my words, actions and thoughts. I was never someone to follow others just to fit in, as I always believed that trying to fit in will not work. Standing up for what you believe in or simply just choosing to follow your own beliefs has always worked for me and to get to where I am now, it has taken many learning experiences. As a child, sometimes I felt out of place as I wasn't able to do the same things as some of my friends because of how strict my parents were. This led me to think that to fit in with my friends I could think one way but act another way. These experiences have definitely shaped me to become the person I am today, who feels no need to fit in, as long as I am true to myself. I have found that the unity in thought, word and deed has become a very natural thing to me, as I am able to achieve it quite easily. Of course, I owe this ability to none other than Swami himself.

Pouja Thamotharan

18 yrs (group 4)

Sri Sathya Sai Baba Centre of Cooksville

Unity in Divinity self-reflection

Over the many years I have been participating in SSE, I learned to unite my words, thoughts and actions. Without feeling and having harmony between the three, I believe I would be a narcissist. By having harmony in my words, thoughts and actions, I feel true to myself, and I have learned to be good and respectful to others. With having this harmony in my life, I learned to speak truthfully and not ill of others. I learned not to think of something, say something different, and act the total opposite of my words and thoughts. When I have an inner conflict with myself with my words, thoughts and actions not aligning, I feel as if I am not true to myself, and that I am being hypocritical to the people around me and to myself. In order to handle the situation with grace, I first make sure my thoughts and words are aligned together, and then I make sure I am consistent with my actions that are true to my words and thoughts. I also make sure I do not get upset with myself when I have an inner conflict. By getting upset, I will not have a clear mindset on how to deal with a situation. By learning how to unite my thoughts, words and actions from SSE, I became truly happy. When one learns how to think, say and do what they thought and said, it would bring happiness to them. As a child, when I thought or said something I wanted to do, and I learned that others around me disagree with my decision cause it's something they won't do, it brought unhappiness on to myself, because I wasn't being true to myself. This made me angry because I wasn't happy with what I was doing. But ever since I learned and found unity with my thoughts, words and actions, it made me a stronger person, and I want to thank Swami for teaching me to be true to myself.

Sayijahnevi Sridhar

17 yrs (group 4)

Sri Sathya Sai Baba
Centre of Cooksville



Unity in Self

Unity in thought, word, and deed is very hard to practice as the human brain is capable of acting before thinking.

Personally, my thoughts are united with my words and deeds when I am in a social area such as school, or when I am with my friends. Whereas, when I am around my parents, I am extremely short-tempered therefore, the situation pressures me to act differently which changes my personality and character. I have been in the position many times where my thoughts, words, and deeds were not always aligned.

When talking to friends, I feel the need to practice Unity, moreover, I always think through before my actions. I want to be identified as a logical and smart friend in the group. I am a silent person in any conversation with my friends, but when I speak everyone is surprised. I take a step back to unite my thought, word, and deed and this could be because

I lack self-confidence but think positively.

When I am in the company of my parents, I tend to stay quiet and never share my emotions and hide my anger and it prevents me from thinking through my actions. This has taught me to express what is happening in my head to a friend, a family member, or simply just express my thoughts in a journal.

Over the years, with the process of becoming mature, I have realized that the lack of self-confidence and the struggle to express myself could result in not able to think straight. Not able to be truthful to yourself can be extremely harsh on one's mental and physical state. This may lead to bigger and more severe problems.

Thaksajini Thambinathar

17 yrs (group 4)

Sri Sathya Sai Baba Centre of Cooksville

Unity in Self

Unity of thought, words and deeds encourages me to touch my inner silence. When there is harmony between my thoughts, words, and actions, I feel balanced. For example, every day, I plan my goals and tasks the night before. This helps narrow down my thoughts and guides my actions to achieve the activities I planned the night before. Planning daily helps me reach the goals I committed to do, helping me achieve sincerity in my thoughts and actions. This makes me relaxed and provides me with a sense of relief as I know what is coming my way.

When I have inner conflicts and my thoughts, words, and deeds are not aligned, I feel frustrated. For example, one day, I was upset with a friend due to something that happened between us. My thoughts were full of anger and agitated, leading my body any actions to a state of stress. I went and relaxed a bit and drank water to calm

myself. This helped me divert my thought from a negative place to a more relaxed mind frame and helped resolve my conflicts. I think I was able to resolve peacefully by reflecting on past situations and mistakes that happened when I was not united in my thoughts, words, and deeds.

Being United in Thoughts, Words and Deeds has helped me bring about unity in myself. I try my best to tackle situations with grace and by being happy or calm. For example, I usually warm up my grandma's food whenever she wants to eat. Recently, she has not been well, so I always try warm up her food and give it to her. I always give her food with grace and happiness.

Aaron Vethanayagam

17yrs (group 4)

Sri Sathya Sai Baba Centre of Cooksville

Unity is Divinity

I believe I am usually united in my thoughts, words, and deeds. Uniting these three things can be challenging at times depending on the situation.

When there's harmony between the three I feel like a more honest person. When I do and say what I think, it makes me feel happy that I am being truthful to myself.

On the other hand, I feel more guilt and regret when my thoughts, words and deeds are not aligned.

One example of a time where I had an inner conflict with my thoughts, words and deeds occurred in math class. During a lesson, the people sitting near me were chatting and our teacher felt disrespected. Since the noise was coming from my direction, the teacher assumed I was also talking and called me out. I felt shocked considering that I never disrupted class before and wanted to tell him that I wasn't even talking. However, I could not bring myself to stand up against him after he told me to move seats. I followed his orders and moved to another part of

the class. Looking back at it now, I am not sure if what I did was right or not. Although I regret not pleading my innocence, I wonder if my teacher would've viewed me in a worse manner if I talked back to him.

I believed I handled situations like the ones above by taking the high road. Although I wanted to talk back to my teacher, I decided it was best to listen to him rather than wasting time arguing. In life you will have arguments with many people but it's best to come to a compromise.

I believe I am happy. Happiness occurs when your thoughts, words and deeds are aligned. Happiness can be expressed through smiling, laughing and the feeling of being proud of yourself. I feel proud of myself when these three things are aligned as I am being a more truthful person.

Aran Sangarabodhi

17yrs (group 4)

Sri Sathya Sai Baba Centre of Cooksville

The unity in thought, word and deed is an ideal that Sai devotees and many others strive to achieve. I was first introduced to this concept when I was in Group 2. Initially, I struggled with putting this into practice and even many years later, I still find it difficult to unify my thoughts, words and deeds.

Sometimes I intend something, however I say something else to not hurt others. It's during these moments where I struggle to truly practice what I was taught but, I have learnt that it is important to introspect and reflect on the importance of words. Do I need to say what I want to say? Will my words benefit others? Do they match my thoughts? By asking myself these questions, I can decide whether it is better to not say anything at all.

Through meditation, I have found it much easier

to maintain harmony in my thoughts, words and actions, by maintaining positivity in all of them and have come to realize how impactful my thoughts, words, and actions can be.

I may be able to treat others outwardly with kindness and only speak what is kind. However, if in my mind, I still harbor thoughts of anger, it carries the same effect as if I had spoken and acted them out. Through meditation, I have found that reflecting on the misalignment of my thoughts, words and actions helps me develop the ability to practice harmony.

Jananey Rajagopalan

18 yrs (group

Sri Sathya Sai Baba Centre of
Cooksville

4)



Unity in Self

In a life filled with busy schedules, distracting technology, and continuous social life, it is awfully demanding to maintain unity within ourselves. Unity within oneself is the peace within the mind, the body, and speech. All actions and speech are influenced our thoughts. Being able to control our thoughts is extremely crucial when bring about unity and peace within the mind, body, and speech. When our thoughts are united, this will lead to speaking lovingly and softly, and this will also be reflected in our actions. Although it may seem effortless and simple, having the ability to control our mind is quite ambitious for most and although there are many techniques that could be used to control our thoughts, it is still a faraway goal for many of us . Until our thoughts are controlled there will be no unity within our body. We are constantly bombarded with distractions from technology, friends and family and our schedules. Our mind is constantly wandering from one thought to the other and we are never focused on just one thing. When we are doing our homework, our mind wanders to what else we need to complete, to what we are going to have for dinner, to what our friends are doing. When we are eating our food, we are usually distracted with technology, focused on other things not aware of what we are putting in our mouth. Our thoughts are elsewhere while we are speaking or acting resulting in poor behavior and regretful discussions.

After reading the Ramakatha Rasavahini, it became apparent that unity within yourself is achievable and Lord Rama, the seventh avatar of the Hindu god Vishnu, was a prime example. In the words of Swami Vivekananda, “[He is] the embodiment of truth, of morality, the ideal son, the ideal husband, and above all, the ideal king.” Lord Rama was loved by all, shocking me of how devoted his friends and family were to him. Everyone Lord Rama met felt his presence and their devotion to him was undeniably rightful. His thoughts were illustrated through his decisions which were composed of love and respect for his family and his devotees. He was

an incredible example of how being united and mindful can be achieved.

Mindfulness is a process of bringing one’s attention to current events without judgement which develops primarily through meditation. Mindful meditation has been adopted by western culture and remains a crucial aspect of achieving unity with thought, word, and mind. The idea of “living in the present” has been more vigilant today as people try to become more present and more mindful of their thoughts. Being able to acknowledge a thought but not pay much attention to it, is a skill that I believe that everyone should have. Although it may be challenging the award of unity will forever be worth it.

COVID-19 has taken the world by storm, forcing us back into our own homes to quarantine with our loved ones. With the constant flashes of bad news, I found that it was extremely important to focus on my schoolwork and maintain that full devotion. Although I maintained determination, I have never had complete unity within my mind, speech, and actions and I found it exceedingly difficult to do it at this time. We were constantly faced with the troubles and the problems of the world and I believe this led me to saying things that I would not traditionally say to my family. That is when I noticed the disbalance within myself which denied me the ability to reach my full potential. I decided to do something to attempt to achieve more unity within myself. I decided to start with something simple - chanting the Gayatri mantra every day. I began to see the difference within myself as I was able to control my thoughts, speech, and actions. Ultimately, unity within oneself may never be truly be achievable, but the effort to achieve this will have everlasting impact on your life.

Arani Harimohan

17 yrs (group 4)

Sri Sathya Sai Baba Centre of Cooksville

Unity in the Self

I believe that I am mostly united in my thoughts, words, and deeds. I feel good and it gives me happiness when the three are in harmony. When there is no harmony in my action, words and thoughts, I feel like doing something about it. It makes me feel worried that disconnection between my words and thinking may create conflict among people. I believe the meaning of happiness is not to be famous or have a lot of money in your bank account but to feel good every day when you wake up and feel great. Many people would think that money can buy happiness when it really cannot. Spending time with family and friends and creating memories is what truly brings happiness. I am happy most of the time and try to make that all the time. I handle situations by being calm and trying to understand the problem from both sides and then I determine a solution. We must handle situations calmly, so we do not get tense and create a bigger problem from the smaller problem. A personal experience would be when someone got the wrong order from a fast-food restaurant, the person started to get mad and yelled at an employee working there which was indecent. When I was in that same situation, I would not get mad but just tell the person politely that you got me the wrong order. We do not know if they are new or if they have a lot going in their minds so we must do our best and not make it worse for the workers.

Sai Ram,

Thanushan Maharajah

17 yrs (group 4)

Sri Sathya Sai Baba Centre of Cooksville

Unity is Divinity

To be divine, is to be united (word, thought and deed) within oneself. Personally, I feel as though I am united in my thoughts, words, and actions. Although, there are times when I struggle to comply with and ensure harmony. When there is harmony between the three, only positive energy is created, both within yourself, as well as in those around you. When others see that you do what you say and say what you think, they begin to understand your character as being truthful and honest. Overall, when there is unity, good things will happen. When my thoughts, words and deeds are not aligned, I can feel a sense of fear deep within me. This fear comes from the idea that I may hurt someone with my words or actions. Although this is common, I have learned to keep it in check, and to avoid conversing while my thoughts, words, and deeds are not aligned. To avoid problems and conflict with others, I would listen to what they have to say. I would provide positive feedback, or advice, but if I do not have anything good to say, I keep it to myself. When a person's thoughts, words, and deeds are aligned, it creates happiness within that person, as well as in the atmosphere around that person. To me, happiness is more than just a feeling, it is a state of being. To be happy, is to live life to the fullest, while spreading happiness and joy to others.

Vengadesh Baskaran

17 yrs (group 4)

Sri Sathya Sai Baba Centre of Cooksville



Unity in Faith

Growing up in a Sai household, I have always been taught values and lessons with which to live my life and how to best go about practising the message of Sai in everything that I do. However as I have grown up, there have been more challenges which have really forced me to examine everything I've been taught and look at it from the lens of "why does this make sense to me and why is this something that I should do, not because I am told but because it is right for me". Personally, unity of thought word and deed comes down to feeling morally sound about the decisions I make and feeling as though they have a positive impact, from the smallest to the largest sense; allowing me to have peace of mind and happiness. However this isn't always possible, when debating between an action there are times when I make a mistake and do things which do not align with what I feel morally and while this makes me feel like I've let myself down, I usually take time to reflect on what I could do differently next time and why I did what I did in the moment. I do not think that it is possible to wake up one day and just HAVE unity in your actions but is instead a constant path of working towards improving and growing. This path includes making mistakes but owning up to them and understanding the circumstances behind actions taken.

Vyomesh Iyengar

18 yrs (group 4)

Sri Sathya Sai Baba Centre of Cooksville

Unity in the Self

Although unity is one of the earliest lessons we learn as SSE children, I find myself promoting unity in my environment before looking for it within myself. This sometimes means that, unfortunately, my thoughts, actions, and words are not always united. When there is harmony between the three, I am the most at peace. In the past I have volunteered to help out young immigrant children through a free tutoring program. I consistently embodied love and respect and showed this through my thoughts of well-wishes, my words of encouragement, and my deeds in the work I put in to help them to be successful. There is no guilt or question in my mind that I am on the right path and my life is filled with purpose. When there is an inner struggle, I feel torn and in conflict within myself. I question which of the three: my thoughts, words, or deeds, are a true reflection of how I feel. When the three are not synchronized this causes a sense of confusion. Taking every situation as a learning opportunity has allowed me to take these situations with grace. By being critical of my actions and being self-reflective, I can better

understand where I went wrong and why. Over time, I have found that this has allowed me to become a better person and found more unity within myself. I am grateful for the education and values instilled within me that have allowed me to find unity within myself in most situations. Without the guidance of my elders I would not be able to find this inner peace and happiness.

As with most people, happiness is only possible because of the presence of sadness. Otherwise how would we be able to differentiate our experiences? Happiness to me is peace and peace is when I feel the least conflicted and the least unsure. Unity between my thoughts, words, and deeds is a large part in inner peace and my overall happiness. Harmony to me, is an expression of my true divinity.

Seetha Manoharan

17 yrs (Group 4)

Sri Sathya Sai Baba Centre of Middlefield

Unity in the self (Within)

Om Sri Sai Ram

When I first came to group 4, I didn't understand the effects I would feel outside my spiritual life, but now that I look back, I am really starting to understand the connections. By joining group 4, I learnt a lot about unity of word, thought and action to realise that everyone is God.

There are many times when I am not united in my thoughts, words, and actions. Generally, the three are not aligned since the mind is whimsical by nature. But, one can never attain bliss and be set on the path of happiness if they do not cultivate the spirit of unity. Sometimes harsh words are said in acrimony, wrong acts are done in the blink of an eye and sinful thoughts keep crossing the mind. Every time some things don't go my way, I intend to say one thing and instead blame another, possibly hurting others. In these cases, it is sounder to think before speaking as it is better to not say anything rather than hurting someone with harsh thoughts. Swami says, "It is very important to remember that the full power inherent in your words can be utilized through speaking softly and sweetly. For those anxious to visualize God in all, such gentleness of speech will be of immense help. Through words of affection and regard, and by the practice of softness of expression, not only will your mind be calm and light, you will also share great joy with others! And when you meditate and other spiritual practices in such a happy atmosphere, the concentration will come easily." Swami also says having bad thoughts or doing bad acts will not enable us to see God in everyone. The key is to look at numerous thoughts as passing clouds and forget about them without reacting as they disappear. Once we get good at not being too reactive and dedicate our thoughts, words, and deeds to God, we will become happy within and spread positive energy to everyone. All these practices get us closer to liberation, which is our ultimate goal (to get out of this cycle of birth and death and finally be merged with God). When my

brother and I argue, I didn't decide to argue back nor did I try to run away from the issue. What I did was that I handled the situation with patience and explained my point of view to him, which is what I believe Swami would do.

When there is harmony between my thoughts, words, and deeds, it makes me feel more peaceful and purer. I feel if every one of us removed evil thoughts within ourselves and created this harmony, the world would be a better place.

Swami would be an ideal example of establishing harmony between thoughts, words, and deeds. Each thought is exemplified by His decisions made from love and respect for His devotees and parents. When mother Easwamma asked Swami to build a hospital, school, and water system, His dedication to the promise He made to His Mother proved His devotion for her and practice of alignment of thought, word, and deed by building a hospital, school, and water system. He wholeheartedly carried out His duties for the people in His community without worrying about Himself. What a great role model for all of us!

However, when there is an inner conflict between my thoughts, words, and deeds, I feel upset and gain a feeling of regret. For instance, when my friend would get a higher mark than me on her math test, I would congratulate her and praise her. But in my mind, I would be having bad thoughts such as "She got a higher mark than me; what a nerd." or "How did she get a higher mark than me? She doesn't deserve it at all." That's when jealousy comes in. Swami says that whenever there is jealousy, there will be hatred. Together, they can destroy everything. Whenever there are evil thoughts in the mind, the actions will also be as terrible. In this case, my thoughts were very much different from my words. After I came home



from school, I felt horrible for thinking that way, when I should have used her as a role model to encourage myself to do better on my math test next time or asked her for help. Another example was from the time when I was with my friends and I jokingly said something, but once I got home, I realized “Was that even necessary to say?” I begin to ponder that I may have offended someone in my friend group by saying that joke. That is also an example of disharmony between the thoughts, words, and deeds. I would think to say something that wouldn’t mean the same to my friend, it would have been disrespectful to my friends instead, I ended up blathering a joke that could have made my friends upset at me.

Usually, when these kinds of situations occur with me, I would stop whatever I’m doing, and do mindfulness practice where I would chant the Lord’s name and offer all my deeds to Him. Mahatma Gandhi usually says, “Contentment comes when we accept our true nature. Mindfulness helps us build areas of the brain that encourages a kinder orientation toward the self, helping us to align thought, word, and deed.” Mindfulness helps us slow down and make more thoughtful decisions. I would regularly chant the self-realization prayer (which I put on the table beside my bed so that I remember to chant it whenever I see it):

***Self-Realization Prayer**

I Am God; I’m Not Different From God

I Am The Indivisible Supreme Absolute

I Am Sath, Chit, Aanandha

Grief And Anxiety Can Never Affect Me

I Am Ever Content; Fear Can Never Enter Me

It helps me be aware of the divinity within myself and calms me down every time I feel perturbed. I try to chant “Soham” (“So” when I inhale [feel Lord

within] “Ham” when I exhale [I give away my ego] feeling that God and I are One). It made me feel calmer, especially in situations where I felt anxious and unsure of what to do.

Additionally, I try to practice connecting to Swami within by practicing the 16 points plan for Constant Integrated Awareness (awareness of divinity within ourselves). Although I’m not able to achieve all the times, I keep trying daily to connect to God within.

The 16 points of Constant Integrated Awareness are the following:

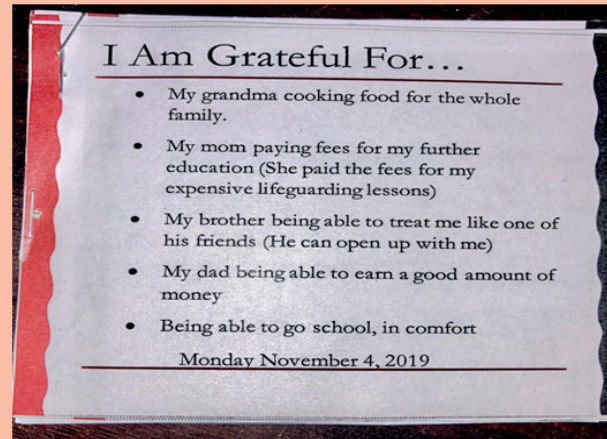
1. While waking up: Chant Gayatri Mantra
2. Bathing: 3 Sai Gayathri
3. After bath, go to alter: Say a “Thanks” to God and express your gratitude
4. Breakfast: Say “Thanks” to God for the food
5. As you leave the house: Ask God to protect you, your family, and your home
6. At school or work: Prayer for guidance; awaken the intellect
7. Lunch: Chant Brahmarpanam and say “Thanks” to God for the food
8. As you go home: Say “Sai Ram”; reconnect with God
9. If you exercise or play: sing a bhajan or chant a prayer to connect with God; have a personal connection
10. Chant Soham to calm yourself down after playing
11. Evening/night bath: 3 Sai Gayatri
12. Second formal prayer in the alter: Say “Thanks” to God for a beautiful day
13. Dinner: Chant Brahmarpanam and say

“Thanks” to God for the food

14. At night: Ask God to protect you and family at night; chant Gayatri Mantra
15. Thanking God for relaxation; chant Gayatri Mantra and say “Sai Ram”
16. Offer all your mistakes and achievements to God, chant Self-Realization prayer

Along with others, I try to express my gratitude to God and everyone I interacted with by maintaining a gratitude journal (where I write 5 things, I'm grateful for each day). That is the way of my introspection. I also do my utmost to keep a ceiling on my desires. When my thoughts, words, and deeds are united, I gain peace of mind as I get the feeling that everything is going correctly and that I'm going on the right path. That is happiness for me.

Swami describes, “Purity of mind, good speech, and selfless service, results in enlightenment. If words and deeds do not match, one is bound to face problems in life. There are also good people in



the world. But hardly anyone enquires about their physical and mental wellbeing! If there are no good people, the world would not have been what it is today. Human birth is sacred. Unfortunately, many human beings' behaviours are worse than that of animals. They only strive for materialistic possessions, and seldom they think of God. As you think, you become.”

Jai Sai Ram!

Siya Mehta

16 yrs (Group 4)

Sri Sathya Sai Baba Centre of Middlefield

Finding Inner Peace

When my thoughts are misaligned, I feel very disconnected from myself. However, when I am able to calm my mind through meditation, working out or relaxing it allows me to realign myself with my thoughts. Everyone's thoughts get mixed up which is perfectly okay, but it is important to master the art of keeping unity with oneself to truly get through life effortlessly.

Meditation is a true way to reconnect and elevate your mind, body and spirit. It can be practiced at any age and for any amount of time. As you grow older you will be able to strengthen your meditation skills and find your spiritual path in this world as many do. Although meditation is highly beneficial, it is not practical for everybody

to meditate 24/7. Working out is another great way to realign your body and find unity within oneself, while also maintaining great physical and mental health. Every soul is different, therefore, whatever is relaxing to you should be practiced regularly, as this will help lead to inner peace and harmony. This is how I try to lead my life, I have been able to remain unified with myself and hope to fully master unity within myself to be able to go through life effortlessly.

Aaron Khan

Group 4

Sri Sathya Sai Baba
Centre of Mississauga- Central



The Aspects of Life

There are many things I can look at when I see the unity between myself and Sathya Sai Baba. Baba has taught me a lot of lessons in regards to different aspects of life and how to overcome them.

One thing that I learnt is how to make decisions in a proper manner. By looking at the pros and the cons, I have learnt the different ways that one can look at a decision and how to make the right one in order for one to conform to values in the society.

Another thing that I learnt is the basis on which we should live our lives. There are many lessons that Sai Baba has taught me on the basis of what kind of foods we should eat. By learning about the different types of foods and how it affects our body, I have improved my diet and learnt how to eat good and satwic foods which help our body grow. These are some powerful lessons that I've learnt from Sai Baba and His teachings

Ashwin Sunkara

Group 4

Sri Sathya Sai Baba Centre of Mississauga- Central

Unity With Self

Purity is attained with a balance in life and balance is found in the unity of your thought, word and deed. If you can think good thoughts, speak good words, and do seva, then you can attain purity. But sometimes our thoughts, words and deeds get misaligned and we think one thing but say something else. SSE has taught me that it's not very easy to control your thoughts and to follow through with all of them. Everything starts as a thought. If you think good, you can speak good and do good. But if you think bad, then no matter how much you try, some of your actions will most likely result badly.

When my thoughts become more negative, unknowingly, my words and actions become negative too. SSE taught me that the best way to control your actions is by making sure that your thoughts are positive because if you think positively, you will most likely speak positively. I also learnt several methods to maintain focus and to stop myself from letting my thoughts roam such as thumb meditation, jyothi meditation, listening to bhajans, prayer and many more simple things that I could do at home on my own. These have helped me a lot in my life because they've helped me stay calm during stressful situations, and I've been less stressed overall.

Gayathri Khiani

Group 4

Sri Sathya Sai Baba Centre of Mississauga- Central

Unity in Self

What is unity? The term unity can be defined as the state of being joined as a whole. Unity in the self can be seen when all aspects of the self, including physical, emotional and spiritual, work together to be one, which further leads to divinity. This is a strong message as we can better portray ourselves as an embodiment of love by practicing unity.

When all aspects of the self-work together they become unified which then leads to divinity. Physical aspects such as your body, energy and food, must work together with your emotional self, including how you feel and your mental state, which further works together with your spiritual self, such as your beliefs and religion. For example, in one's daily life, the type of food they intake, their energy levels, and how they present themselves, affect their mental state and their emotions, which further impacts their spirituality and their relationship with God. When all these aspects work together, your self becomes one whole as you are able to obtain a balance and feel one with the Universe.

Why is it important that we become unified? It is because unity leads to divinity and when we cannot attain divinity, our life can be considered unbalanced. Without unity, we can not develop and improve our character. Unity helps remove disorder in the world, expand our love, live up to being a human, and help us attain bliss, to name a few. Swami emphasises that unity removes negative thoughts within us, and it is the removal of negative thoughts that are considered to be a charity to ourselves (Sathya Sai Newsletter USA, Vol. 13, No. 4, p.20). This charity then translates into purity, which then becomes unity within yourself. Moreover, Swami has also said that humans naturally have many desires and are selfish, which is why we are not able to experience bliss (Sathya Sai Newsletter USA, Vol. 13, No. 4, p.20). Therefore, an individual can never attain bliss if they don't give up the feeling of desires and attachments.

In conclusion, it is important that all aspects of the self work together in unity and can only be obtained when one becomes whole, which further leads to a life of unity and divinity.

Rishi G.

Group 4

Sathya Sai Centre of Victoria Park



Unity in the Self

One traditional perception of unity is supporting someone who needs help; therefore unity in the self means supporting the 'self' that needs help.

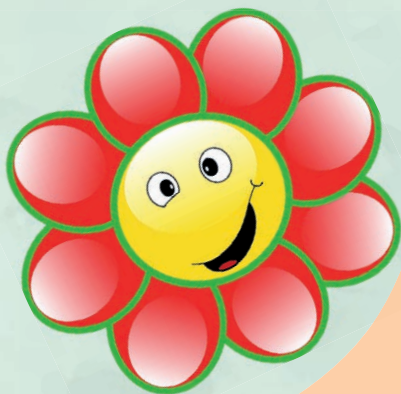
When I look at the word unity alone, I envision people coming together and standing up for each other. This could be whether we are in unity with friends, family or even beliefs we have within ourselves. I also think that there are different types of unity. For instance, there are friendships, teamwork or groups that can be considered as a form of unity. These examples may cause us to act differently depending on the situation or environment of the group. For example, most people act differently when around friends in comparison to being around family. When a situation like this happens, people are more likely to deal with an issue differently. Saying this, I think people also support each other in different ways. For example, if people think there is a problem, they unite together and try to solve it. Whether this may be by protesting, telling higher authorities or praying.

Just like there is unity on the outside I think there is unity in all of us. When I look at the word self, three aspects come into my mind. The first being our physical self, where our looks, energy, and structure all come into one. The second one is our emotional self. This is where our emotional balance and mental state come together. The last one is our spiritual self. This is where our beliefs and relationship with God come together. Knowing this, I think these three aspects of ourselves come together. For instance, when we are mad or in a fight with someone, these three aspects come together and support the self that needs help. Our physical self may make our facial expression and body language aggressive. Our emotional self may make us angry, mad or upset. Though, our spiritual self helps support the other-selves in need. This self helps us think about God and helps us think about what is right and what is wrong. It stops the other-selves that are negative at the moment and turns them positive. When everything is positive, this helps us create Love, which I think brings both unity and our self together.

Branavan R.

Group 4

Sathya Sai Centre of Victoria Park



The Courage of a Zebra

Who knew zebras held the key to success?

I stopped in front of a vast golden stretch of the savanna and spotted two zebras. One seemed to be slowly inching towards fresher grass while the other stayed close to the herd. “Master, what is wrong with that zebra?” My guru squinted and brought his hand to cover the sun, although with the sun beating down at noon it wouldn’t have done much. “You mean the one in the middle of the herd?” he asked, dropping down under the cool shade of a tree. “Yes Guru.” I placed myself in front of him, still watching the duo. “Why doesn’t it move outwards to the fresh grass like the other one? By staying in the center it only gets the leftovers. It should follow its brother and move its way to the edge so it can get the best grass”.

My guru stretched out his legs. “What do you think separates the zebra that’s going for the fresh grass and the other one that’s staying inside the herd?” I gave it some thought. It wasn’t anything physical, the two zebras were basically twins. It was something else...

“It’s their mindset,” my teacher replied, “The only difference is that one zebra has the courage to put his thoughts into action while the other is too scared to do anything”. I brought my gaze over the grassland. “That applies to us too, right Master? We can either settle less like the zebra in the herd or we can dream big and take action like the zebra eating the fresh grass. When we have Unity in Self we can do anything”.

“That’s exactly right”, answered my Master, “When we start to believe in ourselves and have control over our senses we can, then, do whatever we wish. That is the power of Unity in Self”.

We picked ourselves up. As we walked away I couldn’t help but think about the incredible ideas that most people never bring to fruition. If only we could all be as courageous as that zebra.

As I moved from the above visualization into reality, it set me thinking. Most of the time I don’t have to worry about aligning my thoughts, words and actions but this becomes more difficult when emotions are put into play. I love to play the guitar! I started to learn really interesting songs like Senorita, Remember me, Best Part, and more!

When I started on this venture, there were many times when I got utterly frustrated. There was a HUGE learning curve that I had to get over! The melodies were confusing and required concentration and repetition, and at times I felt they were delighting in the cruel pain they were inflicting on me. I would find myself dejected, would throw my guitar on the bed, and vow never to touch it again!

In a cooler frame of mind, I thought to myself: Why am I feeling like this? I want to learn this but why can’t I do this? It was then that Swami came into my mind. I read in an article on Swami’s quotes on success and these words of His struck me strongly: “You should recognize that the sadhana or the effort is more important than the success. More than developing the thought that you should succeed, it is important to put in your effort.” *

The breakthrough, for me, was when I let myself accumulate small wins. At a certain point, my skills got better and, even though I messed up sometimes, I would console myself that I got to keep going. Just like the courageous zebra, I inched little by little towards my dream. Eventually, I got these songs down pat and I felt so joyful that I could finally line up my thoughts with my actions. And it happened through HIS words!

The feeling of accomplishment has no comparison! When my thoughts,



words and actions are all in harmony, it feels great because I get the feeling that anything that I can put my mind to is possible.

In closing, a huge thanks to Jordan Peterson for sparking this idea of the similarity between the behavior of zebras and humans. Peterson observes that zebras avoid standing out from the herd seeking a survival advantage, and that humans

also do the same, exact thing. But then, a person who has the courage of her/his conviction will be unafraid to stand out.

* **Summer Showers 1978 Brindavan Chapter 21**

Vijay Sai Patnaik

16yrs (Group 4)

Sri Sathya Sai Baba Centre of Toronto-York

Unity in the Self

Unity in the self is when all parts of one (physical, emotional and spiritual self) work together to fully balance one's life. To attain unity and purity, Swami has given four practical divine commandments – Love All; Serve All; and Help Ever; Hurt Never. Our physical, emotional and spiritual self have to unify to accomplish a big task. If one's actions and deeds (in social, spiritual, scientific or cultural spheres) proceed from the confidence of the self that they are in harmony with their atmic unity, God and therefore they are productive. If all people of the world will understand and experience harmony then there would be no wars, enmity, cruelty, etc. There would be no danger of ecological destruction in our World as a consequence of consumer society's scientific and technological activity deprived of their roots.

We need to find unity in ourselves before trying to create unions within the people around us. In one of Swami's speeches he says, "Unity leads to purity. Purity leads to divinity." Sanctified divinity is the root of bliss which will eventually lead us to unity as a whole. A person with bad qualities and thoughts cannot attain self-unity, their thoughts and qualities will reflect onto those surrounding them, negatively impacting them as well. Having a large ego is an example of a bad quality that affects many people. Swami has even stated in one of his talks with a devotee that, "Ego is the main cause for all disunity and disharmony. When everything is Swami's, where is the question of ego? That is foolish."

Overall, unity in the self is a very simple concept, it is to work together with our physical, emotional and spiritual self to find harmony in ourselves. This later on helps us find unity within our families, friends, and other important people. It is all about self-realization and self-confidence that will help us find unity within. "I am the Infinite, the Eternal. I am not two; I am one, only one. There is no one else besides me. I and God are one and the same." To realize this Unity, the first step is to develop Self-confidence." - Sathya Sai Baba

Umaiyarl. R

Group 4

Sri Sathya Sai Centre of Victoria Park

JAI SAI RAM

