



**End of Education is CHARACTER  
End of Knowledge is LOVE**

**- Sathya Sai Baba**



**An Offering at the Lotus Feet**





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# Children of Sai

## Walk with values



Dear Swami,

Swami, this is a new path we are holding hands and walking in your foot steps. We are trying to understand and practice your teachings. We know you will be there with us every step of the way, guiding us. We offer our loving prayers to you Swami.

With Love,  
SSE, Sai Region 3

Dear Divine Children,

Loving Sairam!

With Swami's grace and all our combined efforts, we are ready to share our first regional SSE Journal with everyone. Thank you for all your wonderful submissions.

If you have any thing that inspired you , please share it with us. Please send your submissions, interest to join the team of editors to [ssejournal@sairegion3.org](mailto:ssejournal@sairegion3.org)

We hope you enjoy this edition We welcome your feedback or comments

Blissful Reading!

Love and Jai Sairam,  
SSE Journal Team.



# Children of Sai

Walk with values



Dear Divine Children,

Loving Sairam!

Did you notice a beautiful logo on the top right most corner of this page. This logo is designed for our SSE journal with the theme 'Walk with Values' by

**Aishwarya Rallabandy.**

And, these are the title suggestions we got till now from our title contest. We are considering to use one title for each issue of the journal.

- ❖ The Divine Digest
- ❖ one to One
- ❖ Life is a Game
- ❖ Soul to Source
- ❖ Yours Eternally

- Shreya Shankar,  
Charlotte, NC

- ❖ Life is a game-Play it
- ❖ Forever Sai
- ❖ Blooming of Sai Love
- ❖ Sai Universal Love
- ❖ Kids Korner
- ❖ Kids Konnection
- ❖ Children of Sai
- ❖ In His Foot Steps
- ❖ Walk for Values

- Anderson Sai Center

So Children, do you have any thing that inspired you ? You can express through any of these forms. **Art from your Heart, Poetry or a Song, Stories & Experiences, Health & Nutrition, Quiz or a Puzzle, Seva scoop, Game or an Activity.** Share it with all and inspire them too through this journal.

We are actively seeking Student Editors, and Creative Designers. Group 3 and 4 children. If you are interested please email us with your name and center details.

Please reach out to your SSE Teachers, Coordinators or SSE Journal Team if you have any questions.

Please send all your contributions (in word document only) to [ssejournal@sairegion3.org](mailto:ssejournal@sairegion3.org) and for further updates on next edition <https://sairegion3.org/sse-journal/>

Love and Jai Sairam,  
SSE Journal Team.

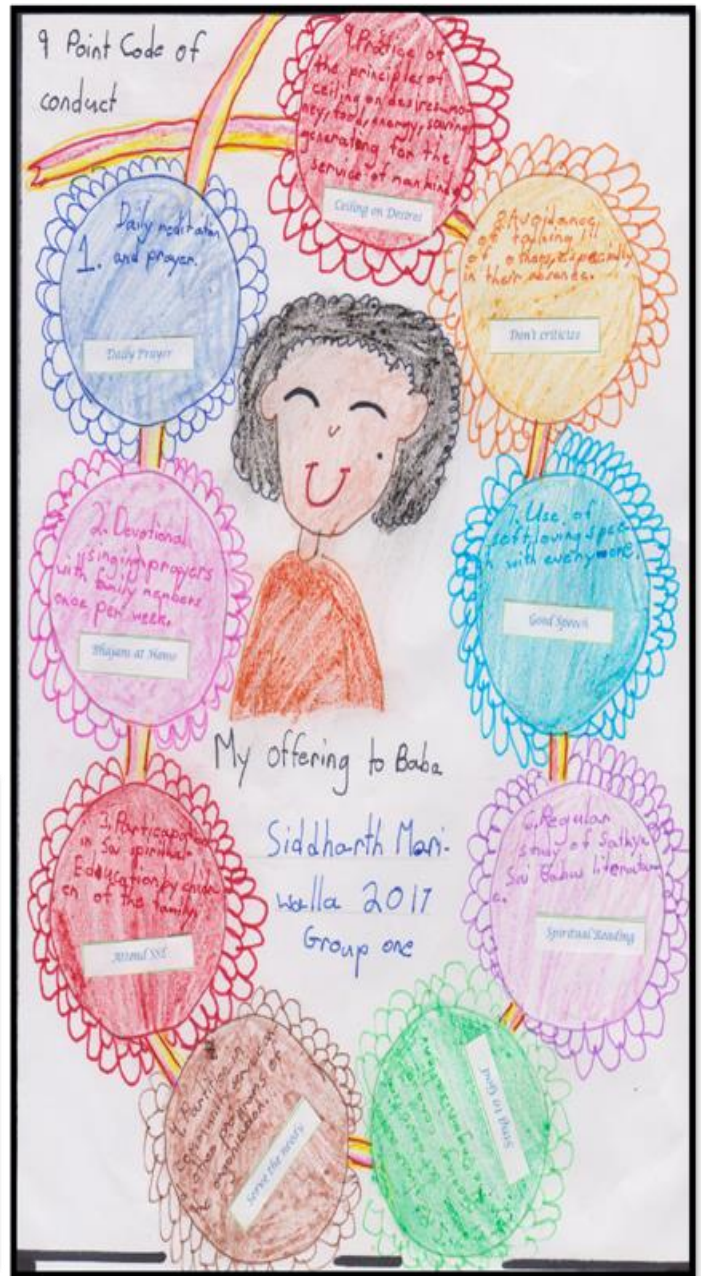
# ART WORK



- Sai Santosh



## GOD HAVE EVERYTHING



- Isha



God made everything  
 God made everything

God made trees, God made lakes  
 God made the sun and the moon  
 God made all the world

God made stars, God made birds  
 God made houses and the oceans  
 God made the wonderful world

God made mountains, God made the sky  
 God made fruits and the veggies  
 God made the lovely world

Rishabh Shankar Iyer  
 PRE-SSE

God Made everything

God Made us

God made trucks  
 God made trees  
 God made animals

God Says be nice to All

Sashvath  
 Senthil  
 PRE SSE



-Pavan Sai

# Expressions from the Heart

## Everywhere

Swami is everywhere,  
He is in your daily life,  
Your dreams at night,  
And everywhere you go.

He is in your every conversation,  
Guiding your thoughts,  
Your actions,  
And helping when you are in need of words.

He is with you during every illness,  
He is giving support,  
Cheering you up,  
And helping for a speedy recovery.

He is in your every competition,  
Whether it's sports or music or school,  
He is whispering encouragement into your mind,  
And supporting you all the way through.

He is in your every vacation,  
Making sure things go right,  
Keeping you safe from any accidents,  
And anything that happens at a moment's notice.

It's the little things,  
The award you earn,  
The quick recovery,  
The uneventful trip,  
That show Swami is in everything,  
And watching over you every day.  
*Swami is everywhere.*

*–Srividya Ramesh*



# Expressions from the Heart

## My Dear Swami

O Lord with the healing hand,  
The one with the orange robe,  
You have an aura of kindness,  
That radiates to all around,  
You make the world a better place,  
You are the reason we are here,  
You are our guide.

You have many forms,  
You are in all places, At all times,  
You help all who are in need,  
Regardless of their differences,  
You are an endless source of love,  
You are the protector of the universe.

You make the sun come up,  
You make the stars shine,  
You ensure the crop grows,  
You make the seasons come and go,  
You give us rain and shine,  
You do all this for us thrive,  
You run the universe.

Please guide me through the journey of life,  
And help me cross this vast ocean,  
By being truthful,  
Acting non-violently,  
Following the path of right conduct,  
Thinking lovingly,  
And having a peaceful mind.

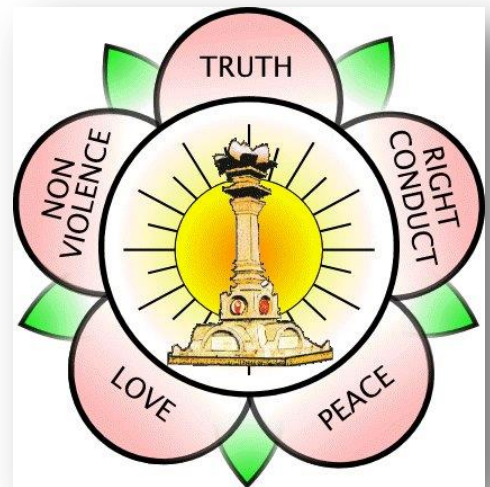
*-Adithi Radhakrishnan*

*Five values you should always follow  
Lest your life will be hollow  
Practice these five everyday  
And your life will be great in every way*

*Truth is the hardest one  
But if you lie it won't be fun  
Pass the joy of love to one and all  
Any problems in your way this will solve*

*Peace brings communities and nations together  
Hope and harmony will last forever  
Mahatma set the stage for non-violence  
There is no room for defiance*

*Five values you should always follow  
Lest your life will be hollow  
Practice these five everyday  
And your life will be great in every way*



## Sai Baba is within me

**Sai Baba is our Leader  
Sai Baba is our Guide  
In each and every  
being  
Sai Baba lives inside**

**- Sharanya Gande**

I'm offering these quotes to my beloved bhagvan.

"Money can buy you stuff from all above, but can't buy pure Love."

"If you can't find the sunshine, then do a favor and be the sunshine."

"Kindness is the key unlock ones heart."

"Wildness gives you a childish behavior, but politness gives you a wiseness behavior."

"Selfishness leads to undefined jealousy, but unselfishness leads to successfulness."

- Kanasa

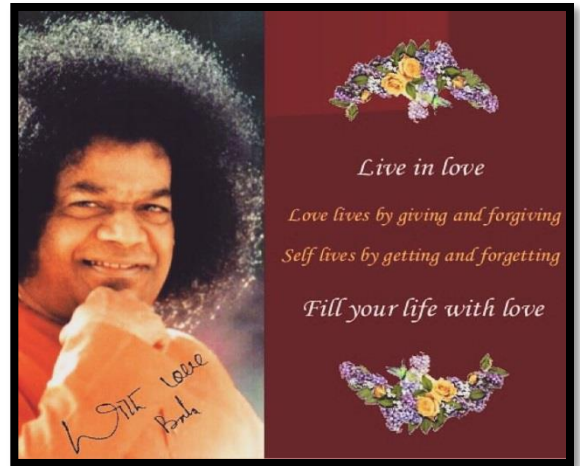
## Integrity

Integrity is the base of being  
You abuse it, and no one listens  
You practice it, and no one is  
distrustful  
You encourage it, and  
the world is one step closer to being  
pure.

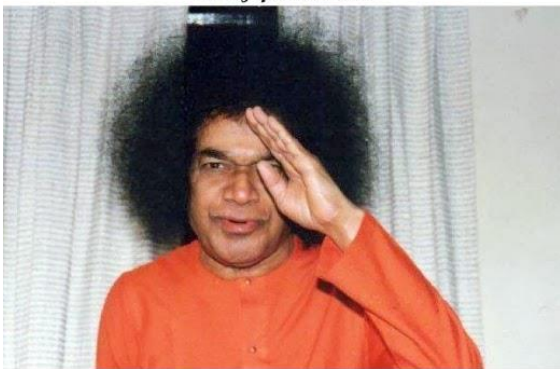
## Love All Serve All

Do you love all, and care about them,  
Do you serve all, and help everyone,  
If so, you are an aspect of perfection.

- Saipriya Gande



*Don't come crying to me, "Swami I have  
a big problem..."*



*Tell your problem," Hey problem! I have a  
big Swami. You dare?"*

## Swami by my side ...

Now that I have my license I am out on the road a lot by myself. Out in the real world can be a scary place. I sometimes find myself in situations where it's a close call. Once I was driving across a dangerous intersection and as I was going across a van came out of no where and I slammed on my brakes. It all happened so fast, it was such a close call and I know that Swami is always looking over me and protecting me. Every time I get in my car I ask for His blessings to keep me safe and to protect and guide me. God has me and I am so thankful to have Swami by my side all the time.

- Neetu, Orlando Sai Center

## **My Prayer To Baba to guide me through my Spiritual Journey in this life and beyond**

Baba, Please help me speak the Truth and not tell lies. Please help me spread  
Peace throughout the world.

Please help me Love and Serve everyone.

Please help me practice Non-Violence through out my life.

Please help me show Right Conduct at home everywhere I go.

Please make me do my Duty every day with sincerity.

Please help me use Discrimination, and help me choose right from wrong.

Please help me lead my life with Discipline, Devotion, Determination and  
Self Confidence.

Please help me have unaltered Faith in you.

Please Bless me, Guide me and Protect me in this life and after.

*-Praneil Kumar*

## **Sacrificing**

In Sai Spiritual Education class, I learnt to Sacrifice and

I am practicing Sacrifice. Here are few examples:

I got a lollipop from my math class and my brother wanted it , so I gave it to  
him.

One day my friend did'nt get her snack to the school, so I gave my banana to  
her.

I went to my friend's house and they gave me a candy. I brought it home and  
my brother wanted the candy. I sacrificed my candy to my brother.

My mom made banana bread for me and my friend.

She served it to me in a barbie bowl and my friend wanted that bowl. I  
sacrificed the bowl to my friend .

*-Ananya*

# Living Our Values Everyday

Om Sri Sairam

## Good Behavior When Alone

By Shreya Sankar - Group 3, Charlotte, NC



All parents teach their kids to lead a moral and value-based life. In order to help inculcate a strong character, parents usually reprimand their children when they are not well behaved. Kids tend to act much better when their parents, teachers, and other discipline enforcing adults are around. However, once they are with their friends, or alone, for that matter, the good behavior begins to wear off. This is the stage in which Swami's Teachings come into play. Swami has said to his students that while 'marks' are important, it is more important to not get any 'remarks'.

One tool that helps me in this venture is Swami's advice to WATCH their Words, Actions, Thoughts, Character, and Heart. Swami has made it is easy for us to remember this, by producing a simple acronym - WATCH. However, recalling the acronym is not enough. For one, we would be unable to have good behavior without Swami's Grace, so we should pray to Swami as often as possible to help us become a better person. Secondly, we must think before we act. In SSE, we learned that Swami has said to analyze each and every thought in our minds, and if it is a bad thought, to immediately throw it away. So, we should always think before we say or do anything.



According to the Law of Karma, all that happens to one is a result of their previous actions. If good thoughts and actions are performed, those same good deeds will return to one. Not only does having good behavior help one on their spiritual journey, it can also be extremely beneficial - mentally and physically. Doing the right thing will make one feel good about themselves. It is a proven fact that being virtuous will help increase a positive attitude. It can also make you feel helpful, and happier. Portraying a positive attitude and being happy increase academic performance, along with one's performance in sports and other extracurriculars.

Always having excellent behavior can be difficult at times. In spite of that, watching one's behavior carefully can result in several positive changes. One will have the ability to become aware of their character, and have the ability to change it, for their own betterment. By listening to elders and following Swami's teachings, one learns to do the right thing, thereby making the world a better place.

I also thank my SSE teachers, and my parents in helping me build a strong character. Above all, I am most grateful to Swami for entering my life.



**Love in Thought is  
Truth.  
Love in Action is  
Right Conduct.  
Love in Understanding is  
Peace.  
Love in Feeling is  
Non-violence.  
-Baba**

# Living Our Values Everyday

When I first came to group 3, the main thought I had was that group 3 was going to be boring and serious. But after some time, I realized that every single class we had was not only important, but was also interesting, and could help us significantly in becoming a better person. This is my second year in group 3, and I can say for myself that every day, we go over topics that are problems for many of our own age. Things like time management and confidence are common conflicts that teenagers go through every day. But we don't just come up with just a simple solution, and just be told to practice it. We go deep, combining it with spiritual meanings and coming up with ways of how to practice it. For example, when many kids said that they got easily distracted while doing homework and other things, we are given the task of creating logs of our activities. We didn't only note our activities, we also gave how much time we spent, our interest, and importance of each activity. This helped us realize what was making us so distracted, and it also helped us find ways to improve ourselves. The best thing about group 3 is that we choose what we discuss. At the start of each unit, our teachers ask us what we want to talk about so that way, the topic is not completely random and unrelated. That is why I want to thank all of the teachers for putting so much time and effort into each class, and helping us so much into becoming better people.

*–Kartik Nagaraj*

*All your education,  
all your positions of authority,  
all your acts of charity  
and service have little value without  
The four virtues of  
Sathya, Dharma, Prema and Shanthi  
(truth, righteousness, love and peace)*

*Swami*

# Living Our Values Everyday

## Confidence

One topic we learned in group 3 was confidence. This topic was the biggest that impacted me, because I realized I did not have much of it. You would think once a week class wouldn't really affect you but it does. My teachers Krishna Kumar uncle and Nalini aunty taught me the ways of how to become confident in yourself. We had many diverse activities to improve it, such as presenting in front of the class, forming groups and you become the group leader, and many more things. These activities drastically improved my confidence and also showed me who I really was on the inside. I never really had much confidence, as I was shaking when I was presenting something before but after learning and doing all these activities in SSE, I got much better these things. When I first entered group 3, I thought it would be very boring and we would just not do anything in class, but we have had really deep discussions about everything and really go over the things we need to improve in life: such as confidence and respect.

We even did several service activities, like making sandwiches for the people that are less fortunate than us. Another example was the dry food packets we prepared for more than 10 thousand people which was a lot of fun. I think I have become a much better person, and I know that inside. I hope the rest of this year and next year will make me an even better person than I am now. Finally, I would like to thank Krishna Kumar uncle and Nalini aunty for taking the time and effort to make us better people. Thank you and Sairam.

*-Anirudh Nagaraj*

### WHAT I LIKE ABOUT GROUP 1

In group-1, we get to read Baba's childhood stories when He was little. We get to do fun skits for Baba's birthday and Eshwaramma day. I can sing bhajans with my friends. Most of all I like to play the "Sairam Game" and be the "Sai Super Student".

### WHAT I LEARNED FROM GROUP 1

I learned some new things from group-1 that swami likes us when we do not hurt anyone. So I stopped hitting or fighting my little sister. I learned 9-point code of conduct and the guiding principles. I also learned to good deeds to help my parents at home and classmates at school. I learned new bhajans to sing.

*-Sai Saanvi Ade*



# Living Our Values Everyday

## Gaining Confidence

This year in SSE, I learnt something that I hadn't learnt before. It was all about gaining confidence. Confidence in how we feel and think; confidence in how we speak and confidence in how we conduct ourselves. The weekly discussions that we have with our group teachers and friends have really changed my viewpoint on many things. When we began discussing this topic, I could actually relate to it personally. Whenever I used to take a test or quiz, I was one of those people who would second-doubt themselves. From this I knew that I had to build up my self-esteem. Team work, meditating and praying to Swami helped me gain more confidence.

Talking and working together with my friends in class made me realize that I was not the only person who had those fears. I was beginning to become more open to trying out new things. I realized that even if something was hard, I could make it easier by practicing harder, which would give me more confidence. I could actually share my ideas and thoughts and not worry about how people would judge me as a person. Praying and meditation helped me stay focused and calm. This helped me in school, SSE class and also my day to day activities. Confidence has helped me evolve as a person.

*-Harini Sivaraman*

## What does SSE help me as a person

SSE has done a lot of things for me it has shaped me to be a very good swami student at home at school and at ex. SSE has helped me become a better son to my parents and a better brother to my sister because I never waste food or time and always answer when I am called. And example was that when one of my parents friends came over and I don't particularly like the kid my mom called me to come down I could have pretended not to hear and my parents would have just kept talking to the parents but I just walked down stairs and tried to start a conversation. At school I am a better student because I don't talk as much as I used to and I pay attention more and an example is that when I was at school all my friends were talking in class together when they should have been doing there work I could have joined them as would I have liked but instead I did my work and didn't get in trouble and those were a few reasons how SSE has changed me.

*-Eshwar*

# Living Our Values Everyday

It all started one day in SSE when my SSE teacher, Vanitha Aunty said, "Remember, your Sai Samarpan Articles are due next week!" What! NEXT WEEK? I'd better get working after dinner tonight. On the way home, I planned on finishing my article tonight so that I will have lots of time to play outside. Wait a second...I had a *whole* week ahead of me, so why should I type my article now? The next day was Monday and spring break had started. It was the first day of vacation; hmm...I didn't want to do any work! I had fun the whole day. Monday passed and then Tuesday came. Tuesday, I went shopping with my dad and my two older sisters for the whole day. That day I was in no mood to write. On Wednesday I had gone to my friend who also comes to the Sai Center's house. My dad had told me, "If you get enough time, do your Sai Samarpan Article there." "Ok" I had said. When I got to my friend's house, his mom said "After lunch tomorrow, do you guys want to do your Sai Samarpan Articles?" "Yeah...sure" we had both said. The next day after lunch my friend's mom had reminded us to write our articles but we never got to it. Wednesday had passed and Thursday came. I still had forgotten about my Article and wasted my time the whole day. On Friday, everyone in our family had pitched in and we all got to work cleaning the house. The next day, my family and I had gone to a concert. Uh-Oh! It was the worst day of all, SUNDAY - the last day of vacation and the last day to turn in my Sai Samarpan Article!!! After my breakfast, my mom said, "You've got to get working on your article, Srinath! What are you thinking? I am upset at how you have spent your time this week; do you think Swami will be happy?" I quickly ran to the computer and got to work. I had asked my sisters and my mom what I should write but they had no clue. Finally my mom said "Hey, why don't you write about writing your Sai Samarpan Article?" "Ok" I said. Before I wrote this I thanked Swami for giving my mom this idea. And here I am, I'm done with my article! **I learnt a good lesson that I should not postpone doing my work**

*-Srinath Jayaraman*

Sai centers are incredible communities. When my family moved here, people in the center were the first to help with everything, even though we were strangers and had come to bhajans for the first time. If you go out and someone says 'Sairam', you immediately think of them as friends. The bonding power of Sai centers are amazing. I didn't always have the most organized of SSE classes (my "Group 1" was just sitting in a room and drawing Baba pictures), but the devotees I grew up around taught me priceless lessons. I thank Swami for letting me be a part of this organization. No matter where I go in the future, I am happy to know that my Sai family will always be there for me.

*-Raga Dasana*

# Living Our Values Everyday

## Focusing and Organizing My Time

While I have been with group 3 this year we have learned a lot about time management and how to be more managed at school and at home, how to conserve time and to use it for more important things. While we were learning about time management, we were asked if we would create a timetable of sorts to help use stay organized and on top of all of our work and record all the other activities that we would do on a daily basis. When they asked me to make a timetable, I discovered how more organized and efficient by using a timetable to mark all of my events so I could keep better track of all of my work, but I also how much I actually don't work and how much time I am wasting. "Time waste is Life waste" Swami said. I had used this teaching to motivate me to work harder and use my time more efficiently. Even though timetable had helped me work harder, they also helped use all the time I was wasting for better things like helping my parents or studying on tests. Group 3 SSE helped me by showing me how to make a timetable to organize all the work that I have to complete and all the time that I should spend on certain activities. Now, I create my own timetable to help me finish my work on a day to day basis. I was never very good at being organized and coordinated like with a timetable. I had tried something like this before, but SSE had helped me do better at school because now I am much better at finishing work on time by including everything that I do. When I discovered how much time I was really wasting I started fixing it immediately. I believe that by using a timetable or just being more responsible about how you work, it will help you use your life more efficiently. Not just a timetable. You should use whatever helps you to be more organized. **"You cannot recycle used time" - Taichii Ohno.** This timetable method and all of the other teachings at group 3 have helped with many things from being more organized to finding time in the day where I thought there wasn't any. The point that I think Group 3 was trying to tell us was that you should not be wasting your time and you should be using it more efficiently and have more sense about time management. You should use time better and for better things.

*-Neeradh Surapureddi*

In Balavikas, we talk about respecting your parents. I feel this is important in our lives because it is what Swami wants us to do. No matter the situation, Swami turned to his parents, and then, thinks for himself. Swami is always with us. Whenever I write a test, or say prayers before eating, I call Swami. We also learned about time management. Time Management is important and helps you in your daily routine. We learned many methods of time management: To split the day into hours, make a time chart and to time ourselves. It has helped me in my school life, and has freed up my day to learn and take part in other activities.

*-Smrithi Murali*

## The Power of Prayers

This year one of my favorite topics in S.S.E. was “power of prayers”. It made me realize how important chanting prayers are. We talked about the good things that can happen after you're done chanting.. When we were doing the 108 Gayatri in class, I felt really calm, and peaceful, after chanting. And whenever something bad was happening or somebody got hurt, I chanted the Gayatri, and everything turned out to be fine. Whenever I felt either mad or sad I chanted the Gayatri and something great happened. When I felt like I wanted to connect with God in a different way other than talking to Him, I chanted prayers. We heard stories about how the Gayatri is the most powerful prayer and how anybody can use it anywhere and at anytime. That is why it is a universal prayer. One scientist, Dr. Howard Steingeril tested out the Gayatri mantra, and it was proved to be the most powerful prayer. When we say the Gayatri, Swami hears us and our problems, and He fixes them. The Gayatri mantra has twenty-four syllables. The meaning and the pronunciation of the Gayatri are very important, the more meaningfully you say it, the faster Swami will help you.

### Gayathri Manthra

**Om bhūr bhuvah svaḥ, tát savitúr váreṇyaṃ,  
bhárgo devásya dhīmahi, dhíyo yó naḥ pracodáyāt**



### The Meaning of the Mantra

"Oh God, the Protector, the basis of all life, Who is self-existent, Who is free from all pains and Whose contact frees the soul from all troubles, Who pervades the Universe and sustains all, the Creator and Energizer of the whole Universe, the Giver of happiness, Who is worthy of acceptance, the most excellent, Who is Pure and the Purifier of all, let us embrace that very God, so that He may direct our mental faculties in the right direction."

*-Samhitha Sridhar*

### *Chanting Gayatri mantra helped me to fight with my emotions.*

This year in SSE group 2, my favorite topic was Control over Emotions. In that unit my teachers taught me a few helpful ways to control my anger, sadness, and my fear. Anger was something that I worked on with the strategies my teachers gave. One of the strategies was to count to five and take deep breaths. That strategy was the one I used most when I was angry. One strategy for controlling my fear was chanting the Gayatri Mantra made me feel better whenever I was scared. One way to control sadness is that I should just pray to Swami to help me return to my happy state. All of us know that just even thinking about Swami make us happy and pure.

*-Pranav Dasana*

# Living Our Values Everyday

## The Power Of Prayers

As we learned this year, prayers are very powerful things. They can help in the toughest situations, chanting a prayer could save your life, as shown in our play, when Prahlada is bit by serpents, lit with fire, trampled by elephants, and pierced with spears, but he keeps on chanting prayers and therefore at the end none of these things affected him, he didn't even have a scar on his body. From our play, we can learn that by chanting a prayer, god will always respond by helping you no matter the situation. Sometimes, when you chant a prayer, god won't help directly and immediately he might help in some way a few days after. So, when in a tough situation, by chanting a prayer you will find a way to get out of the tough situation.

-Sued G

Pranams at the lotus feet of Satya Sai Baba. This was my first year attending Group 3 and it has been a great experience thus far. One of the key things, I could see me graduating from group 2 to group 3, was that we had a lot of brain storming and more group activities as well as experiments.

We started the first semester by learning about the good, bad, and God buckets. This was followed by a lot of group discussions and a lot of life applications. We also learned about energy, internal and external and how to conserve it. WATCH was acronym which had a whole new meaning- watch your words, watch your actions, watch your thoughts, watch your character, and watch your heart. We also learnt about how to manage your time better and efficiently. We also learnt how to be a role model- physical fitness, mental alertness, emotional balance, intellectually sharp, and spiritual elevation. We learnt to identify strengths and weaknesses of ourselves and our peers. We learnt the difference between educate and education. In one such class, Nalini Ma'am also invited wonderful guest speakers. Ms. Payal Nanjiani's presentation of "The Journey to Unstoppable Success" was very insightful where she taught us how to finish strong and how to believe in oneself. We also had Meenakshi Akka come and talk to us about time management and how to organize ourselves. It was very interesting to learn how to be fit and eat natural food.

I have been continuously listening, learning, and absorbing since the beginning of the year. I have also made an earnest attempt to overcome my flaws. I can say that I am managing my time better, showing a lot more respect toward my parents, I am watching my words, my actions, my thoughts, my character, and my heart. I have more positive thoughts every day and even when one negative thought comes to my mind, I pause myself and direct it toward positive thoughts. I also try to meditate, say my Rama Swarna and exercise ten minutes before going to school, which I hope to make regular. SSE has taught us to have a positive mind and soul. I know the journey is long, and I shall persevere to becoming a better person.

Finally, I would like to thank my gurus- Nalini Ma'am and Krishna Kumar Uncle for their love, support, and their dedication. They have helped me grow and become a better person. I am very grateful. Sai Ram

-Diya Ganesh



# Living Our Values Everyday

## Power of Prayers

Our most recent topic in SSE this year is "Power of Prayers". We talked about how Prahalad did not get hurt when Hiranyakashupu tried to kill him. One of my experiences was on the way to school. On Tuesdays, I usually have a club in the morning. And because of traffic, there is a good chance I would not make it to my club in time. On the last day of clubs, we got stuck in traffic and I did not think we would make it in time. I asked my mom, if we could play bhajan antakshari. We played until we got to my school and I made it to my morning club.

Another experience was on the way to a birthday party. My stomach was hurting. I started reciting the Gayatri Mantra. By the time we got to the party, my stomach stopped hurting. In SSE, I found out that a scientist tested powerful prayers around the world. He found out that Gayatri Mantra was the most powerful sloka in the world.

Sairam.

**Shivani Gadepalli**

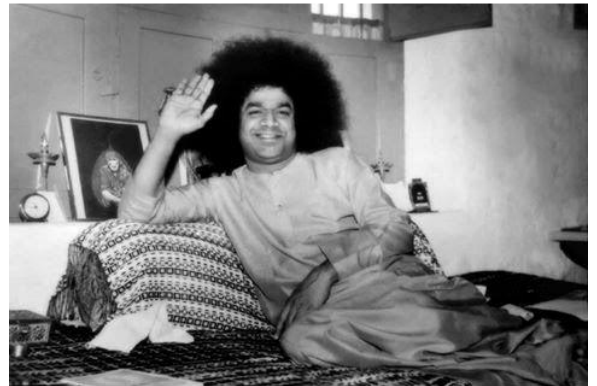
## The Connection Of All Values

If you practice one value it will lead to other values. If we practice the value of love by helping and caring for everyone then it will lead to the value of peace. So by practicing one value it will lead to practicing another value. By practicing peace like not fighting and solving problems by working it out leads to nonviolence. We practice nonviolence by not hitting, kicking or pushing which leads to right conduct. We practice right conduct by following the rules which leads to truth.

We practice truth by not telling lies and being truthful to each other which lead to love. We can start practicing from any value not only love which leads to another value. So this is a chain reaction among all values.

*-Sajith Gogineni*

*I know that it is difficult  
to make choices and take decisions.  
Here is a way out...*



*Just ensure that your intentions are  
good and pure. My blessings will  
take care of the rest...*

# Living Our Values Everyday

## Faith in God

Over the course of the years in SSE, I've always struggled with one concept. Everything else wasn't too hard. I could easily put it into practice. Having faith in Swami has proved to be difficult. Every time I prayed, it seemed like there was no outcome- or nothing significant enough that I could count as an act of god. Nalini aunty then assigned a life application to ask Swami to do everything with you. So for example, "Swami, come eat with me." Or, "Swami, come to school with me." At first, I would constantly forget, but then I got the hang of it, and for everything I would tell him to do it with me. Throughout the first week, I didn't notice that Swami had helped me in any way. Maybe I wasn't praying sincerely enough. The second week, I tried harder, and I observed a few situations in which Swami guided me. The first instance happened after coming home late in the night after a class.

Usually at night, I'm not in the mood for eating, and if I have to eat, then I want something light. I asked my mom if I could have something small. My mother refused, reasoning with me, since I had not eaten anything since lunch. Normally, I would've been upset by the refusal and stubbornly refused to eat whatever she was offering me. Instead, I asked Swami to speak through me. In the end, my mother and I made a compromise so that both of us would be happy. If I hadn't asked Swami to help me, I would've definitely yelled, spreading negative vibrations and making everyone around me upset.

The second time, I was at home helping my dad outside. There were quite a few weeds in the yard and each weed would just break at the leaves, and wouldn't come out with the roots. If you don't pull the weeds with the roots, the weed will remain there and grow back. These weeds were especially tough, and my patience was wearing thin. I wanted to just get rid of the weeds and be done and move on. Then I remembered Swami. I asked him to give me patience and to help me get the weeds out quickly. Ten minutes later, I was done. I would've probably just given up and not pulled the weeds out. By asking Swami I was granted the patience needed to complete the task correctly.

Asking Swami to help you and guide you has proved to be very helpful. Now, I'm certain that he is there and is with us, looking over us, doing everything with us. At first, I was uncertain that this life application was going to help me, but now, I have faith in Swami. I will continue to put this application into practice. I think that anyone who is struggling with same issue of not trusting Swami to be there should do this exercise. It shows you that Swami is helping you through everyday tasks as well as larger situation in which you have no control. Sairam.

*-Bhairavi Jayaraman*

## Confidence

*Confidence: a feeling of self-assurance arising from one's appreciation of one's own abilities or qualities.*

One of the topics we learned in Balavikas class this year is Confidence. When you are confident, you feel like you are ready or you know you can do something. This feeling can affect your abilities to do something positively and negatively. For example you can feel confident that you can beat the other team in a basketball game, you might be able to play better in the game. On the other hand, if you don't feel confident that you will eat the other team, you might not play your normal game and not play as good. Different things can make you feel more confident towards something. These factors can be put into 2 categories; physical, and mental. An example for a physical factor is your attire or what clothes you are wearing. Let's say you are performing at your piano recital. If you wear formal clothes, you might feel a little more confident that you will play well. On the other hand, if you wear normal mall going or sport playing clothes, you won't feel as confident in your abilities. An example of a mental factor is your knowledge of the subject. Let's say you are back in the basketball game, and you studied the rules and practiced against your friends a lot, you feel confident in your abilities and knowledge of the sport, so you would do better. On the other hand, if you didn't play at all and you barely know the rules, you will be less confident and won't play as good. There are many other factors such as familiarity of your surroundings (knowledge of the basketball court), being organized and emotionally stable, and knowing your target audience. This has affected me in my life in many ways. One day, I learned that I was participating in a math competition that would be in a couple weeks. I wanted to do well, so I started to study a lot and get ready for the competition. At the competition, I was confident since I studied a lot and I felt ready. In the end, I felt that I did well so I came home happy that day. Confidence can affect a person's life in a positive way and a negative way, but it can be difficult to live without it.

*–Pranav KrishnaKumar*

My teachers taught me Sathya Sai Baba's teachings. Some people follow Sathya Sai Baba's teachings. His followers have learnt a lot from him. I follow the values peace, love, non-violence, truth and right conduct. Each month, we learnt a different value. I understand the value by understanding the story we read. I learned a lot from Sathya Sai Baba. Listening to his story makes me do good things. My teachers taught me Sathya Sai Baba's teachings. Some people follow Sathya Sai Baba's teachings. His followers have learnt a lot from him. I follow the values peace, love, non-violence, truth and right conduct. Each month, we learnt a different value. I understand the value by understanding the story we read. I learned a lot from Sathya Sai Baba. Listening to his story makes me do good things.

*–Adithya*



# Living Our Values Everyday

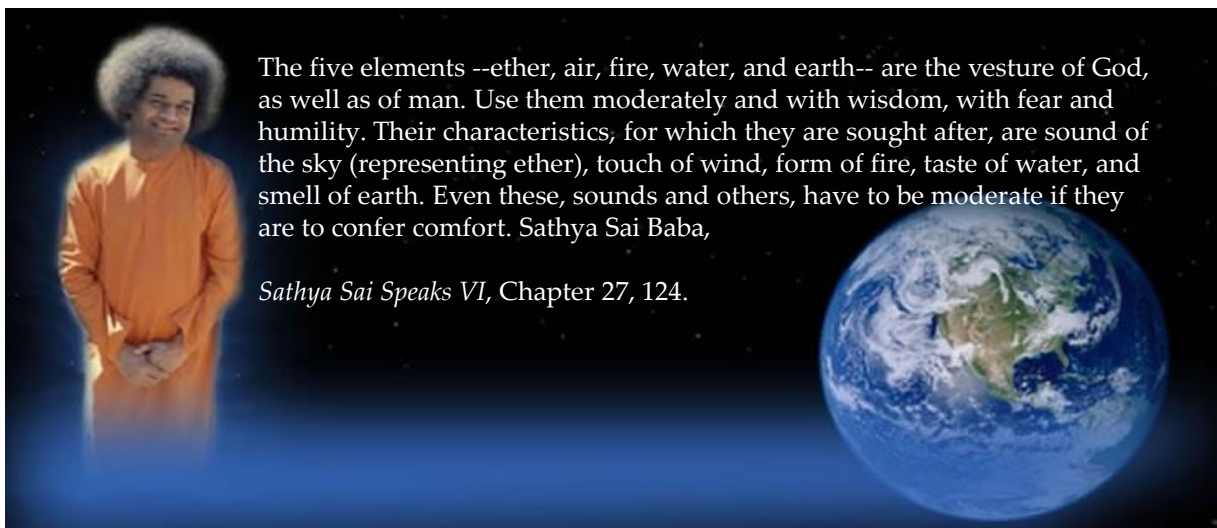
## Our Magnificent Planet - Let Us Preserve It

Sai Ram, I am on my Spring Break. I look out from the view of the hotel balcony and realize how beautiful the world is! The beautiful palm trees are huge and magnificent; the beautiful tropical flowers have a great fragrance. I look at the Pacific Ocean and see the ocean waves going back and forth. I cannot take my eyes off of the waves. I look at the Plumeria flower that is adorning my hair; I am just so happy and relaxed in this beautiful world we live in. Who is the artist of this beautiful painting? God of course is the Creator of our incredible universe! Then I realized something; we destroy this wonderful world we live in everyday in so many different ways. God has created this amazing world, and what do we constantly do to it? We pollute it, treat it as waste and garbage, and by doing that, we destroy our beautiful Planet.

How can we restore our Earth to its original beauty? We can all start by cleaning up, and by doing so, we can make this World beautiful again. We can start with the 3 R's - by reducing, reusing, and recycling. We can do simple things, like a community

park cleanup and by just cleaning or removing one piece of trash each and every day. With that, we can all help, save and appreciate the World we all live in. Let us all resolve to plant at least two plants or trees each year, decrease the amount of plastic we use, stop littering garbage, and conserving our natural resources. Let us change and preserve this Earth - as God made it and meant to keep it.

*-Kavya Sai Raman*



The five elements --ether, air, fire, water, and earth-- are the vesture of God, as well as of man. Use them moderately and with wisdom, with fear and humility. Their characteristics, for which they are sought after, are sound of the sky (representing ether), touch of wind, form of fire, taste of water, and smell of earth. Even these, sounds and others, have to be moderate if they are to confer comfort. Sathya Sai Baba,

*Sathya Sai Speaks VI, Chapter 27, 124.*

## HOW SSE IS HELPING ME IN LIFE

I am offering this article to the divine lotus feet of Bhagawan Sri Sathya Sai Baba. I attend SSE at HSNC (Hindu Society of North Carolina) in Morrisville, North Carolina. I am in group 2 in the Raleigh Sai Center. There are 22 students in my SSE class. My teachers are Mrs. Hita, Mrs. Jalaja and Mrs. Aditi. My main topic is why SSE is important. We will start the article with that.

### THE PERSONAL LEVEL

At the personal level, SSE has promoted me to a new stage in my life. I learned to do prayers a young age. I still do prayers in the morning, before I go to sleep at night, and when I take a shower. Also, I chant Gayathri mantra at these times. It helps to keep me calm and focused. When I was taking a science test (I studied for it; if I prayed to Swami without studying, he would not help) I prayed to Swami. I got a 100% on it.

### THE FAMILY LEVEL

At the family level, SSE has made me go closer to Swami in many ways. For example, my family does bhajan every Thursday from the time we moved to the new house. When we did our first bhajan something was missing! It was my tabla (the Indian drums) and my brother's guitar. Slowly, we added instruments and the bhajan 'brightened' up! SSE taught us to participate in bhajans and it is fun! Another example is when my brother fell in a store and his head was bleeding! My family prayed for my brother and someone walked up to us and said that she was a 1st grade teacher and knew a first-aid protocol. She helped my brother, that was the power of prayers and are teachers taught that. My final example is that I chant the Gayathri mantra every day; at least twice a day. I chant it three times in the night, three times in the morning and one time when I take a bath/shower. The Gayathri mantra has helped me so much! I can connect with god so well and he connects back.

### THE SOCIETY / COMMUNITY LEVEL

At the community level, SSE has taught me empathy. Empathy basically means "to put yourself in others shoes". I am respectful to people and stand up to bullies in school and other places. SSE also taught us that we should do seva for people. For example, my family does sandwich seva and we also often try to go early to help the assembly people with their errands so they do not have that many. We also went for the 'stop hunger now'. We helped many people in need. In school, I help my teacher and friends. SSE has taught us that. I help my teacher by listening to her! I also help my friends by helping them up when they fall.

### UNIVERSAL LEVEL

At the universal level, there are important things. The first thing is that I pray whenever an emergency vehicle passes by or when I hear it. SSE taught us this, it can save somebody's life. The second thing is the prayer we chant every Sunday. It is: **Samasta Loka Sukino Bhavantu**. It means: in all worlds all the beings should be happy. SSE has taught us many things. We could not have done it without our teachers. This is why we have teachers, to lead us to god. I am thankful to Baba for helping me be in SSE.

SAIRAM  
-Krishna Mariwalla

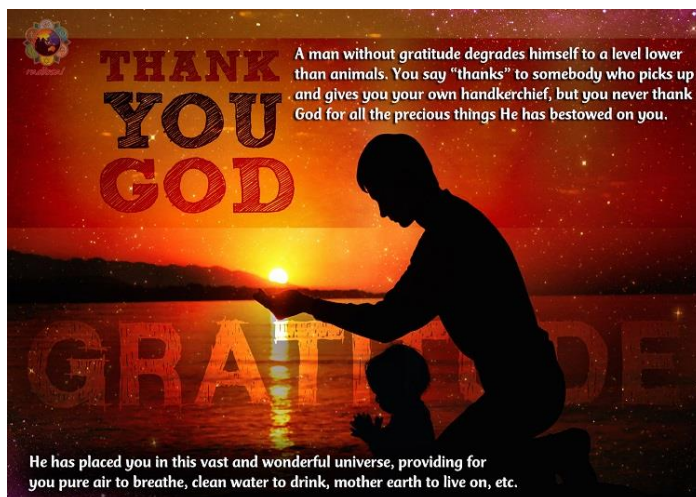
## My experience in Balvikas

My name is Adithya Chakka and I am in Group 2. When some people first join Balvikas they ask what it is. Balvikas is a place where you learn the five values and how to practice them. My experiences in Balvikas are very amazing. I have learnt a lot and will still learn more. We have a lot of activities that we do in Balvikas like plays, stories, and other games. Overall Balvikas has been a very good experience for me. Thank you for reading.

Once upon a time, there was a small village, in the state of Andhra Pradesh. There was only a limited amount of food that grows in that village. There had been no enough food to feed everyone in the village for a long time. There was a man in a tiny hut who had a tiny little garden to grow about 10 pieces of corn. He lived with his wife and 3 kids. He didn't have enough corn to feed all of his family. So one day, in his dream, Lord Vishnu said that everyone needs to pray, in order to increase the amount of food in that village. When he woke up, he thought that actually everyone doesn't pray. That should be the first thing they should have done. After some days, the man himself forgot his dream. After a few years, it was and the village had no food to eat. All of their crops died and got dried because of the peak sunshine. Everyone was starving to death. Then suddenly this man remembered his dream. He made an announcement to the village that everyone should start praying to God, requesting to give the precious, fertile land back to that village. So everyone, with full devotion and concentration prayed to God for 2 days. Then suddenly, it started raining and thundering. The folks of the village were very happy that God had blessed them with all the water they need and now they believed that god actually was there to help them. After that, all of the folks, before they ate, they placed their food at God's feet and did prayers for god to eat first, and they ate the food that had been blessed by God. And after that it rained throughout the year, even though it was summer. They were blessed by God for all that prayer they did. Jai Sairam!

**MORAL: Thank you God for He is the giver .**

**-Sreya SureshGopal**



# Living Our Values Everyday

What I learned in SSE is how to manage my time and to be responsible/wise on what I do. Also, learned to handle situations quicker and be prepared for them. Another Thing I learned is to not procrastinate any work that I have and always do that first and then do extra curricular activities. So, to manage that you can keep a schedule and you follow that schedule every day to see how you use your time and how much you spend on one thing. Another thing I learned about is to be respectable to your parents, not to ignore them, and to help them out with chores around the house. We also learned how to make goals for yourself each and every day and to achieve them.

How I changed as a person from going to SSE class is I've become more responsible and to not procrastinate, It made my life easier and better. I also help my mom with chores around the house. I used to not really help with chores that much but now I know how much work my mom does every single day for me. I also have been more focused and use my time wisely.

In conclusion, this is what I have learned in SSE and how this class changed me into a better person.

- Deekshita Rajendran

Unfortunately, this is my last year as a Balivikas student. Even though it is very sad that my SSE education is coming to an end, my connection with Swami will always stay. Just like any class at school, even though the education is over I still have one more test which is applying what I have learned in the real world. After four years of attending Balivikas I can confidently say that I have learned so much deep values that cannot be taught by oneself but by the help of my SSE Teachers and Swami's Grace. I honestly do not know where I would be without Balivikas. This year was also one of my most important years in Balivikas because we learned about many real-world scenarios such as Time Management, dealing with procrastination, and good bucket vs Bad bucket. By learning these value's I'm able to apply them in my daily life and become a dedicated and more organized high school student. I'm sure all these years in Balivikas will make me a better individual in the future.

-Ashwin Srikanth

## The Two Wolves

Sairam, my name is Anjana I am a group 2 student in Balavikas. I enjoy going to SSE. It is very fun and entertaining and I learn a lot from it. One of the things we learned was the good wolf and the bad wolf. The notion of good wolf and bad wolf is that the good wolf is when you are happy and you say positive things. The bad wolf is when you are mean, unhappy and you say negative things. This is similar to the story about Prahalad. Prahalad is very positive and chants the name of Narayana. His father however thinks that he is God and the ruler of all three worlds. One of Swami's quotes is " When you feel you cannot do good, at least desist from doing evil". I think this saying is just right for this topic if you are in the mood of being negative and you feel like yelling then take a deep breath. Then you should count 5 4 3 2 1. This is one trick that my SSE teachers taught my us to do when we are mad. This way we don't end up yelling at the person or even hurting their feelings when we are mad.

**Be Simple**

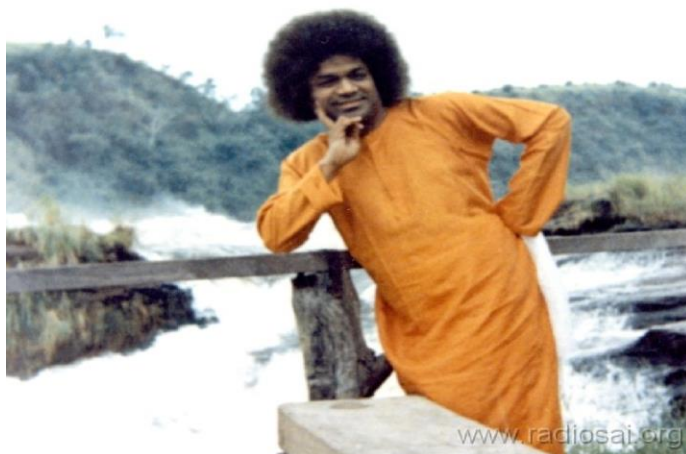
**Be Sincere**

**Be Sweet -Baba**

*-Anjana Krishnan*

*Why are the eyes given to you?  
Is it to look here and there? No.  
The eyes are meant to see the  
beautiful form of the  
Lord.*

*Why are the ears given to you?  
Is it to listen to vain gossip? No.  
The ears are meant to hear the  
glories of the Lord.*



[www.radiosai.org](http://www.radiosai.org)

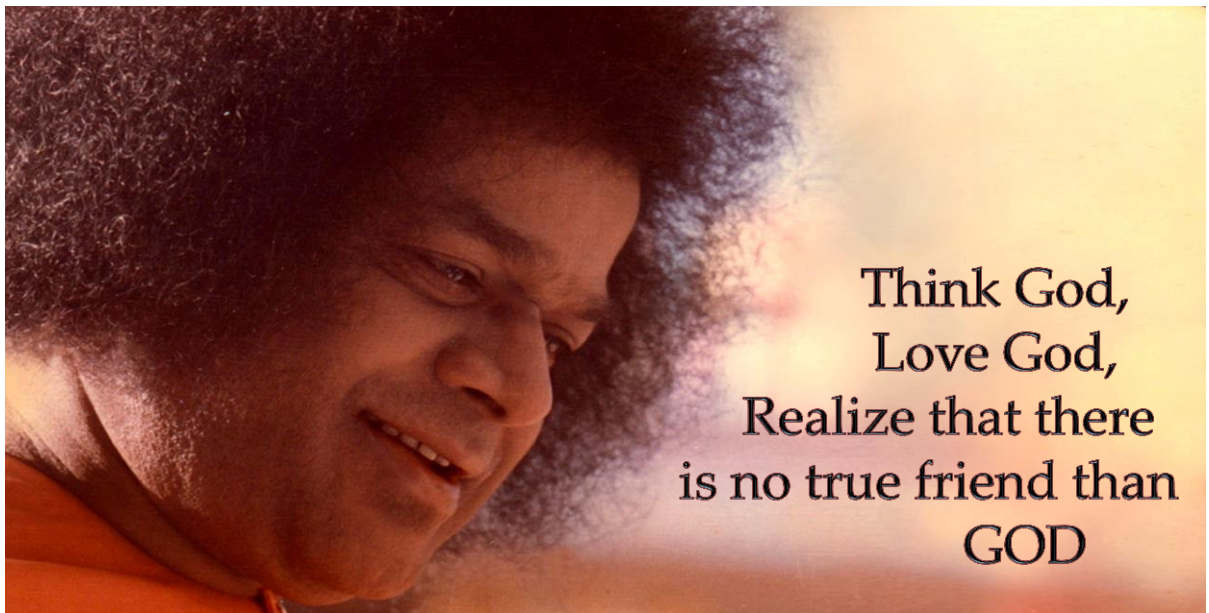
# Living Our Values Everyday

## My Connection to God

As a group 2 devotee of Sathya Sai Baba His presence has made me the person I am today. The love and compassion of Him changed me and I would like to thank him for everything He does in my daily life. Baba's daily teaching has made me one step closer to success. I would like to tell you the stories of me and Baba and our true connection. This connection is so powerful that it seems if He is there in person. He is a true friend that is always by my side.

Baba is someone that is always there when I need help with a test at school or when someone might be bullying me. He calms me down and instead of thinking it in a negative way He makes me think it in a positive way. At the end of each day Baba has taught me a very important lesson that will always stay in my heart. Sometimes He would tell me to put a ceiling on desires and know His teachings have taught me what this really means. He taught me that ceiling on desires meant that there are people in more than half of the world that are not as blessed as me and they do not have all the things I have. So I should be so thankful that I have all these things. Baba is a loving, caring person and He is in my inner voice telling me the right things and slowly forming me. I am so happy that He is in me and is teaching me all of these great values that I worship. I always know that I will keep all of these things in practice.

*-Shreya Bansal*



# Life is a game, play it !

## Sai quotes

Love is\_\_\_\_\_, live in love.

Hands in the\_\_\_\_, heads in the forest.

Hero becomes\_\_\_if he forgets God.

See no\_\_\_\_\_, see what is good.

\_\_\_\_\_is worship.

There is only one religion, the religion of\_\_\_\_\_.

All are one, be\_\_\_ to everyone.

You cannot always\_\_\_\_\_, but you can speak always obligingly.

Love lives by\_\_\_and forgiving.

The law of nature is\_\_\_\_\_.

## Word bank :

God, love, study, oblige, evil, society, alike, zero, work, giving

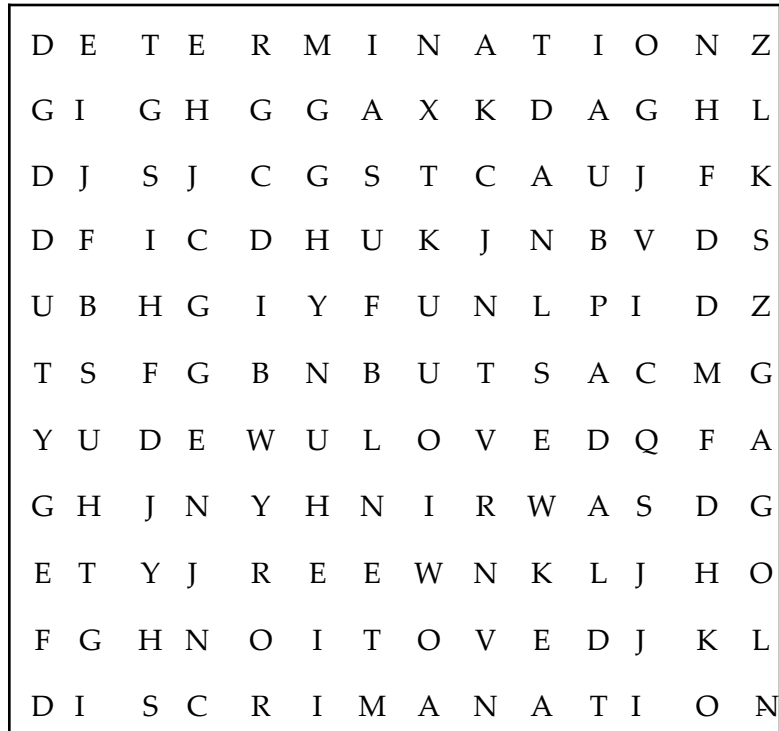
*-Ankitaa*

Answer key:

1. God 2. Society 3. Zero 4. Evil 5. Work  
6. Love 7. Alike 8. Oblige 9. Giving 10. Study

# Life is a game, play it!

In SSE Group1 I have learnt a lot of things. One of them is the 5D's. They are **duty, discipline, devotion, discrimination and determination**. Can you find all of the 5D's in my word search?



- Adit

Hi my name is samhitha and I am in group one. We are learning about the Five values. So I wanted to make you a word search!

Love. Peace. Truth. sse. Kind. God

HjLpeace hkgfu  
Huossehgflfkm  
Govruthkgodkm  
Djeklndfjklntkr

-Samhitha

I hope you liked my word search!



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

SEARCH THESE WORDS

1 LOVE

2 EMPATHY

3 PEACE

4 GOD

5 SAI BABA

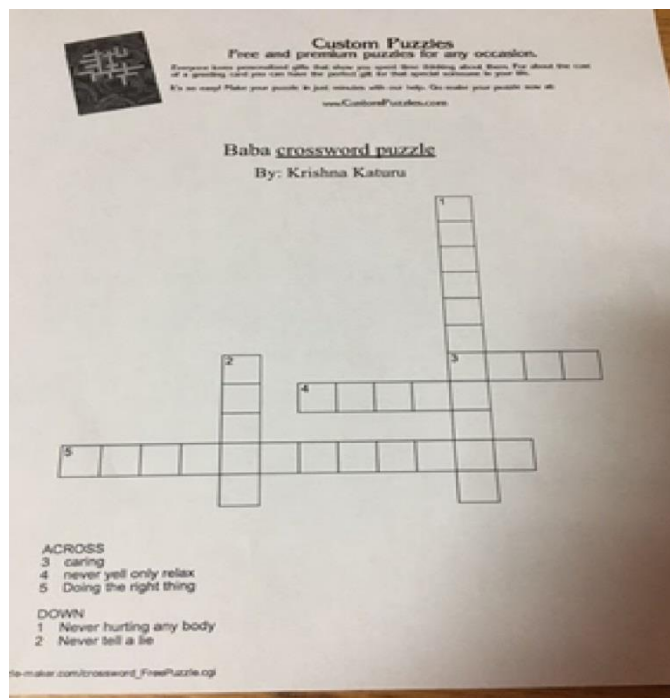
6 HURT NEVER

7 HELP EVER

8 BRAVERY

9 POWER OF PRAYERS

-Ashvik Peddapalli



-Krishnan Katuru

## Spiritual Education

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

DUTY	TRUTH
DHARMA	FAITH
DEVOTION	PEACE
DISCRIMINATION	NONVIOLENCE
DISCIPLINE	RIGHTACTION
DETERMINATION	
LOVE	
GREED	
EGO	
DESIRE	
OMNIPRESENT	
OBEY	
CHARACTER	
REALIZE	
GOD	

- Prateek Sai Kumar

**Find the hidden human values in the below sentence**

1. Baba is the Supreme Almighty.
2. One should have sacred thoughts to refine your actions.
3. All we have to improve is to reduce our anger.
4. One should use money and time wisely.
5. Do not harm anyone or anything for everyone is God.

Answers:

1.prem 2.sathya 3.ahimsa  
 4.shanti 5. dharma

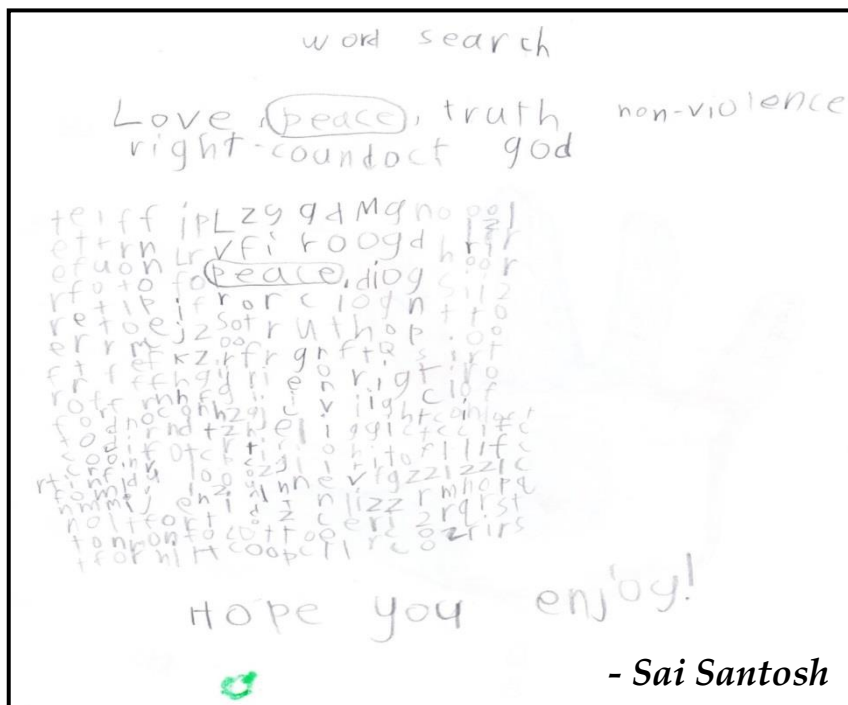
-Vishu Venkatesh

Sai Ram, my name is Siri. I am in group 1. These are some of the values that I have learned in group 1. I have put them in my word search. Try to find them, if you can. ENJOY MY WORD SEARCH!

-Siri Rahaman

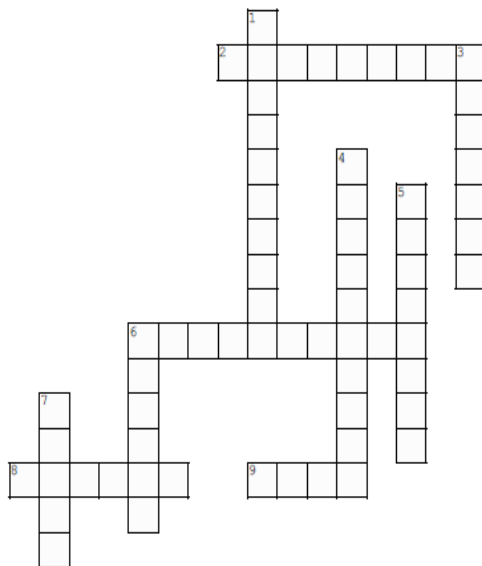
E	C	N	E	L	O	I	V	N	O	N	E	B	H	B
X	Q	Q	N	X	M	U	K	R	J	C	R	V	T	J
P	M	I	T	G	E	E	L	P	A	I	E	L	U	E
X	V	A	D	J	W	T	M	E	G	Y	U	H	R	U
S	L	M	B	R	K	N	P	H	I	B	H	Z	T	Y
A	J	G	P	Q	U	H	T	U	L	N	D	T	Q	C
D	L	J	S	Z	R	C	T	Y	F	G	G	V	A	N
R	F	O	S	Y	O	R	T	L	U	Z	O	K	G	S
Z	S	L	V	N	R	I	D	K	Q	D	R	S	W	C
F	J	Q	D	E	D	H	V	I	X	M	S	H	H	W
I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

Love , Peace , Truth ,Non-violence , Right-conduct, Sathya, Prema



# Sai Samarpan

By: Deepa Ramesh



Created with TheTeachersCorner.net [Crossword Puzzle Generator](http://www.theteacherscorner.net)

## Across

2. Making a point, but being nice about it
6. Showing sympathy for others
8. Everything that comes from Swami
9. Showing affection for somebody

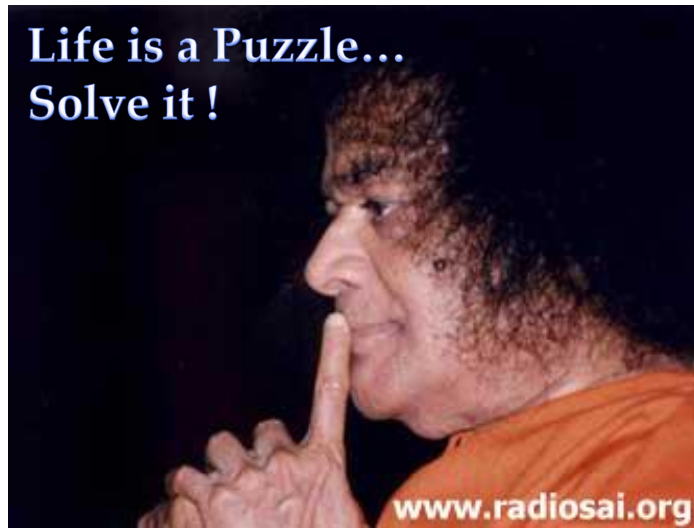
## Down

1. Swami's mother
3. Putting yourself in others shoes
4. Being thankful for something
5. Being caring and being friendly to one another
6. Displaying kindness and concern for others
7. Believing in Swami

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

1. Meditation
2. Prayer
3. Devotion
4. Sai
5. Ceiling on Desires
6. SSE
7. Service
8. Soft speech
9. Sathya

**Life is a Puzzle...  
Solve it !**



## **Sai Scrambler**

**Unscramble the sentences below:**

1. you, around is in you you, behind you, you, beside God above

\_\_\_\_\_

2. character should build Education

\_\_\_\_\_

3. the all that needs is strength Patience man

\_\_\_\_\_

4. comes and comes goes; Money grows and morality

\_\_\_\_\_

5. Be sincere simple and

\_\_\_\_\_

6. you as close so GOD, GOD are you As to is to close

\_\_\_\_\_

7. reward no LOVE own LOVE is seeks reward; its

\_\_\_\_\_

8. and all all is God forms Names

\_\_\_\_\_

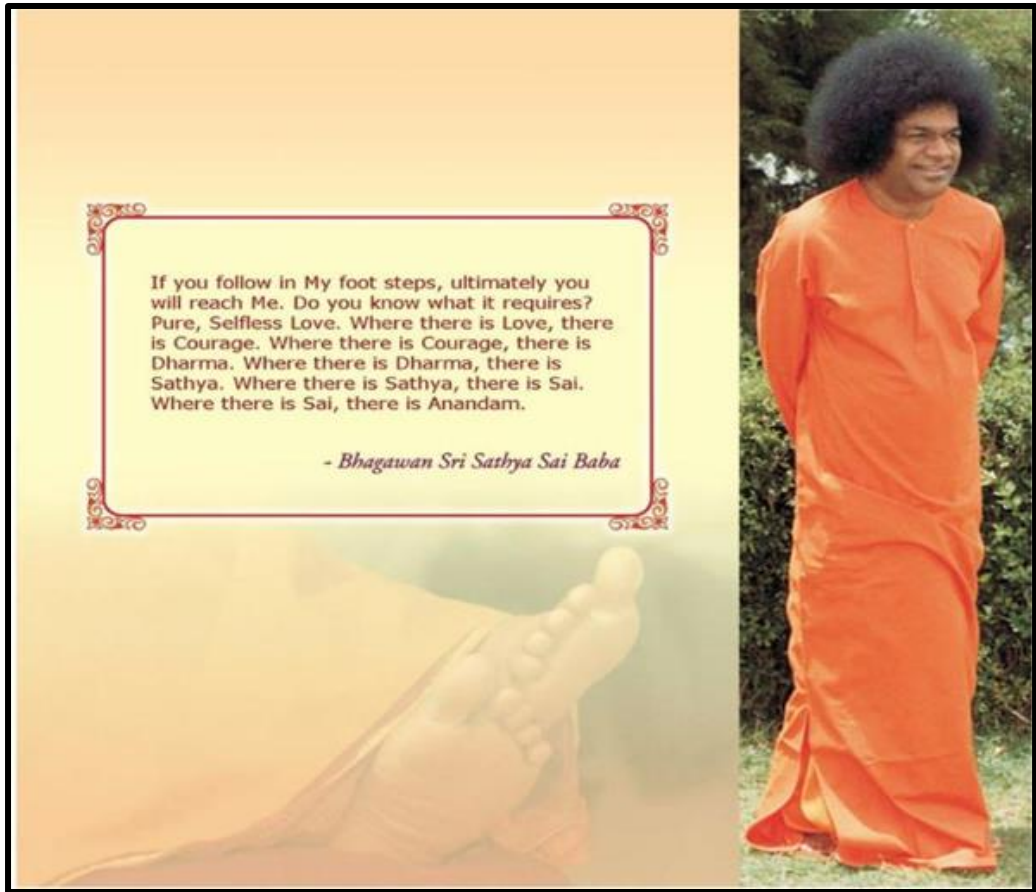
9. all, all Serve Love

\_\_\_\_\_

10. are holier Hands Lips than that Serve that Pray

\_\_\_\_\_

*-Akshaya Rajesh*



If you follow in My foot steps, ultimately you will reach Me. Do you know what it requires? Pure, Selfless Love. Where there is Love, there is Courage. Where there is Courage, there is Dharma. Where there is Dharma, there is Sathya. Where there is Sathya, there is Sai. Where there is Sai, there is Anandam.

*- Bhagawan Sri Sathya Sai Baba*

